



# Meat Free Monday

## Lunch at Linga Longa

Skipping meat one day a week is good for you, great for your nation's health, and better for the planet.

South Africa launched Meat Free Monday in 2011, with support of the Fry's Family Foundation. Around the country over 600 restaurants support the movement with vegetarian options. Over 20 schools, like-minded organizations participate in the campaign.

National universities support Meat Free Monday, including University of Cape Town, University of KwaZulu Natal and Varsity College Durban. Campaign organizers have spoken to over 16,000 students in schools they are very passionate about the movement.

### **For the environment**

Reducing your animal-based food is an easy way to help our planet that has immediate, positive impact. It is more effective than switching your car with a bicycle or taking a quick shower.

- Halve your greenhouse emissions
- Lessen your water and energy use
- Save wildlife and species extinction
- Protect nature and the oceans
- Decrease your overall environmental footprint simply by making different food choices
- Cut down on pollution

According to Oxford Research, recent analyses show that reductions in meat consumption and other dietary changes would ease pressure on land use and reduce greenhouse gas emissions. Changing diets may be more effective than technological mitigation options for avoiding climate change and may be essential to avoid negative environmental impacts such as, major agricultural expansion and global warming of more than 2 °C, while ensuring access to safe and affordable food for an increasing global population.

**N.B. Linga Longa offers a Vegetarian Lunch Option every day.**

# Save the Environment and Save Money!!!

Bring your own Containers, you pay less....

## Lunch time

Have your lunch as a Takeaway, bring your own Containers \*  
& Cutlery ...

**save R 6.00**



\*The Salad container may not be bigger than 500ml

## Coffee, Tea and Hot Chocolate

If you bring your own mug \*.....

**get a R 2.00 discount.**



(Mugs, Flask or used Compostable Cups)

\*Containers may not be larger than 250ml

## Breakfast - Cereal Bar at Linga Longa

Bring your own bowl and spoon to take away your Breakfast ....

**save R 4.00**

