Meat free Mondays!

Meat provides us with protein and many other important vitamins and minerals that our bodies need to be healthy. However, red meat and processed meats like burgers and sausages can be high in fat and salt which can make us unhealthy if eaten too often. So, it's a good idea to have one day a week where we don't eat any meat as this can help us to reduce the amount of fat and salt we eat. Swapping meat for other sources of protein like beans and pulses also helps to make our diets more varied which means we are more likely to get the balance of nutrients we need to stay healthy.

Eating less meat can also help the environment. Producing meat creates greenhouse gasses. These are harmful to the atmosphere, so by reducing the amount of meat we eat, we can help protect the environment.

Having a meat free day once a week is the most important thing. It doesn't have to be a Monday, so take a look at the vegetarian options on the school lunch menu and have a think about which day you might want to go 'meat free' next week.

Family challenge! Try and have 1 meat free day per week for a month and see what difference it makes to your family. Has it saved you any money? Have you tried some new foods or dishes? Do you feel any different?