Veganuary Workplace Challenge

Canteen Email Template

(subject line) **Vegan food for a month**

Dear <name>,

I’m organising a Veganuary Workplace Challenge at <company name> for January

Our staff are challenging themselves to eat a purely plant-based (vegan) diet for one month. This diet has proven health benefits, including increased energy levels (good for productivity!), lower cholesterol levels, lower blood pressure and it also helps to combat weight gain.

Obviously, this will have an impact on the food choices we offer people in the canteen. I’ve estimated that around <number> people will be taking part in the challenge.

Veganuary has done a lot of hard work to make it as simple as possible for people to try vegan. Their website ([veganuary.com](https://veganuary.com)) has hundreds of recipes, vegan-friendly products and general advice about a plant-based diet.

They’ve also produced a special guide for canteens which I’ve attached to my email. I’d be happy to meet up to discuss next steps.

Kind regards,