

VEGANIZE YOUR SCHOOL!

Here are some ideas on what you can do

First meet with the head of food service at your school or campus (in college this may also be overseen by residence halls or student activities). Request that a vegan entree be served and advertised at each meal. Don't forget side items such as soy milk, vegan margarine and vegan salad dressings. Ask that the ingredients be listed for all the foods where students can see them.

Remember that the food services department may not be familiar with veganism and it is your job to educate them. Let them know that items such as vegetables in butter, meat flavorings, chicken broth in rice, or animal fat in beans are not vegan.

Use an approach with the school that is not confrontational - you are trying to work with the school to move them in the right direction.

Give them an idea of what foods are vegan and taste good. Of course, everyone's preference is different but more students might use soy milk (or rice milk) if a good flavor/brand is put out. Also give them recipes to use.

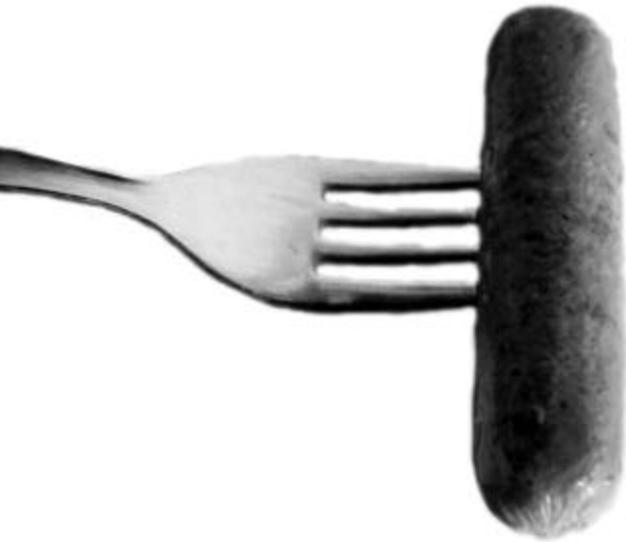
If the school is concerned about the nutrition side of things there are plenty of references to help you out. In fact according to the American Dietetic Association's position paper, vegetarian diets are associated with a reduced risk for obesity, coronary artery disease, hypertension, diabetes mellitus, colorectal cancer, lung cancer, and kidney disease (<http://www.eatright.org/adap1197.html>).

Options:

Viva! has been in touch with the Child Nutrition Services (Branch of the USDA) on this issue. According to them, if an item is requested at a school, the school can carry it if the company shows that the product meets certain regulations. There are Seventh Day Adventist Schools who have been approved to carry a variety of these items such as foods from Loma Linda, Worthington Foods, and Morning Star Frozen Foods. *Viva!* has been told that these foods have only been approved for Seventh Day Adventist schools, thus far, but they should meet dietary requirements at other schools! A list of these foods and serving sizes to meet nutritional needs can be seen at <http://schoolmeals.nal.usda.gov:8001/Recipes/religious-adventist.html>.

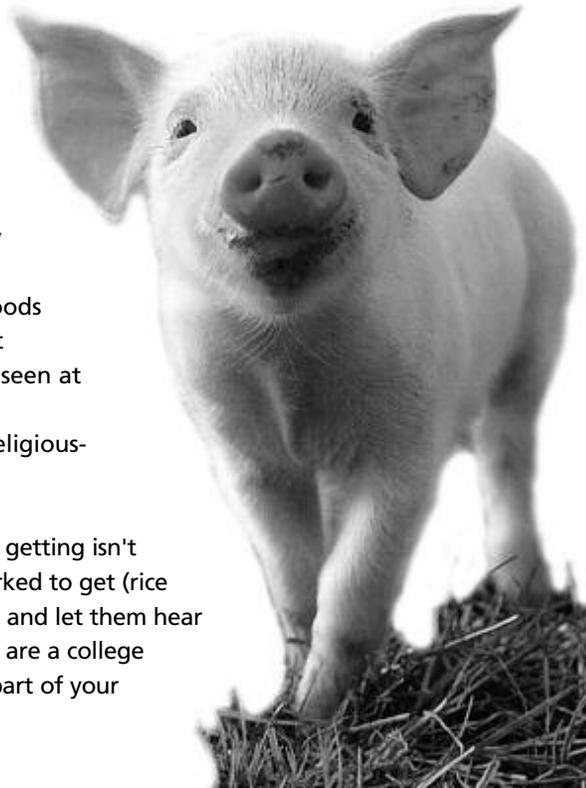
If the vegan food you are getting isn't exactly what you had worked to get (rice on frozen tofu), complain and let them hear from you regularly. If you are a college student whose meal is a part of your

When you are out encouraging your fellow classmates to go vegan - what better way to push them along the way than to have veggie dogs and other animal free protein alternatives in your school. Having these items readily available in your school cafeteria or snack bar will not only make eating easier for you, it might also help those who are willing to try going veggie.



Viva!

