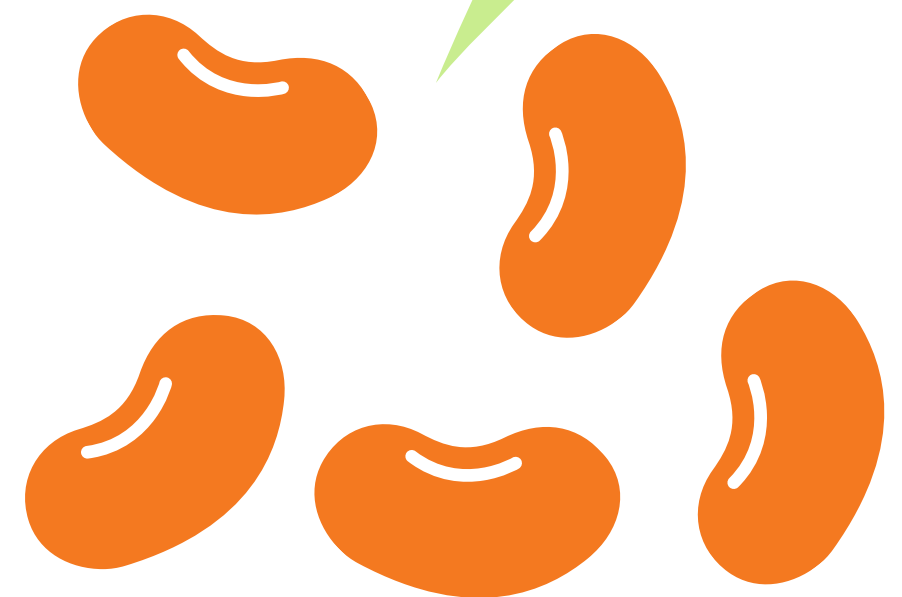


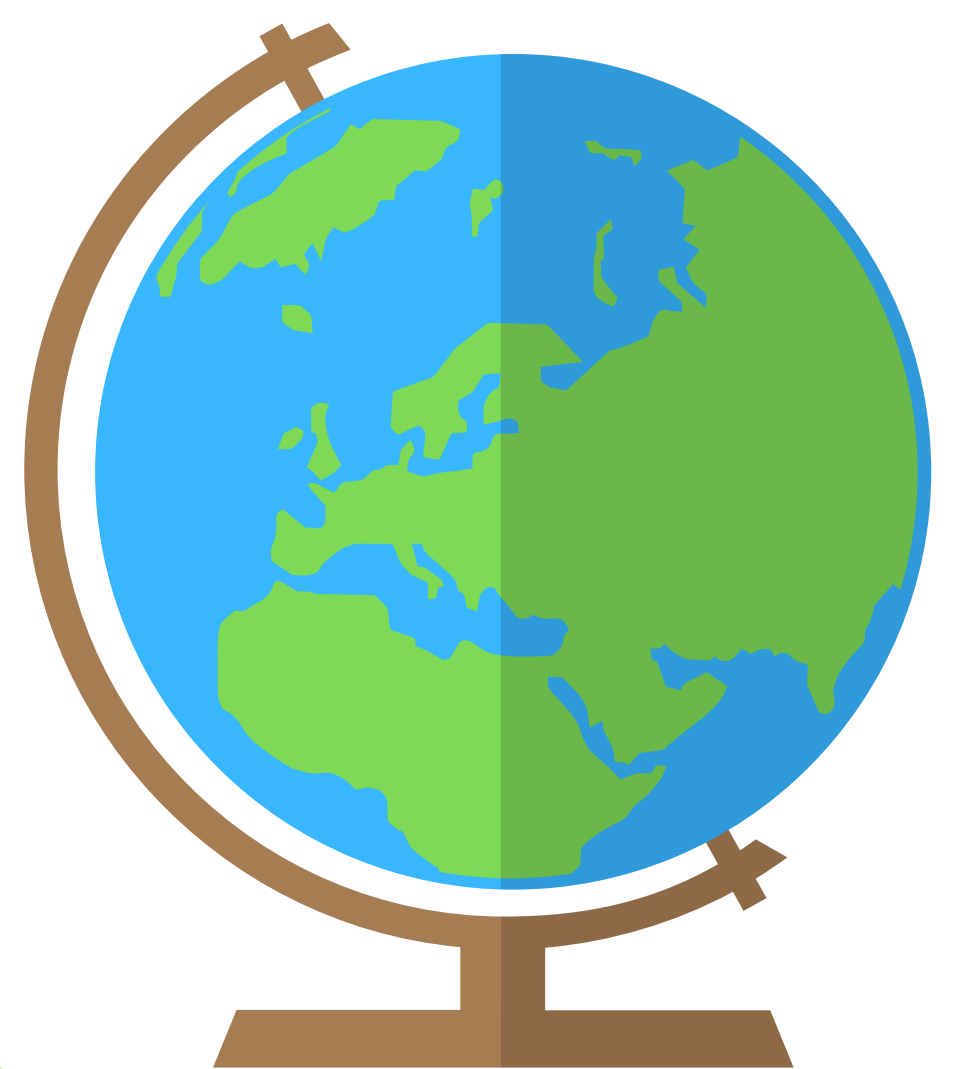
What are Plant Based Proteins?

