

NATIONAL VEGETARIAN WEEK

Monday 18th ~ Sunday 24th May 2009

Sponsored by Cauldron Foods

This action pack will give you some great ideas about ways you can get involved in National Vegetarian Week (NVW).

Now in its 17th year, NVW has gone from strength to strength and it offers a great opportunity for community groups, individuals, schools and businesses to work together and celebrate the Week.

Why not use or adapt some of the ideas below to have fun during the Week as well as raising public awareness of vegetarianism and your own projects?



Ways you can get involved

~ Hold an information stall, perhaps with samples of veggie products - this could be in your local library, supermarket, market hall or community centre.

~ Do you have a website, blog or belong to a social networking site like MySpace or Facebook? If the answer is yes then you can help by spreading the NVW word online by adding the NVW banner and linking to our website. Or why not become our friend on any of our MySpace, Facebook or You Tube sites?



~ Hold a taste testing evening. This is a great way to let people taste fantastic veggie food and wine, especially those who might not normally try it, and it can be a great social event to boot. Why not try asking a local restaurant or pub if you can host it there?

~ Encourage local businesses to get involved and remind them they can get free publicity on our online events diary as well as free promotional materials.

~ Hold a veggie art competition. This is a great way to get kids involved, and for the adults why not have a vegetarian cooking competition?

~ Have a veggie dinner party, BBQ or picnic, perhaps with each group member making one dish to share.

~ Produce a display on a particular aspect of vegetarianism, such as the history of vegetarianism in the UK, the environmental benefits of a veggie diet, nutritional information or the links between various world religions and vegetarianism.



~ Invite a vegetarian to talk to your group about their reasons for being veggie, or hold a debate to discuss the issues.

~ Produce a veggie guide to your local area. This doesn't have to be elaborate, just a list on your website or a photocopied sheet will be helpful for visitors, new veggies or vegetarians new to the area.



How we can help you get involved

~ Order all your NVW print requirements through our online form, or call us, and remember everything is free.

~ Order further Vegetarian Society print. We have an extensive range of information booklets on everything from nutrition to the environment and from quick and easy recipes to gourmet meals. For a full list of what's available visit www.vegsoc.org.



~ Contact us to get details of companies offering free samples for community events.

~ If you have a website then download and use the NVW banner and post interesting 'veggie facts' which can be found on our NVW webpages.

~ Visit our website for literally hundreds of vegetarian recipes.

~ If you're holding an event or manning a stall then contact us for NVW t-shirts.

~ Tell us about your event and we'll promote it on our online NVW events diary. Just fill in the online form.

~ Use the NVW logo at events by requesting the NVW logo agreement from us. This will give you ideas on how to use the logo effectively.

Why you should get involved

~ NVW is a great opportunity for groups to hold fun, social events, that, if well publicised, could attract new members.

~ NVW offers an opportunity to try something new from the wide range of veggie products on the market.

~ Vegetarian food can be healthier for you if you eat a well balanced diet. It offers a great starting point for looking at nutrition and healthy eating in more detail.

~ Encourage diversity by taking part in NVW and giving people a chance to explore new ideas.

~ Local events and groups can often be of interest to local press, so why not write and let them know it's NVW as well as mentioning your event or group.

For further information, to order free NVW posters and booklets and to register your event visit www.vegsoc.org/nvw, call Graham Drummond on 0161 925 2000 or email graham@vegsoc.org.