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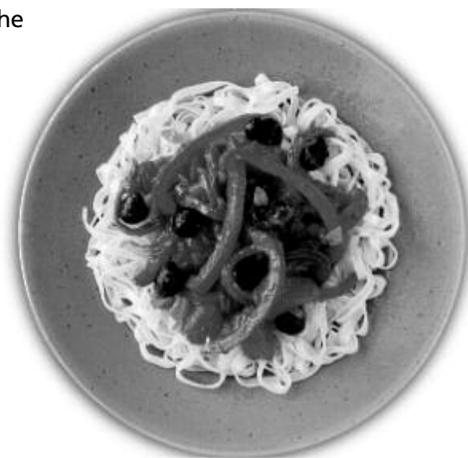
Some of the companies below make vegetarian and vegan products. We have only listed the vegan products for each company.

Worthington Chic-ketts Chili Low Fat Chili Choplets Cutlets GranBurger Multigrain cutlets Numete Protose Tuno (frozen and canned) Vegetable from Skallops Vegetable Steaks Vegetarian Burger	Creek, MI 49016 616/961-2000.
Natural Touch Gravy Mix-Brown Gravy Mix-Chicken Style Gravy Mix-Country Style Gravy Mix-Mushroom Gravy Mix-Onion Hard Rock Cafe Veggie Burger Kaffree Roma Roasted SoyButter Taco Mix Tuno Vegan Burger Vegetarian Chili	Yves According to the Q & A on their website (www.yvesveggie.com), Yves Veggie Cuisine products are vegan with the exception of Good Slices (sliced cheese) that contain casein. Yves products are currently being sold at New York University (NYU).
Loma Linda Big Franks Low Fat Big Franks Dinner Cuts Gravy Quik-Brown Linketts Little Links Nuteena Redi-Burger Sandwich Spread Soyage (all varieties) Tender Bits Vege-Burger Vita-Burger	Yves Veggie Cuisine/1638 Derwent Way/Delta (Vancouver), BC/ Canada, V3M 6R9 1-800-667-9837
Morningstar Farms Better'n Burgers Grillers Burger Style Recipe Crumbles Ground Meatless Harvest Burger Original	GardenBurger (http://www.gardenburger.com) Gardenburger Hamburger Style Classic has been given a CN number by the USDA (this means that meets the Child Nutrition requirements for Alternative Protein Products. It is currently used the Philadelphia and Baltimore school districts. According to Gardenburger these products are also vegan: GardenVegan Gardenburger Hamburger Style Classic Gardenburger Hamburger Style with Sauteed Onion Natural Flavor Gardenburger Meatless RibletsT Gardenburger Flame Grilled Hamburger Style Gardenburger Black Bean Gardenburger Meatless Crumbles
Many of these products are currently sold in Seventh Day Adventist schools in the U.S.	Lightlife (makers of Smart Dogs, Gimme Lean) products are vegan. They are currently trying to get their products with a foodservice to start selling in schools. (LightLife is owned by ConAgra). Lightlife/153 Industrial Blvd./Turners Falls, MA 01376/ 800-Soy-Easy or 413/863-8500.
Worthington Foods, Loma Linda, Natural Touch and Morning Star Farms are owned by Kellogg. Kellogg Company/Natural Foods Division/One Kellogg Square/P.O. Box 3599/Battle	

tuition - make sure that they know whether you are satisfied with the meals they are providing.

Don't forget those foods that are easily vegan and show them how a simple change can open the door to more foods:

- Eggless pasta (spaghetti, lasagna, etc) and spaghetti sauce (without cheese and meat)
- Burritos, tacos, fajitas and enchiladas (without animal fat)
- Use vegetable stock for rice and soups
- Vegetable oil instead of animal fat
- Soy milk & rice milk as replacements for milk
- Use textured vegetable protein (TVP) instead of meat in chili (and beans), enchiladas, sloppy joes and tacos
- Stir Fry



Vegan in Volume is a great cookbook that you might want to recommend to your food service department. It is a cookbook in which the recipes are for large groups such as schools and universities, and health care facilities. It contains nutritional information for each meal:

Vegan in Volume - vegan quantity recipes for every occasion by Chef *Nancy Berkoff*, R.D. from the Vegetarian Resource Group. The cost is \$20 and can be ordered through the Vegetarian Resource Group at website at <http://www.vrg.org/catalog/volume.htm> or by calling (410) 366-8343.

Physicians Committee for Responsible Medicine (PCRM) offers the Gold Plan (a vegan nutrition plan designed for institutions). PCRM can be reached at pcrm@pcrm.org or 202/686-2210.

Ways to get the word out

- Write a letter to the editor of your school paper or try to get them to write a story. You might even want to interest your local paper in the story through a news release (sample enclosed).
- Set up a table outside of the dining hall with information on what you are trying to accomplish, a petition (we have enclosed a sample for you to use) , information on veganism, and a description of the types of food you are trying to get the cafeteria to carry.
- Organize a fun event such as a veggie dog taste-off. This event can help you draw students in with the food and educate them at the same time by showing a video and having literature on hand.
- Show a film on campus (such as the award-winning films *The Witness*, and *A Cow at My Table*), with free food and have literature on hand! Be sure to publicize it well. These events can draw in large crowds of non-veggies. *Viva!* can help you.