

...the scoop on the seat

Meatless Mondays

Help the environment!

- Vegetarian foods save water, fossil fuels, and prevent greenhouse gas emissions and water pollution

Reduce animal suffering!

- Most of farmed animals, even on “humane” farms, live in torturous, crowded conditions, and are killed as infants.



What would you eat on a Meatless Monday?

There are so many options. Here's a sample day:

Breakfast: A muffin

Lunch: A peanut butter and jelly sandwich

Snack: Tortilla chips and salsa

Dinner: Vegetarian chili and a bean burrito

Visit this website for more recipes:

www.meatfreemondays.com



Visit this website for more information about vegetarianism:

