



## **Go Meatless – For animals, your health and the environment**

Thank you for your interest in joining the Meatless Monday movement! We've put together this toolkit to help you initiate Meatless Monday at your school.

We've included the following materials:

- Student guide to bringing Meatless Monday to your school
- Factsheets to help raise awareness
- Tips for implementing and promoting your Meatless Monday initiative
- Sample letter of support from club(s)/organization(s)
- Volume recipes to share with food service staff/administrators
- Promotional templates

Contact Emily Pickett, VHS Program Coordinator, for help getting started – [emily@vancouverhumaneociety.bc.ca](mailto:emily@vancouverhumaneociety.bc.ca). We've already helped several schools implement their own Meatless Monday initiatives, including Langara College, Capilano University, British Columbia Institute of Technology, Simon Fraser University, University of British Columbia, Kwantlen Polytechnic University, Winston Churchill Secondary, Lord Byng Secondary, Argyle Secondary, Seycove Secondary, Handsworth Secondary, Magee Secondary, Britannia Secondary, David Thompson Secondary, Sutherland Secondary and Eric Hamber Secondary. VHS will be happy to do a Meatless Monday presentation to your school/classroom/student club or meet with school administrators to discuss starting an initiative in your cafeteria. We're here to support your efforts!

Best of luck,

The Vancouver Humane Society

[www.vancouverhumane.ca](http://www.vancouverhumane.ca)

604-266-9744

# Student guide to bringing Meatless Monday to your school

## Step One:

- Get in touch with VHS's Program Coordinator, Emily Pickett, to arrange a presentation for your student club – [emily@vancouverhumanesociety.bc.ca](mailto:emily@vancouverhumanesociety.bc.ca).

## Step Two:

- Discuss as a club how you plan to support a Meatless Monday campaign - see "Promoting Meatless Monday" section for ideas.

## Step Three:

- Arrange a meeting with your school's food service manager and principal to pitch the initiative. In your meeting, be sure to utilize the sample letter of support, factsheet, implementation guide and recipe examples to outline the "what/why/how" of Meatless Monday. Contact VHS for support or if you'd like us to attend the meeting with you!

## Step Four:

- Once approved, work with the cafeteria staff to plan a launch date for Meatless Monday and organize a launch event as a club.

## Step Five:

- Evaluate your ongoing Meatless Monday campaign – Check in with cafeteria staff and students to determine what's working and if changes need to be made to any aspect of the campaign. If menu changes are needed, consider polling the student body to gauge interest in other menu options.

## **Meatless Monday – The Facts!**

Meatless Monday is a globally popular movement with a simple message: once a week, cut the meat. The benefits are many:

### Reduce Animal Suffering

- Every year in Canada, more than 750 million land animals are killed to satisfy our demand for huge quantities of cheap meat, dairy, and eggs.
- The vast majority of farmed animals are raised in unnatural, filthy, barren environments, subjected to confinement and cruelty that would be illegal if we were to do it to a cat or dog, and ultimately slaughtered at a fraction of their natural lifespan.

### Less Meat, Less Heat

- Meat production is a major contributor not only to climate change, but to air and water pollution, water use, land degradation and deforestation, biodiversity decline, and ocean degradation.
- In fact, animal agriculture is responsible for more greenhouse gas emissions than the entire transportation sector combined!
- Going meatless even one day per week can be better for the environment than eating local seven days per week.
- It takes 660 gallons of water to produce one hamburger, which is the equivalent of two months' worth of showers.

### A Healthier You

- Per capita, Canadians consume approximately 100 kilograms of meat every year – more than double the global average.
- According to the Harvard School of Public Health, we are all eating too much meat and dairy and should instead be incorporating more healthy foods like fruits and vegetables, nuts and seeds, and legumes.
- Dietitians of Canada states: “A healthy vegan diet (no animal products or foods containing animal products) has many health benefits including lower rates of obesity, heart disease, high blood pressure, high blood cholesterol, type 2 diabetes and certain types of cancer. It can meet all your nutrient needs at any stage of life.”

