

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 individuals, community groups, 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 boosting public awareness of vegetarianism.



Ways you can get involved

~ Hold an information stall. This could be at school, 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 through to us. Or why not become our friend on any of our MySpace, Facebook or YouTube sites?

~ Hold a taste testing evening. This is a great way to let people taste fantastic veggie food, especially those who might not normally try it, and it can be a great social event to boot.

~ Encourage local businesses to display NVW posters and booklets or hold an event and remind them they can get free publicity on our online events diary.



~ Write to your local paper or parish magazine and let them know NVW is happening.

~ Have a veggie dinner party or BBQ for friends and family. This is a great way to show people just how tasty veggie food can be.

~ Put up the NVW poster at school, work or even at home. The more people who see it, the better. You could also hand out NVW booklets.

~ Take on a challenge for the Week, like a sponsored walk or going veggie for the Week. You could even get sponsorship from friends and family.



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.

~ If you're holding a stall, contact us to get details of companies offering free samples for community events.

~ Visit our website for interesting 'veggie facts' and download the NVW banner for use on your own sites.

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





~ Visit our website for literally hundreds of vegetarian recipes.

~ If you're holding an event or taking on a challenge for the Week contact us for NVW t-shirts.

~ Get your event noticed by writing to your local press. You can find a download of our 'letter writing guide' on our NVW webpages.

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.