



MEATLESS MONDAYS: GETTING STARTED TIPS

1. **Shop for local produce.** Use Meatless Mondays as an opportunity to attend local farmer markets with your child and let them help you pick out fresh fruits and vegetables. Check out LA Times' guide to Southern California farmers markets to locate a local farmers market near you:
<http://projects.latimes.com/farmers-markets/>.
2. **Purchase Eco-Friendly lunchboxes and snack packs.** These Go Green Lunch Boxes from <http://www.gogreenlunchbox.com/> are great for packing fruits, veggies, and dips because of their individual compartments. Each Go Green Lunch Box comes with an insulated fabric carrier, a five-compartment food container, water canteen, and a reusable gel freeze. Purchase other great eco-friendly lunch packing items from:
 - a. Wean Green: <https://www.weangreen.com/default.aspx>
 - b. Love Reusable Bags Lunchbags: <http://lovereusablebags.com/>
 - c. Neat-os: <http://neat-os.com/>
3. **Make packing meatless lunch fun!** Use Mondays as a creative and fun way to pack your child's lunch. Do this by using cookie cutters to make shapes out of vegetables and creating veggie animals or figures. For example, you can create a smiley face using cucumber slices with olives as eyes, a baby carrot as a nose, and a slice of red peppers as a mouth. Get creative!
4. **Get them involved.** Encourage your child to plan and cook dinner together with you. Making them feel part of the process will empower them to pursue healthier eating habits. Involve them in grocery shopping as well, since children are more interested in eating a meal they help create.
5. **Try a new meatless recipe every Monday.** Recipe sites such as plantbasedluv.com, lesliedurso.com, and meatlessmonday.com are a great way to get started on cooking and packing meatless.
6. **Enforce the “one bite rule.”** Have your child try at least one solid mouthful of a meatless food item whenever it is served. After enough exposure, your child will be more familiar to the meatless food item and start to like it.
7. **Opt for Vegetarian & Vegan dining out.** When eating out with family, suggest a vegetarian and vegan restaurant. Download the HappyCow app or check out <http://www.happycow.net/> to find vegetarian and vegan restaurant dining locations near you. Meatless recipes can be found there too!