Hello Humane Society Members!!

**Looking for a great way to get involved on campus?** Consider joining our Meatless Monday team and create a significant impact on the health and well-being of students and staff at Grand Valley.

Ways to get involved:

Spread the word: *support the movement on Facebook: Meatless Monday at GVSU or simply by word of mouth.*

Go Meatless: *the best way to gather supporters is by being a supporter yourself; choose to go meatless on Mondays!*

Table: *help spread information by participating in frequent Monday tabling events. Email* *meatlessmondaygvsu@gmail.com* *if you are interested!*

Surveys: *a great way to hold the interest of campus dining is through positive feedback. Stop by any dining location and fill out a comment card regarding the Meatless Monday options. The more positive feedback and suggestions, the more support we will receive to make this into a long-term commitment.*



**In need of some answers? Here are some frequently asked questions:**

Q: What is Meatless Monday?

A: Meatless Monday is a world-wide initiative to reduce meat consumption in order to improve personal health and the health of the planet.

Q: Why is GVSU implementing this idea?

A: GVSU is well known for the steps it has made toward sustainability. Not only does Meatless Monday reflect our campus sustainability, it also suits the needs of our vegetarian and vegan population along with improve the health and well-being of all students and faculty.

Q: Are all campus dining areas participating in Meatless Monday?

A: As of right now, the participating locations are Engrained in the Connection and Fresh Food Co. Although considerations have been made to make Meatless Monday a part of the downtown campus dining, nothing has been finalized.

Q: How do I get my daily values of protein if I do not consume meat?

A: A lot of people do not realize that other foods such as beans and peanuts have high levels of protein in them. These are great meat substitutes along with soy food from brands such as Morningstar Farms and Boca. Additionally, research shows that if you stay on track and get all your daily nutrients while going meatless, chances are you are consuming the proper amount of protein!

Q: When did Meatless Monday launch at GVSU?

A: The winter semester of 2011.

For more information:

 http://www.meatlessmonday.com

 Email: meatlessmondayGVSU@gmail.com

 Follow on Facebook: Meatless Monday at GVSU