

Take part in #MeatFreeMonday and cut out meat for the day. Try and take part each week and have one/two days meat free



Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...



• Reduce

££

Indoors

Day/Night

11 - 14

14 - 18

5 - 7

7 - 11

3 - 5

Autumn

Spring

Summer

Winter

Skills:

◦ Responsibility

Equipment: