



## Instructor's Manual

### **Course Overview**

By browsing this CD, you will see just how easy it can be for you (yes you!) to present an Introduction to Vegetarianism Course in your community or to a small group of family and friends. Introduction to Vegetarianism is a 2 hour course that consists of a half hour PowerPoint Presentation and an hour and a half of Cooking Demonstrations.

There are a lot of vegetarians that want to share what they know about vegetarianism, but don't know where to start. Presenting an Introduction to Vegetarianism Course is a great way to teach others about vegetarianism in a non-threatening way to those that are interested in learning how to cook vegetarian. Presenting the course takes minimal preparation time. Everything you need is available on this CD. Any vegetarian can do it!

### **Venue Possibilities**

As a venue for your course, all you need is a place with seats for the participants, a table for your supplies, and an electrical outlet. Possible venues for your course include: schools, churches, office lunchrooms, vegetarian restaurants, health food stores, the YMCA, community rooms, banquet halls...just about anywhere!

### **Advertise, Advertise, Advertise!**

Advertising for your Introduction to Vegetarianism Course is vital! No one will ever know how wonderful your course is going to be unless you tell them. You can rarely overdo the advertising.

The JPEG logo files are also available on the CD. Access the files on the CD through "My Computer" on the CD-ROM drive of your computer. They are located in the folder called "Logo Files" which is in the folder called "Materials".

### **Presentation Script**

The Introduction to Vegetarianism Presentation Script provides you with suggested wording as you give the Presentation. The Presentation is designed to remind you of what you should say for each slide, but not all the information is on the screen. There is some very important additional information in the Presentation Script. I always keep a Presentation Script in front of me during a Presentation just in case I draw a blank!

## **Presentation Handouts**

Be sure and provide each participant with the Presentation Handouts: the Presentation Outline and the Vegetarian Food Guide for their reference. Together, the Presentation Outline and the Vegetarian Food Guide include all of the information from the PowerPoint Presentation. Each sheet is two pages long and can be printed double sided. These two sheets will give each participant a great resource to go home with. For many, this information will be very new so the pages will serve them well as they have the opportunity to review the material. From my experience, having the outline frees the participants from being preoccupied with note taking during the presentation.

## **Cooking Demos**

After the Introduction to Vegetarianism Presentation comes the really fun part-- the food! Serve a sample of each demonstrated recipe right after the dish is completed.

You may copy and give out the entire Cooking Demos Recipe Sheet or narrow the list down to only the recipes you are planning to use for the course.

Feel free to use any good recipes that you have for demonstrations. Just remember that most non-vegetarians do already know some vegetarian recipes. They know how to make what they consider "side dishes" using potatoes, pasta and white rice. So I believe the best recipes to use in the Introduction to Vegetarianism Course are hearty dishes that include great vegetarian protein sources like whole grains, legumes, tofu, TVP and even pre-made sources like store bought "veggie meats".

## **Cooking Demo Supply List**

- An electric burner (Remember, Introduction to Vegetarianism can be conducted anywhere that has an electrical outlet! You DO NOT need a kitchen setting to conduct this course)
- Pans, cooking and serving utensils for each recipe being demonstrated
- Ingredients needed for each recipe (Having the ingredients pre-measured in small containers always makes things go more smoothly)
- Several wet and dry cloths for easy cleanup
- Table for the cooking demonstrations
- Chairs for the participants (Tables are optional)
- Plates (Disposable dessert plates work well)
- Utensils (Forks, spoons, knives, whatever participants will need to taste your samples)
- Cups if using a tofu shake or other drink (Small Dixie cups are great)
- Napkins

## **Registration**

To keep participant registration at your Introduction to Vegetarianism Course simple, use the Registration Log. I don't like to ask for addresses at the beginning of the course. If you'd like addresses for future contact, perhaps you could make a Course Evaluation Form for participants with an option to fill out after the course is finished.

## **Vegetarian Resources**

Create a packet of information for each participant to take home. I use a gallon size Ziploc type bag to keep the packet in order. Samples of some of my favorite things to fill it with are included in the Vegetarian Resources section of the CD: the PETA Vegetarian Starter Kit (Starter Info Section), The Protein Myth (Nutrition Section), Key Nutrients (Nutrition Section), Cow's Milk (Eggs and Dairy Section) and at least one animal rights and one environmental fact sheet. As well, I always include our local vegetarian society brochure and membership information. You can also contact the Ontario Soybean Growers at [cansoy@soybean.on.ca](mailto:cansoy@soybean.on.ca) for some excellent brochures on soy and tofu that they will mail to you free of charge!

## **Encouragement**

Whether you choose to present this course to a large group in a hall somewhere, or a couple of family and friends in your living room, you are making a great choice to share it. No matter what your reason is for encouraging people to become vegetarian, you are helping to make our world a healthier, happier place by sharing what you know!!!