**University Dining – Food Assessment & Recommendations**

**Executive Summary**

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We reviewed current menus from UW-Stout’s Dining Services and assessed them based on the following categories:

* Local ingredients – grown and processed within 250 miles of UW-Stout, with a preference for sustainably grown (either certified organic or using organic methods)
* Third-Party Certified – Organic, Fair-Trade, Grass Fed, Monterey Bay Aquarium Sustainable Seafood, etc.
* Vegetarian
* Vegan
* Gluten Free
* Culturally Inclusive

This report contains summaries of our assessments and specific improvements we’d like to see in each category. We believe that these improvements would lead to a larger customer base for University Dining Services and increased revenue, as these food offerings would appeal to more people who otherwise may not patronize UDS’ campus locations.

**Major Recommendations**

We have eight major recommendations for University Dining Services:

1. Increase local food (defined as “grownand processed within 250 miles of UW-Stout") purchases, preferably sustainably-grown and humanely-raised
   * Host a “Get to Know Your Local Farmer” program where UDS showcases one local farm per month and uses some of their food in their recipes.
   * Host a new Catering Event for a local food harvest meal in September (similar to Oktoberfest or Holiday Buffet), using in-season ingredients from local farms.
2. Offer equal amount of less processed, complete-protein vegan and vegetarian options (alongside meat options) at every meal in all dining locations, including:

* Complete-protein vegetarian and vegan options at all special meals (e.g., Wing Night, Steak Night, Gourmet Burger Night, Great American Cookout) *and* 1-2 special meals geared toward vegan/vegetarian diets
* Occasional daily specials at campus eateries that are vegan/vegetarian

1. Increase third-party certified food and beverage purchases – Fair Trade, Certified Organic, and Humanely Raised (e.g., Grass-Fed, Pasture-Raised, Monterey Bay Aquarium Seafood List, etc.)
   * Determining if our current (Level 4) coffee is actually Fair Trade and Organic and, if it’s not, finding a coffee that is
   * Prioritizing purchasing organic produce, especially when it is on the Dirty Dozen pesticide list from the Environmental Working Group
2. Increase gluten-free offerings at all campus eateries, for people who prefer gluten-free food or have a low-level gluten sensitivity
3. Increase culturally inclusive meals and snack options
4. Be more transparent with food purchases by annually tracking and making information available for:

* Local and sustainably-grown/humanely-raised purchases
* Third party certified purchases

1. Provide education and marketing for local, third-party certified, vegetarian, vegan, gluten free, and culturally inclusive food – signage in eateries to denote these food items, information about them on UDS’ sustainability website, social media posts, etc.
2. Develop a student position within University Dining Services to research and measure UDS‘ sustainable food efforts; to provide education and marketing; and to collaborate with students, food producers, SSA Sustainability Council, and the Sustainability Office to enhance sustainable food offerings.

**Sustainably Grown & Local Food & Beverages**

There are many benefits of local foods, such as supporting the local economy, better flavored food picked at the peak of its ripeness, more nutrients due to the shorter time needed between farm to plate, and less greenhouse gas emissions from transportation.[[1]](#footnote-2)

Currently, University Dining Services has a [map on its website](https://liveuwstout.sharepoint.com/sites/2022/020/Documents/UniversityDining_LocalFoods.pdf) that lists places where certain categories of food are purchased within 250 miles of UW-Stout, however this map includes vendors that may not *grow and process* their food within 250 miles (e.g. General Mills, Hormel) the official definition of “local” food used in higher education by the AASHE STARS assessment. The map doesn’t include any data on percentages of local food purchases. It’s also not clear if this map is updated annually.

We were not able to get access to the product list for purchases, so it was challenging to make recommendations for local food. Without knowing what exact items are being purchased currently, we may have overlapped our recommendations with already purchased items.

We recommend that UDS host a “Get to Know Your Local Farmer” program. Each month of the school year, University Dining could showcase one local farmer by promoting them to campus *and* by using some of their products in some of UDS’ recipes. This would enhance the connection between UW-Stout and its local community. Local farmers could include: Mary Dirty Face Farm, Harvest Moon Organics, Marieke Gouda cheese, Amanda’s Eggs & Pastured Poultry, Govin’s Farm, Crystal Ball Farms, Together Farms, Cedar Bee Farm, EB Ranch, Wheatfield Hill Organics, Blaeser Farms, Square Roots Farm, and more.

Our goal is to increase the number of sustainably-produced, local food products available at UW-Stout because sustainably-produced, local food helps UW-stout to positively impact the environment. We would also like to have transparency around these purchases, with a map and percentages of local purchases made available to the campus each year.

**Third-Party Certified Food & Beverages**

We would like to increase the number of Fair Trade, Certified Organic, and Humanely Raised, and sustainably sourced seafood we have on our campus. Our recommendations offer products that we would like to see incorporated into University Dining Services’ menus.

***Fair Trade Certified***

Early in the spring semester, we noticed that the Seattle’s Best coffee dispensers had an old Fair Trade logo that is no longer being used by Fair Trade USA. This raised some questions on if the coffee that we have on campus was Fair Trade or not, or if the dispensers were just old enough that the logo has not been updated. We contacted Seattle’s Best coffee and asked their customer services what coffee present on college campuses was Fair Trade and/or organic. The response we received was that their only organic and Fair Trade coffee was their 6th Avenue Bistro, which is only sold as whole bean coffee. This response concerned us even more. *We would like to know if the Level 4 Seattle’s Best coffee present on campus is actually Fair Trade and organic, as it is promoted to be.*

***Certified Organic***

Without the list of purchases that University Dining makes, we were unable to see which items UDS currently purchases that are Certified Organic or have other certifications such as Grass-Fed. The Certified Organic products we recommend adding are: coffee, chocolate, tea, and various vegetables/fruits. There are numerous benefits to supporting and consuming organically produced food including lower amounts of pesticide exposure, lower infertility, lower BMI, and lower allergic susceptibilities.[[2]](#footnote-3) By supporting organic and other sustainably produced food, we can increase the health and well-being of students, employees, visitors, and the planet.