Learn more at [www.vancouverhumanesociety.bc.ca/meatless-Monday](http://www.vancouverhumanesociety.bc.ca/meatless-Monday)

## Implementing Meatless Monday



Schools can participate in Meatless Monday by doing either of the following:

- Featuring and promoting one or more plant-based menu specials every Monday
- Adding one or more plant-based options to the regular menu, with special promotion on “Meatless Mondays”

### Meatless Recipes

In menu planning, we recommend the “meatless” options be entirely plant-based (free of all animal products) – this ensures that those with allergies and dietary/ethical restrictions can also participate! See the appendix page for a list of plant-based recipes that also include nutritional information. For additional volume recipes, contact VHS.

Many of us are already consuming plant-based meals without even realizing it! Global cuisines from Indian, to Chinese, to Mexican, to Italian feature flavor-packed vegetarian recipes. Consider offering familiar dishes, such as pasta primavera, black bean burritos, stir fries, chili and coconut milk curry, which are vegetarian favourites among even non-vegetarian youth.

## Promoting Meatless Monday



Consider the following tips for raising awareness of their Meatless Monday initiative:

- Contact VHS for a **free promo toolkit**, with signage, logos, social media templates, statistics, table tent cards, veg/vegan stickers or labels.
- **Hold a launch event!** Set up a table in the cafeteria and hand out information about Meatless Monday (VHS can provide this) while encouraging other students and staff to participate. Consider offering a draw prize (cafeteria gift card) or offer samples of the Meatless Monday special(s) to help boost engagement.
- Utilize **internal and external school communications** to raise awareness – internal emails, school bulletins, websites, blogs, social media accounts, public announcements, student newspapers, etc. See the templates included in this toolkit for tips and ideas.
- Contact VHS to be featured in a **Meatless Monday blog**, promoting your initiative to a wider audience.
- **Share additional meatless recipes** online and on-location at the school so students and staff can get more involved at home. Contact VHS for more recipes!
- **Talk to cafeteria about offering a loyalty program** to create incentive – punch cards, food samplings, prizes.
- Encourage cafeteria staff to **recommend/remind students** about the meatless feature on Mondays.

## **Appendix**

### Club letter of support

[Name of Club/Organization]

[Contact Info]

[Date]

To Whom It May Concern:

Re: Support of Meatless Mondays on Campus

I am writing on behalf of [Club/Organization], which represents [Number] of students, to express our support for adopting Meatless Mondays at [Name of School].

Reducing our meat consumption is a simple way to reduce animal suffering. Undercover investigations of factory farms in Canada have shown that cows, pigs, turkey and chickens are routinely subjected to abuse and neglect, and in many cases are deprived of virtually everything that makes life worth living.

Animal agriculture depletes our environment; raising plant crops to feed animals is far less efficient than eating plant crops directly. The most effective way for each of us to combat climate change, air pollution, land degradation, energy use, deforestation and biodiversity decline is to reduce or eliminate our consumption of meat.

Many dieticians and health professionals agree that we eat too much meat, dairy and eggs, and too few fruits and vegetables. Vegetarians have lower rates of heart disease, high blood pressure, stroke, obesity, type 2 diabetes and cancer.

As hubs of learning, schools are ideally placed to educate students about the impact of our food choices on ourselves, our community and our planet. Schools also have the power to demonstrate by example how delicious and healthful vegetarian food choices can be.

We urge you to join schools the growing list of local schools who have implemented Meatless Monday initiatives.

Thank you for your time and consideration.

Sincerely,

[Signature]

[Name]

[Title], [Name of Club/Organization]

## Sample Recipes

### **Chicken-less Salad**

Yield: 25 two-ounce servings

\*Be sure to allow prep time for this recipe. It can be made up to two days ahead of time and kept refrigerated until ready to serve.

