

ARC-Experience

Lincoln High School VEGAN COOKING CLUB COOKBOOK

with the ARC-Experience



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Health ✿ Environment ✿ Animals

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Definition of Vegan: veg-an /vēg·ən/

Noun: a person who does not eat or use animal products. Example, “I am a vegan for my health, the environment, and animals.”

Adjective: using or containing no animal products. Example, “This vegan ice cream cake is so good no one would ever know the difference!”

Why Vegan? The Big Three

Health: Medical science today indicates that a plant-based diet can reduce our risk of heart disease, diabetes, cancer, obesity, and many other (SAD) Standard American Diet related diseases.



Environment: Our food choices have an impact on our environment. The production of animal-based food products require exceedingly far more natural resources than the production of plant-based foods. The United Nations has reported that animal agriculture's damage to our environment in the form of methane gas and water pollution overshadow the levels of damage caused by pollutants created by burning all sources of fossil fuels combined.



Animal Welfare: Animals are sentient beings and they endure extreme hardship and suffering in factory farms. Choosing plant-based foods helps to reduce our reliance on animals as a central food source and the good news is there's a vegan version of just about everything imaginable from meat to eggs, dairy to fish, you can have it all again plant-based.



Vegan Cooking Club Special Event



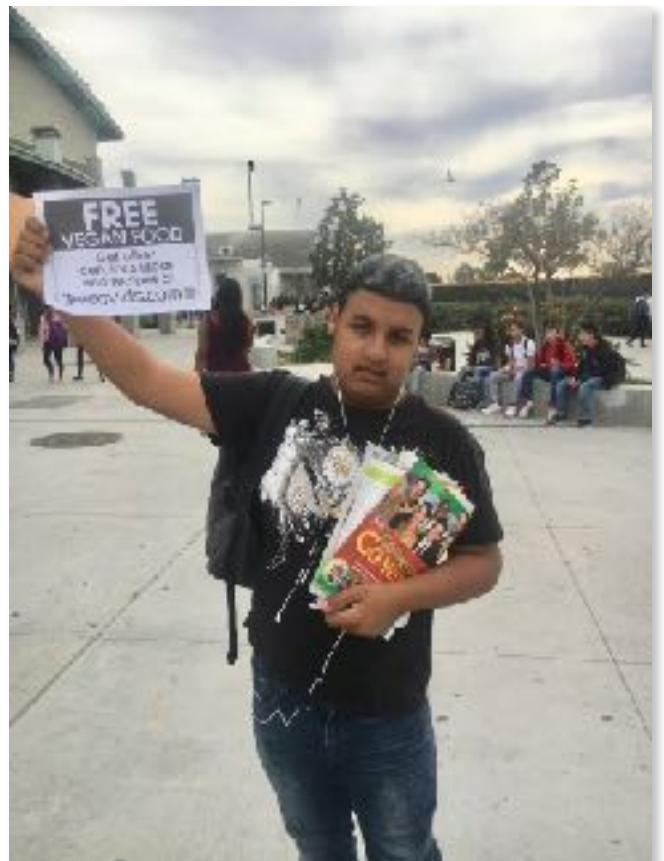
January 30, 2018 Northgate Market's bakery veganized their traditional Mexican Pan Dulce for Lincoln High's Vegan Cooking Club by replacing the original recipe's pork lard or manteca with vegetable shortening...and the results? Hands-down, student said they could not tell the difference and the vegan version was just as good, only better!

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Vegan Cooking Club Outreach Event

Five hundred Lincoln High students were able to taste-test and evaluate Northgate Market's vegan pan dulce, sample chocolate soy milk, and receive literature on the benefits of plant-based foods during lunch thanks to the ARC-Experience and a mini-grant from the VegFund.



The Recipes



Black Bean & Sweet Potato Veggie Burgers

These veggie burger sliders were easy to make and delicious. You can have it all again! Try making these with the homemade French fries recipe below. Makes 24 slider size burgers or 12 regular burgers.