***Humanely Raised (Grass Fed, Pasture Raised, Certified Humane, etc.)***

Although we’re not certain where University Dining Services currently purchases its meat from, in the past it has come from Hormel, Jennie-O (owned by Hormel), Gold’n Plump (owned by multinational corporation Pilgrim’s Pride), Hillshire (owned by multinational corporation Tyson Foods), as well as others. These companies use confined animal feeding operations (CAFOs) to produce their meats. CAFOs can pollute groundwater, surface water, air quality, as well as cause increased greenhouse gas emissions, including emitting methane, a very potent greenhouse gas. In CAFOs, animals are commonly administered antibiotics, which is later consumed by those who eat the meat. They are also sources of pathogens – parasites, bacteria, and viruses – that can infect animals and humans.[[3]](#footnote-4) For these reasons, would like to see our campus move away from meat that is produced in CAFOs and transition to meat that is humanely raised.

***Sustainably Sourced Seafood***

We recommend that University Dining Services and Catering Services do not serve seafood often, as overfishing of our oceans has become a worldwide problem. However, if serving seafood we recommend that UDS utilize the [Monterey Bay Aquarium’s Seafood Watch List](https://www.seafoodwatch.org/seafood-recommendations/consumer-guides) or [Salmon-Safe Certified](https://salmonsafe.org/get-certified/) when making seafood purchases.

***Roundtable of Sustainable Palm Oil (RSPO) Certified***

We would also like to see products containing palm oil certified through the [Roundtable on Sustainable Palm Oil](https://www.rspo.org/about) (RSPO). Palm oil is a cheap, prevalent ingredient in many processed foods available because it yields a high amount of product per hectare. While this appears to be a sustainable crop, producing palm oil has a drastically negative effect in many environmental and social ways[[4]](#footnote-5)[[5]](#footnote-6)[[6]](#footnote-7). As a “green” university, it is important to purchase RSPO-certified products "to minimize the negative impact of palm oil cultivation on the environment and communities in palm oil-producing regions” at a minimum and avoid products with palm oil altogether when possible.

**Vegetarian Food & Beverages**

University Dining Services have a wide range of options to choose from, but many of these are based on a carnivore diet. Options on campus for vegetarian meals are largely changes and substitutes from meat. These substitutes – like the Gardein products – can taste good but they are largely processed, and many vegetarians don’t want to consume processed foods for the majority of their diet. Many students even abstain from eating processed foods, which leaves them with very few options. Many options for snacks and quick meals on campus are very limited for vegetarians. For example, the quick options in the Blue Devil Market coolers include a PB&J sandwich or egg salad sandwich. And the hot options in the Blue Devil Market are comprised of grilled cheese sandwiches, processed Gardein options, or eating the deep-fried sides, like French fries. These options could easily be expanded to include things like hot sandwiches that have vegetables and cheese, like [the runner’s sandwich](https://hurrythefoodup.com/the-runners-sandwich-what-to-eat-after-running/) which has 19.2 grams of protein.

We recommend integrating new, healthy vegetarian options in menus, to reflect the need for maintaining a high protein diet without meat.

**Vegan Food & Beverages**

The UW-Stout community holds many values, including:

* The nobility of spirit, a diversity of people, respect and inclusion for all
* The pursuit of innovation, technology and sustainability with a constant eye to the future
* The ideals of collaboration, competence and continuous improvement

UW-Stout upholds these values in many ways, creating an inclusive, diverse campus environment. With these ideals in mind, we would like to see the addition of more complete protein, minimally processed, and healthy plant-based dining options on campus.

Currently, most of the vegan options on campus are processed Gardein items, an occasional soup or salad, a PB&J sandwich, or a side item like French fries. The lack of options is further exacerbated by the fact that most of the vegan items are available in Price Commons. Theoretically, half of the campus lives on campus while the other half lives off campus. Off-campus students and employees have very little incentive to dine at Price Commons because the cost of a meal is much higher, meaning that the only dining options available are the MSC and smaller dining outlets like Jarvis Hall Express. The vegan options in these locations are even more limited than Price Commons, leaving plant-based eaters with very few meal options. Not only does this exclude people from the campus community, but it is a missed source of revenue from those who wish to eat on campus but don’t have many options. Many countries around the world are centered around a plant-based diet, meaning that the addition of vegan meals could also facilitate a more diverse and inclusive campus community.

Plant-based eating patterns not only increases a person’s health[[7]](#footnote-8), but it also one of the most eco-conscious, sustainable diets a person can follow[[8]](#footnote-9). Providing more vegan meals will improve campus life and can be done easily with some simple substitutions in pre-existing campus meals and the addition of complete protein, minimally processed, and culturally inclusive vegan options. An example of a simple substitution would be to offer an oatmeal made with a dairy-alternative milk (pea, oat, soy, almond, cashew, macadamia, etc.). Other substitutions possible: replace dairy-based dips in veggie cups with hummus; offer vinaigrettes/vegan dressings & beans/nuts/other plant protein for salads; offer snack wraps with beans, veggies, hummus instead of dairy-based dip; make grilled cheese with vegan-friendly cheese and bread; replace dairy-based yogurts with plant-based yogurts. The switch to higher quality plant-based options should also encompass the needs of other dietary restrictions like gluten-free diets, vegetarian diets, or a more culturally inclusive diet. A plant-based diet centered on foods like whole grains, vegetables and legumes also provides eating options to those on campus who simply want to improve their health. Moving away from UW-Stout’s current heavily processed products to offer a healthy variety of legumes, fruits, nuts, seeds, vegetables, and minimally processed prepared foods would improve the inclusion of all members of the campus community while reducing UW-Stout’s impact on the planet.

**Gluten-Free Food**

We would like to see gluten-free food in all eateries, for people who *prefer* to eat gluten free or may have a gluten sensitivity that isn’t to the threshold of Celiac Disease, where gluten-free food can still be prepared in a regular kitchen.

Currently at UW-Stout, if a student wants to eat gluten-free they must have a doctor’s note proving a medically documented food allergy or intolerance in order to access the Special Diet Pantry. However, many people have made lifestyle changes that have excluded gluten from their diets due. Others may have a sensitivity to gluten and choose to either limit their gluten intake or stop eating gluten altogether. These people have very limited dining options on campus.

We would like to see more gluten-free meals and snacks for students, faculty, staff, and visitors at UW-Stout. The two groups described above do not need a gluten-free prep zone. They are not allergic to gluten, so the gluten-free food could be prepared in our kitchens and then properly signed to explain that the food is food those with a gluten preference, as some restaurants do. Adding more gluten-free options for the general population at UW-Stout could also help sales in not only the dining halls, but in all campus eateries. Many students and staff described above bring their own food with them to campus and do not spend their money on food prepared by University Dining Services. Adding more gluten-free options to these locations could help increase overall sales.

