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I would like to present you my project entitled “**Veggie Tent**”. The motto I’ve chosen is “The healthiest is the cleverest”.

First let me describe the problem that I would like to solve. There is nothing to eat at the University. Our student canteens provide just very unhealthy food: we can see a lot of fried, salty meals, pastries, tinned food, crisps, chocolate bars, sweet fizzy drinks and so on. It’s bad even for those who eat meat, so what do vegetarians have to do?

Do you know that there are about 5 million students in Russia? Statistics show that every hundredth person in Russia is a vegetarian, so, we have about 50 thousand hungry vegetarian students!!!

Even if you are not a vegetarian, what would you choose – a plate of fried, salty oily potato chips or a fresh salad plate with crunchy lettuce, tomatoes, paprika and balsamic sauce? Vegetarian food is not only healthy, it is tasty and appealing. Adult should eat three vegetable and fruit meals a day in order to get vitamins and to boost metabolism. And who needs vitamins more than a student, who should always be full of energy and new ideas?

My project aimed at creation of a Veggie Tent in every canteen of every university. It may be separated from the main canteen or its choice could be the part of the main menu. I’m planning to talk to the university management, the suppliers of fresh vegetables. I am also going to make a survey of students’ favorite meals.

The most successful example of introducing vegetable meals is the Great Fast. During this period you can find lenten food almost everywhere, even in Burger King. So why do it not only for one month while we could enjoy fresh veggies all the year round??

If you want to participate in my project, you are welcome. We always need volunteers and donations.