Ingredients:

- 1 15 oz can black beans, drained
- 1 medium sweet potato, baked, skin removed
- 1 cup quinoa, cooked
- 1 cup brown rice, cooked
- 1/2 cup organic bread crumbs
- 1/2 cup hemp seed or finely chopped walnuts
- 4 green onions, sliced
- 1/4 cup chopped fresh cilantro
- 1 tablespoons brown sugar
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper

Directions:

Mash the beans and sweet potato, add the remaining ingredients and mix well. Shape into patties and cook on a lightly oiled flat grill about 8-10 minutes each side. Or lightly coat each patty with olive oil and bake in a 400 degree oven for 20 minutes, flip them over and bake an additional 20 minutes.

Top with optional vegan cheese, serve on a bun with lettuce, tomato, onion, ketchup and mustard. Or try it with a chipotle vegan mayonnaise.

Chipole Mayo

- 1/4 cup vegan mayonnaise
- 1 teaspoon adobo sauce

Mix well, use on burgers or serve as a side with fries.



Jackfruit Carnitas Tacos

Jackfruit is a new alternative for pork. This tropical fruit has an amazing texture and similar appearance to meat. Visit Trader Joe's to find ready-to-use canned Jackfruit or explore recipes online for preparing fresh Jackfruit, it's available at many of our local markets.

Ingredients:

- 2 15.oz cans Trader Joe's Jackfruit, drained and chopped
- 2 tablespoons vegetable oil
- 2 dozen street taco sized tortillas
- 1 package shredded cheddar or jack vegan cheese
- 1 bunch radishes, sliced

Tomatillo Sauce:

- 24 tomatillos, husked and stemmed
- 8 serrano chilies, seeded and chopped
- 1 cup chopped white onion
- 4 cloves garlic
- 2 cups loosely packed fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon sea salt

Directions:

Combine the tomatillos, serrano chili, onion and garlic in a saucepan. Add enough water to cover, bring to a boil and simmer for 10 minutes or until the tomatillos are tender.

Drain and transfer to a blender jar. Blend for just 15-30 seconds to make a coarse puree, do not over blend. If the sauce is too tart add just a bit of sugar.

Heat a skillet or frying pan to medium high, add the oil and then fry the well-drained chopped jackfruit until it begins to brown. Stir in 2 cups of the tomatillo salsa and continue cooking until it's thoroughly heated.

Heat the tortillas in a dry skillet, add the vegan cheese, a few tablespoons of the jackfruit carnitas then garnish with some additional chopped onion and sliced radishes.



Mexican Wedding Cookies

Traditionally made with manteca de puerco, this melt in your mouth cookie recipe takes the lard out and replaces it with coconut oil. Note: Many white sugars are bleached by using the bones of animals called bone char filters. Vegan powered sugar is made from sugar beets. If the powered sugar product label says "cane sugar" and it's snow white it's not vegan, if the label just says "sugar" and it's white, white, it's most likely beet sugar. Google facts about the secret ingredient in sugar...it's animal bones!

Ingredients:

1 ½ cups coconut oil
2/3 cup organic powdered sugar
1/4 teaspoon ground cinnamon
2 teaspoons vanilla extract
¼ teaspoon sea salt
3 cups unbleached organic all-purpose flour
1 ½ cups walnuts, chopped
Powdered sugar for coating

Directions:

Preheat the oven to 400°. Using an electric mixer or a wire whisk combine the coconut oil, salt, powdered sugar, vanilla and cinnamon, beat until well blended.

Use a large mixing spoon to blend in the flour and chopped nuts. The dough will be stiff but works well when mixed by hand.

Shape dough into 1" balls and place on an un-greased or parchment lined cookie sheet. Bake for 10-12 minutes or until lightly browned.

Prepare a medium mixing bowl with additional powered sugar for coating. Transfer the just baked cookies to cool on wire racks. Roll just a few cookies at a time in the powdered sugar and return to the wire rack. Let them cool then roll them a second time in the powdered sugar to coat them completely and evenly.



Lemon and Roasted Garlic Hummus

Making hummus from scratch is fun and easy...and a lot less expensive than buying it prepared. Try this basic recipe and then explore making additional flavors like chipotle, jalapeño and cilantro, red pepper and more!

