



VEGETARIAN CHALLENGE



The Challenge

Challenge your colleagues to eat vegetarian meals and share new recipes!

Many of us eat more meat than our bodies can handle. Too much red and processed meat may increase the risks of certain cancers. Instead, try vegetarian proteins as a healthy alternative!

Resources Required

- 1-2 people to lead the challenge and promote it in the workplace.
- Large poster board & sharpies.
- Modest budget for a small prize.

Measures of Success

- Number of people who sign up.
- Amount of check-marks received.
- Feedback from employees.

Fun Twist

Host a vegetarian potluck for all employees to attend!

PROCESS

1 DETERMINE TIMELINE

Determine how long the challenge will last

We recommend a full week, or suggest implementing a Meatless Mondays challenge for a month.

Did you know?

Not only are vegetarian alternatives better for your health, they can also be better for the environment!

2 TRACK CHALLENGE

Make a tracking sheet on a large poster board for employees to sign-up.

Each day employees have a vegetarian lunch, they get a check-mark. Make sure to place the tracking sheet someplace visible, like the staff kitchen or office bulletin board!

3 PROMOTE CHALLENGE

Make sure to mention the chance to win prizes!

Send out a reminder to all employees, get senior leadership involved, promote recipe sharing, and, of course, don't forget to mention there is prizes for the employee with the most participation!