



# ProVeg UK Food and Climate Fact Sheet

ProVeg UK's [School Plates](#) programme helps school caterers (local authorities, multi-academy trusts, individual schools, and contract caterers) make **small changes** to menus that can have a **big impact** on children's health and the health of the planet. The programme is completely free, and includes chef training, menu and recipe consultation, climate, health and budget analysis, and an awards programme, all aimed at increasing the quality, quantity and uptake of plant-based options.

## Why? - Climate

- [The Global Food System is a key driver of the climate crisis](#)
- Animal farming is responsible for up to 20% of global greenhouse gas emissions. It is the leading cause of deforestation, water use, biodiversity loss, and species extinction.
- Even if we stopped emissions from all fossil fuels right now, emissions from food production alone would take us well beyond the carbon budget for 1.5°C.
- Most local authorities have declared a climate emergency, with many keen to address the climate issues through school food.
- UK schools serve 1.2 billion meals every year, with most of these meals containing animal-based products.
- Beef emits 50 times more greenhouse gases per gram of protein than pulses such as beans and lentils.
- We need to eat more plants and less meat and dairy for the future of our planet; the Climate Change Committee has recommended a 20% shift away from all meat and dairy by 2030 (rising to 35% by 2050) in order to put the UK on the path to net-zero emissions.
- Plant-based diets generally have about half the carbon footprint of conventional diets.
- Plant-based products have a smaller carbon footprint than their animal-based counterparts – up to 90% in some cases.














## Why? - Health

- Only 18% of school-aged children in the UK eat the recommended five portions of fruit and vegetables every day, and around a third of children eat one or less portions of vegetables each day.
- Whole plant foods are rich in essential vitamins and minerals, as well as fibre and antioxidants, all of which are crucial for maintaining optimum health. Plant-based recipes are often higher in fibre, an often overlooked nutrient that helps to combat the growing tide of health issues linked to poor nutrition.

## How the School Plates programme makes a difference:

- ProVeg UK has over 100 major catering partners. We are currently working with or have worked with nearly a third of all UK local authorities responsible for school food.
- School Plates has swapped over 47.3m meals to meat-free or plant-based since 2018.
- ProVeg UK expert chef trainers have trained more than 600 school caterers to introduce them to plant-based cooking, increasing the quality and quantity of plant-based foods.
- School Plates' alternative recipes match or often exceed the nutrient profiles of regular school meals. For example, the School Plates Spaghetti Bolognese recipe has 14% more protein, 30% more fibre, is 87% lower in saturated fat, 43% cheaper, and produces 66% less CO2.

## Where to find support:

-  ProVeg UK [School Plates](#) programme and [Awards Guide](#)
-  Contract Caterers: email a PDF of your menu to [schoolplatesawards@proveg.org](mailto:schoolplatesawards@proveg.org)
-  If your school uses a Contract Caterer, check out **Top 25 ProVeg UK** [Caterer Ranking](#)
-  [School Plates Recipes](#)
-  [Canteen to Classroom education programme](#)
-  [World Resources Institute research](#)
-  [Let's Go Zero](#)
-  [Beans is How](#)
-  [Sustainability Support for Education \(Department for Education\)](#)
-  [Eco Schools](#)
-  [Ministry of Eco Education](#)
-  [TasteEd](#)
-  [UK School Sustainability Network Operations Group \(UKSSN\)](#)

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Our vision is a world where everyone chooses **delicious** and **healthy** food that is good for **all humans, animals**, and our **planet**. ProVeg International is a food awareness organisation with the mission to replace 50% of animal products globally with plant-based and cultivated foods by 2040.

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