Ingredients:

2 15 oz. cans garbanzo beans, drained (save 1/2 cup of the liquid)
1/2 head of garlic, roasted
juice of 1 lemon, zest of half a lemon
3 tablespoons olive oil
3 tablespoons sesame tahini
1/2 cup reserved liquid from the garbanzo beans
1 teaspoon sea salt
Smoked Paprika for garnish
Fresh cut vegetables for dipping



Directions:

Preheat the oven to 400 degrees. Take one whole head of garlic and coat it in olive oil. Place it in a hot oven and roast it about 20 minutes or until it is golden and soft to the touch. Remove from the oven and let cool.

Place the beans into the jar of a blender add the 1/2 cup reserved liquid, squeeze the roasted garlic from one half of the head of roasted garlic into the beans, add the lemon juice, olive oil, sesame tahini, and sea salt. Process in the ingredients with the blender starting on low speed progressing to high speed gradually. Add a little more liquid if needed to process until you reach a smooth consistency.

Transfer the hummus to a serving bowl, drizzle a little olive oil over the top then sprinkle with smoked paprika. Chill before serving, serve with freshly cut vegetables and pita chips.



Vegan Rocky Road Fudge

Regular Rock Road Fudge has marshmallows made with gelatin (boiled skin and bones of animals) and dairy product like cream and butter. Now you can have Rocky Road Fudge veganized by using vegan marshmallows, coconut cream instead of dairy cream, and vegan butter. This special treat is fun to make, it's a candy making culinary experience.

Ingredients:

3 cups organic cane sugar (natural unbleached sugar)
2/3 cup of cocoa powder
1 can full-fat coconut milk
Pinch of sea salt
1 teaspoon vanilla
1/4 cup vegan butter
2 cups vegan marshmallows
1 cup chopped walnuts

Directions:

In a medium saucepan combine the sugar, cocoa powder, coconut milk and salt. Stir well and bring to a boil, reduce heat slightly and continue cooking on medium high stirring constantly and scraping the sides of the pan. Use a candy thermometer and bring the mixture up to 240 degrees, or drop small amounts of the chocolate in a cup of water, when the mixture forms a soft-ball as it sinks to the bottom it is ready. Remove the mixture from the heat and place in the refrigerator until the temperature is reduced to 110 degrees, add the vanilla and vegan butter, stir well. Add the walnuts and marshmallows and stir until they are completely mixed in. Spread the mixture evenly over parchment paper or a lightly buttered piece of foil. Return to the refrigerator to chill until firm and cut into squares.



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The Lincoln High Super Sub Sandwich

Students made history in the Vegan Cooking Club creating the biggest vegan sub sandwich ever at Lincoln High! Made with a variety of vegan deli meats and cheeses this super sandwich was a big winner!

Ingredients:

- 3-4 loaves of freshly baked French or Sourdough Bread
- 3 packages Tofurky vegan deli meats
- 2 packages sliced vegan cheese
- 2-3 tomatoes, sliced
- 1 purple onion, sliced into thin rounds
- 1 box of baby tender greens
- 2 avocados, sliced
- Vegan Mayonaise
- Sea salt & black pepper to taste

Directions:

Prepare a surface to make the sandwich. Use cutting boards lined up together or a foil covered wooden plank. Line up the loaves of bread and cut off about one inch of the inside ends of each loaf at an angle so they will line up together to make one continuous six foot sandwich. Next, lay the loaf on it's side and carefully cut it in half lengthwise into a top and bottom half.

Spread vegan mayo evenly over the inside of each loaf. Layer the vegan meat and cheese evenly across the the bottom half of the sandwich, add the sliced avocado to the top half of the sandwich, sprinkle with salt and pepper. Add the sliced onion rings, tomatoes and lettuce, fold the top half of the sandwich over the bottom and secure it with toothpicks every 2-3 inches.

Using a serrated knife, hold the sandwich securely and cut into 2-3 inch servings slicing through the space between each toothpick. Transfer to a plate or napkin and serve.





