

# Below are some examples of organizations that aid in promoting plant-based foods.

## Universities/Food Services:

- **Allied Scholars for Animal Protection** provides assistance and training to students to start vegan student organizations
- **Plant Dining Partnerships** provides outreach and data resources to foodservice decision-makers
- **Forward Food Program** Provides Chef Training, toolkits, recipes, marketing materials and in-person events and trainings. [Toolkit](#), [Scorecard that ranks food service companies](#)
- <https://www.greenofficemovement.org/>
- **Educated Choices Program** Offers video and in person presentations for college and highschool classrooms.
- **Greener By Default: Guide** - Help universities make conference default meal option the sustainable option. [video](#)
- **World Resources Institute** [Foodservice Toolkit \(23 things you can do to increase plant-rich sales\)](#), [Pledge and certification](#), [Emissions calculator](#) help dining facilities and others shrink their climate footprints by shifting toward plant-rich foods.
- **Center for biological diversity:** [Restaurant toolkit](#)
- **Physicians Committee for Responsible Medicine** - [Recipes for universities](#). they can provide assistance with materials and possibly send a chef.
- **Good Food Institute Alt Protein Project** - research and development of plant-based alternatives [Guide for students to the alternative protein space](#)
- **Surge Activism** provides guidance to students who want to get active
- **FFAC** provides assistance and training to universities and students [Outreach material](#)
- **Culinary Institute of America's Menus of Change**, [Menu item naming guide](#), [Recipes for campus menus](#). University Research Collaborative (MCURC).
- **Friends of the Earth**
- **Food Choices Academy: Commercial** - [Offers paid courses on food choices](#)
- **Balanced** Provides assistance on menu changing
- **AASHE STARS standards**. Sustainability Tracking, Assessment & Rating System (STARS), a transparent, self-reporting framework for colleges and universities to measure their sustainability performance. STARS is a program of The Association for the Advancement of Sustainability in Higher Education (AASHE). Can earn points for having plant based [Summary of Changes](#)
- **Plant Based Foods Association** Power Plant is a scalable grab-and-go cooler and food service solution.
- **UCLA toolkit**
- **Plant Futures** helps students become advocates for a plant-centric future

## Examples of university plant-based programs

1. **University of Scotland** all vegan campus
2. **University of North Texas** increased profits after converting a café to all vegan. [Presentation](#)
3. **Southwestern Adventist University** : all vegetarian campus. [Presentation](#)
4. **Cambridge** stopped serving red meat on their campus completely as part of their [Sustainable Food Policy](#) resulting in a reduction of 33% of carbon emissions. They massively promoted plant-based

options, stopped selling certain seafood, and reduced food waste, and all without impacting financial performance. [Video presentation](#) Voted for a solely vegan menu across its catering services

5. **Oxford** Half of the meals available at most University outlets are vegetarian or vegan, they make all food at University catered events vegan or vegetarian by default, with meat and fish available on demand, [Tips page](#) on how to be sustainable on campus , [Sustainable Food month](#) has a recipe contest and cooking class and more resources
6. **University of London Goldsmiths** announced it is removing beef from its campus eateries as part of its goal to become carbon neutral by 2025. “[D]eclaring a climate emergency cannot be empty words,”
7. **Stanford** [menus](#) are typically about over 50% vegan and 80% vegetarian
8. **University College London** At least 50% of food on campus is vegetarian or vegan, all catering for events vegetarian and vegan as standard, and carbon labeling is in place
9. **Edinburgh University**: “at least 50% of all items in every University catering outlet are vegetarian or plant-based” as part of the university’s [Good Food Policy](#) [infographic](#) Expanding range of vegetarian and plant-based options
10. **University of Pittsburg** set a goal for "decreasing the amount of animal-derived products old by 25% by 2025"
11. **UC Davis Health** increased plant-based options 300% year over year since 2017
12. **University of British Columbia** bought plant-based cook books for their staff, increased plant based offerings, blended burger, 47% of all entrees in residence dining were plant based , they promote plant-based food on their website , and [Climate Friendly Food Labels](#)
13. **University of Montana** With their pressure cooker (\$46,000) to cook bulk dry pulses instead of canned, they can save money (\$10,000 per year) and promote more plant-forward diets, buy local and organic, and reduce packaging. They also do an award winning blended mushroom and beef burger.
14. **Harvard University** has a course that explores the costs, politics, and solutions in our global food system. [Here](#) is the link to the syllabus. Has food emissions tracking ([Cool Food Pledge](#)); plant-based food is highlighted in [Sustainable and Healthful Food Standards](#) and [Sustainable Meeting and Event Guide](#); [plant-based eating guide](#); held [plant-based cooking training](#) for dining staff; HBS and Restaurant Associates joined the [Farm Forward Leadership Circle](#). Implemented [DefaultVeg](#)
15. **Wake Forest University** transitioned to serving less meat as part of your [sustainability strategic plan](#) and a [vegan station](#) was installed in the Pit to “stay in line with our commitment to performance and sustainable dining on campus.”
16. **Princeton University** [plant-based eating guide](#)
17. **University of Mississippi** [Vegan dining guide](#)
18. **U of Mass** [Dining Sustainability Initiatives page](#) talks about your “diet for a cooler planet” dinner events and encouraging a “plant forward diet” mentioning that “All campus dining locations have a variety of plant-forward menu items “
19. **University of Connecticut**: [Principals of healthy sustainable menus](#) page. Dining Services purchases plant-based milks and meat, and blended burgers made from 60% beef, 35% mushrooms and uses 45% less water to produce than an all-beef burger.
20. **Erasmus University Rotterdam**: implemented defaultveg catering policy. See [presentation](#)
21. **Rice**: [Vegetarian and plant-based entrees](#) are available at every meal – promotes plant-based cuisines
22. **Hendrix University** [has](#) [vegan options](#) at every station
23. **Collin County Community College** has a [go green guide](#) that encourages meatless meals
24. **Culinary Institute of America** made plant-forward meals available to their students
25. **Washington University**: offers educational materials about the relative impacts of food choices and asks students, faculty, and staff to pledge to Green Monday by eating vegetarian at least one day a week
26. **Arizona State University** all dining halls features plant-based meals for breakfast, lunch and dinner daily; and the campus encourages meat eaters to replace meat with a plant-based entrée once per week Increased fruits, vegetables, and whole grains on menus by 20%. Over 30% of main dishes are vegetarian or vegan. Vegan and vegetarian icons on all menus. [Presentation](#)

