Would You Take the Biscuit? National Vegetarian Week 18-24 May 2015, Sponsored By 'Nothing But'

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When it comes to sharing with others, it appears the UK really takes the biscuit. Or rather, it wouldn't - it would be kind enough to leave it for someone else!

According to a recent YouGov survey, over half (52%) of employed people would leave the last biscuit in the shared biscuit tin so someone else could have it, and only 1 in 5 (19%) would be heartless enough to take it and not feel guilty.

The survey also asked people about the nation's propensity for sharing food with others. The results revealed that over a quarter (26%) of us have shared a meal with a stranger. More surprising, perhaps, is that nearly 1 in 5 (18%) of respondents admitted to having enjoyed a meal together with their pet!

The YouGov poll, which was commissioned by the Vegetarian Society ahead of National Vegetarian Week 2015 (18 to 24 May), aimed to better understand to what extent people like to share food with others. 'Share' is the theme of National Vegetarian Week 2015, which this year is sponsored by Nothing But.

Lynne Elliot said: "Food is a wonderful thing - and it can be very social, bringing people together to enjoy an experience. That's why we've chosen 'Share' as the theme of National Vegetarian Week this year - we want people to share some vegetarian food, perhaps with those who maybe haven't tried any before. It's not complicated: it's simply about cooking for each other, eating together and getting to know each other.

"To help people get into the sharing spirit, we are going on tour in the National Vegetarian Week pizza van - travelling all around the UK throughout the week, giving out free vegetarian pizza!

"The Vegetarian Society also has some fabulous new sharing recipes online, from strawberry and black pepper biscuits to a deliciously spicy chilli - all great for sharing with friends, neighbours and everyone else! Of course, when there's only one biscuit left, the big question will be: who's going to take it?!"

National Vegetarian Week has also gained the support from the culinary and acting world for its sharing theme this year:

Aldo Zilli, celebrity chef and restaurateur said, "Italian cuisine is one of the best for vegetarians, and I love nothing more than working with seasonal vegetables to create exciting dishes. The days of the dull vegetarian option in restaurants are long gone, with vegetable dishes now being the stars of the show!"

Noah Huntley (actor, model and vegetarian), said "I'm supporting National Vegetarian Week because I want everyone to realise how exciting, tasty and fun vegetarian food is!"

Rose Elliot MBE (vegetarian cookery writer), "I love National Vegetarian Week - it's a fabulous way for people to share an experience and celebrate all things vegetarian. It's never been easier to choose vegetarian options, and I would urge everyone to give it a go!"

Join in with National Vegetarian Week 2015. Visitwww.nationalvegetarianweek.org for recipe ideas to get you sharing - lemon and lime dal, pasta salad, quick kidneybean burgers, Thai mushroom soup with wontons, artichoke and asparagus paella, gorgeous gumbo stew, a chocolatey chilli, pizza, strawberry and black pepper biscuits, and surprise brownies. This National Vegetarian Week celebrate veggie food, and discover an easy way to be kinder to animals, the planet and yourself.

For recipes, events info and details of the pizza tour, head towww.nationalvegetarianweek.org

The Vegetarian Society is a charity that organises National Vegetarian Week (18 to 24 May 2015), runs the Vegetarian Society Cookery School, and provides services to support those pursuing a veggie way of life, including the Vegetarian Society approved trademark scheme. Find out more at www.vegsoc.org

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EDITOR'S NOTES

For more media information - on going veggie and our NVW tour - please contact Su on 0161 925 2012 email su@vegsoc.org mobile 07973 108 165, visit www.vegsoc.org/press

For interviews or images please contact Su.

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 2096 adults. Fieldwork was undertaken between 13th - 14th May 2015. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).

The '**Nothing But'** range includes - Beetroot and Parsnip; Pea and Sweetcorn; Mange Tout and Red Pepper; Apple and Fig; Strawberry and Banana and Grape and Pineapple

For more info and images on 'Nothing But' please contactdani@fredquarters.co.uk

For images to illustrate the Week please contact Su.

National Vegetarian Week (NVW) is now in its twenty-third year.

The Vegetarian Society is a registered charity.

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