DOH Chocolate Chip Cookies

This product was created by a local graduate of the culinary school at the Art Institute in Mission Valley. Plant-based foods represent the fastest growing segment in foodservice today. This product is an example of how one woman took her dream to make cookies and turned it into a successful business.

Ingredients:

1 Tub of DOH Cookie Dough

Directions:

Preheat the oven to 375. Roll the chilled dough into 1" balls and place on an ungreased cookie sheet. Bake for 10-12 minutes or until lightly browned and firm to the touch. Makes 2 dozen.



National Pancake Day Vegan Banana Nut Pancakes

Students celebrated National Pancake Day on February 27th with veganized pancakes! We took the eggs and dairy out and learned how to use substitutes like tofu as an egg replacer and vegan butter instead of dairy butter.

Ingredients:

1/4 cup soft organic tofu
1 cup non-dairy milk
2 tablespoons sunflower oil
2 tablespoons organic cane sugar
1 cup organic whole wheat flour
2 teaspoons baking powder
1/8 teaspoon or just a pinch of sea salt
1/2 cup chopped pecans or walnuts
2-3 bananas sliced
Maple syrup and vegan butter for serving

Directions:

Combine the tofu, non-dairy milk, oil and sugar in the jar of a blender and blend until smooth. Add the flour, baking powder and salt, blend just until well combined. Stir in the chopped nuts.

Heat a griddle, oil it lightly then pour about 1/2 cup of batter for each pancake. Place sliced bananas on top and spoon a small amount of batter over them. Cook until bubbly and lightly golden brown then flip and press to cook the other side.

Transfer to a plate and hold in a warm oven until all pancakes are ready for serving. Top with additional sliced bananas, chopped nuts, vegan butter and maple syrup.



Fruit Salad with Agave Lime Dressing

This super easy fruit salad was made with a variety of seasonal fresh fruit and drizzled with an agave lime dressing.

Ingredients:

1 whole pineapple, peeled and sliced
1 whole cantaloupe, peeled and sliced
1 pint of strawberries, stemmed and sliced
3 bananas, peeled and sliced
1 bunch of red grapes, halved
Juice of three limes
3 tablespoons agave syrup

Directions:

Combine all the fruit in a large bowl. Blend the lime juice and agave in a small bowl then drizzle over the salad. Stir to blend then serve. Use any variety of seasonal fruits and berries. Serve with vegan yogurt to make parfaits and sprinkle with granola.



Vegan Pizza

Making vegan pizza is fun and easy, just substitute the traditional dairy cheese with vegan cheese, (find great buys on vegan cheese at Grocery Outlet!) then add all kinds of vegetables to create your own custom pizza.

Ingredients:

- 1 package of ready made dough
- 1 jar pizza sauce
- 1 package shredded vegan mozzarella cheese
- 1/4 red bell pepper, diced
- 1/4 green bell pepper, diced
- 1/2 onion, diced
- 1 bunch fresh basil
- Vegan Parmesan Cheese (optional)
- Red pepper flakes

Directions:

Preheat an oven to 475 degrees. Place the pizza dough on a lightly floured cutting board. Press it down and flatten it to your desired thickness. Transfer the dough to a parchment lined cookie sheet or sprinkle some cornmeal on the cookie sheet to keep it from sticking. Top the dough with sauce, the cheese and veggies.



Bake for 12-15 minutes or until the cheese is bubbly and the crust edges begin to lightly brown. Transfer the pizza to a cutting board and slice to serve. Sprinkle with optional vegan parmesan and red pepper flakes.





Tasting Session: Vegan Cake & Ice Cream!

This Tiramisu vegan cake from Whole Foods Hillcrest proves you can have your cake and eat it too. No animal products required to produce these food products...vegan foods represent the fastest growing segment in foodservice today and there are some amazing new things to try! Visit [Coconut Bliss](#) online and be sure to go by Whole Foods Hillcrest some day. You can ask for the free samples, try everything vegan in the bakery and deli. You can learn a lot about vegan food products at Whole Foods.



Classic Beyond Burger

Beyond Meat is a company that specializes in making plant-based meat substitutes. Big investors like Bill Gates and even Tyson Chicken both see lots of potential for growth in alternative meat products.

