



THE GREAT AMERICAN MEATOUT

GUIDE TO HOSTING A WORKPLACE FEED-IN

Workplace feed-ins are an easy outreach event if you are short on time. The idea is to educate your co-workers with a display, information, and a delicious vegan lunch or samples. This can be done on the actual Meatout date (March 20th) or sometime during the month of March.

PREPARATION

Obtain permission to host a workplace feed-in by approaching management with your plans. Explain that you are interested in sharing with your co-workers the reasons behind your lifestyle choices.

Register your plans with us at www.Meatout.org and request an Event Pack containing Meatout posters, display materials, stickers, and handouts. Be sure to register as soon as possible to ensure the arrival of the materials in time.

About a week prior to your event, alert your co-workers of your plans, explaining to them the concept of Meatout and letting them know you will be bringing healthy, compassionate food for them to try during lunch hour. Consider marking it on the company calendar and/or making signs to hang around the office or post on the bulletin board.

Iron out the details:

- **Choose a proper location to set up** a small display with posters, information, and food. The staff cafeteria or employee lounge works best.
- **Decide on the menu.**
 - If you would like to prepare lunch, figure out how much food you will need and what you would like to serve. If you enjoy cooking, put your skills to use and plan to make a veggie lasagna with Gardenburger Veggie Crumbles and soy cheese, Veggie “Pigs in a Blanket,” soy cheese pizza, or Tofurky sandwiches with Vegenaïse. Visit www.MeatoutMondays.org and click on “Past Issues” for recipes.
 - If you would like to offer samples only, decide what you’ll serve. Ideas include Tofurky Deli Slices, Gardenburger Riblets, Tofu Pups w/ a dipping sauce (BBQ sauce or Ketchup), Vegan Chick’n Nuggets, soymilk (most people prefer chocolate), Tofutti Cuties (soy ice cream sandwiches), or any other meat/dairy alternatives you can pick up at the store.

Tips: The most effective way to demonstrate the great taste of plant-based eating is to provide cruelty-free alternatives to comfort foods that everyone knows and loves. Choose items that you prefer to eat and be prepared to answer questions about how to make it and where to buy it locally. Save the packages and leave them on display next to the food so people can find out more about it.

THINGS TO DO THE DAY-OF

- Bring all display materials and handouts into work with you. Plan to arrive early, so you can set up your display.
- If you are bringing food samples and have not yet purchased them, swing by the store on your way to work and pick up the food and any other items you will need to serve it (toothpicks, napkins, cups, etc.).
- If possible, make yourself available throughout the entire lunch hour to answer questions and discuss your reasons for hosting the event.