

NATIONAL VEGETARIAN WEEK

Monday 18th ~ Sunday 24th May 2009

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).

Now in its 17th year, NVW has gone from strength to strength and offers a great opportunity for schools, community groups, individuals 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 learning more about vegetarianism?



Ways you can 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.

- ~ 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 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 and 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 vegetarian diet can have on the environment.
 - ~ Use vegetarianism as a way to discuss nutrition and healthy eating.
- ~ Encourage the school canteen to put on extra vegetarian options to celebrate the Week.

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 our free promotional posters, banners and booklets.



How we can help you get involved



~ Order all your NVW promotional materials (posters, booklets and banners) through our schools online 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 www.youngveggie.org/information

~ Contact us to get details of companies offering free samples for taste testing.

~ Visit the NVW web pages for interesting veggie facts.

~ Tell us about your display, event or promotion and we'll publicise it on our NVW events diary. Just fill in the online form.

~ Caterers can order 'Vegetarian Catering for Schools and Colleges' 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.



What you said about NVW 08

"We wanted to let you know about the work we did to celebrate National Vegetarian Week 2008 at Kirk O'Shotts Primary School in Salsburgh. Our Primary 6 and 7 pupils did a literacy project using vegetarianism as their theme including:

- * Persuasive Posters
- * Newspaper Reports
- * Vegetarian Recipe Books

Many pupils decided to go veggie for the week and we rewarded any pupils choosing a veggie option in the school canteen with a sticker. We all enjoyed learning about how being vegetarian is a healthy and eco friendly option, as we are an Eco and Health Promoting School. Thanks for giving us an interesting topic to learn about! The resources we ordered for vegetarian week were great."

From Heather Slimmon, Principal Teacher.

"To celebrate NVW we did a display at the school where I work. The pupils liked it a lot."

From Mrs Diane Pierrepont, The McAuley Catholic High School.

For further information, to order free NVW materials and to register your event visit www.vegsoc.org/nvw, call Jamie Johnson on 0161 925 2000 or email jamie@vegsoc.org.