

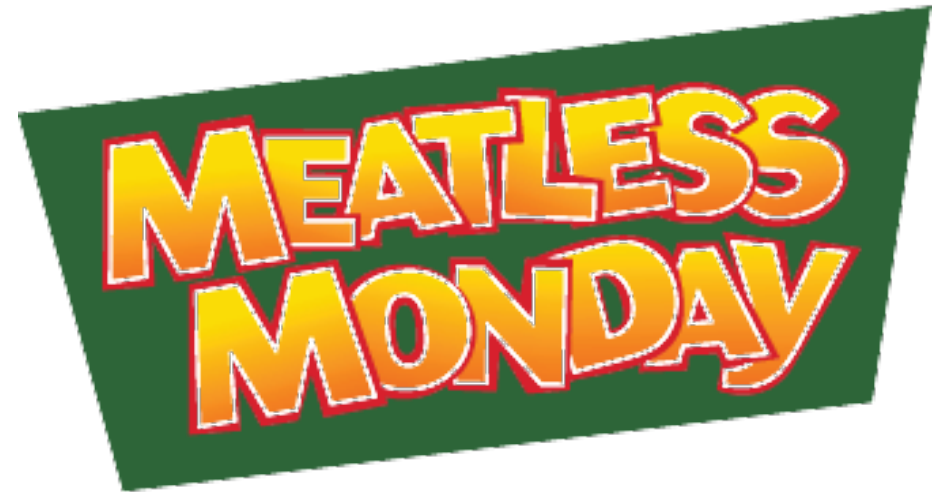
Bringing Meatless Mondays to Schools



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Meatless Monday Nutrition Ambassador

What is Meatless Monday

- Meatless Monday seeks to reduce the prevalence of **preventable illnesses** and **environmental impacts** associated with meat production and excessive meat consumption.
- Monday is the best day to make a change!



It's a Great Time to Go Meatless Monday

- More interest in Meatless Monday in schools than ever
- More students enthusiastic about vegetarian and vegan eating
- 66% of people are cutting back on meat consumption (Johns Hopkins)
- Easy solution, as it doesn't mean you have to remove meat from the menu, it's about offering plant-based offerings



Image: Burrito with Refried Beans and Corn, Sharon Palmer, RDN

Go Meatless Monday for Health



*Image: Chickpea Salad Sandwich
from Plant-Powered for Life, Sharon Palmer, RDN*

- Less Meat = Less Health Risk
- 1 day per week meets 15% saturated fat reduction goal
- Adding more plant-based foods to diet could add years to life
- Excessive consumption of red and processed meat linked with variety of chronic diseases, including heart disease, type 2 diabetes, obesity, cancer
- Substituting plant-based foods for meat reduces these health risks, resulting in better quality of life, increased longevity

Healthy Habits for the Future

- Meatless Monday teaches and promotes healthy eating habits for kids and families
- Studies show plant-based eating during childhood reduces disease risk later on in adulthood

**LOVE YOUR VEGGIES?
YOUR HEART SURE DOES.**



In fact, any reduction in meat consumption may improve your heart health. Let's try a tasty meatless meal today.

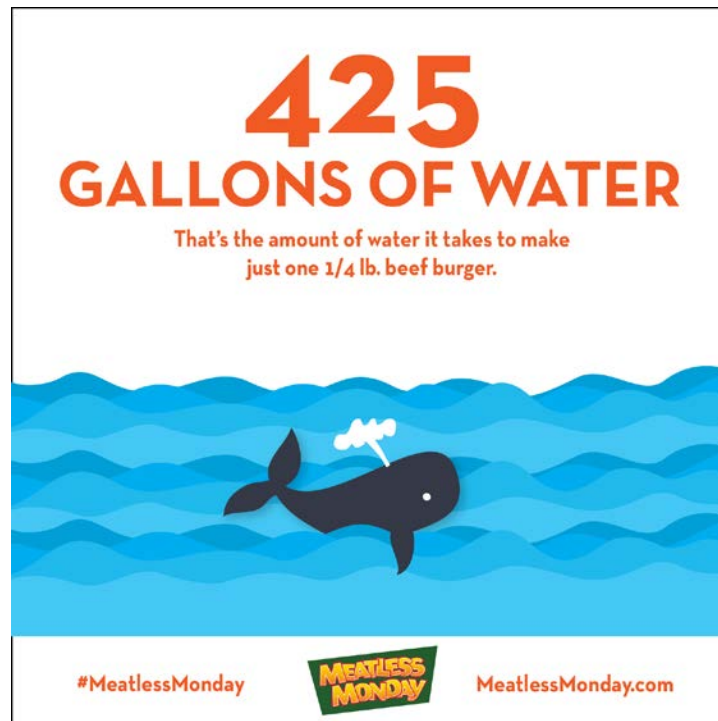
#MeatlessMonday



MeatlessMonday.com

Slash Carbon Footprint with Meatless Monday

- Address large scale environmental damage of large scale meat production
- Raising livestock for current level of human consumption requires extraordinary amount of resources (water, land, energy)
- Less Meat = Less Heat: decrease large scale meat production, significantly reduce GHGE