27. **University of Michigan** “Sustainable Mondays” at every dining hall. Invited United States Humane Society to work with chefs. Chefs committed to provide a hot vegan entrée at every meal and every dining hall. A+ on [PETA’s Vegan Report Card](#). [Presentation](#).
28. **UCLA Meatless Mondays** and **Beefless Tuesdays**, signs, carbon labels for menu items, cooking class, nudge study that resulted in a 28% decrease in ruminant meat consumption, increased vegan items
29. **Harding University** teaches a course on plant-based nutrition
30. **Evergreen College** added new plant-based menu item, held Green Monday tabling in the food court, gave presentation.
31. **UT Austin Meatless Mondays**
32. **Westminster University**. Part-Time Carnivore is a loyalty card scheme offering a free vegetarian meal to customers once they collect four stamps. A stamp is earned by buying a vegetarian main meal.
33. **University of Oklahoma**: added a vegetation station, a vegan burger, beans to the salad bar, tofu to the pizza station. Each non franchise area has a vegan dish option every day. Information tables with vegan samples.
34. **UT Arlington**: Completely vegetarian restaurant, vegan station to residential dining hall, created a vegan dining guide. [Presentation](#) [ASHEE Report](#)
35. **University of Victoria** has a [Resources](#) page.
36. **Duke Climate Friendly Menus** (students are offered vegan, vegetarian or reduced meat options (to 3oz). locations have signage and they make flyers.) [Help veggie burger competition](#)
37. **UC Berkley** plant forward menu at Brown’s Café, plant forward recipe challenge to encourage innovation, presentations on campus by Green Monday, students assisted restaurants throughout the city to add more plant based options. [Presentation](#)
38. **Johns Hopkins University** implemented [Meatless Monday](#) in many of its cafeterias with influence from the Johns Hopkins [Center for a Livable Future](#). Guide: [Getting Started on a Plant-Based Diet](#) in their Patient Guide to Diabetes. The CARE (Compassion, Awareness, and Responsible Eating) JH student group put together a [Guide to Eating Vegan](#).
39. **UNT Health Science Center** flyer
40. **Northwestern Farley Center for Entrepreneurship and Innovation DefaultVeg Policy** (Scroll to the bottom of the page)
41. **New York University** [Office of Sustainability Greener By Default Policy](#) (at bottom of page) and [Office of the Provost Greener By Default Policy](#)
42. **Western Washington University Huxley College of the Environment DefaultVeg Policy** (at bottom of page)
43. **University of Texas at Dallas** implemented default veg at their 2022 RCE North Texas Annual Summit. 96% of registrants stuck with the default vegetarian option.
44. **Texas State University** have environmental score labels on their menu items.
45. **Dallas College** [website](#) showing plant-rich diets are one of the top 15 things you can do; and provides resources.
46. **Canada**: <https://www.youtube.com/watch?v=f-Yg-c90Zm4>

## Restaurants:

- **Green Restaurant Association** [Certification Standards](#)
- **Cool Food Pledge** guides members through a planning process to serve more climate friendly food
- **Responsible Food Purchasing Guide** - UNEP
- **Center for biological diversity**: [Restaurant toolkit](#)
- **Animal Protection New Mexico** helps businesses increase plant-based options
- Example: [Bon Appetit](#)

