

Welcome to National Vegetarian Week, sponsored by Cauldron Foods

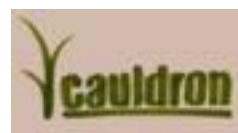
This Action Pack will give you some great ideas, for both the classroom and canteen, about ways you can get involved in National Vegetarian Week (NVW).

NVW has gone from strength to strength, and now in its 16th year, it's a great opportunity for schools, community groups, individuals and businesses to work together and celebrate the Week.

The success of NVW relies on the involvement of many different groups of people, so why not use or adapt some of the ideas below to have fun during the Week, as well as learning more about vegetarianism?



Monday 19 ~ Sunday 25 May 2008



Last year more than **four hundred and fifty** schools actively participated in the Week through vegetarian themed lessons, special lunch menus, project work and a variety of other activities.



“My class ‘tried and tested’ a range of vegetarian food. They loved the food and we spent time talking about what they had tried and drawing and writing about our taste tests.”

I prepared a staff vegetarian lunch later in the week for all members of the teaching staff. It was a really worthwhile, fun and exciting experience.”

Alexandra Egge, Reception Class
Teacher, Iwade Primary School

So how can you help celebrate NVW?

Ways to get involved

National Vegetarian Week is a terrific time to explore the topic of vegetarianism in classrooms and school canteens. Nutrition, healthy eating, the environment and respect for people's differences are all hot topics at the moment, and the subject of vegetarianism offers opportunities for activity in all of these areas!

In the classroom

- ~ Display NVW posters and banners and create a display around this, in the classroom, library or corridor.
- ~ Announce an interesting vegetarian fact each day.
- ~ Arrange a debate on the pros and cons of vegetarianism.
- ~ Encourage students and teachers to take the 'Veggie Pledge' and go veggie for the day or even the week!
- ~ Invite a vegetarian teacher or student to talk about why they chose to go vegetarian.
- ~ Hold a 'veggie taste testing' session and create criteria by which to judge the products.
- ~ Get arty and invite students to use images of fruit & vegetables as a starting point for art projects and activities or get them to design their own NVW posters.
- ~ The environment is on everyone's agenda at the moment so why not get students to look at the benefits a veggie diet can have on the environment?
- ~ Use vegetarianism as a way to discuss nutrition and healthy eating.





In the canteen

- ~ Have an 'all vegetarian' food day or week.
 - ~ Hold a competition and give students a raffle ticket when they buy a vegetarian meal then pick a winner at the end of the week.
 - ~ Have a promotional offer on vegetarian meals to encourage students to try new food.
- ~ Have a 'vegetarian special' every day of the week.
- ~ Create an NVW display using posters and banners.

How we can help

- ~ To sign up to the 'Veggie Pledge' fill in the online pledge form and we'll list this on our website.
- ~ Order all your NVW materials (posters, leaflets, banners, stickers etc) through our **schools on-line form**, or call us, and remember everything is free!
- ~ Order further Vegetarian Society leaflets; we have an extensive selection of information booklets on everything from going veggie, nutrition and the environment, to project books for schools. For a full list of what's available visit our website.
- ~ Contact us to get details of companies offering free samples for taste testing.
- ~ Visit the NVW webpages for interesting veggie facts.
- ~ Tell us about your display, event or promotion and we'll promote it on our NVW events diary. Just fill in the online form.
- ~ Caterers can order 'Vegetarian Catering for Schools & Colleges' & 'Pre-School Catering' through our **schools online form** or visit our website for hundreds of vegetarian recipes.
- ~ Any creative work by students can be showcased on our Young Veggie website, www.youngveggie.org, by sending it to education@vegsoc.org

Contact us:

General NVW enquiries to Vicky Alderton: vicky@vegsoc.org

Enquiries about samples for taste testing to Graham Drummond: graham@vegsoc.org

www.vegsoc.org/nvw