Overall, we are making recommendations for gluten-free products and recipes that are easy to implement and can be purchased through University Dining Services’ current distributors/vendors. Many pre-made mixes are available from Reinhart Foodservice, while other meal ideas are available from US Foods. We also include recipes that could easily use ingredients from our current vendors.

**Culturally Inclusive Food**

UW-Stout prides itself in being a university that actively encourages inclusivity. Stout promotes many study abroad programs inside of and outside of the U.S., while also offering education to international students from over 30+ countries. Even though there is abundance of cultures present on our campus, most of the meals and snacks on campus do not cater to our students from other countries. Some meals have different ingredients that can be substituted in or out, but we have noticed that most options are based on a western diet without consideration for students who may want food options from somewhere else.

Recommendations made for culturally inclusive foods were based on the clear need for a wider range of dining options for students from other countries and backgrounds. At the same time, we believe that offering meals and snacks from around the globe can broaden the experience of our students from Wisconsin and the Midwest. We consulted with the Office of International Education to get information on where our international students come from and to get their input on recipe ideas. But we also recommend surveying international students to get their ideas on specific recipes they would like to see in our campus eateries.

**Product & Recipe Recommendations**

We have compiled a list of product and recipe recommendations in the pages that follow. Additionally, we are also [providing our UDS Comparison Spreadsheet](https://liveuwstout.sharepoint.com/:x:/s/sustainabilityoffice/EZg-iteXu9dNoL4r3d8UI9cBVKwpeJPRqgiSeF5zflpCqg?e=Kbcf8p) to further highlight the current state of products and recipes from UDS, as well as our suggestions for improving the six food categories we’ve outlined in this summary.

**University Dining – Food Assessment & Recommendations**

**Product & Recipe Recommendations**

We recognize that University Dining Services has contracts with Reinhart and US Foods. Without having access to these vendors’ product offerings, we attempted to find products that we believed to be available through one or more of these vendors. In some cases, the food producers specifically said that they distributed through Reinhart or US Foods; in other cases, we found evidence of the products on Reinhart or US Foods’ website. However, some of these products may require purchasing outside of these contracts.

**Local Food Products/Recipes (with a preference for sustainably grown and humanely raised)**

*\*Defined as “grown and processed within 250 miles of UW-Stout"*

* [5th Season Cooperative](http://www.fifthseasoncoop.com/) – Local produce, meat, pasta
  + [5th Season Cooperative Product List](https://liveuwstout.sharepoint.com/:b:/s/sustainabilityoffice/EbuxPvraTYVBl00G5e1Qik8Bx-p_sULc1ol4GcBSJs-J5w?e=0JU59a)
  + [5th Season Cooperative Produce Availability](https://liveuwstout.sharepoint.com/:b:/s/sustainabilityoffice/EbuxPvraTYVBl00G5e1Qik8Bx-p_sULc1ol4GcBSJs-J5w?e=0JU59a)
* [Superior Fresh](https://www.superiorfresh.com/) – Salad green, salmon, and fruit from Hixton, WI
* [Sno Pac Foods](http://www.snopac.com) – Frozen vegetables and fruits from Caledonia, MN available through Reinhart Foods and US Foods
* [Organic Valley](https://www.organicvalley.coop/products/) – Milk, butter, yogurt, cheese, eggs, etc. in La Farge, WI
* [Larry Schultz Organic Farm](http://www.lsofarm.com/) – Large-scale producer of organic meats and eggs in Owatonna, MN
  + [Larry Schultz product list](https://2b4c8f5a-9a69-4376-9bf1-d0d743b713be.filesusr.com/ugd/01fe31_fe3fe07377cf4763b0742f493d052941.pdf)
* Any other local food and beverage products available through Reinhart or US Foods

**Third-Party Certified Products/Recipes**

*Fair-Trade*

* [Torke Family Coffee Roasters](https://www.torkecoffee.com/pages/hand-roasted-coffees) – Organic Fair-Trade Coffee
* [Just Coffee Coop](https://justcoffee.coop/) – Sustainable and Community-based Fair-Trade Organic coffee
* [Alter Eco Chocolates](https://www.alterecofoods.com/) – Organic truffles, chocolate bars, and clusters; and some plant-based chocolates
* [Lake Champlain Chocolates](https://whsl.lakechamplainchocolates.com/ecommerce/default.aspx) – Organic and Fair-Trade chocolate and hot chocolate; vegan options are also available
* [Equal Exchange coffee and chocolate](https://equalexchange.coop/) – Variety of Organic and Fair-Trade coffee and chocolates
* [Teatulia Tea Organic Teas](https://www.teatulia.com/foodservice-wholesale-tea-supplier/college-university.htm) – A variety of teas that are organic and have compostable packaging
* [Equal Exchange Fair Trade & Organic Teas](https://shop.equalexchange.coop/collections/tea) – A variety of teas and herbal teas that are Fair Trade and Organic
* [Numi Fair Trade & Organic Teas](https://numitea.com/) – A variety of teas and herbal teas
* Any other Fair-Trade food and beverage products available through Reinhart or US Foods

*Organic*

* [Teatulia Tea Organic Teas](https://www.teatulia.com/foodservice-wholesale-tea-supplier/college-university.htm) – A variety of teas that are organic and have compostable packaging
* [Equal Exchange Fair Trade & Organic Teas](https://shop.equalexchange.coop/collections/tea) – A variety of teas and herbal teas
* [Numi Fair Trade & Organic Teas](https://numitea.com/) – A variety of teas and herbal teas
* [Sno Pac Foods](http://www.snopac.com) – Frozen organic vegetables and fruits available through Reinhart Foods and US Foods
* [Whole Grain Milling](http://www.wholegrainmilling.net/products.html) – Organic flour, tortilla chips, bread mixes, pancake mixes, and hot cereal
* [Superior Fresh](https://www.superiorfresh.com/) – Organic salad greens
* [Organic Valley](https://www.organicvalley.coop/products/) – Milk, butter, yogurt, cheese, eggs, etc.
* [Kemps Organic Milk](https://kemps.com/fridge-products/1-low-fat-organic-milk-gallon/) – Skim, 1%, 2%, or whole milk
* [Glenview Farms](https://www.usfoods.com/great-food/featured-products/cheese-dairy/ultra-pasteurized-organic-whole-milk.html) – Organic milk, available through US Foods
* [Organic Prairie](https://www.organicprairie.com/) – Organic meats
* [Mighty Organic](https://www.mightyorganic.com/) – Organic jerky and meat sticks
* [Cascadian Farm](https://www.cascadianfarm.com/products/) – Organic cereal, granola, granola bars, frozen fruits & veggies
* [Larry Schultz Organic Farm](http://www.lsofarm.com/) – Large-scale, local producer of organic meats and eggs in Owatonna, MN
  + [Larry Schultz product list](https://2b4c8f5a-9a69-4376-9bf1-d0d743b713be.filesusr.com/ugd/01fe31_fe3fe07377cf4763b0742f493d052941.pdf)
* Any other Certified Organic food and beverage products available through Reinhart or US Foods

