



SUGGESTIONS FOR MEATOUT WALKERS

BEFORE THE MEATOUT WALK:

- Set a goal for how many pledges you would like to collect and develop a plan to reach that goal
- Start Immediately
- Recruit team members
- Promote the Meatout Walk wherever you go
- Always carry your pledge sheet with you
- Collect pledge money when sponsors sign up
- Volunteer to help your Walk Coordinator with tabling
- Host a sign-making party for your team

THE DAY OF THE WALK:

- Dress comfortably and appropriately for outdoor activities
- Wear comfortable shoes (preferably non-leather ones)
- Carry a water bottle
- If you feel you might need it, carry a vegan snack
- Make sure you know the location where your group is meeting
- Don't forget your signs or banners
- Be sure to bring your pledge sheet and any last minute donations
- HAVE FUN & ENJOY YOUR WALK

AFTER THE MEATOUT WALK:

- Contact your sponsors and tell them about the Meatout Walk
- Show pictures if you have any or refer to positive media stories
- Let them know how much money was raised
- Explain how the funds raised will support future Meatout and FARM campaigns
- Thank them for their support and their contribution
- Encourage them to "kick the meat habit"