SUSTAINABLE FOOD KNIGHTON

Yes! I'm up for the Veg Pledge!

We hope that you will enjoy taking the Veg Pledge challenge and that it will lead to lasting changes in the way you eat. When you've completed the challenge, we'd love to hear all about your highs and lows – favourite meals, biggest challenges, etc. Be honest!

Name…….

Contact email or phone……..

I'm up for the Veg Pledge and aim to cut out meat and fish for…….. (day/s) per week.

Signed ……

My Veg Pledge Diary

Start date: ……

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Completed Pledge Diaries can be returned to us via a collection box in the Comm foyer or at Rhos Organic Shop or bring it with you to the “Planet Friendly Food” event at Knighton Comm on September 26th.
Alternatively, you can photo or scan your diary and email to sustainablefoodknighton@gmail.com or send as a message via the SFK Facebook page.
Every completed Pledge diary will be entered into a prize draw with a chance to win Rhos Organic Shop vouchers and other great prizes.