PLANT-BASED
on campus



Concordia Food Coalition

WHY Plant-based on Campus?

Welcome to Plant-Based on Campus—your guide to eating plant-based at Concordia and beyond! Whether you're vegan, plant-curious, or looking for easy ways to add more veggies to your meals, this zine has you covered.

Inside, you'll find:

- **Campus Eats: The best plant-based food spots on and around campus.**
- **Recipes & Tips: Quick, budget-friendly ideas for busy student life.**
- **Nutrition Basics: Key nutrients, protein sources, and more.**

From reducing your environmental footprint to supporting ethical food systems, every plant-based meal makes a difference. Plus, it can be **affordable, delicious, and incredibly satisfying!** Whether you're eating on campus, in residence, or off-campus, this zine will help you make the most of the plant-based options available to you.

Let's get started!



The People's Potato

what

FREE VEGAN LUNCH
BYO TUPPERWARE

where

7TH FLOOR OF THE HALL BUILDING

when

MON-THURS
12:30PM - 1:30PM

daily users

500

socials

PEOPLESPOTATO.COM
@THEPEOPLESPOTATO

Did you know?

The Potato offers emergency food baskets for students facing food insecurity!



PEOPLE'S POTATO

Concordia's Vegetarian Soup Kitchen

Honey's Free Food Program

what

FREE VEGAN BREAKFAST, LUNCH & DINNERS

where

2ND FLOOR OF THE SC BUILDING 7141 SHERBROOKE W

when

MON-FRI
B: 9:30 - 10:30
L: 12:30PM-1:30PM
D: TUES, WED, THURS 5-6PM

daily users

100 BREAKFAST
250 LUNCH
100-200 DINNER

socials

@HONEYSSOUPEPOPULAIRE

Crowd Favourite:

Vegan Mac & Cheese!

BRING YOUR CONTAINERS

Price range for a meal:

$0!
Donations accepted



Hive Cafe Cooperative

what

VEGETARIAN CAFE

where

#1 CJ BUILDING, 7141 SHERBROOKE WEST

#2 2ND FLOOR OF THE HALL BUILDING, 1455 DE MAISONNEUVE W

when

MON-FRI 12:30PM-1:30PM

socials

HIVECAFE.CA
@HIVECAFECOOP

Crowd Favourite:
Sweet Potato Burritos!

Price range for a meal:

$5 - $15



Le Frigo Vert

what

VEGETARIAN CAFE & ALTERNATIVE HEALTH COMMUNITY CENTER

where

2238 GUY

when

MON-THURS 11AM - 6PM

socials

LEFRIGOVERT.ORG
@LEFRIGOVERT

Price range for a meal:

$5 - $15



Crowd Favourite:
Vegan Lunch Buffet!

Follow them on Instagram for events in their space!

LE FRIGO VERT

Residence Cafeterias

While there are plant-based options, students often report that **the variety can feel repetitive**, with the same dishes (like salads or basic veggie stir-fries) served frequently.

Some students find it **challenging to get sufficient protein** from the available options. Dishes may rely heavily on carbs like rice or pasta and processed food rather than using whole food & including protein-rich ingredients like tofu, lentils, or beans.

Plus, students find that the **plant-based meals may not always be reliably available** during all meal times, leaving them with fewer options compared to those who eat omnivorous diets.

Other complaints include:

- Insufficient Portion Sizes
- Unjustified cost for limited options
- Lack of High-Quality Protein Sources
- Poor labeling for plant-based items

Scan here to view all plant-based items served in the cafeterias

Scan here to give your feedback to Concordia!

If you have a self-identified or diagnosed allergy, intolerance or restriction, you can consult the cafeteria culinary team onsite or email at ***mealplan@concordia.ca*** *and verify whether Concordia's dining halls can accommodate your needs.*

Budget-Friendly Plant-Based Eating Tips

TIPS

- Stock up on plant-based staples: beans, lentils, tofu, quinoa.
- Use spices and sauces for flavor (nutritional yeast, tahini, sriracha, soy sauce).
- Check labels for hidden dairy/eggs.
- Balance protein, fats, and carbs.



GROCERIES AROUND CONCORDIA

Marché Newon - 1616 St-Catherine W
Low-cost groceries

PA Grocery - 1420 rue Fort
Low-cost groceries, lots of vegan options

Bulk Barn - 1616 Rue Sainte-Catherine W
Bring your own reusable bags

Quick Quinoa Salad

A refreshing and versatile dish perfect for meal prep or a quick lunch.