#### **Ingredients:**

4 pounds of Tempeh  
3 ounces of Tamari  
2 ounces of Lemon juice  
18 ounces of Vegetable stock  
2 ounces of Poultry seasoning  
1 pint of Vegan mayonnaise  
1 ounce of Mustard  
1 ounce of Vinegar  
½ ounce of granulated garlic  
½ ounce of black pepper  
1-1/2 pounds of Green cabbage, shredded  
12 ounces of Red cabbage, shredded  
6 ounces of Carrots, shredded  
4 ounces of Bell pepper, diced

#### **Instructions:**

Chop tempeh into 1-inch pieces and steam 5-7 minutes in a commercial steamer or 10-12 on a stove top steamer. Drain and cool.

In a large bowl, mix tamari, lemon juice, veg stock, and poultry seasoning. Add tempeh and allow to marinate for at least 4 hours.

In a medium bowl, mix mayonnaise, mustard, vinegar, garlic, and pepper. Chill.

Remove tempeh from marinade and place single layer on a baking sheet. Bake for 10 mins at 325 degrees or until golden. Allow to cool.

Toss cabbages, carrots, and bell pepper together. Mix in dressing and gently mix in tempeh. Serve chilled.

**Variations:** For a Southwestern flavour, omit the poultry seasoning and use red pepper flakes; for a Mediterranean flavour, omit poultry seasoning and add dried basil and oregano in equal parts; and for an Indian flavour, omit poultry seasoning and add curry powder and cumin in equal parts.

Total calories per serving: 217    Total fat as % of daily value: 15%    Protein: 15 gm    Fat: 10 gm  
Carbohydrates: 19 gm    Calcium: 114 mg    Iron: 3 mg    Sodium: 408 mg    Dietary Fiber: 1 gm

## Four Bean Chili:

Yield: 25 three-ounce servings

### Ingredients:

Vegetable oil spray  
2 ounces of red pepper flakes  
1 ounce of ground cumin  
1 ounce of cracked black pepper  
1 pound of bell pepper, chopped  
4 ounces of fresh chili, chopped  
4 ounces of chili powder  
1 pound of canned tomatoes, chopped  
3 pounds of cooked white beans, rinsed  
2 pounds of cooked black beans, rinsed  
1 pound of cooked pinto beans, rinsed  
1 pound of cooked kidney beans, rinsed  
6 ounces of fresh cilantro, chopped

### Instructions:

Heat a large stock pot and spray with oil. Add red pepper flakes, cumin, and black pepper. Sauté for 1 minute.

Add bell pepper, chili, and chili powder. Cook for 5 minutes or until pepper is soft.

Add tomatoes and beans. Allow to simmer, covered, for 30 minutes or until flavours are well combined.

Before serving, stir in cilantro.

Total calories per serving: 205      Total fat as % of daily value: 3%      Protein: 13 gm

Fat: 2 gm      Carbohydrates: 37 gm      Calcium: 105 mg      Iron: 5 mg

Sodium: 113 mg      Dietary Fiber: 8 gm



## Quinoa Casserole:

Yield: 25 servings

### Ingredients:

5 large garlic cloves, minced  
3 quarts of vegetable stock  
1 pound of carrots, small dice  
1-1/2 pounds quinoa, rinsed  
1 pound of red beans, cooked  
1 tablespoon of ground cumin  
2 ounces of fresh oregano, chopped  
1 ounce of fresh cilantro, chopped  
8 pounds of prepared mashed potatoes

### Instructions:

Spray a medium stock pot or small steam-jacketed kettle with enough oil to cover the bottom and heat. Sweat garlic until it glistens. Add stock and bring to a boil. Add carrots and quinoa and return to a boil.

Lower heat and allow to simmer for 5 minutes.

Add beans and herbs and allow to simmer until quinoa is soft and mixture has started to thicken.

Remove from heat.

