**DefaultVeg: Conferences**

**What is DefaultVeg?** A DefaultVeg menu features plant-based meals as the default option while giving diners the choice to add or opt into the meat or dairy options upon request. DefaultVeg is a simple and inclusive way to reduce catering costs and offer healthier and more sustainable meals.

**Did You Know?** When you simply change the default, consumers are much more likely to choose a plant-based meal, even when meat and dairy options are available.  

**What are the benefits?** Plant-based foods lower the risk of a range of common ailments such as heart disease, stroke, type 2 diabetes and obesity; significantly reduce greenhouse gas emissions and pollution; and are a kinder alternative for the 99% of farmed animals raised on factory farms in the US. DefaultVeg is a simple way to promote sustainability and wellness in your workplace. Plus, DefaultVeg meets the needs of those with more restrictive diets, making it easier for everyone to eat healthier meals and create a just world.

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**How can I implement DefaultVeg at a conference?**

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1. **Are you in charge of ordering/purchasing food?**
   - **yes**
     - **Have you discussed DefaultVeg with your other organizers?**
       - **yes**
         - **Do you know who is?**
           - **yes**
             - Talk to your colleagues and explain that ordering DefaultVeg will lead to a significant reduction in GHG emissions and will lower the conference’s carbon footprint. The only difference they'll need to make is a slight change to the registration format and/or serving setup. Do they have any questions?
           - **no**
             - **Find out who is and go over this chart with them!**
       - **no**
         - **Have attendees already registered?**
           - **yes**
             - **Have you talked to your caterer about serving mostly plant-based meals?**
               - **yes**
                 - **Talk to them! Caterers already know how to make delicious plant-based meals.**
               - **no**
                 - **Perfect! There are a few ways you can set up a DefaultVeg Conference.**
                   - **Option 1** Create a plant-based buffet with a meat option or add-on at the end of the buffet.
                   - **Option 2** If attendees were given the option to register for specific meals, only give meat meals to those who have registered for them.
                   - **Option 3** Place the meat option or add-on at a different station or table.
           - **no**
             - **To go DefaultVeg, mention on the registration site that the conference will be DefaultVeg and that anyone can choose to opt in to the meat option instead of having to opt out.**

2. **no**
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