**Example School Food Advocacy Asks/Goals**

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## In the cafeteria:

* **Make Nondairy Fluid Milk Available Upon Request**: Ensure any student can request nondairy milk without needing a doctor’s note.
* **Provide Fully Plant-Based Meals on Request**: Offer a fully plant-based meal to any student who submits a prior request, making plant-rich options accessible on demand.
* **Implement Meatless Monday (or Equivalent)**: Dedicate one day per week to serving only plant-based meals, introducing students to nutritious, meat-free options.
* **Offer a Fully Plant-Based Menu on Specified Days**: Create a fully plant-based menu on a set number of days per week, reducing the overall reliance on animal products in school meals.
* **Include Fiber-Rich Entrées Twice a Week**: Advocate for menu items like veggie stir-fries, bean-based stews, and whole-grain salads that are rich in fiber to support students' digestive health.
* **Ensure 50% of Menu Options Are Plant-Based Daily**: Aim for half of the menu choices each day to be plant-based, giving students diverse and appealing plant-rich options regularly.
* **Remove Processed Meats from Menus by a Set Date**: Phase out processed meats, like hot dogs and deli meats, by a specified date to prioritize healthier protein sources.
* **Include a Plant-Based Unit in Nutrition Education**: Incorporate a module on plant-based nutrition in health or science classes, teaching students about the benefits and variety of plant-rich foods.
* **Remove Processed Meats from Menus**: Advocate for the removal of items like hot dogs, pepperoni, and bacon to prioritize healthier, less processed protein sources.
* **Eliminate Sugary Dairy-Based Beverages**: Recommend replacing flavored milk and other high-sugar dairy drinks with unsweetened plant-based alternatives.
* **Replace Fried Foods with Baked or Grilled Plant-Based Options**: Encourage the transition to baked or grilled plant-based foods as healthier, nutritious options over traditional fried items.
* **Offer Plant-Based Meals at No Extra Cost**: Advocate for plant-based options to be priced the same as or less than meat-based meals to make them accessible to all students (this only applies to competitive foods sold in the cafeteria, not the main meal)
* **Remove Red Meat from School Menus**: Encourage schools to gradually phase out red meat in favor of more sustainable protein options, like lentils, beans, and chickpeas.
* **Make Plant-Based Foods the Default Option for Special Events**: Suggest that plant-based meals become the default option for school events, reducing the demand for meat-heavy dishes.
* **Prioritize Low-Sugar, Nutrient-Dense Snacks**: Advocate for offering nutrient-rich snacks like fresh fruit, veggies with hummus, or unsweetened yogurt alternatives instead of sugary options.
* **Offer Plant-Based Breakfast Options**: Push for plant-based options at breakfast, such as oatmeal with fruit or smoothies made with plant-based milk.
* **Remove or Limit Dairy-Based Desserts**: Advocate for reducing or replacing dairy-based desserts with plant-based options like fruit cups, sorbets, or dairy-free yogurts.
* **Replace High-Sodium Processed Meats with Plant-Based Alternatives**: Propose replacing deli meats and other processed animal products with lower-sodium, plant-based alternatives.
* **Encourage Bulk Purchasing of Plant-Based Staples**: Suggest bulk buying of staples like rice, beans, and lentils to reduce costs and support the transition to more plant-rich menu items.

## Add, Remove, Reduce, Overhaul Framework

**Add**

Add plant-based milk options

Add PB options (veg chicken nuggets to standard menu)

Add PB protein to current offerings (tofu to salad bar)

**Remove**

Remove processed meats

Doctor’s note requirement

Remove fried foods

**Reduce/Replace**

Replace 50% beef in chili with beans

Replace 50% of burgers with veg option

**Overhaul**

100% plant-based option every day of the week

50% of entire menu totally plant-based every day

## In the Classroom:

* **Integrate Plant-Based Nutrition into Health Curriculum**: Include a dedicated section in health or science classes on the benefits of plant-based nutrition, covering topics like protein sources, fiber, vitamins, and sustainable eating.
* **Organize Plant-Based Cooking Workshops**: Offer hands-on cooking classes that teach students how to prepare simple, nutritious plant-based meals and snacks, equipping them with skills they can use at home.
* **Host Plant-Based Taste Tests**: Provide regular opportunities for students to sample plant-based meals or snacks in the cafeteria, making plant-rich foods more familiar and appealing.
* **Offer Nutrition Workshops for Families**: Host sessions where parents and caregivers can learn about the benefits of plant-based nutrition, with recipes and ideas for incorporating these foods into family meals.
* **Develop a “Plant Power” Educational Campaign**: Run a school-wide campaign focusing on the health and environmental benefits of plant-based foods, with posters, announcements, and interactive activities.
* **Incorporate Plant-Based Topics into Environmental Studies**: Educate students about the environmental impact of different diets, emphasizing how plant-based choices can help reduce their carbon footprint.
* **Create a Student Plant-Based Ambassadors Program**: Empower students passionate about plant-based eating to become “ambassadors” who help raise awareness, share information, and advocate for healthier, plant-rich options in school.
* **Add Plant-Based Nutrition Resources to Libraries and Classrooms**: Provide books, guides, and other educational resources about plant-based eating to help students explore the topic further.
* **Celebrate World Plant Milk Day and Meatless Monday**: Organize events around global plant-based initiatives to create excitement and awareness, such as World Plant Milk Day or Meatless Monday, with educational materials and fun activities.
* **Host Plant-Based Lunch Challenges**: Encourage students to try plant-based meals by hosting challenges, where they track their plant-based choices and earn rewards or certificates for participation.
* **Invite Guest Speakers on Plant-Based Health**: Bring in nutritionists, chefs, or athletes who follow a plant-based diet to speak with students about the benefits and practical tips for eating plant-rich.
* **Develop Interactive Plant-Based Garden Programs**: Build or enhance school gardens to grow plant-based ingredients and teach students about where their food comes from and how to cook plant-based meals from scratch.