

NO MEAT MAY

A whole hospital are doing **No Meat May** via their sustainability group and I am launching our second “*Cooking for the Climate*” event, this time for @kingscollegethospitals who are embracing @no_meat_may via their sustainability committee supported by @plantbasedhealthprofessionals .

What a brilliant example this health institution is setting, recognising the association of eating meat and intensive farming practices with its detrimental impact on our environment, climate, all species and our health.

Cooking for the Climate is a fun and educational cookalong making tasty food that's accessible and easy to make while discussing the benefits of a plant based diet.

The *Cooking for the Climate* Mex-i-can Cookalong is hosted by local GP, author and plant based cook, Dr Hayley Tait and everyone (up to 1000 people) is welcome to join for FREE via the zoom link/ QR code on the attached poster or through Plant Based Health Professionals website.

Cooking for the Climate
Cook-along on ZOOM
with Dr Hayley Tait

on Wednesday
May 12th 7pm

MEXi-can do
No Meat May

Join in for fabulous
fajitas, tasty facos,
spicy salsa and an
easy decadent dessert

Join us here:
<https://tinyurl.com/5xpsnd6a>

Cooking for the Climate
HEALTH ON THE MOVE

NHS
King's College Hospital
NHS Foundation Trust

PLANT-BASED
Health Professionals UK