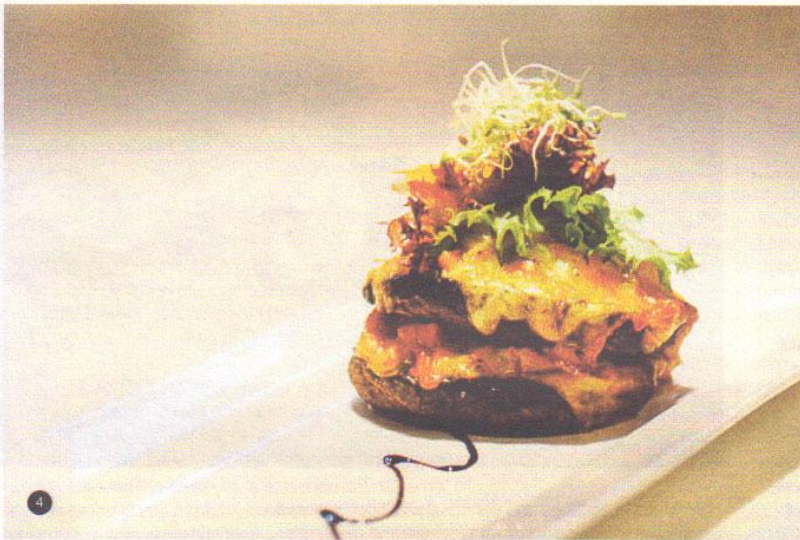


Kampung Senang Charity & Education Foundation

July-September 2011 | Goodpaper



VEGGIE Thursday
Feel Good. Do Good.

- 1 Vegetable curry with rice
- 2 Brown rice set meal
- 3 Tofu cakes
- 4 Portobello Mushroom at 7 sensations
Baker Mushroom with Sun Dried Tomatoes
and Cheese topped with Mesolun Salad

Find out more

www.veggiethursday.sg
www.genesishealthfood.blogspot.com
www.nutrihub.blogspot.com
www.7-sensations.com

Veggie Thursday is born!

It started in Belgium in 2009, after Dr Rajendra K Pachauri, head of the UN's Intergovernmental Panel on Climate Change, gave a talk in the Belgian city of Ghent.

Dr Pachauri revealed in his talk that livestock production, mostly for food, accounts for about 18% of human produced greenhouse gases, while transport, which has often been seen as a major contributor to climate change, contributes only 13%. According to Dr Pachauri, the best and most convenient action people could take to slow climate change would be to follow a plant based diet once a week. In response, Ghent's city council adopted a resolution urging residents to go Veggie every Thursday. Since then, several other Belgian cities have followed suit.

The movement has now spread beyond Belgium. In cities such as San Francisco, Sao Paolo and Taipei, the idea of going meatless once a week has taken flight.

Singapore too has joined the fray. The Students Against Violation of the Earth (SAVE), a National University of Singapore (NUS) student environment group, has convinced the university to endorse 'Meatout Thursday'. This campaign is part of the ongoing 'NUS Fights Climate Change' movement.

How to practice Veggie Thursday?

- Go completely meatless for one meal.
- Take more plant foods at each meal.
- Find a vegetarian eatery and have your meal there.
- Get your friends to join you in your Veggie Thursday.
- Explore with new dishes and ingredients.

Veggie Thursday is a project of 29 local organisations with a wide variety of goals. And, we are all united on one goal: to help people go veggie once a week, on Thursday or any other day they want. Veggie Thursday here in Singapore is part of an international movement. Visit us at www.veggiethursday.sg to learn more, sign up for our free e-newsletter and have fun trying new dishes and eateries on Veggie Thursday!

Jasmin Lee is a 23-year-old student, currently majoring in Economics at Singapore Management University. She is an animal lover who adores her pet guinea pigs. For her furry friends, she is currently striving go veggie!

Organisations within Veggie Thursday

