

## Planning Your Event

Here are some suggested steps:

1. Register your intent on the web site
2. Hold planning meeting and recruit help
3. Develop Action Plan
4. Recruit speakers and performers
5. Obtain any permits required
6. Update your web site registration
7. Conduct promotional and media campaign
8. Get equipment, displays, handouts, food
9. Conduct event
10. Send report, clippings, and photos to FARM

Please register at [www.meatout.org](http://www.meatout.org), even if your plans are not firm! This lets us promote your event to other activists and the media.

Arrange a planning meeting to select events and identify key assistants. Announce it to your group, but also to other vegetarian, animal, environmental, health, hunger, and religious groups. Post announcements at libraries, co-ops, and health food stores and restaurants.

Prepare an Action Plan – a list of tasks with a brief description, name of individual responsible, and start and completion dates.

Invite speakers, musicians and other entertainers. Many are willing to perform gratis at charity events.

Permits for events on public property are required if you are impeding traffic or otherwise interfering with free use of such property by others. In any case, a courtesy call to local authorities is a good idea. Shopping malls and parking lots are open to public access, but you may need to get permission for conducting business.

Promotion of your event may include news releases, newspaper calendar notices, public service announcements, calls to talk shows, letters to editors, ads, flyers, and posters in stores and other locations.

FARM can provide display and handout materials. Also, check with us about food samples.

Send a brief event report to FARM, including sign-up sheets, photographs, and news clippings.

## Display/Outreach Materials

When you register, you can request a Meatout 'Event Pack' containing the display and handout items listed under the first two headings. You may purchase additional items indicated below (please add \$2 for postage).

### Handouts:

Postcards (full color offering free Veg Kit) free

### Displays:

Paper banner - 23x35", 2 colors \$2  
Bus card - 11x28", 2 colors \$2  
'Fresh Start' - 11x17", full-color \$2  
'Evolution' - 11x17", full-color \$2  
'Uncle Sam Bull' - 11x17", full-color \$2

### T-shirts:

Meatout logo - red \$12

### Books:

*The Food Revolution*, by John Robbins; Conari Press, 2001; 450 pp. \$18

*Becoming Vegan*, by B. Davis & V. Melina; Book Publishing Co, 2000; 280 pp. \$17

*Vegan - The New Ethics of Eating (Rev.)*, by Erik Marcus; McBooks, 2000; 210 pp. \$17

*Vegan Planet*, by Robin Robertson; 2003; 576 pp. vegan recipes and more. \$20

### Videos:

*Healthy You, Healthy Planet*; 53 min \$5  
From the editors of Vegetarian Times

*Earthlings (DVD)* \$20

# The Great American & International MEATOUT



## Guide to a Successful Observance

*Meatout is a program of:*

**FARM** (Farm Animal Rights Movement)  
10101 Ashburton Ln, Bethesda, MD 20817

[www.Meatout.org](http://www.Meatout.org)  
1-800-MEATOUT (632-8688)

## Selecting Your Event

### Your Meatout event should:

- ♥ Expose the largest number of people possible to the benefits of plant-based eating
- ♥ Create a positive personal experience for visitors
- ♥ Generate positive media coverage
- ♥ Be sensitive to community needs and interests
- ♥ Be compatible with national theme and focus
- ♥ Be compatible with your interests and resources

The **first** criterion can be met with the aid of effective promotion, good location, entertainment, and attractive educational displays and handouts. Free samples of veggie burgers, veggie dogs, soy nuggets, or other meatless goodies (available from manufacturers through FARM) always enhance visitor interest and acceptance. The **second** can be met by making visitors feel very welcome, by inviting them to your next function, and/or by signing them up for the Meatout Mondays or EarthSave VegPledge program, the latter of which provides a free subscription to Vegetarian Times.

The **third** criterion requires cultivation of your local media, which is covered in the "Media Guide." The **fourth** refers to making sure that your displays and handouts are not too radical and off-putting for your community's current dietary standards. A variety of display and handout materials are available from FARM, though you are welcome to use any materials.

The recurring theme of the Great American Meatout is the simple request that people "kick the meat habit on March 20 (first day of spring), at least for a day, and explore a wholesome, nonviolent diet of vegetables, fruits, and grains." The focus for the past four years has been on promoting the availability and selection of meatless foods in mainstream supermarkets and restaurants..

Finally, the nature and scope of the event must be compatible with your and your group's interests and resources to ensure that you enjoy doing it and that you not burnout in the process.

### Popular Events

♥ **Information Table.** This most popular event requires only a couple of people and a couple hours of planning effort. You pick a high-traffic lo-

cation and busy time of day, get a permit if necessary, then show up for a couple of hours with a large table, a couple of chairs, and lots of display and handout materials.

♥ **Exhibit** is an unstaffed version of the information table. It makes up for lack of staffing with an increase in duration. The typical location is a library or student union. The display materials, including books, are usually under protective glass cover, while the handouts are available to passersby.

♥ **Leafletting** ('handout') is even simpler than the information table because it requires no permit and no equipment. A typical location is a fast food outlet at lunchtime. Increase visibility by using display boards. Free veggie burgers or veggie dogs add a lot, and we recommend a courtesy call to the local police to defuse potential hostility.

♥ **Retail Outreach.** Getting supermarkets and restaurants to carry and promote more meat-free foods is the key element of the national Meatout campaign. FARM is contacting the headquarters of national chains to obtain favorable mention of Meatout. Activists who sign up for this event will receive detailed reports, so they will know which outlets to contact. We plan to conduct similar outreach to major bookstore chains.

♥ **Lecture/Screening** requires a qualified speaker, an entertaining video, and/or suitable classroom materials. The location could be a classroom, student union, community center, church, or private home. Free food samples add a lot.

♥ **Workplace Feed-In** offers ample room for effort and creativity. It can be as simple as putting out some veggie snacks, Meatout posters, and handouts, in a college dorm or workplace lunchroom. It can be as ambitious as getting major corporation, university, or hospital cafeterias going meatless for a day. It has the added psychological advantage of apparent official sanction.

♥ **Public Meal** differs from the previous event in three respects: a) you have a wider choice of constituencies; b) you need to attract an audience; and c) you provide the food. The constituencies may be Members of Congress or other public offi-

cial, residents of a community, members of a church or club, residents of a homeless or battered women's shelter, or personal friends. A large number of locations can be used. Food can be obtained from manufacturers through FARM and requires relatively little preparation. A cooking demonstration can be included in the program.

♥ **Festival/Fair** ('lifestival') combines elements of other events, attracts a lot more people, but requires more planning, promotion, and resources. Common ingredients of a festival are musical entertainment, street theater, local celebrities, food samples, cooking demos, videos, and attractive display and handout materials. A fair is similar, but also involves rental of booths to local food retailers and health care providers. Typical locations are a public park, downtown plaza, or civic center.

♥ **Ads/Billboards.** Individuals and organizations that wish to contribute money instead of, or in addition to, their time, can sponsor newspaper ads or billboards in their community. The artwork and technical instructions are available from FARM. Call 1-800-MEATOUT to sponsor a billboard today.



**Please register, even if your plans are not final.** Register online at [www.meatout.org](http://www.meatout.org), or call 800-MEATOUT. Registering your event posts it on the National Events web page, brings you local activist and media attention, and allows us to provide you appropriate guidance and materials. It also helps promote Meatout with national media. Update your registration anytime.

## How to Reach Meatout

Web site: [www.meatout.org](http://www.meatout.org)

E-mail: [info@meatout.org](mailto:info@meatout.org)

Phone: 1-800-MEATOUT

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