Plant Based Proteins are powerful proteins such as beans, chickpeas and lentils.



Plant based proteins help to reduce the impact our eating has on the planet, by producing less greenhouse gases than meat or dairy.

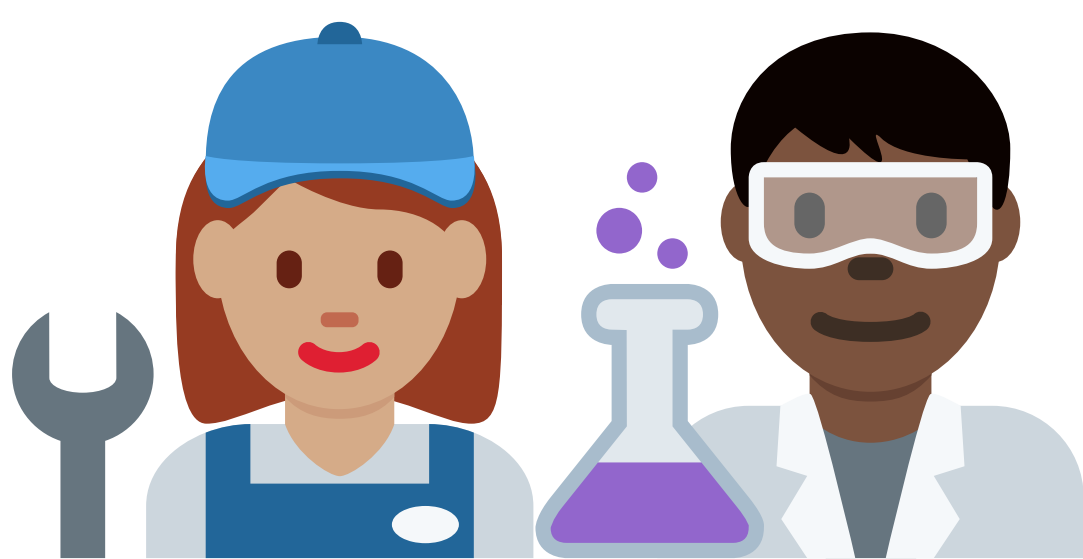
Eating more plant based proteins will also use up less resources such as land and water, as well as helping reduce the loss of animal and plant species.



Look out for the plant based proteins within your school meals!

What are Plant Based Proteins?

Plant based proteins are foods such as beans, chickpeas and lentils.



They contain powerful proteins to help us to build, maintain and repair the tissue that make up our bodies!

They also contain lots of fibre to keep our hearts healthy, and help us with digestion.



Look out for the plant based proteins within your school meals!