

## Incorporating Plant-Based Meals in Your School

### Steps to request more vegan options at your school

1. Find an ally at your school
  - a. College/University president, teacher, student club/organization, other students
    - i. A school's president cannot change the menu at school, but they can open the door for you - Food Service Director's take their opinion very seriously
    - ii. A teacher ally can offer many of the same benefits as a president or help you convince the president for support
    - iii. A team of students shows higher demand. If you have an animal rights club on campus, this is a great place to start!
2. Survey the Landscape: Do your homework before contacting Food Service Directors
  - a. Explore the current menu
    - i. Are there already vegan or vegetarian options?
  - b. Know how the kitchens are set up
    - i. How is the food made? Heat and serve or made from scratch?
    - ii. Does your district have a central kitchen or use a catering company?
    - iii. Are they already in a contract with a food service company?
  - c. What other nutrition education programs are offered?
    - i. Often there are allies in these programs
  - d. Where are they doing well in the kitchen?
  - e. Where could they use improvement?
3. Set up a meeting with Food Service Director
  - a. See **"How to contact Food Service Directors"** below
  - b. Bring resources
    - i. Reasons why you and other students want to see plant-based options in the cafeteria (personal preference, [health](#), [religion/spirituality](#), [ethics](#), [environment](#), [global hunger](#))
    - ii. How it will benefit the students' [health](#), the [environment](#) and the [school](#)
    - iii. How to implement plant-based meals in the school cafeteria: See **"Resources"** below
  - c. Listen and be prepared to answer concerns from the Food Service Director
    - i. Potential challenges
      1. [Not enough demand](#)
      2. [Too expensive](#)
      3. [Waste \(kids will throw it away\)](#)
      4. [Products not available](#)
      5. [Staff training](#)
4. Remember, change takes time
  - a. Set goals prior to meeting: What do you wish to accomplish in your first meeting?
  - b. Send thank you note to Food Service Director after meeting letting them know you will follow up with solutions/answers

- c. Follow up with solutions to the questions brought up in the last meeting
  - i. Provide additional information and resources

## How to contact Food Service Directors

Find the Food Service Director by going to your school's website and locating the directory. Search by department under "Food Service," "Dining Services," "Campus Kitchen," etc. Find an email or phone number to contact and schedule a time to meet. If you don't receive a response, visit the kitchen and approach them directly. If you are still experiencing issues, contact the president or Executive Director.

## Resources

Physicians Committee for Responsible Medicine

- [Healthy School Food](#)
- [Health Topics](#)
- [Incorporating Vegan Entrees into Your School Lunch Program \(9:04\)](#)
- Webinars
  - [Scaling up Healthy, Climate-Friendly School Food \(1:02:33\)](#)
  - [Your Questions Answered on Processed Meat in School Lunch \(38:19\)](#)
  - [Processed Meat: School Lunch and Health Risks \(1:04:27\)](#)
  - [Public School Lunches in America: What Your Child Eats Matters \(5:29-8:21\)](#)
  - [Beans, Beans, Good For Your Heart... and Your Bottom Line \(44:56\)](#)

Forward Food

- [Food Service](#)
- [Forward Food Universities Tool Kit](#) (available for download)
- [The Food Service Professional's Guide to Plant-Based Meals](#) (available for download)

Meatless Monday

- [Meatless Monday on Campus](#)
- [College and University Food Service Implementation Guide](#)

Friends of the Earth

- [A Recipe for Combating Climate Change](#)

One Meal a Day (K-12 based, but good information)

- [Healthy School Lunches Facts Sheet](#)
- [Eating for Health - What You Eat Matters](#)
- [Lactose Intolerance](#)

The Vegetarian Resource Group

- [Implementing Vegan Options on College Campuses](#)

- [How Many Adults are Vegan in the US?](#)

#### Farm Animal Sanctuary

- [The Someone Project: Farm Animal Behavior, Emotion, and Intelligence](#)

#### Vegan Outreach

- [Fight Climate Change with Diet Change Brochure](#)

#### The World Peace Diet

- [The World Peace Diet: Eating for Spiritual and Social Harmony](#)

#### Independent Nurse

- [Religion and Dietary Choices](#)

#### A Well Fed World

- [Scarcity Vs. Distribution](#)