

Bringing DefaultVeg to Your Synagogue

Whether at a Shabbat dinner or Kiddush lunch, how food is presented plays a big role in what we choose to eat. DefaultVeg relies on “nudges” to motivate us to choose delicious food that’s better for us and the planet.



What is DefaultVeg?

DefaultVeg is simple—make plant-based food the default and give people the choice to opt in for meals with animal products.

Aligning Food Choices with Your Jewish Values

DefaultVeg helps Jewish communities promote:

- *Tzedek* | צדק (bringing justice to humans, animals, and our land)
- *Bal tashchit* | בל תשחית (avoiding wasteful destruction)
- *Tza'ar ba'alei chayim* | צער בעלי חיים (preventing unnecessary suffering to animals)
- *Oshek* | עשק (protecting workers from exploitation)

And with DefaultVeg, everyone can choose the meal that’s right for them.

Benefits of DefaultVeg

Inclusivity



DefaultVeg increases inclusivity for people with allergies and sensitivities, such as lactose intolerance, which is prevalent across the Jewish community.

Sustainability



Shifting to a plant-based default helps to greatly reduce the carbon footprint and water use behind the food you serve.

Healthfulness



Animal-sourced diets are linked to heart disease, diabetes, and other diseases. In contrast, plant-based diets promote better health and longer lifespans.

How to Implement DefaultVeg in Your Synagogue

For light refreshments and Kiddushim:

Opt to serve primarily plant-based versions of coffee creamers, desserts, spreads, etc

For buffet-style meals:

Serve primarily plant-based options, with the animal-based options served towards the end of the buffet line

For individual meals with an RSVP:

Offer a minimum 2:1 ratio of plant-based to non plant-based entrees during registration. Make sure to describe the plant-based options in enticing ways and list them first!

What Does DefaultVeg Look Like?

Serving plant-based by default can have significant environmental benefits for Shabbat and other events. A recent [case study](#) shows that relative to a typical gathering DefaultVeg gatherings can cut up to:



2/3 reduction in emissions and water use



3/4 reduction in food-related land use



Tip: Serving plant-based challah and desserts is a great way to make these portions of your meal more sustainable and inclusive!

Learn more at www.jifanimals.org



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