Stir in mashed potatoes and scale into half 200 pans.

Bake in a 325 degree oven for 15 minutes or until casserole is firm.

Garnish with chopped tomatoes and peppers.

Total calories per serving: 264      Total fat as % of daily value: 3%      Protein: 8 gm  
Fat: 2 gm      Carbohydrates: 55 gm      Calcium: 44 mg      Iron: 4 mg  
Sodium: 24 mg      Dietary Fiber: 5 gm

## Mediterranean Pockets

Yield: 50 servings

### Ingredients:

8 1/3 qt beans, garbanzo, cooked or canned  
5 cloves of garlic, pressed  
1 at of bread crumbs  
3 cups of onions, chopped  
5 tsp of cumin, ground  
5 tsp of turmeric

### Sauce ingredients:

4 cups, plus 3 tbsp of tahini  
2 cups of lemon juice  
2 cups of water  
¾ 10bsp. of black pepper  
¾ 10bsp.. of basil  
25 whole-wheat pita bread, halved  
1 ½ gal of lettuce  
100 tomato slices

### Instructions:

Mash the chickpeas. Mix well with garlic, bread crumbs, celery, onions, cumin, and turmeric.  
Roll into golf-ball size falafel balls and place on parchment-lined baking sheets.  
Spray with olive oil cooking spray and bake in a 350 degree oven for 30 minutes, or until golden.  
Blend sauce ingredients until creamy paste is formed.  
Fill each half pita with two falafel balls, 2 ounce ladle (1/4 cup) sauce, ½ cup of lettuce, and 2 tomato slices.

Total calories per serving: 457    Fat: 2.16 gm    Protein: 17.83 gm    Carbohydrates: 65.54 gm  
Calcium: 196 mg    Iron: 5.43 mg    Sodium: 361 mg    Fiber: 13.13 gm

## Sweet Potato Burgers

Yield: 25 burgers

### Ingredients:

3 pounds of raw sweet potatoes, peeled

12 ounces of quinoa

1-1/2 pints of low sodium vegetable broth

1 pint of water

1 pound of onions

3 ounces of garlic

½ ounce of ground cumin

¼ ounce of ground turmeric

2 pounds of chopped cashews

6 ounces of bread crumbs (\*Use additional bread crumbs if mixture is too loose to form burgers)

### Instructions:

Preheat oven to 375 degrees. Steam potatoes until tender. Allow to cool.

In a small stock pot, bring quinoa, broth, and water to a boil.

Reduce heat, cover, and simmer until quinoa is fluffy (about 10 mins). Allow to cool.

Spray sauté pan and heat. Sweat onions and garlic.

Add cumin and turmeric and stir to combine. Remove from heat.

In a food chopper, combine potatoes, quinoa and veggies. Process until well blended.

Add cashews and bread crumbs and process against to blend well.

Shape into ¼ –inch thick burgers. Put on a sprayed baking sheet and bake for 30 minutes, turning once.

Total calories per serving: 356      Total fat as % of daily value: 30%      Protein: 10 gm

Fat: 18 gm      Carbohydrates: 42 gm      Calcium: 66 mg      Iron: 4 mg

Sodium: 74 mg      Dietary Fiber: 5 gm

## Promotional Templates

### **Internal Email to Staff Template:**

Dear [School] Staff,

I'm pleased to share with you that [School] will be joining the growing list of schools participating in Meatless Monday. Our cafeteria will be hosting Meatless Monday on a weekly basis, beginning [Date]. The goal of the initiative is to come together as a school to raise awareness of the impact of our food choices and to encourage healthier, more sustainable and humane eating by trying plant-based one day per week.

To provide a bit of background – Meatless Monday was initiated as a measure for saving resources during World War I and II. It was re-introduced in 2003 by the Monday Campaigns and John Hopkins School of Public Health as a health initiative, geared towards reducing our society's overconsumption of meat by 15% - equivalent to one day per week.