*Humanely Raised: Grass Fed, Pasture Raised, Certified Humanely Raised, etc.*

* [Wisconsin Grass](https://www.wisconsingrassfed.coop) Fed Beef Co-op – 100% Grass-Fed Ground Beef available through 5th Season Cooperative
* [Grass Fed Sliders](https://www.usfoods.com/great-food/featured-products/meat-seafood/grass-fed-sliders.html) – Stockyards available from US Foods
* [Thousand Hills Farm](https://thousandhillslifetimegrazed.com) – Ground beef, steak, sausage, brats, bacon, beef sticks
* [Smart Chicken](https://www.smartchicken.com/products) – Free Range, Organic Chicken
* [Naked Truth Chicken](https://nakedtruthchicken.com/products/) – Animal Welfare Certified chicken breast fillets, wings, nuggets
* [Farmer Focus Chicken](https://www.svorganic.com/products-home) – Organic, Free Range chicken breast, wings, etc.
* Any other Grass Fed, Pasture Raised, Certified Humanely-Raised, Free Range products available through Reinhart or US Foods

*Sustainable Seafood: Monterey Bay Aquarium Seafood List or Salmon Safe*

* [Superior Fresh](https://www.superiorfresh.com/) – Salmon and trout
* Shrimp farmed in the US, wild caught shrimp from Canada & US wild, or shrimp farmed in Ecuador & Honduras (see Monterey Bay Aquarium’s Seafood List)
* Any seafood that aligns with the [Monterey Bay Aquarium’s Seafood Watch List](https://www.seafoodwatch.org/seafood-recommendations/consumer-guides) or Salmon-Safe Certified

**Vegetarian Products/Recipes**

*Vegetarian Products*

* [River Valley Burgers’ Vegetarian Walnut Burger](http://walnutburger.com) – Available through 5th Season Cooperative
* [Ruth's Gourmet Vegetarian Pepper Cheeseburger](https://ruthsgourmet.com) – Available through 5th Season Cooperative
* [Ruth’s Gourmet Vegetarian Meatballs](https://ruthsgourmet.com) – Available through 5th Season Cooperative
* [Impossible Foods](https://impossiblefoods.com) – A variety of vegetarian/vegan meat products – Available through Reinhart
* [Beyond Meat](https://www.beyondmeat.com/products/) – Vegetarian/vegan ground beef, burgers, sausage – Available through Reinhart
* [Nasoya Extra Firm Tofu](http://www.nasoya.com/healthy-tofu-products/organic-extra-firm-tofu/) – Non-GMO Project verified, USDA Organic, non-GMO, GF, certified Vegan & Plant-Based, preservative and cholesterol-free
* [Lightlife Tempeh](https://lightlife.com/products/) – Certified vegan, certified organic, multiple flavors (Original, Buffalo, Smokey Tempeh Strips, 3-Grain, Flax)
* Any other vegetarian food and beverage products available through Reinhart or US Foods

*Vegetarian Recipes*

* [Artichoke mac and cheese](https://tasty.co/recipe/spinach-artichoke-mac-cheese)
* [Chickpea pot pie](https://frommybowl.com/vegan-chickpea-pot-pie/)
* Tofu Tacos
* Quinoa recipe
* [Eggplant Pasta](https://www.allrecipes.com/recipe/240955/eggplant-pasta/)
* [Cauliflower tacos](https://www.acouplecooks.com/best-vegetarian-mexican-recipes/)
* [Creamy broccoli pasta](https://hurrythefoodup.com/broccoli-pasta/)
* [The runner sandwich](https://hurrythefoodup.com/the-runners-sandwich-what-to-eat-after-running/)
* [Vegan tofu scramble with spinach](https://www.thespruceeats.com/vegan-tofu-scramble-with-spinach-3376586)
* [Coconut raspberry smoothie](https://www.thespruceeats.com/coconut-raspberry-crush-smoothie-4078415)
* [Watermelon smoothie](https://www.thespruceeats.com/watermelon-smoothie-recipe-2245818)
* [Breakfast casserole](https://www.thespruceeats.com/vegetarian-breakfast-casserole-recipe-3376543)
* [Apple pancakes](https://www.thespruceeats.com/vegan-apple-pancakes-recipe-3376503)
* [White bean salad](https://www.thespruceeats.com/vegetarian-white-bean-salad-recipe-3376428)
* [Veggie Salad with edamame](https://www.thespruceeats.com/tabbouleh-salad-edamame-feta-cheese-3378317)
* [Quinoa salad](https://www.thespruceeats.com/quinoa-salad-with-fresh-mint-parsley-3377919)
* [Veggie black bean hummus wrap](https://www.thespruceeats.com/engine-2-black-bean-hummus-wrap-3377635)
* [Vegan tempeh ”chicken” salad](https://www.thespruceeats.com/vegan-tempeh-chicken-salad-recipe-3377928)
* [Black bean sweet potato chili](https://www.thespruceeats.com/black-bean-vegetarian-chili-sweet-potatoes-3377973%20https://www.thespruceeats.com/black-bean-vegetarian-chili-sweet-potatoes-3377973)
* [Avocado egg salad](https://www.thespruceeats.com/avocado-egg-salad-4584323)
* [Veggie lentil soup](https://www.thespruceeats.com/vegetarian-lentil-soup-recipe-low-fat-3377999)
* [Veggie split pea dal](https://www.thespruceeats.com/indian-yellow-split-pea-dal-recipe-3378495)
* [Veggie Mexican casserole](https://www.thespruceeats.com/vegetarian-enchilada-casserole-with-black-beans-3377047)
* [Spinach Lasagna](https://www.thespruceeats.com/vegan-crockpot-lasagna-spinach-and-tofu-3378440)
* [Sweet and Sour Tempeh](https://www.thespruceeats.com/vegan-sweet-and-sour-tempeh-recipe-3377028)
* [Vegetarian “Meat” Loaf](https://www.thespruceeats.com/vegetarian-meat-loaf-recipe-3377181)
* [Bulgur Salad](https://www.thespruceeats.com/bulgur-and-summer-vegetable-salad-3274336)
* [Vegan 3 bean pasta with creamy spinach sauce](https://www.thespruceeats.com/vegan-three-bean-pasta-3377163)
* [Veggie Parm Heroes](https://www.foodnetwork.ca/recipe/vegetarian-parm-heroes/20490/)

**Vegan Products/Recipes**

All products below are plant-based, so any references to “cheese”, “meat”, “milk”, etc. means that they are the vegan-friendly version of the animal-based product.

