

Dear owners and/or managers of _____,

I support the **One Meal a Day** and **Take Extinction Off Your Plate** movements, and I'm asking you to consider adding a plant-based entrée (one that's free of meat, dairy, and eggs) to your menu.

Chronic disease is a top concern for Americans, and more people are choosing plant-based foods for their health. Others want to eat plant-based because it's better for the environment—they know that meat and dairy production produces more greenhouse gasses than cars, and is a leading cause of habitat loss and extinction.

I believe that change can be delicious and joyful, and I'd like to see your restaurant be a leader—starting with One Meal a Day.

You can learn more about these issues at **omdfortheplanet.com** and **TakeExtinctionOffYourPlate.com**. Please don't hesitate to contact me if you'd like to discuss this request further.

Name

Email



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