Becoming a Leader



Image: Chickpea Curry, Sharon Palmer, RDN

- Presents leadership role in promoting sustainable food
- Meets growing demand for plant-based dishes
- Fosters collaboration between students, teachers, foodservice staff
- Demonstrates commitment to community and student health
- Save money

Join the Meatless Monday Bandwagon

- Major companies now feature Meatless Monday, i.e., Sodexo, Aramark, Whitsons Culinary Group
- Thousands of foodservice operations around the world participating
- Meatless Monday has everything you need to get started: all downloadable for free
- Expose kids to new foods, provide choices, educate about health and environment, drive traffic on Mondays



Image: Vegan BLTA Sandwich, Sharon Palmer, RDN



Foodservice One Sheet

A brief outline of the compelling health and environmental benefits of implementing a Meatless Monday program in your school. It includes a few noteworthy highlights from the hundreds of participating schools, and key steps to get started now.



Foodservice Implementation Guide

We interviewed leaders in the foodservice industry who are currently operating successful Meatless Monday programs and organized their best practices into this new step-by-step guide. See how Meatless Monday can benefit your school system today.



Free Resources

Digital graphics for online and social media plus printouts for posters.

www.meatlessmonday.com/meatless-monday-k-12/

Go Meatless Monday



*Image: Chipotle Tomato Rice Power Bowl,
Sharon Palmer, RDN*



*Image: Edamame Ancient Grain Burger,
Sharon Palmer, RDN*



*Image: Vegetable Stone Soup,
Sharon Palmer, RDN*

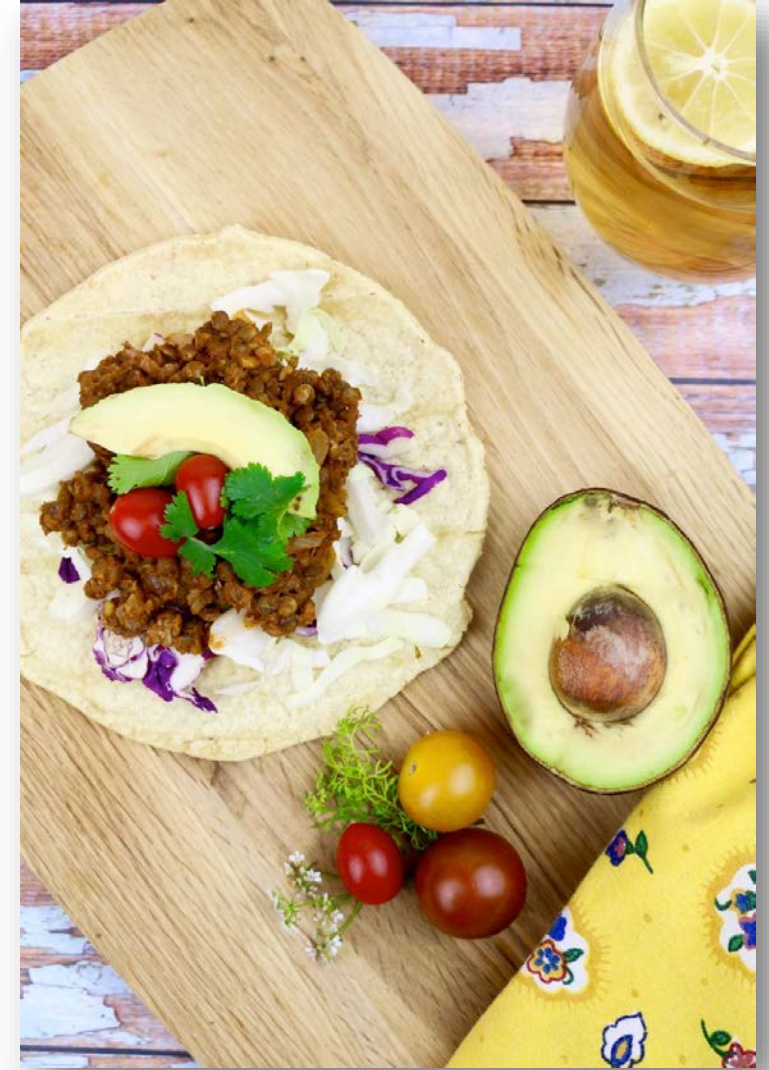
Go Meatless Monday



*Image: Arugula Salad Pizza
from Plant-Powered for Life, Sharon Palmer, RDN*



*Image: Tofu Papaya Wraps
from Plant-Powered for Life, Sharon Palmer, RDN*



*Image: Spicy Lentil Tacos,
Sharon Palmer, RDN*

Thank You!

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