

LOVE

**NATIONAL  
VEGETARIAN  
WEEK**

**13 to 19 MAY 2019**  
**#NationalVegetarianWeek**



**Vegetarian**  
SOCIETY

[nationalvegetarianweek.org](http://nationalvegetarianweek.org)

# Want to help save the planet?

## Eating more veggie food is a delicious way to do your bit for the environment – and at [www.nationalvegetarianweek.org](http://www.nationalvegetarianweek.org) there are 50 things to help you do just that.

Whether you're an individual, part of a group, or want to get your workplace or school involved, discover bite-sized ways to join in, including:

- ♥ Inviting the whole family over for a veggie roast dinner
- ♥ Hosting a curry club for your friends
- ♥ Organising a bring-and-share lunch at work
- ♥ Designing a school dinner for your class

...and lots, lots more.

Use [#NationalVegetarianWeek](https://twitter.com/NationalVegetarianWeek) on social media to share your photos and see what others are up to!



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