## Grocery Stores:

- **Plant Based Foods Association** Helps grocery stores promote plant-based foods.
- **Healthy Navajo Stores Initiative Toolkit**,
- **Blue Zones**
- **Plantega** Gets plant-based food into convenience stores (New York)
- Example: **Sprouts**

## Healthcare Facilities:

- <https://www.doctorklaper.com/> gives presentations to medical students
- **Forward Food** Partners with the food service industry to ensure 50 percent of meals offered are plant-based. Provides Chef Training, toolkits, recipes, marketing materials and in-person events and trainings. Toolkit
- **American College of Lifestyle Medicine**
- **Physicians Committee on Responsible Medicine** provides education to clinicians, medical students, and the general public; provides information on specific medical conditions, helps you [finds plant-based doctors](#), and more
- **Plant Based Docs** helps you find plant-based doctors
- **Practice Greenhealth**'s Plant-Forward Future has resources for health care facilities
- Example: **New York City Hospitals**
- Example: **University of Florida/Shands Hospital** switched to a plant-based menu

## Schools:

- **Educated Choices Program** - Offers video and in person presentations for classrooms
- **Lean and Green Kids**
  - Virtual and in person presentations for elementary school classroom
  - Virtual and in person presentations for highschool classroom
  - Lesson Plans
  - Posters
  - Recipes for schools
- **Friends of the Earth** - Offers free technical assistance [Case studies](#), [Interview with school food service staff who have adopted climate-friendly foods](#), [Toolkit for students](#), [Oakland Unified School District](#) and [Bay Area Schools](#) 3 ISD's interviews [recorded webinar](#)
- **FFAC** - provides classes to students.
- **Forward Food** – Provides chef training, toolkits, recipes, marketing materials and in-person events and trainings. Toolkit

- **Coalition for Healthy School Food - Recipes and Posters** Got 4 schools in NYC to offer vegetarian menu. Also working with a school in Florida. Parent education programs, teach kids in the classroom.
- **New York City Department of Education Plant Powered Fridays**
- **Balanced** Provides assistance on menu changing
- **In Defense of Animals** gives presentations to schools
- **Animal Hero Kids** provides presentations to schools
- **PCRM [health] - Toolkit and Webinar**
- **One Meal A Day – Food Service Guide for Schools.** Might not be a nonprofit
- **The Monday Campaigns - Cookbook**
- **Blue Zones.** [education](#)
- **Farm Sanctuary Lesson Plans**
- **California Department of Education:** [learn why more than 200 school districts across the country and dozens in California are increasing their plant-based menu offerings](#), [hear from child nutrition professionals from California school districts who have conducted plant-based culinary training](#)
- **Bite Size Vegan** provides educational content and e-courses
- **List of cafeteria suppliers**
- San Diego: Escondido Union School District and Oceanside Unified School District signed up for the good food purchasing program. Contact: John Millspaugh with the Good Food Purchasing Program and Farm Forward got.
- **Lincoln Public Schools, Nebraska**
- **California AB 558** California legislature is offering \$700 million for schools to increase their plant based foods offered

## Examples of Schools:

- a) Friends of The Earth: One school district in Southern California started blending mushrooms into their taco crumbles which dropped their price per serving from \$.57 to \$.37, savings for the district: \$7,597.60 per month.
- b) Friends of the Earth: Oakland school district saved \$42,000 by replacing 30% of animal products with fruits and vegetables:  
[Shrinking the Carbon and Water Footprint of School Food](#) (Friends of the Earth)  
 Webpage: <https://foe.org/resources/shrinking-carbon-water-footprint-school-food/>  
 Pdf: <https://www.arb.ca.gov/lists/com-attach/77-scopingplan2030-UzVUPQFIVVIWMQFe.pdf>  
 Nancy Deming with Oakland Unified School District and Bay Area Schools
- c) <https://www.forksoverknives.com/brooklyn-gets-first-vegetarian-public-school/#gs.l9Tx4Xg>
- d) [https://www.huffpost.com/entry/muse-school-vegan-cafeteria\\_n\\_6802848](https://www.huffpost.com/entry/muse-school-vegan-cafeteria_n_6802848)
- e) <https://youtu.be/HaQRgFFqh4A> 3 ISD's interviews
- f) **The MUSE School** [https://www.huffpost.com/entry/muse-school-vegan-cafeteria\\_n\\_6802848](https://www.huffpost.com/entry/muse-school-vegan-cafeteria_n_6802848)
- g) **Public School 244** <http://school-stories.org/2014/05/inside-the-nations-first-vegetarian-public-school/>
- h) **LAUSD**  
<https://www.peta.org/blog/lausd-vegan-lunch-pilot-program/>  
<http://www.onegreenplanet.org/vegan-food/vegan-menu-options-added-to-35-la-schools-in-2018/>
- i) **Bergen Elementary School**
- j) **Berlin Public Schools** offered 30% meatless options and 10% plant-based options. After working with HSUS, they increased their meatless options to 40% and increased their plant-based options to 20%  
<https://www.forwardfood.org/testimonials/>