1 Beyond Meat, The Beyond Burger (2 patties)
1 tablespoon vegetable oil
Salt & pepper to taste
Vegenaise Mayonaise
Hamburger Buns
Red Onion, sliced
Tomato, sliced
Ketchup, mustard



Heat frying pan or flat grill on high heat. Add small amount of cooking oil and the patties on the heated surface. Top burgers with a little salt and pepper and cook for 3-4 minutes each side.

Spread a light amount of Vegenaise mayo on the inside half of each bun and transfer to the pan or flat grill for toasting. Transfer the toasted buns to a plate, top with the burger, lettuce, tomato, onion, and desired condiments.



Grilled Smart Dogs

Vegan hot dogs are very much like traditional hot dogs, they can be found in many grocery stores.

Splash of vegetable oil
1 package Smart Dogs or vegan hot dogs
1 package hot dog buns
Ketchup
Mustard

Heat an electric griddle to medium high, add a splash of vegetable oil and roll the hot dogs in the oil to coat evenly. Brown on all sides then transfer to the hot dog buns. Buns can be heated a few minutes in the oven or on the griddle top before serving. Serve with mustard and ketchup or be creative and expand your hot dog menu with lots of additional plant-based topping options.



Grilled Soyrizo Veggie Tacos

Filling:

2 medium pasilla chilis, sliced into 1" strips
1 medium yellow onion, sliced into 1 " strips
1 12 oz. package Soyrizo
2 tablespoons vegetable oil
Sea salt and ground black pepper to taste

Fixings:

Organic corn tortillas
Shredded lettuce
Pico de Gallo
Sliced avocado
Vegan Parmesan Cheese (used as a substitute for Cotija)

Vegan White Sauce

1/2 cup vegan mayonnaise
Juice of 1-2 limes

Heat a griddle or large skillet with the oil, add the sliced chilis and onion and cook stirring regularly until the chilis are soft and the onions begin to lightly brown. Remove from the grill, place in a bowl and set aside. Add a little additional oil to the skillet and squeeze the soyrizo from the package into the hot pan. Spread it evenly, allow it to cook a few minutes then using a spatula turn it and stir it. Cook for about five minutes then stir in the sautéed chilis and onion.

While the soyrizo filling is cooking heat the tortillas by placing them on a hot dry griddle for a minute on each side, or you can wrap them in foil and put them in a warm 250 degree oven for 5-7 minutes to soften.

To build the tacos start with a warm tortilla, add the soyrizo filling, add the lettuce and sliced avocado, drizzle with the white sauce then top with Pico de Gallo and a sprinkle of vegan cheese.



Vegan Chocolate Cake

1 ¼ cups unbleached flour
1 cup cane sugar
1/2 cup plus 2 tablespoons cocoa powder
1 teaspoons baking soda
1 teaspoon baking powder
½ teaspoon salt
1 cup plus 2 tablespoons warm soy milk
1 1/2 teaspoons vinegar
1/3 cup melted coconut oil
1 teaspoon vanilla

Preheat the oven to 375 degrees. Prepare the pans by filling each cavity with a cupcake liner or lightly grease and flour the pans then set aside. (spread vegetable shortening on the bottom and sides of each cavity then sprinkle in some flour. Shake the pan to coat the flour evenly then turn upside down to remove any excess remaining flour)

Place the warm milk in a small microwave safe bowl, place it in the microwave and heat it for one minute. Remove from the oven and add the vinegar, stir to combine then set aside for about five minutes to allow curdling.

Measure 1/3 cup of coconut oil in a liquid measuring cup, pack it down. Place the measuring cup in the microwave for one minute to melt the coconut oil. Remove from the oven and set aside.

In a large mixing bowl combine the flour, sugar, baking soda, baking powder and salt, stir to combine.

Pour the coconut oil into the warm curdled milk. Add the vanilla and stir well. Pour the milk mixture into the flour mixture and beat by hand with a wire whisk for 6-7 minutes or use an electric mixer on high speed for 4-5 minutes or until smooth and glossy.

