



**CHOOSE**  
plant-based meals for  
better health and a  
**GREENER WORLD**

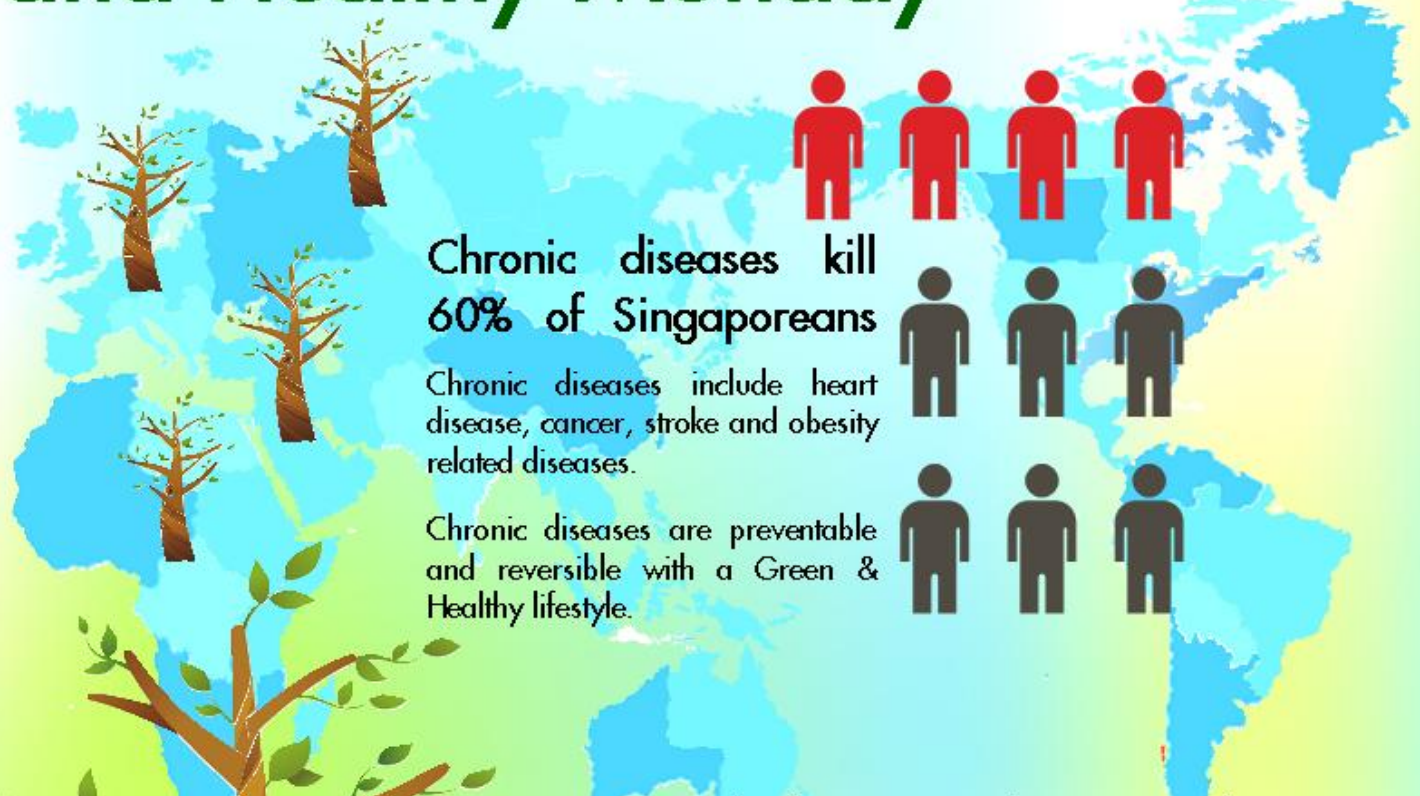
## Become A Green & Healthy Ambassador Organisation

Corporations, government agencies, educational institutions and healthcare providers have a major role to play in helping to create a Green & Healthy society and planet. By becoming a Green & Healthy Ambassador organisation, you are signaling to the world that you are a forward looking organisation interested in the welfare of your staff and the planet.



A *initiative* of Kampung Senang Charity and Education Foundation

# Reasons for promoting Green and Healthy Monday



**Chronic diseases kill 60% of Singaporeans**

Chronic diseases include heart disease, cancer, stroke and obesity related diseases.

Chronic diseases are preventable and reversible with a Green & Healthy lifestyle.

**Livestock farming destroys forests**

70% of deforested land are used for livestock farming and livestock feed. Reducing meat consumption preserves forests, biodiversity and reduces greenhouse gas emission.

**Livestock creates high carbon footprint**

Livestock produces more greenhouse gases (GHG) than all the world's transportation sector. Going Green & Healthy will reduce GHG emission. Eating plant-based foods one day a week will reduce CO<sub>2</sub> emissions by 234 kg/year according to the Environmental Working Group.



# Please join us in becoming a Green & Healthy Ambassador

Green & Healthy Ambassador Organisations will be supported by:

1. Food consultation services to canteen operators
2. Online and offline publicity



And more to come....

Green & Healthy Ambassador Organisations will:

Co-advocate the Green & Healthy Monday Movement with the focus on public engagement and outreach

Green & Healthy Ambassador Organisations with canteen/food outlet operation will:

1. Ensure that Green & Healthy Meals are available at least once a week
2. Encourage people to eat Green & Healthy at least once a week
3. Hold Green & Healthy activities e.g. talks, recreational activities





# Our Green & Healthy Ambassador Organisations

To sign up as a **Green & Healthy Ambassador Organisation** please email us at [join\\_us@greenandhealthymonday.sg](mailto:join_us@greenandhealthymonday.sg)  
For more information, go to [greenandhealthymonday.sg](http://greenandhealthymonday.sg)  
Or contact us at:  
**Tel: 6749 8509**  
Blk 106 Aljunied Crescent #01-205  
S380106

## Companies:

Chang Cheng Group Pte Ltd  
CTS Pacific Pte Ltd  
Eight Treasures Vegetarian Restaurant  
Global Nutrifooods  
Go Fresh Impex Pte Ltd  
Green Future Solutions  
Idealite Singapore Pte Ltd  
Lam Soon Singapore Pte Ltd  
Live Green Live Lean  
New Fut Kai  
RenewFibre Asia Pte Ltd  
Seng Lee Impex Pte Ltd  
Taste Original Pte Ltd  
The Sukha House Pte Ltd  
Well-Dressed Salad Bar & Café

## Non-Profit Organisations:

Animal Allies  
Animal Concerns Research & Education Society  
Association of Women for Action and Research  
Earth Society  
Eco-harmony Global Network Limited  
People's Movement To Stop Haze  
Vegetarian Society (Singapore)

## Childcare Centres:

Prince Siddhattha Child Care Centre  
Whole Child Nuture Centre

## School:

Dulwich College (Singapore)

## Chang Cheng Group

- Offers 6 green and healthy dishes daily in 19 of their food outlets

## Lam Soon Singapore

- Encourages staff to go Green & Healthy on Mondays
- Caters one Green & Healthy Monday meal every month
- Organises a healthy activity (e.g. Zumba or jogging) one Monday a month. Staff are allowed to knock off work at 5pm to participate

## Eco-Harmony Cafe

- Every Monday, there is no charge for lunch for customers aged 60 and above. Other age groups are also encouraged to make a love contribution for *lunch*

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