*Vegan Products*

* [Teese Vegan Mozzarella Cheese](http://www.reinhartdirectfse.com/p-1369-teese-vegan-mozzarella-cheese.aspx) (GF)
* [Upton's Naturals Original Jackfruit (GF)](http://www.reinhartdirectfse.com/p-3253-uptons-naturals-original-jackfruit.aspx)
* [Ripple Milks](https://www.ripplefoods.com/products/) (non-dairy): milk, superfoods milk, half & half, barista style, yogurt, protein shakes, frozen desserts
  + Pea protein-based dairy alternative has less sugar, less saturated fat, and the same amount of protein as dairy milk while substantially lessening environmental impacts[[9]](#footnote-10)
  + Nut-free, lactose-free, gluten-free, soy-free products
  + Higher amounts of Vitamin D than other milk alternatives
* [Alter Eco Plant-Based](https://www.alterecofoods.com/products/super-dark-truffles) products: truffles, chocolate bars, clusters
* [Miyokos Creamery](https://miyokos.com/pages/products) products: cheeses, butters, cream cheese, cheese spread
* [So Delicious](https://sodeliciousdairyfree.com/dairy-free-foods/) products: milk, creamer, frozen desserts/toppings, shredded cheese, yogurt
* [Primal Spirit Foods](http://www.primalspiritfoods.com/products.php): vegan “beef” jerky
* [Hippeas Puffs](http://hippeas.com/products/): organic chickpea snack
* Field Roast: Artisan meats and cheeses
  + [Field Roast products](https://fieldroast.com/products/field-roast/): sausages, deli slices, roasts, burgers, breaded cutlets, frozen appetizers
  + [Chao Creamery products](https://fieldroast.com/products/chao/): cheese slices, Mac’n’Chao
* [Cascadian Farm](https://www.cascadianfarm.com/products/) Organic products: cereal, granola, granola bars, frozen fruits & veggies
* [Beyond Meat](https://www.beyondmeat.com/products/): ground beef, burgers, sausage
* [Nasoya Extra Firm Tofu](http://www.nasoya.com/healthy-tofu-products/organic-extra-firm-tofu/): Non-GMO Project verified, USDA Organic, non-GMO, GF, certified Vegan & Plant-Based, preservative and cholesterol-free
* [Lightlife Tempeh](https://lightlife.com/products/): certified vegan, certified organic, multiple flavors (Original, Buffalo, Smokey Tempeh Strips, 3-Grain, Flax)
* [Daiya Products](https://daiyafoods.com/): cheese shreds/slices/blocks, cream cheese, pizza (GF available), mac’n’cheese, yogurt, dressings, sauce, desserts, burritos
  + Non-GMO certified products, RSPO-certified palm oil + non-palm oil products, natural additives
  + Soy, dairy, gluten-free products; certain Kosher-certified products
  + [FAQ](https://daiyafoods.com/faq/)
* [Amy’s Products](https://www.amys.com/our-foods): entrees, bowls, burritos, pizza, pasta, soup, snacks, pot pies, veggie meats, beans, salsa, pasta sauce, candy, “globally inspired” products
  + GF, vegan, plant-based, dairy-free, soy-free, tree nut-free, corn-free, Kosher D & DE, reduced sodium product options
  + Emphasis on local foods, organic foods, non-GMO, culturally inclusive foods, handmade products
  + [FAQ](https://www.amys.com/faqs)
* Any other vegan food and beverage products available through Reinhart or US Foods

*Vegan Recipes*

* Wraps: [**50+ Veggie Wrap Recipes**](https://thestingyvegan.com/veggie-wraps/), [Greek Salad Wrap](https://wellvegan.com/lunch/vegan-greek-salad-wrap), [Caesar Salad Wraps](https://thestingyvegan.com/vegan-caesar-salad-wraps/), [Samosa Wraps](https://www.veganricha.com/samosa-wraps-spiced-potato-chickpea-burrito/)
* Breakfast: [**30 Breakfast Recipes**](https://itdoesnttastelikechicken.com/30-vegan-breakfast-recipes-that-arent-smoothies-oatmeal-or-energy-bars/), [Granola](https://minimalistbaker.com/14-simple-vegan-granola-recipes/), [Lemon Poppy Seed Muffins](https://www.mydarlingvegan.com/lemon-poppy-seed-muffins/), [Chocolate Chip Muffins](https://www.mydarlingvegan.com/vegan-chocolate-chip-muffins/)
* Desserts: [**65 Desserts even Non-vegans Will Love**](https://www.foodnetwork.ca/healthy-eating/photos/10-vegan-desserts-that-even-non-vegans-will-love/#!double-chocolate-chip-cookies), [Brownies](https://beamingbaker.com/my-favorite-gluten-free-brownies-recipe-from-scratch/) (GF), [Oatmeal Cookies 4 ways](https://beamingbaker.com/gluten-free-oatmeal-cookies-4-ways/) (GF), [Ranginak](https://www.washingtonpost.com/recipes/persian-date-cake-ranginak/15854/) (Persian Date Cake), [Vietnamese Sweet Rice Squares](https://www.food.com/recipe/vietnamese-sweet-rice-squares-283538), [Churros](https://www.chicanoeats.com/vegan-churros/) with Salted Caramel Sauce
* Appetizers/sides: [**70+ Side Dish Recipes**](https://simple-veganista.com/recipes/course/side/), [Chestnut Mushroom Dumplings](https://www.instagram.com/p/B1bLi0QlXee/), [Spicy Pakistan Zucchini](https://www.allrecipes.com/recipe/20648/spicy-pakistani-zucchini/), [Cream Cheese & Scallion Wontons](https://www.instagram.com/p/B7HRn2Epe56/), [Crispy Veggie Spring Rolls](https://www.instagram.com/p/Bw2k2_kj3fm/), [Chinese Chive Dumplings](https://www.instagram.com/p/B6VrFO5pqY8/),
* Main dishes: [**Good Housekeeping 54 Vegan Entrée Recipes**](https://www.goodhousekeeping.com/food-recipes/healthy/g807/vegan-recipes/)**,** [**35 30-minute Dinner Recipes**](https://veganheaven.org/all-recipes/35-easy-vegan-weeknight-dinners/)**,** [Lasagna](https://www.noracooks.com/best-vegan-lasagna/#wprm-recipe-container-198), [Chinese Eggplant with Garlic Sauce](https://omnivorescookbook.com/chinese-eggplant-with-garlic-sauce), [Crispy Sweet & Sour Tofu](https://www.hotforfoodblog.com/recipes/2015/9/8/crispy-sweet-sour-tofu/)
* Soups: [**25 Healthy Soup Recipes**](https://runningonrealfood.com/vegan-soup-recipes/), [Nepali Dal Bhat](https://www.cookshideout.com/nepali-dal-bhat-recipe) with rice, [Blåbärssoppa](https://www.texanerin.com/healthier-swedish-blueberry-soup/) (blueberry soup)