Carefully spoon the batter into the pans filling them half way. Place the pans in the preheated oven for 10-12 minutes. Check for doneness with a toothpick by inserting one in the center of one of a cupcake, if it comes out clean it's done.



Vegan Chocolate Frosting

4 cups organic powdered sugar
1/2 cup cocoa powder
1/2 cup vegan butter
1/2 cup vegetable shortening
1 1/2 teaspoons vanilla
1/2 teaspoon salt
2-3 tablespoons soy milk

Combine all ingredients in a medium mixing bowl. Use an electric mixer to beat the frosting until light and fluffy. If it appears to thicken gradually add a little additional soy milk. Spread the frosting on cooled cakes or pipe it using a pastry bag and decorator tips.



Tasting Session! JJ Sweets Cocomel Coconut Milk Caramel Candies

*Volunteers helped hand out samples of chocolate covered coconut milk caramel candies from vegan candy maker **JJ Sweets** during lunch to help promote the vegan cooking club*



Easy Grilled Tofu Veggie Kebobs

- 1 yellow bell pepper
- 1 green bell pepper
- 1 red bell pepper
- 1 orange bell pepper
- 1 purple onion
- 2 medium zucchini
- 2 medium yellow squash
- 1 16 oz. pkg. extra firm nigari Tofu
- 1/4 cup sunflower oil
- 2-3 tablespoons dry rub seasoning mix or marinade
- Bamboo skewers



Cut the tofu into 1-inch cubes. Slice the vegetables into 1-inch chunks and alternate the tofu and veggies on bamboo skewers. Pour marinade over the skewers, cover and chill for 2-3 hours.

Cook on a barbecue or electric grill on medium high 15 minutes turning the kebobs every five minutes to begin browning and cook through evenly. Serve warm with rice.

Wild Rice

- 2 cups wild rice
- 4 cups water or vegetable broth

Place the water and rice in a medium saucepan. Bring the contents to a boil then reduce the heat, cover, and simmer for 40 minutes or until the water is completely absorbed. Turn off the heat and allow the rice to sit about 10 minutes before serving.



Vegan Chocolate Mousse

1 1/2 cups dark chocolate chips
1/2 cup maple syrup
1/2 cup soy or almond milk
1 teaspoon vanilla
pinch of sea salt
16 oz organic tofu, drained

Combine the chocolate, maple syrup, milk, vanilla and salt in the jar of a blender and blend on high speed until it becomes a smooth liquid. Add the tofu in chunks and continue blending until smooth. Transfer to individual serving dishes. Chill before serving.

Use the firm tofu for a mouse like consistency or the soft for a pudding.



Coconut Milk Whipped Cream

1 can extra creamy coconut milk, chilled 1 teaspoon vanilla
2-3 tablespoons powdered sugar

Chill the coconut milk for 24 hours. Remove the can from the refrigerator and flip it upside down to open it from the bottom. Pour off the liquid. Scoop the coconut cream from the can into a chilled mixing bowl. Add the vanilla and maple syrup, using a wire whisk or electric mixer beat until fluffy. Serve chilled.

Tasting Session: Oreos & Label Reading

Some food items are already “accidentally vegan.” But the majority of packaged snacks and desserts have hidden eggs, dairy, and gelatin. Read labels before you buy.

Some food labels indicate a product was manufactured on equipment shared with eggs or dairy. If you have an allergy to those foods then I would not recommend buying or consuming them. The risk of consuming accidental trace amounts of dairy and eggs is a personal choice. If dairy, eggs or gelatin are not listed as an ingredient then it’s vegan!



Vegan Carne Asada Fries

Meat:

1 15 oz package Seitan Wheat Meat
2 tablespoons vegetable oil
2 teaspoons carne asada seasoning

Fries:

5 pounds of russet potatoes, cleaned and scrubbed
sufficient vegetable oil for frying (about 1" deep in the fry pan)
Sea salt and black pepper to taste
Organic ketchup or vegan ranch dipping sauce

Accompaniments:

Vegan Cheese (or cheese sauce)
Pico de Gallo
Guacamole
Vegan Sour Cream (optional)

Wash and scrub the potatoes. Slice each potato lengthwise into three to four slices, next lay each slice down and cut into even strips.

