

Example School Food Advocacy Asks/Goals

[In the cafeteria:](#)

[Add, Remove, Reduce, Overhaul Framework](#)

[In the Classroom:](#)

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.