



**1 Million Tables**  
FOR THE PLANET

Host  
**Toolkit**

**Welcome.**

This is a simple guide to celebrating **Earth Month** over a shared meal.

Around the world, people are taking climate action in one simple, powerful way: **coming together over a plant-based meal**, *however they choose*.

**One Meal. One table. Part of Something Bigger.**

**Pull up  
a chair**



# The story of the first table.

The idea for 1 Million Tables began the way many good ideas do, around a table.

Two new friends wondering what small action could help the planet and bring people together.

So we asked a simple question:  
**What if people everywhere shared one plant-based meal for the planet?**

Now the table is yours.

— Marla & Debra



Whether you're the second table or the millionth, thank you for helping turn the tables on climate change - **one meal, one table at a time.**





# Why celebrate the planet with *Earth-friendly food*?

Food is one of the most powerful climate actions available to anyone, *anywhere*.

Our global food system has a major impact on the environment:

- Food production represents roughly one-third of global greenhouse-gas emissions.
- It is the largest driver of habitat and biodiversity loss worldwide.
- It is the largest user of freshwater on Earth.

DEEP DIVE ON  
FOOD & CLIMATE

Some foods are far more earth-friendly than others. Which means *each of us* has the power to change our impact on the planet by what's on our plate.

*Collectively, our small individual food choices can add up to enormous, meaningful change.*

## Climate Bites

Small choices. Real Impact.



### Beans vs. Beef

Producing a serving of beef can generate up to **20 times more greenhouse gas emissions** than a serving of beans.



### Water Savings

A plant-based meal can save **hundreds of gallons of water per meal** compared to a meat-heavy meal.



### Small Changes Matter

If 1 million meals shift toward plants, the climate impact adds up quickly, **and your table is part of that.**



# Your table on *the global map*



1 Million Tables invites people everywhere to take climate action *simply* by sharing one plant-based meal.



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However you choose to do it, at home, with friends, or out at a restaurant, your table becomes part of something bigger.

**One table matters. Thousands are powerful. One million can be transformative.**

Register your table and see it appear on the global map as *part of a growing movement*.



# How it works



**1 Million Tables**  
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1 Million Tables is designed **to fit you.**

Your table can look like anything:

- A potluck where everyone brings a dish
- An intimate dinner for your BFFs, or a weekday family meal
- A cooking party
- Planned weeks ahead, or thrown together last minute
- A restaurant meal
- A store-bought meal shared at home



## Around the table

Great conversations often start with a simple question.

- If you could relive one meal in your life, what would it be and why?
- What's the worst dinner party you have hosted yourself, or attended? What made it so bad? Expect hilarity to ensue!
- What's the most awe-inspiring experience you've had in nature?



# What is *climate-friendly food*?

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Plant-based food is one of the simplest and most impactful climate choices we can make. We invite you to enjoy a single 100% plant-based meal with your family, friends, or partner.

Our food system has a major climate impact, but it is also *one of the easiest places to make a difference*. We have to eat. But *what we eat matters*. Plant-based food emits a fraction of the greenhouse gases as meat and dairy.



## Find Your Foodprint

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Take this fun, two-minute [Harvard University quiz](#) (yes, it's Harvard, and yes, we're certain you'll pass) to figure out your personal carbon "foodprint" and see how easy it is to shrink it. When it comes to food, no one wants to be a Big Foot!

# What's on *the menu*?

Plant-based food is grains, beans, nuts, seeds, fruits, vegetables, most bread and pasta, dark chocolate, and thousands of incredible ingredients that come from the earth.

For this meal, we're simply setting aside meat and dairy to explore what's possible.

Think vibrant curries, creamy sauces, hearty pastas, fresh salads, and decadent desserts from cultures all over the world. Plant-based eating opens the door to an incredible range of flavors, textures, and ingredients you may not have explored before. It's a chance to build a new culinary vocabulary, discovering just how satisfying and creative this way of eating can be. *See our recipes on page 8.*

**This isn't about restriction. It's about discovery. A simple shift on the plate can make a meaningful difference, for the planet and for you.**



# Quick *start*

## Add your table to the map

Register your table at [1MillionTables.org](https://1MillionTables.org). It takes about two minutes.

## Invite people to share a meal

Friends, family or neighbors, whoever you'd enjoy having at your table.

## Choose your meal

Cook, order in, or make it a potluck. Store-bought counts, and this guide includes 20+ 100% plant-based recipes if you want ideas, *use them or not*.

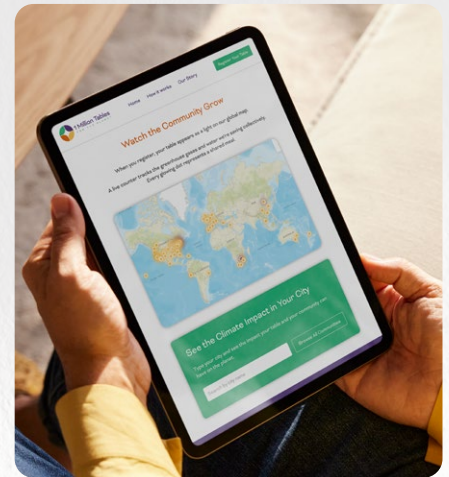
## Capture your table

Take a photo of your table and the people gathered around it. Share it with us by tagging or emailing. Each table becomes part of a global story, and yours may be featured.

[@1milliontables](#)   [@1milliontables](#)   [hello@1milliontables.org](mailto:hello@1milliontables.org)

## Pass the table forward

Invite your guests to host their own table. This is how the 1 Million Tables movement grows. One table inspires another, and when that continues, the impact builds quickly. April is just where we begin, because caring for Planet Earth never ends.



## Optional resources

Prefer a bit more structure? We've created optional tools, including invite templates, allergen labels and a simple potluck planner. Use them if they help. Ignore them if they don't.



# Delicious food is where climate action *becomes joy*

## Recipes



Dishes mean they are best served hot – right out of the oven or off of the stove.



Dishes that contain nuts, a common ingredient in plant-based dishes.

### Please note:

These are merely suggestions, ways to get you started, or to help expand your plant-based recipe repertoire. If you and/or your guests have favorite plant-based recipes, serve whatever makes you happy. Store-bought food counts too.

## If You Can Read, You Can Make This ●●●●●

No instinct, or much skill required.





## I Own Spices and I'm Not Afraid to Use Them ●●●●●

Flavor-forward dishes that go beyond salt and pepper - but are not spicy hot. Unless you want them to be.





## Yes, This Counts as a Salad ●●●●●

Flavorful, not much lettuce involved, and definitely not sad



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## Proof You Don't Need Eggs or Dairy to Make Creamy Dishes ●●●●●



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# For the Plant-Curious: Work, but Worth It, Cuz You'll Knock it Out of the Park ●●●●●



One Meal. One table.  
*Part of Something Bigger.*

**Thank you for taking part.**



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