



## Meatless Monday at Berkeley High School:

### Quick links:

- [Global Meatless Monday Campaign Website](#)
- [Meatless Monday Instagram](#)
- [BHS Zero Waste Club Instagram](#) - this is where we post information about the Meatless Monday Campaign at BHS as well as educational and inspirational infographics
- [Food Choice Survey](#) - this is an **anonymous** google form that aims to collect data on the student body's food preferences in the cafeteria, at home, and for off-campus eating
- *Coming soon...* our [Meatless Map](#) - a guide to off-campus plant-based eating, giving students information about all the vegetarian/vegan-friendly restaurants in the area and the many options they provide

### Meatless Monday at BHS

We are a group of high school students and leaders of the Berkeley High School (BHS) Zero Waste Club, who took on the Meatless Monday Campaign as part of our initiative to fight climate change. The Meatless Monday Campaign is a global campaign to reduce meat consumption by encouraging people to skip meat on one day a week and increasing awareness about the harms of producing meat to the environment. Our project is working to implement Meatless Mondays at our school and in our community, starting with posters, social media

posts, and our Meatless Map, and hopefully eventually through the implementation of Meatless Mondays in the school district cafeterias.

Our project mission statement is to provide our community with the resources, education, and inspiration necessary to implement a more plant-based lifestyle. To do so, we are running an educational campaign in alliance with the global Meatless Monday Campaign, surveying the student body, and providing them resources to make participating in the challenge effortless. In our surveys and interviews, we ask students about their experience eating plant-based food both around campus and on their own. Our goal for the end of the year is to use the data we have collected from the students over the course of the school year to present a compelling case to our cafeteria staff to offer only vegetarian meals on Mondays and more plant-based options throughout the school week—as opposed to the current menus, which include meat and vegetarian options every day, but rarely vegan options. Our educational campaign includes posters around the school with compelling information on the benefits of participating in the Meatless Monday Challenge and posting weekly infographics on social media.

Another part of our project is leading sustainable cooking classes, which are available for free to the public. In these classes, we teach attendees, whether they be students, their friends, or their family, how to make delicious, nutritious and satisfying plant-based food. Some of the dishes we've made in past classes include butternut squash risotto with roasted brussels sprouts, and Thai tofu panang curry. These classes are being held virtually for the time being due to covid-19 and to make them more accessible.

The Meatless Map is a guide for BHS students to help make eating vegetarian and vegan for off-campus lunch effortless. The map includes ratings for how vegetarian- and vegan-friendly the restaurants in Downtown Berkeley are, as well as their meatless menu options, so that people can find places to eat that will support them and their meatless food choices and easily see which of the menu options are vegetarian and vegan. Furthermore, the menus on the Meatless Map include instructions for how to modify certain dishes to make them either vegetarian or vegan if they are not already. The restaurants included in the guide are from a list of the most popular places to eat off campus generated by a survey conducted of BHS students, as well as additional places in the Downtown Berkeley area. Although this step has not yet been taken, we also hope to—once the map is released—partner with restaurants on the map so that they can offer Meatless Monday discounts to students, which would both incentivise students to go Meatless Mondays and bring more business to the establishments.