

Eat a Plant, Save the Planet!

A campus-wide health and sustainability promotion of plant-based diets.



Use this brochure to learn more about plant-based meals, and discover where plant-based options are available on campus and in West Chester!

What is a plant-based diet?

A plant-based starts is rich in fruits, vegetables, and whole grains and includes vegan and vegetarian diets and lifestyles.

Eating plant-based allows for flexibility: you can still eat animal products but make it a goal to eat mostly plant-based foods.

Choosing to eat a healthy, plant-based still allows for many delicious options including:

- Fruits
- Vegetables
- Nuts
- Seeds
- Beans
- Legumes
- Whole grains
- Plant-based oils

What are the health benefits?

Plant-based diets can lower blood pressure and cholesterol, lower risk for heart disease and other chronic disease, and contribute to overall good health.

Eating a healthy diet rich in plant-based foods can decrease the amount of processed foods, saturated fats, and refined sugars consumed.

Is it more environmentally sustainable to eat plant-based?

Growing animal products uses more land, water, energy and produces more greenhouse gases than plant-based foods.

Plant-based diets promote clean water and air, biodiversity (the variety of life in a particular region or ecosystem), and supports healthy, nutrient-rich soils.

Where do I begin?

Eating plant-based may seem daunting at first but it includes delicious and nutritious meals. Here are a few tips to start:

- **Practice not perfection.** Slowly make changes and incorporate plant-based meals into your diet.
- **Start small.** Choose to eat plant-based once a week in the beginning and then increase. Join the WCU campus for Eat a Plant, Save the Planet Monday and replace one meat-based meal with plant-based foods.
- **Get creative:** eating plant-based does not mean choosing a salad for every meal. Try options that are naturally plant-based like: pasta, breads, nut butters, tofu and tempeh, lentils, and falafel.

For more information and a virtual map of plant-based options in West Chester, visit <https://arcg.is/1WrajG>

For more information on plant-based diets Visit: <https://eatforum.org/eat-lancet-commission/>

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Plant-Based Options ***West Chester, PA, Spring*** ***2022***

Explore the colorful flavors of West Chester, PA at local restaurants serving vegan, vegetarian, and plant-based dishes.

West Chester Borough *(shown on map)*

- 1. Bon Bon Sushi** – 22 N Darlington St
Veg Out Sushi Burrito, Sweet Potato Roll
- 2. La Tartine** – 109 W Gay St Acai Bowls, Vegan Crepe, Falafel Wrap
- 3. Love Again Local** – 18 S Church St
Classic Reuban (vegan), Tofu Scramble Sandwich
- 4. Jaco Juice and Taco** – 8 W Gay St
Breakfast Veggie Quesadilla, Acai Bowl
- 5. Pita Pit** – 39 W Gay St
Hummus Pita, Garden Pita
- 6. Playa Bowls** – 22 S High St
Trailblazer Chia Bowl, Power Acai Bowl
- 7. Saloon 151** – 151 W Gay St
French Onion Soup, Caprese Portabella
- 8. Schwarma Kebab** – 38 E Market St
Falafel Pita Sandwich, Egyptian Salad
- 9. Side Bar** – 10 E Gay St
Impossible Burger, Zucchini Noodles
- 10. Slow Hand** – 30 N Church St
Fried Green Tomato, Vegetable Po Boy
- 11. Stove and Tap** – 158 W Gay St
Fried Bussle Sprouts, Beet & Blue Salad
- 12. The Couch Tomato** – 31 W Gay St
Atomic Veggie Sandwich

*****Availability of dishes, meals, and food venues are subject to change***

WCU Campus *(not shown on map)*

- AFC Sushi** –
Sykes Student Union: California Roll
- Einstein Bros. Bagels** – Lawrence Center
Avocado Toast
- Greens To Go / Sandwich Shack** –
Sykes Student Union: Veggie Ciabatta Sandwich

- Lawrence Dining Hall** – Lawrence Center
Salad Bar, Pasta Bar, Lindsay's Garden
- P.O.D at Main Hall** – 720 S High St
Salads, Granola Bars, Veggie Snack Pack
- Village P.O.D** – 181 Carey Drive
Salads, Fruit, Veggie Snack Pack
- Twisted Taco** – 701 S High St
Big Jake Bowl