Ingredients (Makes 4 servings):



1 cup quinoa (uncooked)
2 cups water or vegetable broth
1 cup cherry tomatoes, halved
1/2 cup cucumber, diced
1/4 cup red onion, finely chopped
1/4 cup fresh parsley or cilantro
2 tbsp olive oil
1 tbsp lemon juice
1 tsp red wine vinegar
Salt and pepper to taste
1/4 cup crumbled vegan feta (optional)

Instructions:

1. Rinse the quinoa under cold water to remove any bitterness. Combine it with water or broth in a medium saucepan and bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes, or until the liquid is absorbed.
2. In a large mixing bowl, combine the cooked quinoa, cherry tomatoes, cucumber, red onion, and parsley.
3. In a small bowl, whisk together the olive oil, lemon juice, red wine vinegar, salt, and pepper. Pour over the salad.
4. Add vegan feta, if using, and gently mix.
5. Serve immediately or chill for 30 minutes to marinate.

Easy Vegan Energy Balls

A quick, no-bake snack packed with energy and flavor!

Ingredients (Makes ~12 balls):



1/2 cup peanut butter (or almond butter)
1 cup rolled oats
1/4 cup maple syrup
2 tbsp chia seeds or flaxseeds
1/2 tsp vanilla extract
Pinch of salt
1/4 cup dark chocolate chips or raisins

Instructions:

1. In a large mixing bowl, combine everything except the raisins or chocolate chips.
2. Mix thoroughly until the ingredients form a sticky dough. If it's too dry, add a small splash of plant milk or water.
3. Fold in the chocolate chips or raisins.
4. Scoop out tablespoon-sized portions and roll them into balls with your hands.
5. Place the balls on a plate or tray and chill in the fridge for 20-30 minutes to firm up.

MORE RECIPES HERE

TIPS

Storage: *Store in an airtight container in the fridge for up to a week or freeze for up to a month.*

Variations: *Add shredded coconut, cinnamon, or nuts for extra flavor.*

Campus Cookbooks

Many campus food groups have created cookbooks over the years, compiling their most popular recipes and tips for cooking for large groups. You can view them all on the CFC Campus Cookbook Archive

1. **Mother Hubbards Cupboard Archive Recipes Website**
2. **People's Potato Worker Recipe Zine**
3. **People's Potato Vegan on a Shoestring 2**
4. **Hive Free Lunch's Hive at Home Cookbook**
5. **Mini Market Cookbook by the CFC**
6. **Mo'Hubbs Veggie Cookbook for Students**
7. **Memories of Mo'Hubbs: Reflections, Rare Photos, and Incredible Vegan Recipes**



SCAN HERE to Download or View Campus Cookbooks!

How To Eat Plant-Based on a Student Budget

Why Bring Your Own Lunch?



- Save money!
- Reduce waste
- Stay energized with nutritious meals
- Avoid limited campus options

Quick Meal Prep Tips

Batch Cook

- Prepare grains like rice, quinoa, or pasta ahead of time.
- Roast a big tray of veggies to use throughout the week.

Mix and Match

- Create versatile meals using a few key ingredients (e.g., roasted chickpeas, leafy greens, hummus).
- Leftovers can be tur



Keep It Simple

- Focus on 4-5 ingredients per meal to save time
- Prep the night before & assemble your lunch in the evening to avoid morning stress!

Key Nutrients
Plant-Ba

Vegans need to be mindful of specific nutritional factors to ensure a balanced and complete diet. Here are key nutrients to monitor, including examples of plant-based sources for each:



1. Protein

- ***Why:*** Essential for building and repairing tissues, enzymes, and hormones.
- ***Sources:*** Lentils, chickpeas, tofu, tempeh, edamame, seitan, quinoa, nuts, seeds, and plant-based protein powders.

2. Vitamin B12

- ***Why:*** Vital for red blood cell formation and nervous system health; not naturally found in plant-based foods.
- ***Sources:*** Fortified plant-based milks, nutritional yeast, fortified cereals, and B12 supplements.