As Canadians, our per capita meat consumption is among the highest in the world. Trying plant-based eating, even once per week, can reduce our risk of preventable health conditions including cardiovascular disease, diabetes and obesity. The Canadian Cancer Society also recommends lowering our intake of meat, noting that a diet high in red and processed meat has been linked to an increased risk of colorectal cancer.

[School's] Meatless Monday initiative will serve as a positive and educational opportunity for students and staff alike. The health of our students is of the utmost importance and the habits we help them develop now will benefit them throughout their lives.

Sincerely,

[Name]

### **School Bulletin/Public Announcement Template:**

[School Name] is joining the growing list of local schools participating in Meatless Monday! Our cafeteria will be offering a meatless special/a number of meatless specials, in addition to regular items, on the menu every Monday. The goal of the initiative is to come together as a school to raise awareness of the impact of our food choices and to increase accessibility to healthy, humane and sustainable menu options. Participating is as simple as opting for the delicious meatless special(s) every Monday in the cafeteria. Learn more:

[www.meatlessmonday.ca](http://www.meatlessmonday.ca)

## **Website Text Template:**

### [School] joins the Meatless Monday movement

[School] will be offering [a meatless special/meatless specials/meatless menu items] on Mondays in an effort to raise awareness of the impact of our food choices and to help protect student health, animals and the environment.

### Meatless Monday History:

Meatless Monday was initially promoted as a measure for saving resources during World War I and II. It was re-introduced in 2003 by the Monday Campaigns and John Hopkins School of Public Health as a health initiative, geared towards reducing our society's overconsumption of meat by 15% - equivalent to one day per week.

### The benefits:

#### Health:

As Canadians, our per capita meat consumption is among the highest in the world. Trying plant-based eating, even once per week, can reduce our risk of preventable health conditions including cardiovascular disease, diabetes and obesity. The Canadian Cancer Society also recommends lowering our intake of meat, noting that a diet high in red and processed meat has been linked to an increased risk of colorectal cancer.

#### Animal Welfare:

Our society's overconsumption of meat has led to a rise in factory farming – characterized by unnatural, intensive and cruel conditions that subject animals to significant suffering. Reducing our high demand for meat can help spare farmed animals from life on a factory farm and in turn reduces the need for such intensive farming practices.

#### Sustainability:

The United Nations Food and Agricultural Organization reports that animal agriculture is one of the leading contributors to climate change. It's also a major source of air and water pollution, water use, land degradation and deforestation, biodiversity decline, and ocean degradation. Reducing our meat consumption by just 15% - the equivalent of roughly one day per week - would have profound effects for the planet, too. For example, global adoption of Meatless Monday would be similar to taking 240 *million* cars off of the road each year.

[School's] Meatless Monday initiative will serve as a positive and educational opportunity for students and staff alike to learn more about healthy eating. The habits that we help students develop now will benefit them throughout their lives. Please feel free to join us by trying out Meatless Monday at home! Visit [www.meatlessmonday.ca](http://www.meatlessmonday.ca) to learn more and take the pledge to receive a weekly recipe you can enjoy at home.

## Social Media Templates:

Contact VHS for the template post below (facebook, twitter and Instagram) and edit to include your own meatless message!



- We're joining the growing #MeatlessMonday movement! Learn more: [meatlessmonday.ca](http://meatlessmonday.ca) (or link to your own Meatless Monday webpage)
- Going meatless, even one day a week, helps animals, the environment and our health! Join us for #MeatlessMonday.
- Try out our #MeatlessMonday special – [recipe name]
- Every time we eat meatless, we're reducing the demand for factory farming! #MeatlessMonday
- Help tackle climate change by taking part in #MeatlessMonday! #LessMeatLessHeat
- #MeatlessMonday can help reduce the risk of preventable health conditions. Try it for your health!
- Happy #MeatlessMonday! How will you be celebrating healthy, humane & sustainable eating today?