

主辦機構  
Organizer



核心夥伴  
Core Partner



Attn: Heads of primary and secondary schools

### Green Monday School Program 2018 - 19

Green Monday is a social enterprise that promotes and enables green, healthy and sustainable living. Through our vegetarian promotion and food rescue initiatives, we are a platform that enables corporations, restaurants, schools, and the general public to join efforts in reducing our carbon footprint and performing the social and environmental responsibilities.

Green Monday's main focus is to promote going vegetarian every Monday, taking small steps for health and the environment. According to the Food and Agriculture Organization of the United Nations, the livestock industry produces 14.5% of the world's greenhouse gas emissions, which is the biggest contributor to global warming. The industry's impacts on the environment include air pollution, soil erosion and species extinction. If people in Hong Kong could go vegetarian once per week, we could be able to reduce the amount of carbon dioxide by 1.5 million tons in a year, which is equivalent to the carbon absorption capacity of 65 million trees over a year.

With the generous support from school lunch caterers, Green Monday launched the school program in 2012 and currently offering vegetarian lunch options to over 600,000 students in more than 800 primary, secondary schools and universities. Apart from local institutions, Green Monday has also begun to take root at institutions world-wide, including Tsinghua University in Mainland China, Columbia University in the USA and University of Toronto in Canada.

In addition to offering vegetarian options, the school program also offers the following activities to primary and secondary schools:

1. **School talk:** Facilitated by Green Monday educators, the talk highlights the impact of our eating habits on our health and the environment. Talks are free of charge and can be arranged for students, teachers and parents respectively. The duration is about one hour.
2. **School lunch award:** To celebrate "Earth Day", 8<sup>th</sup> April, 2019 is designated as "Super Green Monday". Schools with a vegetarian order rate of 90 % on the day will receive a gold award, while those with 70% will receive a silver award and those with 50% will receive a bronze award. The list of awarded schools will be announced on a newspaper and an award presentation ceremony will be held during the Green Monday Summer Carnival in June or July, 2019.
3. **School exhibition:** It illustrates through the use of infographics how the livestock industry consumes the Earth's resource and speeds up global warming. It also educates students on how to plan a healthy and nutritious green meal. Schools can borrow the exhibition board for free.

4. **School workshops:** Through interactive games or DIY activities, students will learn how to go green in different aspects of life.

Scope	Content	Class size
Storybook Reading	'Piggy's New Life' --- children can learn more about industrial farming, this is a good opportunity for children to understand the subject and develop their sense of empathy.	15 - 20
Daily life	- Green snack (Chia Seed Pudding or Salad) - Eco-enzyme cleaner - Natural mosquito repellent	15 - 50
Art	- Pressed plant bookmark - Huggable animals - 3D animal model	15 - 40

5. **Visits:** Give students a more in-depth understanding of environmental issues and green living. Destinations include recycling facilities and organic farms. A visit usually takes 2 - 3 hours and is limited to 50 people.
6. **Food labeling talk and supermarket tour:** Educate students on choosing healthier food by reading food labels. Students can gain hands-on experience of reading food labels by a guided supermarket tour in Green Monday's vegetarian concept store, Green Common. The activity takes about an hour and is limited to 10 – 15 people.
7. **Green Monday Summer Carnival:** Held in June or July every year, this fiesta offers a wide range of family-friendly activities including green products market, vegetarian food tasting, workshops on nutrition/ cooking/ fitness, booth games and performances. Everyone is welcome.

For details of the school program, please refer to the Green Monday website: [http://greenmonday.org/school\\_program](http://greenmonday.org/school_program) or email to [campus@greenmonday.org](mailto:campus@greenmonday.org)

Best regards,



David Yeung  
Co-Founder of Green Monday

Supporting caterers:



Appendices 1: Poster of Green Monday School Program

無綠不歡  
校園計劃  
GREEN MONDAY SCHOOL PROGRAM



Eat local



每一次你花的錢,都是在為你想要的世界投票。  
Every time you spend money, you're casting a VOTE for the world you want.

Anna Lappe



Organic food



Fairtrade



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Appendices 2: Poster of Green Monday School Program

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Let's Green Monday 響應每週一素食

實踐 Green Monday 一年每人可以減碳 213 公斤，相等於九棵五米高樹一年的碳吸收量。

Go Green Monday for a year helps to reduce carbon emission by 213kg per person. This is equivalent to the carbon absorption capacity of 9 five-meter-tall trees.

愛地球 · Go Green Monday!

Love our planet · Go Green Monday!



星期一 別把我吵醒

don't wake me up on monday

[www.greenmonday.org.hk](http://www.greenmonday.org.hk)

GreenMondayHK | Q



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