Add about one inch of oil to a large frying pan, turn the heat to medium high and test for readiness by dropping one potato into the pan, if it bubbles it's ready. Next, add a single layer of potatoes to the pan, using tongs carefully turn the potatoes every few minutes to brown evenly. Be careful not to over stir the potatoes, stirring them too much keeps them from browning.

Stir just occasionally, once the potatoes are golden brown transfer them to a paper towel lined plate, sprinkle with salt.

While the fries are frying prepare a large skillet or flat grill. Chop the seitan into small pieces, toss with the oil and seasonings. Transfer to the hot cooking surface, using a spatula turn the seitan every few minutes to brown evenly. Cook for about 10-15 minutes until crips and brown.

To serve place a serving of fries on a plate, top with vegan shredded cheese or a vegan cheese sauce. Add a serving of the vegan meat then top with Pico de Gallo, guacamole, and vegan sour cream.



Lincoln High Vegan Cooking Club
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To learn more about the benefits of the vegan diet check out some of these resources.
Thank you Lincoln High School for hosting the Vegan Cooking Club!!

New Food Documentaries coming in 2018:

Eating our way to Extinction: <https://vimeo.com/194513120>

The Game Changers: <https://www.plantbasednews.org/post/james-camerons-new-film-the-game-changers-charts-the-rise-of-veganism>

The Yo Yo Effect: <https://www.youtube.com/watch?v=a82js0Gx-kl>

Dominion: <https://vimeo.com/241265022>

Current Food Documentary Films & Trailers found on YouTube and Netflix:

What the Health: <https://www.youtube.com/watch?v=-m8WwSUcUPE>

Forks over Knives: <https://www.forksoverknives.com/the-film/>

Eating You Alive: <https://www.youtube.com/watch?v=M8sGE5n-i1Q>

Fat, Sick and Nearly Dead: https://www.youtube.com/watch?v=Gv3vEXy_EwU

Earthlings: <https://www.youtube.com/watch?v=S5Jy1Zozz3s>

Cowspiracy: <https://www.youtube.com/watch?v=nV04zyfLyN4>

PlantPure Nation: <https://www.youtube.com/watch?v=9E6sa0OtjSE>

Vegan Everyday Stories: <https://www.youtube.com/watch?v=2qedrIO1Gg0>

Food Inc.: https://www.youtube.com/watch?v=5eKYyD14d_0

Vegucated: https://www.youtube.com/watch?v=GKzng1_byMY

Food Matters: <https://www.youtube.com/watch?v=r4DOQ6Xhqss>

Supersize Me: https://www.youtube.com/watch?v=LOvrkkj_T-I

Hungry for Change: <https://www.youtube.com/watch?v=6vBlxr9E9ks>

Non-Profits Promoting Plant-Based Living with Education and Outreach:

Physicians Committee for Responsible Medicine: www.pcrm.org

People for the Ethical Treatment of Animals (PETA) www.peta.org

Farm Animal Rights Movement (FARM) www.farm.org

Mercy for Animals (MFA) www.mfa.org

The Humane League www.thehumaneleague.com

The Humane Society of the United States: www.humanesociety.org

Last Chance for Animals: www.lcanimal.org

Farm Sanctuary: www.farmsanctuary.org

A World Well-Fed: www.awfw.org

The VegFund: www.vegfund.org

Compassion Over Killing: www.cok.net

Meatless Mondays: www.meatlessmondays.com

Paul McCartney explains the meat industry: www.meat.org

Dr. Gregor's Nutrition Facts: www.nutritionfacts.org

Kaiser Permanente, The Plant-Based Diet: www.kaiserpermanente/ThePlantBasedDiet.org

Local Vegan Meet-Up Groups & Classes:

PlantDiego: www.plantdiego.com

San Diego Vegans: www.meetup.com/sandiegovegans

New Options Food Group: www.newoptionsfoodgroup.com

**Plant-based Living: it's a trifecta of wins.
Good for your health, good for the environment, good for the animals.**