3. Iron

- ***Why:*** Necessary for oxygen transport in blood and energy production. Plant-based iron (non-heme iron) is less bioavailable.
- ***Sources:*** Spinach, kale, lentils, chickpeas, tofu, tempeh, fortified cereals, pumpkin seeds, and blackstrap molasses.
- ***Tip:*** Pair with vitamin C-rich foods (e.g., oranges, bell peppers) to enhance absorption.

for a Balanced
sed Diet



4. Calcium

- ***Why:*** Crucial for bone health and muscle function.
- ***Sources:*** Fortified plant-based milks, fortified orange juice, tofu made with calcium sulfate, almonds, tahini, and dark leafy greens like kale and bok choy.

5. Vitamin D

- ***Why:*** Helps absorb calcium and supports immune function.
- ***Sources:*** Fortified plant-based milks, fortified orange juice, UV-exposed mushrooms, and supplements.

6. Omega-3 Fatty Acids

- ***Why:*** Important for brain health, heart health, and reducing inflammation.
- ***Sources:*** Flaxseeds, chia seeds, hemp seeds, walnuts, and algae-based omega-3 supplements.

Quick & Easy Lunches

Try out these healthy and tasty lunch options!

Vegan Bowl
Base: Quinoa or brown rice
Toppings: Roasted sweet potatoes, chickpeas, kale, tahini or peanut dressing



Hummus Wraps
Whole-grain wrap, hummus, cucumber, shredded carrots, spinach, and avocado

Chickpea Salad Sandwich
Mashed chickpeas with vegan mayo, mustard, celery, and dill on whole-grain bread

DIY Noodle Jar
Cooked rice noodles, shredded veggies, tofu, and soy-ginger or peanut dressing

Don't forget snacks! Include nuts, fruit, or a plant-based energy bar.

Transporting Your Lunch

Leak-Proof Containers: Invest in good quality, reusable containers.
Mason Jars: Great for salads or layered meals.
Insulated Lunch Bag: Keeps meals fresh and cool (or warm).
Reusable Cutlery & Napkins: Eco-friendly and practical.

Eat Fresh with Seasonal Produce

Getting seasonal vegetables at a farmers market not only **saves money** and **supports local farmers** but also ensures **fresher, more flavorful produce** while **reducing the environmental impact** of long-distance transportation.

Sign Up for a CSA Basket @ reseaufermierfamille.org

CO-OP cultiv action

CONCORDIA FARMERS' MARKET

Pay-What-You-Can Produce Stand

by Coop CultivAction!

The Concordia Farmers market runs from ***June - October.***

For Members:

$10 for lifetime membership!

Subscribe anytime by cash or e-transfer only



Off-Campus Restos

COPPER BRANCH

what

VEGAN, HEALTHY, INTERNATIONAL FAST FOOD

where

1180 BOUL. DE MAISONNEUVE OUEST, RUE STANLEY

EVERYDAY 9AM - 10/11PM

Bowls, Burgers & Smoothies

LEAVES CAFE

what

VEGETARIAN CAFE (LIMITED SEATING)

where

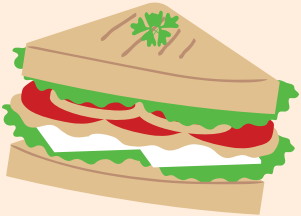
1800 MCGILL COLLEGE

when

MON-FRIDAY 7:30AM-6:30PM

SATURDAY & SUN 9:00AM-6:00PM

Cookies, Poke Bowls & Sushi



“BUT WHERE do you get your protein?”

Veggies Highest in Protein (1 cup)

Spinach
6g



Brussel Sprouts
5.6g



Artichokes
4.8g



Asparagus
4.4g



Potatoes
4.6g



Mushrooms
4g



Kale
3.5g



Vegans can effectively meet their protein requirements by incorporating a diverse array of plant-based foods into their diets. Combining different plant proteins throughout the day ensures a complete amino acid profile, supporting muscle maintenance and overall bodily functions.

