

Meat Free Monday in Schools

(Video available on https://www.youtube.com/watch?v=DT1MC2y_mLU - 2'34")

Lesley (chef manager): Meat Free Monday.

(music)

Carys (nutritionist): We've a very environmentally-aware school and we encourage children to think about bigger issues. It's making children realize that they don't need meat to give you all the proteins that you require. It's a small thing that everybody can do which will make a big difference.

Rachel (chef and author): I think it's just so fantastic that for one day a week everybody can try food which doesn't have meat in it. It's good for the planet for us just to eat less meat.

(Inspiring)

Rachel: Now does anybody know what this is? (She holds a vegetable) It's actually a radish.

Female student 1: I love Meat Free Mondays because I think it's nice trying new things and stuff like that.

(meatfreemondays.com/recipes)

Rachel: I think it gives some variety, colorful flavors and vegetables, it's just so different from the boring meat and chips which is just brown and brown.

(Good value)

Lesley: Meat is so expensive. It cuts down a lot on the budget because it would then give more money to devise different vegetarian options. (Cooking) Whoa, look at that! That smell is good.

(Children standing in a line waiting for the meal)

Lesley: Come on in, love. Just come in.

(Children eating and smiling)

(Tasty)

Carys: My favorite meat-free meal here is the cauliflower-and-broccoli cheese baked which is absolutely delicious and extremely tasty.

Lesley: Frittata because it's so colorful and it just looks lovely when you put it on a plate.

Rachel: Roast vegetables. Squash, beetroot, onions. We just chop them up, pop them into the oven and let the oven roast them for you.

Female student 2: Lots of vegetables are actually quite nice so... (She laughs)

(Get involved)

Carys: Parents are very happy with meat-free Mondays because it encourages their children to try vegetables they may be reluctant to try at home.

Lesley: I think my best advice for other schools would be to involve the parents as much as possible.

Rachel: We could all reduce the amount of meat we have. We would be healthier, we would be happier and the planet would be happier too.

Lesley: Now they don't expect meat on a Monday and I'm sure if I put meat on a Monday they'd go (showing surprise) "What's that?". (She laughs)

(Music and Credits)

(Message: Join us - One day a week can make a world of difference)

(Website: meatfreemondays.com)