- k) Richland County School District One now serves 35-40% plant-based offerings <https://www.forwardfood.org/testimonials/>
- l) Sausalito Marin City School District, Willow Creek Academy's head chef and district leadership worked with Conscious Kitchen staff and discovered that Willow Creek could save \$9,450 per year by swapping out some beef-based meals for plant-forward and plant-based options. [https://1bps6437gg8c169i0y1drtgz-wpengine.netdna-ssl.com/wp-content/uploads/2020/12/CAM\\_Feeding\\_Schools\\_Report-final-just-report\\_alt.pdf](https://1bps6437gg8c169i0y1drtgz-wpengine.netdna-ssl.com/wp-content/uploads/2020/12/CAM_Feeding_Schools_Report-final-just-report_alt.pdf)
- m) Peres Elementary School, serving two to three plant-forward lunches and five plant-forward breakfasts each week. The school district, WCCUSD, serves plant-forward breakfasts three times a week and provides a Meatless Monday. Peres serves plant-forward lunches 58 percent of the time, while 20 percent of lunches across the WCCUSD are plant-forward. [https://1bps6437gg8c169i0y1drtgz-wpengine.netdna-ssl.com/wp-content/uploads/2020/12/CAM\\_Feeding\\_Schools\\_Report-final-just-report\\_alt.pdf](https://1bps6437gg8c169i0y1drtgz-wpengine.netdna-ssl.com/wp-content/uploads/2020/12/CAM_Feeding_Schools_Report-final-just-report_alt.pdf)

## Cities:

- **Friends of the Earth:** [Municipal Guide to Climate Friendly Food Purchasing](#)
- **C40 Cities** encourages cities to be signatories in a commitment to increase plant-based food consumption.
- **EAT-Lancet:** [Guide for cities](#)
- **Green Monday:** [example resolution](#)
- **Center for Biological Diversity**
- **Toolkit:** New York University School of Law. 2021. Towards Plant-Based Diets: A Toolkit for Local Policymakers.
- **Factory Farming Awareness Coalition**
- **Plant-Forward Food Policy Alliance**
- **Good Food Purchasing Program** helps cities improve their procurement of food.
- **Better Food Foundation**
- **Blue Zones**
- **West Coast Climate Forum**
- **Eating Better,**
- **Food for the Planet,**
- **Veg Cities,**
- **Peas Please**
- **Cultivate Empathy for All** develops programs and policies for our cities to shift towards plant-based food systems

## Examples Of City plant-based initiatives:

- **Berkeley, CA:** Berkeley City Council voted to shift half of current expenditures regarding animal-based foods to plant-based sources by 2024 and to commit to a long-term goal of fully phasing out animal products. [Resolution](#)
- **San Francisco, CA** reduce purchases of animal products in jails by 50% in 2024 and in hospitals by 15% in 2023 , adopted a resolution supporting a moratorium on the construction and expansion of

animal feeding operations, factory farms, and slaughterhouses in California; and encouraging the United States legislature to support the Farm Systems Reform Act.

