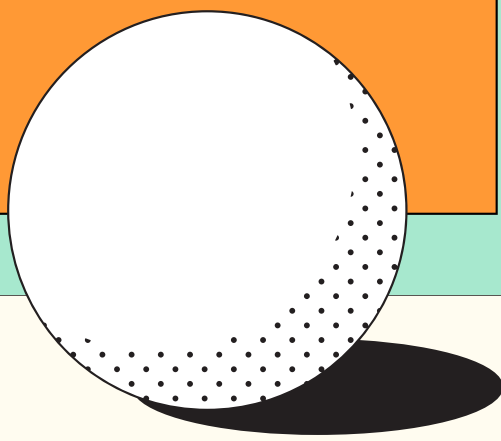


FOUR CHALLENGES FOR MEAT AND DAIRY REDUCERS

AND HOW YOU CAN HELP



AVAILABILITY OF MEAT-FREE OR DAIRY-FREE OPTIONS

Going out for a meal can be stressful for reducers, especially in terms of whether enough options will be available for them to choose from. Take some of the pressure off by choosing vegetarian or vegan-friendly restaurants, and checking menus online before booking.

HAVING TO EXPLAIN YOURSELF

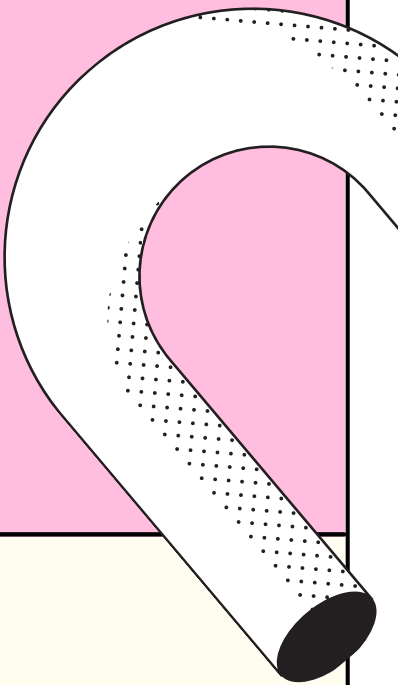
Reducers are often subject to scrutiny and face regular questioning about their diet. Make sure to support and appreciate their efforts, no matter the reason for their dietary change. Remember, everyone is entitled to choose a diet that suits them.

SOCIAL EVENTS

Reducers are often treated as an obstacle at social and family gatherings, resulting in being labelled as 'picky' or 'difficult'. Why not cook a variety of meals and find appealing meat-free alternatives for festivities (e.g. Christmas) that everyone can enjoy, instead?

FEELING LIKE AN 'INCONVENIENCE'

Reducers sometimes feel like the 'odd one out' in social situations. Try to make vegetarian or vegan meals the default when hosting, and avoid pushing dairy or meat products onto them.



FURTHER TIPS AND RESOURCES

1. Catering a part-veggie household <https://bbc.in/3xOEtY3>
2. Cooking for multiple dietary requirements and food waste <https://bit.ly/3AP4U8H>
3. Supporting a vegetarian child <https://bit.ly/2VVjgp1>
4. NHS: vegetarian and vegan Q&A <https://bit.ly/3D2bgno>

