



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. 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, Kitsilano 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

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.

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

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 and get in touch with us for additional volume recipes.

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

Recipe: Vegan In Volume, Nancy Berkoff, R.D.

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:

Recipe: Vegan In Volume, Nancy Berkoff, R.D.

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

Vegan Pad Thai

Recipe: Andrea Potter, Rooted Nutrition

This Pad Thai gets Umami flavour from **vegan fish sauce**. It is a seaweed-based salty condiment that you can make in advance and it keeps for ages. To make it, throw 1 handful of wakame or other green seaweed (about 2/3 cup, chopped up with scissors) in a sauce pan with ½ cup of dark soy sauce and 3 cups of water and 3 cloves of garlic (whole, peeled). Add a few dried mushrooms if you like. Boil for about 20 min, until reduced and very salty. Strain and add 1 Tbsp miso paste.

Note: If you want to serve this with tofu, I recommend making a little more sauce than needed (1/2 again as much) and using it as a marinade for the tofu, then baking it to firm it up.)

**The recipe below is really big- so it requires a big wok or wide pan. Half this recipe for more manageable size in home kitchen.*

Makes 8 servings

2 packages (400g total) thick rice noodles
2 bell peppers
1 onion
2 or more large carrots
Broccoli, bok choy, zucchini etc...
1 large handful Thai basil (sub regular basil), green onion and/or cilantro (your pick)
1 cup chopped toasted nuts (peanuts or cashews are my favourite)
4+ Tbsp oil
Sauce:
1/3 cup vegan fish sauce (see note above)
1/3 cup brown sugar (or sub another sweetener)
1/3 cup vegetable broth (sub water if you don't have broth on hand)
¼ cup white vinegar or rice vinegar
3 tablespoons soy sauce
2 teaspoons chili paste (mild) such as sambal oelek or 1 Thai chili, chopped (seeds removed for mild spice)

Directions

- Prepare vegan fish sauce if needed
- Soak rice noodles in plenty of water to soften
- Prepare veggies by chopping fine- into stir-fry cuts
- Shake up sauce ingredients in a jar
- Add oil to heating pan and stir-fry veggies for a few minutes, until softening a bit
- Drain noodles and add them to the veggies, along with the sauce.
- Cook until noodles soften but are not over-cooked. Serve with stir-fried veggies and optional baked tofu
- Garnish with herbs and crushed nuts

Mediterranean Pockets

Recipe: Physicians Committee for Responsible Medicine

Yield: 50 servings

Ingredients:

8 1/3 qt beans, garbanzo, cooked or canned
5 cloves of garlic, pressed
2 1/3 tbsp 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

Recipe: Vegan In Volume, Nancy Berkoff, R.D.

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

Social Media Templates:

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

We also send out a weekly email with a meatless message of the week (eg. Recipe videos, related news story or statistic) – contact us to be added to this email list!



- We're joining the growing #MeatlessMonday movement! Learn more: 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?