- **New York City, NY** - reduce red meat by 50% by 2040; default veg hospitals , Food Standards Implementation Guide video OneNYC2050 strategy: “cutting beef purchasing in half” . Angela Odoms-Young is the Director of the New York State Expanded Food and Nutrition Education Program and was on the committee to develop the nutrition standards for the National School Lunch Program/School Breakfast Program. <https://news.cornell.edu/media-relations/tip-sheets/vegan-only-fridays-show-nyc-students-small-steps-count>
- **San Diego, CA**: Had some success at city and county level. Contact: John Millspaugh with the Good Food Purchasing Program and [Farm Forward + San Diego GFPP Working Group](#),
- **Denver, CO**: Passed a plant forward policy for council events. Plant-based is default, put plant-based entrees at the beginning of the menu or buffet, offer at least two plant-based options for every meat option. Contact: Claudia Lifton, Denver Mayor's [Sustainability Advisory Council](#) , CARE-J Committee member
- **Fort Worth, TX**
- **Los Angeles, CA** adopted the Plant Based Treaty
- **Ann Arbor, MI** educate citizens & disclose emissions for food sold at city facilities
- **Albany, CA** outreach events to educate residents on meat’s carbon footprint
- **Marshall, TX**
- **Davis, CA** promote plant-based diets through education and outreach
- **Eugene, OR** “Buy climate-friendly first” food purchasing policy for public institutions
- **Pittsburgh, PA** reduce meat consumption by 50% by 2030
- **San Diego, CA** 20% reduction of meat/dairy GHGs and water footprint
- **Seattle, WA** encourage citizens to eat meat-free 1+ days/week
- **Washington, DC** Green Food Purchasing Act reduces emissions associated with city-bought food by 25%
- **Austin, TX**: [Austin's Rethink App](#) includes meatless Mondays to save water
- **Santa Monica, CA** 15% reduction of meat/dairy purchases; promoted Meatless Mondays & Cool Foods , food commitments for emissions reduction targets in their [climate plan](#) LCFE1
- **Carrboro, NC** included food commitments for emissions reduction targets as part of their [climate plan](#) click on "Community Climate Action Plan - Updated Oct 2020" . Offers [cooking classes](#).
- **Albert Lea, MN**
- **Amsterdam, Netherlands** council lunches default vegetarian; 50%+ of food served in municipal buildings is [vegan](#)
- **Barcelona, Spain** reduce consumption of red meat at public schools (part of [a larger food plan](#))
- **Ghent, Belgium** schools serve vegetarian meals every Thursday
- **Helsinki, Finland** no longer serves meat at seminars, meetings, receptions; created new app & website
- **Leeds, England** 182 primary schools have two meat-free days every week.
- **Montreal, Canada** offers a minimum of 75% of vegetarian food at city-organized events
- **Sao Paulo, Brazil** Meat-Free Mondays in schools
- **Exeter, UK**
- **Oxfordshire, UK**
- [Plantbasedtreaty.org/cities](http://Plantbasedtreaty.org/cities)

## Corporate Settings:

- **Vegan Leaders**

- **LinkedIn**
- Example: **ISS Guckenheimer**, a corporate dining food service management company, has a goal of 55% plant based by 2025 (currently 36-40%) **HSUS gave them top rank**

## Religious Groups:

- **Buddhism:** Dharma Voices For Animals
- **Judaism:** <https://www.jewishveg.org>
- **Islam:** <https://veganmuslims.com>
- **Christianity:** <https://christianveg.org/>
- **Unitarian Universalism:** UUAM.org
- **Islam:** <https://www.animalsinislam.com/>
- **Christianity:** <https://www.all-creatures.org/>
- **Christianity:** <https://www.becreaturekind.org/>
- Documentary: <https://aprayerforcompassion.com/>
- **Christianity:** <https://caroljadams.com>
- **Interfaith:** Interfaith Vegan Coalition: <https://www.idausa.org/campaign/sustainable-activism/interfaith-vegan-coalition/>
- **Interfaith: Compassionate Consortium:** <https://www.compassionconsortium.org/about>

## Athletes and Body Builders:

- **Bianca Taylor** provides fitness and meal plans
- **Frank Madrano** provides fitness and nutrition plan
- **Torre Washington** provides fitness and nutrition guide
- **Eat What Elephants Eat** provides individualized meal planning
- **Switch 4 Good** provides tips for athletes
- **Vegan Bodybuilding and Fitness** community for vegan bodybuilders and athletes
- **No Meat Athlete** provides tools for athletes

## Resources – African American Communities:

- **10 Million Black Vegan Women** provides cooking classes, meal plans, coaching, nutrition information, and expert guidance.
- **Black Vegans Rock** List of influential black vegans and their stories
- <https://www.theyretryingtokillus.com/> Documentary
- **Torre Washington** provides fitness and nutrition guides for athletes and body builders
- **Sunday Bites & Tidbits** Videos
- **Grow Where You Are** helps people set up backyard veganic gardens. Based in Atlanta
- **Vegan, What?** provides meal plan services
- **Brown Vegan** provides cooking demos and speaking engagements
- **The Black Health Academy** provides plant-based nutrition coaching
- **Queen Afua** is a holistic health practitioner and wellness coach
- **Eat What Elephants Eat** provides individualized meal planning



- **Afro Vegan Society**
- **African Vegan Starter Guide**
- <http://sistahvegan.com/>
- **Black Veg Society** Mission is to educate the public on the benefits of veganism
- <https://www.theinvisiblevegan.com/>
- <https://encompassmovement.org/>
- <https://www.blackveganstoday.com/>
- <https://www.blackveganeverything.com/>
- **Iyeloveslife** content creator
- **Documentary:** <https://heartandsoulofachampion.com/>
- **Doctor:** <https://montgomeryheart.com/>
- **Angela Odoms**-Young is the Director of the New York State Expanded Food and Nutrition Education Program and was on the committee to develop the nutrition standards for the National School Lunch Program/School Breakfast Program. "Diets rich in fruits, vegetables and whole grains and low in added sugars, saturated fats, and sodium are associated with a lower risk of chronic conditions including diabetes, cardiovascular disease, and certain types of cancer."
- **Recipe websites:**
  - <http://blacksgoingvegan.com/recipe-index/>
  - <https://sweetpotatosoul.com/recipes/>
  - <https://www.veggiesoulfood.com/recipes-1>
  - <https://www.youtube.com/c/VeganCookingWithLove>
  - <https://www.youtube.com/c/tashaedwards>
  - <https://veganwhat.org/food/>
  - <https://www.youtube.com/c/TabithaBrown/videos>
- **Texas specific resources:**
  - **Black Vegetarian Society of Texas** educates communities on plant-based diets
  - **Oak Cliff Veggie Project** – provides food relief in Oak Cliff in the Dallas area
  - **Mary Washington** provides medical advice, dietary plans, lectures
  - **Montgomery Health and Wellness**