*Additional Information:*

* [5 Ways to Make Tofu Taste Like Meat](https://www.facebook.com/bosh.tv/videos/1383976885121824/)
* [Vegan Pantry Staples](https://simple-veganista.com/my-kitchen-essentials/)
* [Top 10 Vegan Substitutes](https://www.bbcgoodfood.com/howto/guide/top-10-vegan-substitutes)
* [Vegan Baking Substitutions and Replacements](http://www.veganbaking.net/articles/tools/baking-substitutions)
* [Upcoming Vegan Food Trends](https://www.peta.org/living/food/new-vegan-products-2020/)
* [Vegan Meat Substitute Guide](https://www.healthline.com/nutrition/vegan-meat-substitutes#section8)
* [Dairy Alternatives](https://www.medicalnewstoday.com/articles/323411#milk-alternatives)

**Gluten-Free Products/Recipes**

*Gluten-Free Products*

* [Gluten Free Pizza Crust](https://www.usfoods.com/great-food/featured-products/grocery/gluten-free-italian-pizza-crust.html)
* [Breaded Chicken Tenderloins](https://www.usfoods.com/great-food/featured-products/meat-seafood/all-natural-breaded-chicken-tenderloins.html)
* [Gluten Free Chicken Parmesan](https://rfsdelivers.com/restaurant-inc/recipes/gluten-free-chicken-parmesan?highlight=WyJnbHV0ZW4iLCJmcmVlIiwiZ2x1dGVuIGZyZWUiXQ==)
* [Gluten Free Cinnamon Coffee Cake](https://rfsdelivers.com/restaurant-inc/recipes/gluten-free-cinnamon-coffee-cake?highlight=WyJnbHV0ZW4iLCJmcmVlIiwiZ2x1dGVuIGZyZWUiXQ==)
* [Gluten Free Sensations Granola- French Vanilla Almond Gluten Free](http://www.reinhartdirectfse.com/p-1036-gluten-free-sensations-granola-french-vanilla-almond-gluten-free.aspx) (Many other flavors also)
* [Abundant Life Foods GF Muffin Mix, Blueberr](http://www.reinhartdirectfse.com/p-1196-abundant-life-foods-gf-muffin-mix-blueberry.aspx)y (many other flavors)
* [Walden Farms Salad Dressings](http://www.reinhartdirectfse.com/p-1246-walden-farms-salad-dressing-caesar.aspx)
* [Abundant Life Foods GF Scone Mix, Blackberry](http://www.reinhartdirectfse.com/p-1813-abundant-life-foods-gf-scone-mix-blackberry.aspx)

*Gluten-Free Recipes*

* [Rainbow Thai Chicken Salad](https://www.gimmesomeoven.com/rainbow-thai-chicken-salad-recipe/)
* [GF Chicken Enchilada Casserole](https://www.gimmesomeoven.com/chicken-enchilada-casserole-recipe/)
* [GF 5-Ingredient White Chicken Chili](https://www.gimmesomeoven.com/5-ingredient-easy-white-chicken-chili-recipe/)
* [5-Ingredient Pesto Chicken Soup](https://www.gimmesomeoven.com/5-ingredient-pesto-chicken-soup-recipe/)
* [GF Green Bean Casserole](https://crunchmaster.com/recipes/gluten-free-green-bean-casserole/)
* [GF Grilled Chicken Strip Asparagus Pizza](https://www.usfoods.com/great-food/recipes/grilled-chicken-strip-asparagus-pizza.html)
  + Many different types of recipes can be made GF like this one
* [Pork Chops with Carrots and Toasted Buckwheat](https://www.bonappetit.com/recipe/pork-chops-with-carrots-and-toasted-buckwheat)
  + Buckwheat is 100% gluten free and can added to make recipes for a GF option
* [Roast Chicken with Sorghum and Squash](https://www.bonappetit.com/recipe/roast-chicken-with-sorghum-and-squash)
* [GF Fried Chicken](https://www.fearlessdining.com/gluten-free-fried-chicken-recipe/)

**Culturally Inclusive Recipes/Products**

*Barbados*

* [Bread Pudding](https://www.cookstr.com/Caribbean-Recipes/Barbados-Bread-Pudding)
* [Corn Pie](https://www.pinterest.co.uk/pin/285908276323549235/)
* [Coconut Turnovers](https://www.pinterest.es/pin/339177415685251572/)

*Brazil*

* [Brazil style rice](https://www.pinterest.es/pin/299559812714458807/)
* [Chicken & Shrimp stew](https://www.pinterest.ch/pin/354306695676358089/)
* [Brazilian Risoles](https://www.pinterest.cl/pin/385268943101916393/)
* [Brazil Style Carrot Cake](https://ourbestbites.com/brazilian-carrot-cake/)

*China*

* [Spicy Stir fry rice](https://www.epicurious.com/recipes/food/views/spicy-stir-fried-chinese-long-beans-with-peanuts-234667)
* [Boiled Dumplings](https://www.foodandwine.com/recipes/boiled-chinese-dumplings)
* [Steamed fish](https://rasamalaysia.com/steamed-fish-recipe/)
* [Sweet Soup](http://www.kitchenbowl.com/recipe/luDbDIvw03/chinese-sweet-soup-dessert)

