

Sodexo is proud to present: **Meatless Mondays in the Wildcat Room!** Not only will a meatless menu offer more options for vegetarians, it will also reduce WSU's carbon footprint as well as benefit the physical health of those who participate.

What is Meatless Monday?

An international movement to help people reduce their meat consumption to improve personal health and the health of the planet.

What Meatless Monday is not:

An attempt to convert meat-eaters to vegetarianism. It is about promoting healthy behaviors, education consumers and giving them options.

Why Meatless?

On average, Americans consume 8 ounces of meat per day – 45% more than the USDA recommends. Going meatless once a week can reduce the risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. It can also help limit our carbon footprint and save precious resources like fresh water and fossil fuel.

Why Monday?

Multiple studies have shown that periodic health prompts lead to positive behavior change. Monday is the beginning of the week, making it the perfect time to reevaluate choices and set intentions for the coming days. Meatless Monday allows for a scheduled, recurring reminder to start the week of on a nutritious note.