## Resources - Spanish Speaking Communities:

- <https://foodispower.org/es/>
- <https://veganmexicanfood.com/es/>
- <https://vegetarianoshoy.org/>
- <https://veganoutreach.org/10-weeks-to-vegan/?incoming=10W-EUS>
- <https://nutritionstudies.org/es/>
- <https://www.pcrm.org/good-nutrition/healthy-communities/recursos>
- <https://vegicano.com/>
- **Texas specific resources:**
  - Dora is a plant-based chef in Texas who makes "traditional vegan Mexican recipies that are easy, mostly healthy and delicious" <https://mmmole.com/>
  - Eddie Garza lived in Texas for many years. I don't know if he was brought up here or where he lives now but he is a wealth of knowledge: <https://linktr.ee/chefeddiegarza>
  - Victor Flores is in New Mexico but he has done outreach work and events in Texas in the past. He also helped create Vegan Outreach's spanish language website.
  - Alejandra Graf (@piloncilloyvainilla) is Texas based <https://linkin.bio/piloncilloyvainilla>

- Ernesto Rivas (@netocraves) gets his inspiration from his Mexican upbringing in Texas  
<https://www.instagram.com/netocraves/>

## Additional Resources – Indigenous, Black and Racialized:

- <https://www.veggiemijas.com/>
- <http://www.veganismofcolor.com/>
- <https://www.thrillist.com/eat/nation/vegan-race-wars-white-veganism>
- <https://www.seedstoinspire.org/who-we-are>
- Indigenous: Seminole : Marc Anderson worked with Tribal governments since 1997 on water resources and environmental protection programs as a consulting engineer. After losing family, friends, and clients at a young age to chronic diseases, he has adopted a plant-based diet and is striving to learn more about Indigenous foods, nutrition, and connections between food, health, environmental impact, and climate change. Marc Anderson [marcbowlegs@gmail.com](mailto:marcbowlegs@gmail.com)

## Additional Resources:

- **Environment:**
  - **Climate Healers** gives presentations
  - **Planetary Health Collective** video
  - **Cool Climate Calculator**
  - **Free From Harm** provides way for people to take action
  - <https://www.plantbasedfuture.animalrebellion.org/>
  - **EAT Lancet Commission** reviews what constitutes a healthy diet from a sustainable food system
  - **Plant Based Data** provides links to research
  - **Our World in Data** has infographics showing the environmental impacts of food.
  - **Plant Based Treaty** invites city representatives to negotiate a global agreement to halt the impact of animal agriculture on the planet.
  - **Plantspace**
  - <https://grazingfacts.com/>
  - <https://www.instagram.com/nicholasdcarter/>
  - **Researchers of the Nicolaas G. Pierson Foundation and the VU University Amsterdam**
- **Health:**
  - **Physicians Committee on Responsible Medicine** The power plate brochure
  - Tips for New Vegans: <https://veganhealth.org/tips-for-new-vegans/>
  - The daily dozen: <https://nutritionfacts.org/video/dr-gregers-daily-dozen-checklist/>
  - **T. Colin Campbell Center for Nutrition Studies Whole Communities** brings people together to create resilient communities of health through whole food, plant-based nutrition. [Become certified plant based educator](#)
  - **Dr. McDougall** provides medical advice and offers classes
  - **PCRM Vegan Kickstart** will send meal plans, recipes, and advice from nutrition experts. Has app.
  - **Lifestyle Medicine University Foundation** Health Coaching
  - **Better Health, Better Life** provides healthy living classes, cooking demos and workshops
  - **Sprouting Wellness** plant-based nutrition coach for families

