



**Humane  
World for  
Animals™**

Formerly called Humane Society  
International/Canada

# Protecting All Animals with Plant-Based Food Policies

## About this Toolkit

Thank you for exploring this toolkit! At Humane World for Animals, an organization dedicated to the protection of all animals—including those kept and killed for food—we understand that **the choices we make in the foods we serve and consume can significantly impact the welfare of farmed animals**. Plant-based food choices can also benefit our planet, our health and often our budgets, while still offering delicious and nourishing food options.

That's why we, alongside many other nonprofits and organizations, have adopted a plant-based food policy. We serve exclusively plant-based meals (with zero animal products) at our events and in our workplace. This commitment is in line with our broader mission to promote compassionate, sustainable eating through our Forward Food program, which supports large-scale institutions and individuals in adding more plant-based options to their menus and diets.

This toolkit is designed to help organizations that share our commitment to animal welfare make the same transition. By embracing plant-based options, we can reduce harm to animals and promote a more compassionate, sustainable way of eating. We hope this resource will inspire others to join us in making positive changes for animals, people and the planet.



## Organizations with plant-based policies

- Humane World for Animals
- Vancouver Humane Society
- Mercy for Animals
- Animal Equality
- Animal Outlook
- Plant Based Treaty
- Veganuary
- A Well-Fed World
- Animal Save Movement
- New Roots Institute
- ...and more

# Why Plant-Based?

Plant-based foods offer significant benefits by reducing the number of animals kept and killed for food, especially within industrial animal agriculture, while offering delicious and healthy food options for all.

## Billions of Animals

Globally, **over 94 billion** land animals are kept and killed for food each year, contributing to immense suffering and environmental degradation.

## Inhumane Treatment

Farmed animals often experience **severe welfare issues**, such as intensive confinement, mutilations and overcrowding.

## Protecting Animals

Each plant-based meal can **save more than one animal**, depending on their size, and reduce the demand for cruel, industrial farming practices.

Beyond animal welfare, plant-based foods can also support environmental sustainability, improve health, save money and promote inclusive dining environments.

## Environment

Plant-based diets require less land, water, and energy than animal agriculture, and can reduce deforestation and biodiversity loss.

## Health

Eating more plant-based foods – especially whole foods – can lower the risk of heart disease, diabetes, and certain cancers.

## Inclusivity

Plant-based meals can accommodate various dietary needs, including vegan, vegetarian, gluten-free, halal and kosher diets, as well as common allergies.

*To learn more about the many benefits of eating and serving more plant-based foods, check out our [video](#) on the topic.*

## What the research says: Event catering



Besides protecting farmed animals, one of the other significant advantages of opting for plant-powered menu choices is the potential to significantly reduce the carbon footprint of your gatherings and events. A report from the Centre for Biological Diversity estimated that for events with 500 attendees, serving plant-based meals can save 10 tons of greenhouse gas emissions, equivalent to the emissions from 22,000 miles driven by cars. In addition, the transition to plant-based meals would spare five acres of farmland, prevent seven tonnes of manure pollution, and conserve nearly 100,000 gallons of water. This protects wild animals, who rely on the preservation of their delicate ecosystems for survival.



# Building Your Policy

Here are some key components and example language to include in your plant-based food policy:

## 1. Purpose

A clear purpose provides the foundation for the policy and ensures alignment with your organization's values. It helps employees understand why the policy is being adopted and the broader impact it aims to achieve.

**Example language:** *This policy ensures all meals provided by [Organization Name] are plant-based, supporting our deep commitment to animal welfare.*

## 2. Scope

Clearly defining where and to whom the policy applies sets expectations. Be sure to specify whether it applies to all meals or just meals provided by the organization.

**Example language:** *This policy applies to all meals provided by the organization, including catered events, internal meetings, and office snacks. Personal meals brought by employees or volunteers are exempt, but meals provided by the organization must be plant-based.*

## 3. Implementation

Practical guidelines ensure the policy is put into action effectively. Setting a timeline helps maintain momentum and ensures that the transition is smooth.

**Example language:** *By [date], all internal meetings and events hosted by the organization will offer plant-based catering. We will partner with local plant-based catering services, and the policy will be fully implemented in all areas where food is provided by [date].*



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For more information, visit [humaneworldfoundation.ca/forward-food](https://humaneworldfoundation.ca/forward-food)

Photo: Valentina Cordero/Humane World for Animals

## Tips for Success

Here are some simple tips to ensure that your plant-based policy will be a success:

### Communicating the Why

- Share with your colleagues why the plant-based policy is being implemented. Emphasize how adopting this policy aligns with your organization's mission to protect animals and the environment. Explain the ethical, environmental and health benefits of plant-based eating.

### Support for Staff and Volunteers

- Support employees and volunteers by sharing inspiring recipe ideas, helpful nutritional guides and tips for sourcing plant-based meals. Also make sure the food being served is delicious—when meals taste great and leave people feeling satisfied, it builds enthusiasm and helps everyone feel good about the shift.

### Gradual Implementation

- Consider a phased roll-out to allow employees to adjust gradually.

### Track and Celebrate Successes

- Tracking positive outcomes boosts morale and demonstrates the policy's impact. Share milestones like reduced emissions or the number of animals saved from plant-based meals.

### Employee Feedback

- Feedback helps improve the policy and makes your community feel included in the process. Consider surveying employees about their experiences and preferences.

## Other Supports

Check out these other resources for a smooth transition:

### Plant-Based Vendors

Find plant-based restaurants, catering options and vendors in your area through online platforms such as [Happy Cow](#). If you would like support in finding catering options, or need menu ideas, [contact](#) our Forward Food team.

### Workplace Engagement

Check out our [Plant-Based Lunch & Learn Toolkit](#), designed to help you introduce the benefits of plant-based eating to your team—plus, enjoy a delicious plant-based lunch together!





# Make Compassion the Policy



Adopting a plant-based food policy is not only a powerful step toward protecting animals—it is a tangible and impactful expression of your organization's values.

By embracing delicious and compassionate meals, you can lead by example and inspire others to do the same.

## Ready to Get Started?

1. Review your current food practices
2. Customize your policy using our template
3. Make sure the food is delicious!
4. Engage your team
5. Celebrate successes and share your impact

## Additional Resources

- Forward Food [website](#) for individuals
- Plant-based [transition tips](#) for beginners
- Delicious plant-based [recipes](#)
- Plant-based ambassador [toolkit](#)

## About Forward Food

**Forward Food** is an innovative culinary resource program that helps the foodservice industry – foodservice management companies, large-scale institutions such as universities and hospitals, restaurants, food distributors, and other operations – to put plants at the centre of the plate. The program offers culinary training, recipes, menu development support, guidance on marketing and communications, educational sessions, and greenhouse gas impact assessments to help foodservice professionals meet the increasing demand for compassionate and delicious, plant-based options. Forward Food provides services free of charge, and asks those they work with to sign the Forward Food pledge to make their menus or food purchasing more plant-based.

**Contact** our Forward Food team to learn more and access our free-of-charge support and services!



For more information, visit [humaneworldfoundation.ca/forward-food](https://humaneworldfoundation.ca/forward-food)