



National Vegetarian Week 2018





EAT VEGGIE FOOD DURING **NATIONAL VEGETARIAN WEEK!**

National Vegetarian Week 2018 runs from 14-20 May and it's all about eating delicious and exciting veggie food. Everyone is welcome to join in and we've got loads of mouth-watering recipes, tips and resource packs to help you make the most of it.



LOVE
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14-20 MAY 2018
#NationalVegetarianWeek



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Do you love food? Then you're going to love National Vegetarian Week! That's right - the most flavour-packed event of the year is coming, and we want you to get involved!

Being part of National Vegetarian Week can be as simple as sharing a few veggie treats with your friends or as elaborate as running your own vegetarian food festival! Whatever you've got planned for this year's National Vegetarian Week, don't forget these three pointers:

- ♥ Enjoy some delicious veggie food during National Vegetarian Week (14 to 20 May 2018).
- ♥ Sign up online for our awesome newsletters, bursting with top tips, mouth-watering exclusive recipe videos and much, much more.
- ♥ Use #NationalVegetarianWeek on social media to find inspiration and share your veggie adventure.



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Tuesday 15th May

George Spencer goes Vegetarian

On Tuesday 15th May, all food served by the school canteens will be vegetarian. Will YOU notice?

How can you get involved further?





Why become a vegetarian?

There are several benefits from being a vegetarian.

Vegetarians have a reduced chance of –

Obesity,

Heart disease,

High blood pressure,

Type 2 diabetes,

Cancer.

This is because a healthy vegetarian diet is lower in saturated fat and higher in fibre, antioxidants and other micronutrients. It also influences the varieties of bacteria that inhabit your gut.



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Being a vegetarian is also –

- Cheaper - as meat is expensive to buy
- It reduces your chances of getting food poisoning
- Better for the environment – producing meat pollutes the environment due to chemical and animal waste.
- helps you to live longer.



Vegetarian dishes



Pasta salad



Veggie burgers



Chilli rice



Potato and pea curry



Vegetarian Lasagne

