

50 veggie things to do in May

LOVE
NATIONAL
VEGETARIAN
WEEK
13 to 19 MAY 2019



01
Hold a bake sale



02
Colour in a National Vegetarian Week poster



03
Ask your canteen to go veggie for the day



04
Add a frame to your Facebook profile picture



05
Donate veggie food to a food bank



06
Wear green for a day



07
Take a selfie with a poster at a local landmark



08
Have some vegan ice cream



09
Try Jackfruit



10
Share a photo of your veggie shopping



11
Head outdoors for a veggie picnic



12
Enjoy a veggie pie



13
Pamper yourself with a face mask



14
Buy local fresh fruit and veg



15
Grab something veggie to go



16
Order veggie when you eat out



17
Plan a week of veggie meals



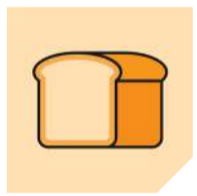
18
Stay up to date with all things veggie



19
Treat yourself to the new BOSH! cookbook



20
Play with your food



21
Bake some bread



22
Spice up your spud



23
Go veggie!



24
Cook a veggie meal for your friends



25
Take on the burger taste test



26
Play the Veggie Lotto



27
Host a bring-and-share lunch



28
Make a BOSH! recipe



29
Host a curry club



30
Raise some money



31
Become a member



32
Make a simple swap



33
Get together for a veggie roast dinner



34
Ask your workplace or university to sign up to #DefaultVeg



35
Discover your inner chef on a cookery course



36
Share some veggie sweets



37
Order a tofu dish from your local Chinese takeaway



38
Milk an almond! Not really, but you could try some almond milk



39
Try a veggie or vegan full English



40
Grow some chillies or herbs



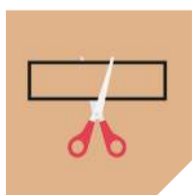
41
Have a veggie packed lunch



42
Have a plant-based BBQ



43
Design a veggie school dinner



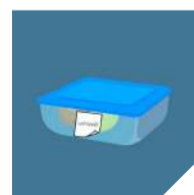
44
Get creative



45
Share why veggie food is good for the planet



46
Make a cheap veggie meal



47
Get inventive with your leftovers



48
Take our plant-based protein pop quiz



49
Text donate



50
Power your workout... plant-style!

Check out www.nationalvegetarianweek.org for more information on each activity and vouchers, downloads, and recipes to make the most of it all.