

NewYork-Presbyterian **Meatless Monday at NYP**

PROJECT SUMMARY:

NewYork-Presbyterian is committed to creating a healthy environment for our community. As a world class medical facility, we recognize that our onsite food offerings can serve as a tool to encourage healthy and sustainable eating habits. NYP's Meatless Monday initiative, a collaboration between the Department of Food & Nutrition, *NYPBeHealthy*, and *NYPgreen*, aims to educate our employees, students, patients, and visitors on the benefits of consuming less meat. In addition to reducing one's environmental footprint, consuming less meat may help individuals reduce their risk of chronic diseases including heart disease, certain cancers, obesity, and type 2 diabetes. Through Meatless Monday, NYP joins a global movement with a simple message: "Once a week, cut the meat." We encourage members of our community to start each week with a commitment to eating nutritious, environmentally-friendly, meat-free meals. The Meatless Monday options that will be offered in our onsite retail outlets have been thoughtfully curated by our team of Chefs and Registered Dietitians.

When will this promotion begin?

Meatless Monday will begin on Monday, February 26th, 2018.

Which NYP retail sites will participate in Meatless Monday?

All NYP dining cafés will participate in Meatless Mondays, including:

- NewYork-Presbyterian/Allen Hospital
- NewYork-Presbyterian/Columbia University Irving Medical Center
- NewYork-Presbyterian Hospital/Weill Cornell Medical Center
- NewYork-Presbyterian Hospital/Westchester Division

Will all meat be removed from the cafeterias on Mondays?

No. Meat options will still be available in the cafés on Mondays. This initiative will encourage participation in Meatless Monday by offering a meatless meal as the featured *NYPBeHealthy* special. This special will meet our *NYPBeHealthy* [nutritional guidelines](#).

For the purposes of this initiative how is a meatless meal defined?

Our team defines a meatless meal as a meal containing plant-based foods such as grains, beans, legumes, nuts, seeds, and/or vegetables. A meatless meal does not include red-meat (beef), pork, poultry, fish, or shellfish, but may contain dairy or eggs.

Many of the Meatless Monday promotional materials cite statistics related to the impact of going meatless. How were these statistics determined?

These statistics were generated via NYP's collaboration with the Monday Campaigns and The Johns Hopkins Center for a Livable Future. Citations can be accessed via NYP's Food & Nutrition website.