> 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.[1]

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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1. Adam Meier, Workshop on Behavioral Insights and Health, Harvard School of Public Health, 2016.

How can I implement DefaultVeg at a conference?

Are you in charge of ordering/purchasing food?

yes

no

Have you discussed DefaultVeg with your other organizers?

yes — **Do you know who is?** — no → Find out who is and go over this chart with them!

yes

no

no

Have attendees already registered?

yes

Talk to your colleagues and explain that ordering Default-Veg 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?

yes → If you need help getting your colleagues on board, let us know! We'd be happy to set up a call to tell them how easy, inclusive, and delicious DefaultVeg is!

Contact us: info@defaultveg.org

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.

yes → **Have you talked to your caterer about serving mostly plant-based meals?**

no → Talk to them! Caterers already know how to make delicious plant-based meals.

yes → 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.