



Meatless Monday at Home

Activities for Earth Month and Beyond

Meatless Monday Activities

Bring Meatless Monday to life at home with fun activities to help kids learn about the environmental and health benefits of meat reduction. Here are a few activity ideas or come up with your own. We'd love to hear about how you're using Meatless Monday in the home classroom! [Let us know at info@mondaycampaigns.org](mailto:info@mondaycampaigns.org)

Earth Day Poster Art Project

Engage kids in learning about the environmental impacts of their food choices through a fun Earth Day poster project. Challenges student(s) to create a visual that communicates the benefits of going Meatless Monday. Suggested theme: "Why I Go Meatless Monday for Earth Day!"

Meatless Food Around the World - Virtual Group Project

Assign kids to virtual groups (2-3 students per group). Give each group a country or region and ask them to research popular meatless dishes from these countries. Have groups present findings about the country/region, as well as the key meatless dishes in that region and a brief history of the dish via video conference.

Creative Writing Assignment

Option 1: Ask kid(s) to describe their favorite dish to eat or prepare with the family. If this is not meatless, ask them to describe a way it could be made meatless. Have kid(s) write stories focusing on this dish: what it means to them, the first time they remember eating it, memories preparing it with family members, how it can vary, etc. For younger students, you could ask them to just write a sentence and draw a picture.

Option 2: Ask kid(s) to choose a meatless ingredient (vegetable, grain, legume, etc.) and write a short story or poem featuring that ingredient. To get them started, you can provide a list of ingredients as choices with some information about where they're found and dishes they're used in, etc. (Ex. Avocados are often used in guacamole and tacos and are grown in many places, including Mexico and California).

Science Project

Plant and grow a seed, such as soy bean, alfalfa sprouts or similar. Once the plant has matured, use it to create a simple snack, such as hummus or a smoothie.

Access free Meatless Monday facts, research and resources about the health and environmental benefits of Meatless Monday at MeatlessMonday.com/research/