

## **CBS** Sustainability

[cbs.dk/sustainability](https://cbs.dk/sustainability)  
[sustainability@cbs.dk](mailto:sustainability@cbs.dk)

 [/cbssustainability](https://www.instagram.com/cbssustainability)

 [/cbssustainability](https://www.facebook.com/cbssustainability)

 [@cbssust](https://twitter.com/cbssust)

<sup>1</sup>Clark, M., J. Hill and D. Tilman (2018), 'The diet, health, and environment trilemma', *Annual Reviews of Environment and Resources*, **43** (1), 109-134

<sup>2</sup>Jachimowics, J., S. Duncan, E. Weber and E. Johnson (2019), 'When and why defaults influence decisions: A meta-analysis of default effects', *Behavioural Public Policy*, 1-28

# MAKING YOUR DEPARTMENT VEGETARIAN

Vegetarian default policy

## REASONS FOR A VEGETARIAN DEFAULT POLICY

Having all meals vegetarian as the default option is a simple way to a more sustainable working environment.

**Reducing meat consumption decreases CO<sub>2</sub> emissions** and is associated with several health benefits for the majority of the population. Shifting from a meat-based diet to a vegetarian diet reduces CO<sub>2</sub> emissions with 50 percent on average (Clark et al., 2018)<sup>1</sup>.

Would you like to have meat or fish on your plate? No worries! With the **opt-out** possibility, you always have the choice to order a meal with fish or meat. In that way, you **increase the number of vegetarian meals while not compromising on freedom of choice** (Jachimowicz et al., 2019)<sup>2</sup>.



## VEGGIES ARE POPULAR

In 2016, the Department of Management, Society, and Communications implemented a vegetarian default policy as the **winning solution of an internal competition**. The default has been evaluated as the most feasible option and has been tested in a trial period of six months. After that, the feedback provided by the staff has shown a clear result:

# 71%

Support the vegetarian food policy

## LET'S MAKE CBS MORE SUSTAINABLE

Spisestuerne offers a wide range of vegetarian dishes. **Get inspiration** on [spisestuerne.dk](https://spisestuerne.dk).

Are you considering hosting a larger event? CBS Sustainability has published a **sustainable event guide** with tips to make your event more sustainable. You can find the guide on [cbs.dk/sustainability/resources](https://cbs.dk/sustainability/resources).

## GET STARTED

Are you interested in making your department vegetarian? Contact **CBS Sustainability** and we will be happy to assist you: [sustainability@cbs.dk](mailto:sustainability@cbs.dk)

