

ROOT FOR VEG CHALLENGE CARD



With people in the UK eating twice as much meat as vegetables, and most people are eating the same 4 or 5 meals every week, we're on a mission to get more people to Root for Veg.

Together, we need to reduce our meat intake and add more variety to our diets – it'll be better for you and our planet. Even the small changes you make at home can make a BIG difference.

We're inviting you to take part in our Home Challenges and join the movement to **#CheatonMeat**.

GROW IT! CHALLENGE: GROW IT DON'T THROW IT

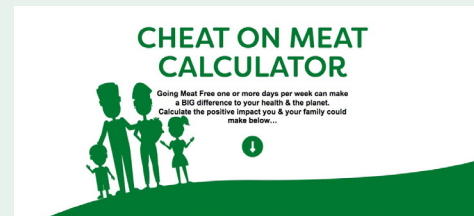


Did you know that you can grow beans literally anywhere? All you need is a ziplock bag, paper towels, water, bean seeds and sticky tape.

1. Dampen a paper towel and put inside the bag
2. Place the bean on the paper towel and seal the bag
3. Tape the bag to a sunny window
4. Add water if the paper towel dries out

The bean plant should grow in 3-5 days!

COOK IT! CHALLENGE: CHEAT ON MEAT



We're challenging you to cheat on meat and reinvent your family's favourite – perhaps you could try swapping beef mince for earthy lentils, meaty black beans or buttery broad beans.

You could head to:
www.knorr.com/uk/cheatonmeat.html for inspiration!

Please remember to always cook with adult supervision – never on your own.

CHANGE IT! CHALLENGE: MAKE YOUR PITCH AT HOME



How will your family Root for Veg? What changes will you implement at home? What are you planning on doing differently? Your challenge is to make a pitch for your family.

Let your family know about what you've learned. How rooting for veg is better for our health and the health of the planet.

Be creative – you can suggest a meat free day a week and suggest some of the delicious meals you've learnt about.

Choose a challenge and tick the box when you have completed it – don't forget to take pictures of the process (or the outcome!) because we'd love to see them. You can tag us with the hashtag **#RootforVeg**

Once you have completed the challenge (spud-tacular!), get a parent/carer to sign the bottom of this card and take it into school, along with your pictures, to give to your school council.

You will then be awarded with a Root for Veg certificate.

My child (name): _____
has completed all 3 of the Root for Veg Home Challenges.

Signed: _____

In completing these challenges, you've had a positive impact on the planet. Well done!