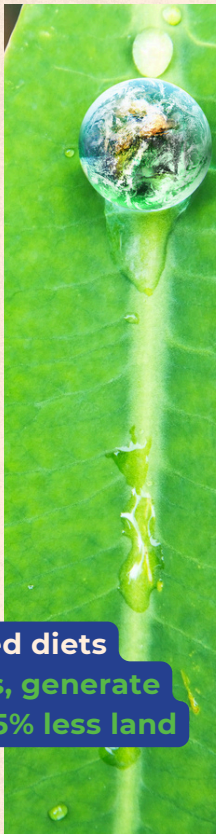
Best Sources for 30 grams of protein

Tempeh (1 cup)
Tofu (1.5 cups)
Black Beans (2 cups)

Sustainability Impact

How plant-based choices reduce carbon footprints

- **Efficient Use of Resources:** Redirects grains and crops from feeding livestock to feeding people, helping combat global hunger.
- **Freshwater Conservation:** Saves significant amounts of water compared to animal agriculture, preserving limited freshwater resources.
- **Soil and Land Protection:** Conserves fertile topsoil and reduces the need for deforestation, safeguarding critical ecosystems.
- **Reduced Greenhouse Gases:** Lowers emissions of methane and CO2 from animal agriculture, helping mitigate global warming.
- **Minimized Pollution:** Decreases runoff from animal waste and chemical fertilizers, protecting water and soil health.



"Our analysis found that plant-based diets produce 75% less heat-trapping gas, generate 75% less water pollution, and use 75% less land than meat-rich diets."

A Student Perspective

As a vegetarian student on the path to veganism, I'm constantly thinking about how my choices impact my health, the environment, and the broader food system. Moving toward a fully plant-based diet feels like the right next step—not only for reducing my environmental footprint but also for aligning my actions with my values of sustainability and compassion.

Yet, Concordia's corporate-run restaurants often lack accessible, affordable plant-based options, limiting choices for students striving to eat better for themselves and the planet.
If I could reshape our campus food scene, I'd highlight sustainable, locally sourced, plant-based options and partner with community-driven cooperatives, making nourishing and sustainable food a priority for all students.

This journey isn't just about me; it's about inspiring a shift in how we think about food, health, and sustainability on our university campus and beyond.



Alexandra Tsigaras

Plant-Based Options: What's on the Menu?

PRICE RANGE	$5 - 10$	$10 - $15	$15 - $25
Hive Cafe (SGW)	Sweet Potato Burrito $5.65	Veggie Sandwich & Salad $12.00	Burrito & Chili combo, w/ a small Mocha $15.80
Le Frigo Vert	Fried Oyster Mushrooms and Stir Fried Vegetables ~ $6	Falafel Pita and a Small Soup ~ $12.20	Full plate from the buffet, a tea, and a cookie ~ $15
Reggies (SGW)	Tater Tots $5.75	Devil's Lettuce Burger and Fries $14.95	Reggie in Paradise Burger and Fries, with Chips & Salsa $20.70

Check out our Campus Food Map here!



Interview with HFL

Q&A: Behind the Scenes at the Hive Café



Q: How many meals do you serve on average?

- Breakfast: Approximately 100
- Lunch: Approximately 250

Q: What are the crowd favorites?

- Lunch: Vegan mac and cheese
- Breakfast: Breakfast burritos

Q: Why do you cook plant-based meals?

A: Cooking plant-based is an easy way to make our meals inclusive. Many people can't or don't eat meat or animal products, so we aim to feed everyone. Similarly, we make gluten-free options at least a few days each week for the same reason—to ensure everyone can enjoy our meals!

Q: How often do you fill the community fridge with leftovers?

A: We restock the fridge with leftovers as needed, typically 1–2 times a week. The meals are almost always vegan.

Q: Can I book the space or organize a workshop?

A: Absolutely! Here's how:

- To book the space for your own event: Contact Abby at events.hivecafecoop@gmail.com.
- To request a workshop: Email hivefreelunch@gmail.com. We love facilitating workshops and can offer vegetarian, vegan, or other kinds of cooking and baking sessions.

Meal Comparison!

Where to eat plant-based?	Average Meal Cost	Ecological Packaging?	How many vegan options?
Eat at a campus community spot (like Hive Cafe SGW)	$7	Mostly compostable and recyclable	 6 Options
Eat at corporate chain on campus (like Starbucks)	$9	No compostable packaging	 Not even one!
Resident students eating at the cafeteria (Aramark-operated)	$11	No compostable packaging	 4 Options (all outsourced from local restos)

Inside You'll Find

Plant-Based Campus Community Spots

Easy and tasty recipes!

Concordia Community Cookbooks

Interview with HFL

Perspective: Plant-based at Concordia

Top 6 Key Nutrients

BUT WHERE do you get your protein?

Meal Comparison

Buying on a Budget



DROP THIS ZINE AROUND CAMPUS WHEN DONE!