*Egypt*

* [Koshari](https://www.allrecipes.com/recipe/173422/egyptian-koshary/)
* [Red Lentil Soup](https://www.foodandwine.com/recipes/egyptian-red-lentil-soup)
* [Bread Pudding](https://honestcooking.com/um-ali-egyptian-bread-pudding/)
* [Butter Cookies](https://www.pinterest.at/pin/534098837051655041/)

*Finland*

* [Finnish Meatballs](https://leitesculinaria.com/10633/recipes-finnish-meatball.html)
* [Spoon Cookies](https://www.foodnetwork.com/recipes/food-network-kitchen/spoon-cookies-lusikkaleivat-finland-recipe-2117861)
* [Cabbage Casserole](https://www.savorylotus.com/finnish-cabbage-casserole/)

*Germany*

* [Pancake Balls](https://germanfoods.org/recipes/north-german-pancake-balls/)
* [Potato Dumplings](https://www.tasteofhome.com/recipes/german-potato-dumplings/)
* [German Potato Salad](https://leitesculinaria.com/225715/recipes-german-potato-salad.html)

*India*

* [Samosa](https://www.196flavors.com/india-samosa/)
* [Curried Tofu](https://honestcooking.com/indian-curried-tofu/)
* [Indian Butter Chicken](https://www.simplyrecipes.com/recipes/indian_butter_chicken/)
* [Coconut Ladoo](https://revisfoodography.com/2017/04/coconut-ladoo/)
* [Red Lentil Dal](https://www.simplyrecipes.com/recipes/red_lentil_dal/)

*Iran*

* [Date Cake](https://www.washingtonpost.com/recipes/persian-date-cake-ranginak/15854/)
* [Jeweled rice](https://www.thekitchn.com/recipe-iranian-jeweled-rice-recipes-from-the-kitchn-194680)
* [Chicken Pilaf](https://www.food.com/recipe/iran-chicken-pilaf-169400)
* [Iranian style curry](http://cookmap.com/en/recipes/iranian-style-curry)

*Ireland*

* [Irish Soda Bread](https://www.gritsandpinecones.com/traditional-irish-soda-bread/)
* [Irish Apple pie](https://www.stemilt.com/stem-blog/irish-apple-pie/)
* [Irish Stew](https://www.dinneratthezoo.com/irish-stew-recipe/)
* [Irish Shepards pie](https://oldworldgardenfarms.com/2018/03/13/irish-shepherds-pie-recipe/)

*Italy*

* [Italian Baked Eggs](https://damndelicious.net/2013/11/11/italian-baked-eggs/)
* [Eggplant Parm](https://cookieandkate.com/italian-eggplant-parmesan-recipe/)
* [Tiramisu](https://www.recipesfromitaly.com/tiramisu-original-italian-recipe/)
* [Italian Lemon Cake](https://www.recipesfromitaly.com/tiramisu-original-italian-recipe/)

*Japan*

* [Butter Mochi](https://www.justapinch.com/recipes/dessert/other-dessert/butter-mochi-japanese-sweet-chewy-dessert.html)
* [Milk Pudding](https://kirbiecravings.com/japanese-milk-pudding/)
* [Japanese fried rice](https://www.chopstickchronicles.com/yakimeshi-japanese-fried-rice/)
* [Japanese beef bowl](https://www.bigoven.com/recipe/japanese-beef-bowl/204145)
* [Hamburger steak](https://www.japanesecooking101.com/hamburger-steak-recipe/)

*Latvia*

* [Baked Onions](https://www.pinterest.cl/pin/119486196341786946/)
* [Apple Pancakes](http://globaltableadventure.com/recipe/latvias-apple-pancakes/)
* [Bacon Buns](https://bellyrumbles.com/piragi-latvian-bacon-buns/)
* [Latvian stew](https://mjskitchen.com/2018/03/latvian-stew-braised-pork/)

*Mexico*

* [Tostadas](https://www.mylatinatable.com/traditional-mexican-tostadas/)
* [Mexican Salad](https://www.gimmesomeoven.com/everyday-mexican-salad/)
* [Mexican Corn](https://www.spendwithpennies.com/mexican-corn-elote/)
* [Mexican chocolate donuts](https://patijinich.com/mexican-chocolate-donuts/)

*Nepal*

* [Red Lentil Dal](https://vikalinka.com/nepalese-red-lentil-dahl/)
* [Nepali Dal Bhat Soup](https://www.cookshideout.com/nepali-dal-bhat-recipe)
* [Basmati rice](https://www.pinterest.com.mx/pin/346917977520890433/)
* [Sweet Bread](https://www.pinterest.co.uk/pin/392024342562472347/)

*Netherlands*

* [Dutch Pastry cookies](https://www.pinterest.ru/pin/71987294024306001/)
* [Dutch Leek Casserole](https://www.allrecipes.com/recipe/41550/dutch-leek-casserole/)

*Norway*

* [Norwegian Potato's](https://www.momswhothink.com/crispy-norwegian-potatoes/)
* [Butter Cookies](https://www.bowlofdelicious.com/norwegian-butter-cookies-serinakaker/)
* [Salmon fold over pie](https://www.pinterest.es/pin/270638258832285367/)
* [Norwegian meatballs](https://www.tasteofhome.com/recipes/norwegian-meatballs/)

*Oman*

* [Cream of wheat pudding](https://www.cookshideout.com/oman-khabeesa-cream-of-wheat-pudding-recipe)
* [Lamb and dumpling soup](https://tarasmulticulturaltable.com/the-food-of-oman-cookbook-review-and-dhokri-lawati-lamb-and-dumpling-stew/)
* [Sweet jelly dessert](https://www.sidechef.com/recipes/10155/omani_halwa_sweet_jelly_dessert/)

*Pakistan*

* Chocolate éclair
* [Spicy zucchini](https://www.allrecipes.com/recipe/20648/spicy-pakistani-zucchini/)
* [Kofta curry](https://www.196flavors.com/pakistan-kofta-curry/)
* [Potato samosa](https://cooking.nytimes.com/recipes/1018358-pakistani-potato-samosas)

*Russia*

* [Stuffed cabbage](https://www.panningtheglobe.com/russian-stuffed-cabbage/)
* [Cabbage pie](http://globaltableadventure.com/recipe/russian-cabbage-pie/)
* [Easy Baklava](https://www.shugarysweets.com/baklava/)
* [Russian Potato Salad](https://www.wholefoodsmarket.com/recipes/russian-potato-salad)

