Bringing Meatless Mondays to Schools

Sharon Palmer, RDN, The Plant-Powered Dietitian
Plant-Based Expert, Author, Blogger, Editor
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

• 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

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

- 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

Image: Chickpea Curry, Sharon Palmer, RDN
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
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!

Follow me:
The Plant-Powered Dietitian Blog:
SharonPalmer.com
Facebook:
@SharonPalmerThePlantPoweredDietitian
Twitter, Instagram, Pinterest:
@SharonPalmerRD
Author: The Plant-Powered Diet, Plant-Powered for Life