healthMpowers™

Vegetarian Awareness Month is October 1st to October 31st !

Photo Sources: Adobe Stock

This month-long celebration recognizes the benefits of a vegetarian lifestyle while encouraging plant-based eating.

Starting on October 1st, **Vegetarian Awareness Month** raises awareness about the health benefits of a vegetarian diet. **Vegan** and **vegetarian** diets consist of plant-based foods, such as **fruits**, **vegetables**, **legumes**, **nuts**, and **seeds**. Vegans and vegetarians do not eat beef, pork, poultry, or fish. While vegetarians can eat eggs, dairy, and honey, vegans do not consume any animal byproducts. **Lacto-vegetarians** eat dairy products but do not eat meat, poultry, fish, or eggs. **Lacto-ovo-vegetarians** eat eggs and dairy but do not consume meat, poultry, or fish. A vegetarian diet has been **shown to lower cholesterol and blood pressure** and **may reduce the risk of heart disease and diabetes**.

Countries with the Most Vegetarians in the World

Name That Protein!

Check out these vegetarian protein sources. Click on each protein name to learn more.

Seitan | Nutritional Yeast | Teff

This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

Learn more at: HealthMPowers.org

Vegetarianism Around the World

According to World Atlas, India is ranked the highest population of vegetarians. Around the 6th Century BC, vegetarianism became popular in India with the introduction of Buddhism and Jainism. **Vegetarianism** is practiced all over the world for **religious**, **cultural**, **personal**, **health**, and **environmental** reasons.

Ways to Celebrate Vegetarian Awareness Month

- Try **a vegetarian recipe**.
- Support **a local vegetarian restaurant**.
- Purchase and try **a local and seasonal produce** at your local farmer's market.
- Try **Meatless Monday**.

Photo Sources: News Careers 360 and Rainbow Plant Life

Celebrate by introducing your class to these...

Activities

Check out these **12 Healthy Food Activities for Preschoolers That Everyone Will Enjoy**.

Books

Check out these children's books about vegetables:

"Grow!" by Karl Beckstrand

"The Little Book of Plants" by Zack Bush and Laurie Friedman

Recipes

Check out these "Harvest of the Month" recipes with parsley: **Tabbouleh Recipe for Family Homes** and **Tabbouleh Recipe for Childcare Centers and Schools**. Quality Care for Children's **"Kids In The Kitchen"** is a great cookbook with lots of vegetarian options!

SNAP Supplemental Nutrition Assistance Program

This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

Learn more at: HealthMPowers.org

Georgia SNAP-Ed