- <https://www.theveganrd.com/> provides nutrition information. [Meal plate graphic](#)
- [Jon Hopkins Center for a Livable Future](#) provides scientific advice on shifting toward diets that better align with public health and ecological goals
- <https://www.youtube.com/@NutritionMadeSimple>
- <https://www.dresselstyn.com/>
- **Other**
  - **Vegan Outreach** will send free tips and resources for 10 weeks, and access to a facebook group.
  - **Vegan Boot Camp** provides mentor program
  - **Challenge 22** Free personal mentor for 22 days.
  - **Veganuary** provides recipes, meal plans, nutrition guides, coaching emails, [workplace support toolkit](#)
  - **Liberation 360** provides small farmer support, education, feed programs and community engagement.
  - **Animal Protection New Mexico** educates communities on plant-based eating.
  - **Fruit Tree Planting Foundation** helps plant fruit trees
  - **Bite Size Vegan** provides educational content and e-courses
  - **Carnivores Anonymous**, a psychiatrist-developed 12-Step program
  - **Dairy Free Challenge** provides advice and support
  - <https://vegfund.org/> provides money to support vegan advocates
  - **American Vegan Society**
  - **The Kind Life** provides information for parents
  - **Bite Size Vegan** provides educational content and e-courses
  - **Vegan Society** provides nutrition information
  - **Vegan Starter Kit** - philosophy of veganism
  - **Choose Veg** - Free recipes and resources to help you move toward a vegan diet
  - **Kinder World** - video guides, websites and support groups in order to help you learn how to go vegan
  - **Acti-Veg** - resources
  - **Veganuary Starter Kit**
  - **Vegan Society Starter Guide**
  - **Reddit Beginners Guide** - [/r/Vegan's official Beginners Guide Wiki](#)
  - **TryVeg**
  - **Meat Your Future**
  - **Unchained TV** provides TV app for news and info
  - **Animal Hero Kids** has videos for kids
  - **Switch 4 Good**
  - **North American Vegetarian Society**
  - **Vegan.org** certifies products
  - **Beveg.com** certifies products
  - **UC Davis** [video](#)
  - **Mercy For Animals** [video](#)
  - **Kurzgesagt** [video](#)
  - **Center for Biological Diversity** [here](#)
  - **WWF** [smalhotra@wwfint.org](mailto:smalhotra@wwfint.org)
  - **West Coast Climate Forum**
  - **Greenpeace**
  - **TruthorDrought**
  - **Carbon Brief** (in UK):
  - **Sustainable Earth Eating**
  - **Vegan Feminist Network**

- **One Tree Planted** Plants trees. Acknowledges that animal products are the main driver of deforestation.
- **Happy Cow – Map of restaurants with vegan options**
- <https://foodispower.org/>
- <https://www.eatfortheearth.org/>

## Farm Transitions:

### Farm Transition Webinar Recording:

[https://drive.google.com/file/d/1Zaw5pP0nuLjwObjZEVE9\\_gfZhXWxUi66/view?usp=share\\_link](https://drive.google.com/file/d/1Zaw5pP0nuLjwObjZEVE9_gfZhXWxUi66/view?usp=share_link)

- **Transformation** helps farmers in the US transition out of industrial animal agriculture through repurposing existing infrastructure for plant-based operations.
- **Dairy Farm Transition** provides new opportunities to dairy farmers who want to explore alternatives
- **Farm Transition Academy**
- **Grow Green** transition guide
- **Farmers for Stock-Free Farming** has certification standard and supports farmer transitions. Based in Scotland. Has a list of [“100 ways to farm stock-free”](#)
- **Rancher Advocacy Program** helps farms transition
- **Refarm’d** helps dairy farms transition to plant-based milk production (on pause)
- **Vegan Society** Guide to Alternatives to Commercial Grazing and [Success Stories](#)
- **ProVeg** Report interviewing 20 farming organizations on alternative-protein production
- **Survey**
- **More Resources**
- **Examples:**
  - **Chicken Farm to Hemp Farm**, Texas
  - **Poultry houses into greenhouses**, North Carolina
  - **Poultry houses into hemp houses for CBD oil**, West Virginia
  - **Ranch to organic vegetable farm and animal sanctuary**, Ontario
  - **Hog farm to a mushroom farm**, North Carolina
  - **Chicken and Cow farm to mushroom farm**, Arkansas  
<https://www.youtube.com/watch?v=OW6AgWPWRP4>
  - **Ranch turned sanctuary**, Texas
  - **Dairy Farm to Chickpea farm**, New York
  - **Dairy farm to almond farm**, California
  - **Ranch turned sanctuary**, Ontario
  - **Susana Romatz** - from goat farmer to vegan cheesemaker, Oregon

## Veganic Farming:

- **Veganic World** map of veganic farms in the US

- **Seed the Commons** educates on veganic farming. Based in San Francisco
- **Veganic Agriculture Network** educates on veganic farming in the US.
- **Grow Where You Are** helps people set up backyard veganic gardens. Based in Atlanta
- **A Well Fed World** gives examples of veganic farms in US and abroad
- **AWALI** Veganic Farm in Georgia
- **International Biocyclic Vegan Network** provides certification standards and advice. Based in Germany.
- **Farmers for Stock-Free Farming** provides certification standard and advice. Based in Scotland. Has a list of “100 ways to farm stock-free”
- **Examples of Veganic farms in Europe**
- **Vegan Organic Network** educates and creates standards on veganic farming. Based in the UK
- **Khadighar Farm**, Maine
- **Basics of green manure**
- **Study on veganic farming in the US**

