

EATING IS A
NECESSITY, BUT
EATING INTELLIGENT
IS AN ART

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index

Introduction

Changing the menu

Advertisement

Introduction



Main goal



Target audience

THE ERASMUS PROJECT

THE BENEFITS OF EATING SUSTAINABLE



FOOD MILES

Food miles are the distance from the producer to the consumer. If you eat vegetarian for a year, you could save 8120 food miles.



AREA CONSUMPTION

Those who eat plant-based consume only one third of the area needed to produce meat or other animal products.



WASTE

The packaging of meat and plant-based products are not different. However, meat production pollutes the groundwater with medicine the animals get feed.



CO2 EMISSION

Research shows that when everyone switched to a plant-based diet, we would reduce the agriculture production emissions by 65%.



WATER FOOTPRINT

The water footprint measures the amount of water used to produce goods and services. The water footprint is 20 times smaller with a plant-based diet than with meat.



ANIMAL WELFARE

When going on a plant-based diet, you can stop animal cruelty. Also when you are already a vegetarian and you still consume animal-products, you promote bad living conditions of the animals.

WHY EAT PLANT BASED



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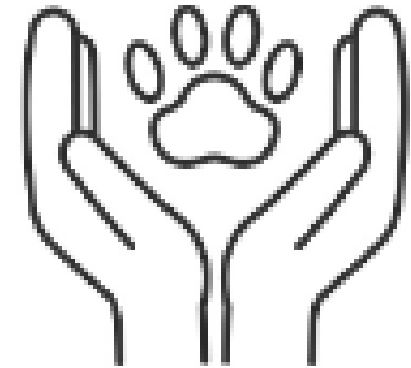
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Changing the menu of the cafeteria



INTRODUCE THREE
NEW RECIPIES



CHANGE THE
PRICES



ADVERTISE THE
NEW FOOD



1. PITA FALAFEL
(WITH LETTUCE,
RED UNION, BELL
PEPPER, (VEGAN)
YOGHURTSAUCE)



2. VEGAN 'BRABANTSE WORSTENBROODJES'



3. PIADINA WITH MUSHROOMS FROM THE FUNGI FACTORY

bakery

	small	king size	luxe bol	
Kaas / kip / ham & sla	1,70	2,80	3,25	✓
Gezond	1,70	2,80	3,25	✓
Broodsalade	1,70	2,80	3,25	✓
Filet americain	1,70	2,80	3,25	✓
Zuivelspread	1,00	1,80	2,25	✓✓ ✕
Combi-deal: broodje + Sourcy		3,55	3,75	✓
Oosters' paprika & hummus	1,00	2,40	2,50	✓ ✕
Hete kipreepjes	3,00	3,40	4,00	✓
Mozzarella	2,00	2,40	2,50	✓✓ ✕
Zalm	3,00	4,00	4,50	✓
Carpaccio	3,00	4,00	4,50	✓
Zachte bol kaas / kip / ham	1,35			⊘
Extra ingrediënt	0,20			

legenda

Onze menuborden zijn voorzien van symbolen. De betekenis van deze symbolen vind je hier!

- ✓ = betere keuze
- ✓✓ = schijf van vijf
- ⊘ = uitzonderingsproduct
- ✕ = veggie
- ✕ = plantaardige keuze

Margarine op je brood?

Smeer 'm gratis!

Vraag ernaar bij onze medewerkers.

Wist je dat..

Onze witte broodsoorten & panini's bevatten evenveel graanvezels als bruin brood!

greens & proteins

Handfruit	0,35	✓✓ ✕
Fruitsalade	2,20	✓✓ ✕
Melk	0,60	✓✓ ✕
Optimel drink	2,00	✓ ✕
<div style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> <p>Get your vitamins!</p> <p>2 stuks handfruit voor 0,60</p> </div>		
Pok pok wrap	3,50	✓
Oosterse wrap	2,50	✓✓ ✕
Salmon wrap	4,00	✓
Grilled chicken shaker	3,20	✓
Shake it (ch)easy	1,90	✓✓ ✕
Salmon salad shaker	3,00	✓

hot & sweet

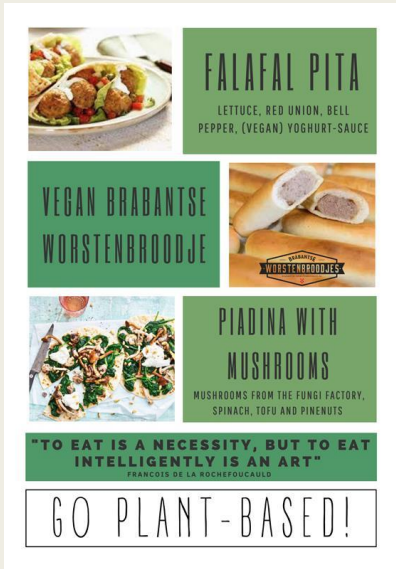
Stokbroodje kruidenboter	2,00	✓ ✕
Panini van de dag	v.a. 2,60	✓
Hot bite	v.a. 1,20	⊘
Guilty pleasure	v.a. 1,70	⊘ ✕

grab & go

Smaakwater van de tap	gratis	✓✓ ✕
Snap & crackle / lolly	0,30	✓ ✕
Jimmy's popcorn	1,00	✓ ✕
Mineraalwater	1,15	✓✓ ✕
Frisdranken petfles	v.a. 1,45	✓ ✕
Candybar / candybag	v.a. 0,60	⊘

Advertisement

- Posters
- Social media account of beekvliet





THE END