*Saudi Arabia*

* [Arabian chicken stew](https://www.munatycooking.com/arabian-chicken-stew/)
* [Chicken biryani](https://www.maggime.com/en/recipes/saudi-chicken-biryani/14375)
* [Almond Pancakes](http://www.grouprecipes.com/60050/arabic-almond-pancakes.html)
* [Chicken and oats](https://www.pinterest.com.au/pin/338473728217983289/)

*Serbia*

* [Serbian cheese pie](https://whereismyspoon.co/gibanica-serbian-cheese-pie-serbian-food/)
* [Vanilla cookies](https://www.curiouscuisiniere.com/vanilice/)
* [Broccoli casserole](http://www.recipekey.com/therecipes/Prysnac-Serbia-(Broccoli-Casserole)
* [Ground Beef and veggie bake](https://www.allrecipes.com/recipe/70589/serbian-ground-beef-veggie-and-potato-bake/)

*South Korea*

* [Spicy beef soup](https://www.koreanbapsang.com/yukgaejang-spicy-beef-soup-vegetables/)
* [Korean fried chicken](https://mykoreankitchen.com/korean-fried-chicken/)
* [Spicy rice cake](https://www.spicetheplate.com/rice-noodle/spicy-rice-cakes/)
* [Honey Pastry](https://www.pinterest.cl/pin/460422761897078263/)

*Spain*

* [Spanish paella](https://www.myrecipes.com/recipe/traditional-spanish-paella-0)
* [Spanish pisto](https://spanishsabores.com/2016/01/30/traditional-spanish-pisto-recipe/)
* [Homemade churros](https://www.happyfoodstube.com/homemade-churros/)
* [Spanish cinnamon cookies](https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1531484)

*Sweden*

* [Sticky chocolate cake](https://www.allrecipes.com/recipe/75135/swedish-sticky-chocolate-cake-kladdkaka/)
* [Swedish meatballs](https://www.simplyrecipes.com/recipes/swedish_meatballs/)
* [Lamb and pear stew](https://toriavey.com/toris-kitchen/swedish-lamb-stew-with-pears/)
* [Blueberry soup](https://www.texanerin.com/healthier-swedish-blueberry-soup/)

*Taiwan*

* [Tan tsi noodles](https://www.thespruceeats.com/taiwanese-tan-tsai-noodles-4117615)
* [Chicken curry](https://abiteofinspiration.com/2017/03/12/taiwanese-style-chicken-curry/)
* [Braised pork](https://www.pressurecookrecipes.com/instant-pot-taiwanese-braised-pork/)
* [Pineapple cakes](https://kirbiecravings.com/chinese-pineapple-cakes/)

*Tajikistan*

* [Cream cheese cookies](https://cookpad.com/uk/recipes/1560286-tajikistan-cream-cheese-cookies)
* [Palava pilaf](https://petersfoodadventures.com/2016/04/23/palava/)
* [Lamb pilaf](https://cooktoria.com/uzbek-plov/)

*Tunisia*

* [Couscous](https://www.196flavors.com/tunisia-tunisian-couscous/)
* [Chickpea soup](https://www.sbs.com.au/food/recipes/tunisian-chickpea-soup-lablabi)
* [Pasta with chicken and veggies](https://www.sbs.com.au/food/recipes/pasta-bharat-spiced-chicken-and-vegetables)

*Turkey*

* [Roasted chicken and veggies](http://socraticfood.com/slowly-roasted-turkish-chicken-with-vegetables-koylu-kebab/)
* [Tomato dolmas](https://www.taste.com.au/recipes/tomato-dolmas/5ac7703a-b3fa-4646-83b5-f75ab6b89f4f?r=recipes/turkishrecipes&c=ec9ed9f5-e406-476f-9a0d-1a54ac301993/Turkish%20recipes)
* [Turkish sweet churros](https://www.giverecipe.com/turkish-sweet-churros/)

*Vietnam*

* [Sweet rice squares](https://www.food.com/recipe/vietnamese-sweet-rice-squares-283538)
* [Beef and noodle salad](https://cooking.nytimes.com/recipes/1016865-vietnamese-lemongrass-beef-and-noodle-salad)
* [Chicken with ginger](https://www.finecooking.com/recipe/vietnamese-chicken-with-ginger)
* [Vietnamese cabbage](https://www.food.com/recipe/vietnamese-cabbage-13669)

1. [Michigan State University: 7 Benefits of Eating Local Foods](https://www.canr.msu.edu/news/7_benefits_of_eating_local_foods) [↑](#footnote-ref-2)
2. [A Systematic Review of Organic Versus Conventional Food Consumption: Is There a Measurable Benefit on Human Health?](https://login.ezproxy.lib.uwstout.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=fsr&AN=141546864&site=ehost-live&scope=site) [↑](#footnote-ref-3)
3. [Union of Concerned Scientists: CAFOs Uncovered, the Untold Costs of Confined Animal Feeding Operations](https://www.ucsusa.org/sites/default/files/2019-10/cafos-uncovered-full-report.pdf)  and

   [Centers for Disease Control and National Association of Local Boards of Health: Understanding Concentrated Animal Feeding Operations and   
   Their Impact on Communities](https://www.cdc.gov/nceh/ehs/docs/understanding_cafos_nalboh.pdf) [↑](#footnote-ref-4)
4. [Palm Oil Biofuel “unsustainable”](https://www.forbes.com/sites/davekeating/2019/03/14/eu-labels-biofuel-from-palm-oil-as-unsustainable-bans-subsidies/#edb30f89c9da) [↑](#footnote-ref-5)
5. [Endangered Species threatened by unsustainable palm oil production](https://www.worldwildlife.org/stories/endangered-species-threatened-by-unsustainable-palm-oil-production) [↑](#footnote-ref-6)
6. [The Palm Oil Industry (RSPO-certified and otherwise) is unsustainable](https://www.sciencedirect.com/science/article/abs/pii/S0305750X18300524) [↑](#footnote-ref-7)
7. [Harvard Health Publishing: What is a plant-based diet and why should you try it?](https://www.health.harvard.edu/blog/what-is-a-plant-based-diet-and-why-should-you-try-it-2018092614760) [↑](#footnote-ref-8)
8. # [Which Diet Has the Least Environmental Impact on Our Planet? A Systematic Review of Vegan, Vegetarian and Omnivorous Diets](https://www.mdpi.com/2071-1050/11/15/4110)

   [↑](#footnote-ref-9)
9. [Pea: A Sustainable Vegetable Protein Crop](https://www.sciencedirect.com/science/article/pii/B9780128027783000093) [↑](#footnote-ref-10)