## Food Manufacturers:

- **Good food institute** Fund research and development of plant-based alternatives
- **Plant Based Food Association** is a trade association
- **Example:**
  - **Elmhurst**, former milk producer turns plant milk producer
  - **Jaap Korteweg** former meat factory turns plant-based meat factory

## Food Relief:

- **Food Empowerment Project** works with community members to survey healthy food availability and conduct focus groups with local organizations in the impacted areas. We also work to inform public officials of our findings and encourage policy changes.
- **Vegan outreach** Helps get produce from farms to families in need. Has a big project in New Mexico
- **A Well-Fed World**. Helps give plant-based food to families in need.
- **Liberation 360** provides child feed programs and education.
- **Chilis On Wheels** provides plant based meals and mentorship (8 cities)
- **Food For Life** brings plant-based food to those in need (22 cities)
- **Food Not Bombs** brings plant-based food to those in need
- **Animal Protection New Mexico** provides locally sourced plant-based food to those experiencing food insecurity (New Mexico)
- **Support and Feed** provides meals to those in need (2 cities)
- **The Martha Project** provides meals to those in need (Los Angeles )
- **La Casa Del Xoloitzcuintle** community center (Washington)
- **Earth Save** provides meals and education to those in need (California)
- **Unto the Least of Thy Brethren** (New York)



## Additional Recipe Websites:

- <https://plantbasedonabudget.com/recipes/>
- <https://www.youtube.com/c/CheapLazyVegan>
- <https://www.veggieonapenny.com/>
- <https://www.veganricha.com/recipes/>
- <https://simple-veganista.com/>
- <https://www.bhblnow.com/recipes/>
- <https://www.forksoverknives.com/recipes/>
- <https://rainbowplantlife.com/category/recipes/>
- <https://defaultveg.org/#!/recipes>
- <https://www.ecp-toolkit.org/recipes>
- <https://www.vegkitchen.com/recipe-index/>
- <https://www.diannesvegankitchen.com/recipe-index/>
- <https://blog.fatfreevegan.com/recipes>
- <https://www.connoisseursveg.com/>
- <https://ohsheglows.com/recipe-search/>
- <http://hellyeahitsvegan.com/>
- <https://www.bluezones.com/recipes/#>
- <https://86lemons.com/recipes/>
- <https://www.theppk.com/recipes/>
- <https://pcrm.widencollective.com/portals/bl5igl8q/UniversalMeals>
- <https://yupitsvegan.com/vegan-recipes/>
- <https://chooseveg.com/eat/>
- <https://foodispower.org/recipes-meals/>
- <https://www.staceyhomemaker.com/recipe-index-2/>
- <https://www.peta.org/recipes/>
- <https://www.bosh.tv/recipes>
- <https://helloglow.co/category/recipes/>
- <http://www.forwardfood.org/recipes/>
- <https://jazzyvegetarian.com/tv-recipes/>
- <http://whattheheckdoieatnow.com/recipes-2/>
- <https://divinehealthyfood.com/category/recipes/>
- <https://www.livekindly.co/recipes-cook-national-tofu-day/>
- <https://plantproof.com/all-recipes/>
- <https://fishfeel.org/seafood/recipes/>
- <https://www.whyveganism.com/vegan-recipes/>
- <https://www.drmcDougall.com/recipes/>
- <https://www.youtube.com/c/SauceStache>
- <https://www.youtube.com/c/Marystestkitchenplus>
- <https://vegsource.com/recipes/>
- <https://switch4good.org/food/>
- <https://unchainedtv.com/vegan-recipes/>
- <https://www.staceyhomemaker.com/cheap-vegan-meals/>
- <https://www.reddit.com/r/veganrecipes/>
- <https://www.veganpunks.com>
- <https://www.youtube.com/channel/UCSC8SLy1Gt1v6lbrutdH9Bw/videos>

- [https://www.youtube.com/channel/UCEjkioV3LO\\_OIUaSWRxFZ3A/videos?view=0&sort=p&flow=gri](https://www.youtube.com/channel/UCEjkioV3LO_OIUaSWRxFZ3A/videos?view=0&sort=p&flow=gri)  
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- <https://www.vegansociety.com/resources/recipes>
- <https://veganuary.com/recipes/>
- <https://www.youtube.com/user/thevegancorner>
- <https://olivesfordinner.com/recipe-index>
- <https://thevegan8.com/recipe-index/>
- <http://keepinitkind.com/recipes/>
- <http://www.eatfigsnotpigs.com/recipes-3/>
- <https://eatkind.co/>