

Plant-Based Guide: From Campus To Cambridge

Everything you need to know about vegan food on & off campus!

Brought to you by



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at



Map
included!



This is the Garden Veggie Pizza from Veggie Crust! (Page 11)

**Be part of kindling a
vegetarian & vegan movement!**

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EXPLORE VEGAN/VEGETARIAN FOOD ON CAMPUS WITH US!

Tufts is a leader in American higher education, distinctive for its success as a moderately sized university that excels at research and providing students with a personal experience. Our unique combination of research and liberal arts attracts students, faculty and staff who thrive in our environment of curiosity, creativity and engagement.

Tufts is a student-centered research university dedicated to the creation and application of knowledge. We are committed to providing transformative experiences for students and faculty in an inclusive and collaborative environment where creative scholars generate bold ideas, innovate in the face of complex challenges and distinguish themselves as active citizens of the world.

We are thrilled to be working with abillionVeg, a revolutionary foodie startup that is facilitating vegetarian and vegan growth across the country. TCS's goal has always been to bring happiness to everyone on campus through food, whether making it or eating it, and since a large, growing percentage of Jumbos are vegetarian or vegan, this partnership was a perfect opportunity to try and represent students of all eating preferences.

The Tufts Veggie Food Guide has been a work in progress since summer 2018, and we're excited to soon be one of the first schools to publish our abillionVeg guide! Your go-to manual for vegetarian and vegan eats around campus, our guide (written entirely by Jumbos!) provides tasty options for everyone, whether you're pescatarian, vegetarian, vegan, or have no food preferences at all. Our mission with abillionVeg is to spread the sustainable, delicious, and nutritious benefits that sprout from vegetarianism and veganism, and by using our guide, you have already been a big help! Please enjoy, and EAT!

Hungrily,
TCS E-board



Tamas Takata, TCS, E18, Organizer

Hi I'm Tamas, a Mechanical and Biomedical Engineering graduate student from Farmington, Connecticut. I learned to love and cook food from the world's best mom, who made my family an incredible meal at least once a day. Even in college, my mom somehow manages to keep me full of her famous baked goods. I love food and its ability to bring friends, families and strangers together, but the best part is eating it, which I do a lot of. Fun fact, my favorite food is fully vegetarian and vegan: watermelon.



Meg Thode, TCS, A19, Designer

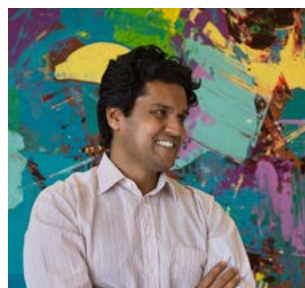
Meg is a senior at Tufts studying Community Health and International Relations. A native Californian she loves all things sunshine and (looks both ways) avocados. When she's not checking out a new coffee shop in Somerville, she's whipping up the latest food52 recipe in her kitchen. Meg is an omnivore but a huge supporter of the minimal-meat, plant-based movement!



Here's the deal. We're a small start-up put together by a bunch of people building a company that stands for positive social change. We've designed a platform that feels a bit like Instagram, TripAdvisor or Yelp but built for impact. Sign up and review vegan dishes and products, and use our app to find awesome options everywhere. You can even poke businesses that need to do better! We share that feedback with owners, managers, even chefs, to shift the equation globally to more sustainable options. Best part, we donate \$1 every time you post a review to farm animal rescue groups across the US, Canada, China and New Zealand.

We couldn't be more excited about working with your fellow students to put together this first of its kind guide to living more sustainably on campus and around Boston. We couldn't think of a better place to start a food revolution than Boston! If you like the guide please share it and help us continue making the impact we're working hard on, to make the world more plant-based and sustainable!

abillionveg founder,
Vikas Garg
abillionveg.com





Best Vegan Grub In & Near Tufts At A Glance!

Carmichael Hall
Page 4
200 College Ave, Medford



Tufts UNIVERSITY



Kindlevan Cafe
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200 College Ave, Medford

True Bistro
Page 8
1153
Broadway, Somerville



Dewick-MacPhie Dining Center
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25 Latin Way, Medford



Zhu's Garden
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166 Massachusetts Ave, Arlington



Taco Party
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711 Broadway, Somerville

Dosa-N-Curry
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447 Somerville Ave, Somerville



Veggie Crust
Page 7
445 Somerville Ave, Somerville

CAMBRIDGE

Whole Heart Provisions
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298 Massachusetts Ave, Cambridge



Whole Heart Provisions
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487 Cambridge St, Allston

Spyce
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241 Washington St, Boston



Honeygrow
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125 Summer St, Boston



BROOKLINE

Honeygrow
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1282 Boylston St, Boston



SOUTH OF WASHINGTON

Veggie Crust
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8 Cypress St, Brookline



Eating green doesn't have to be an *uphill* battle.

Feature: *Jiaxun Li*

200 Packard Ave, Medford, MA 02155 • [Site](#)

The uphill dining hall on campus, Carmichael certainly has plenty of Jumbos to feed. With a noticeable emphasis on variety and food quality, Carmichael is a people-pleaser that isn't afraid to explore exciting combinations, such as its Curry Tofu, featuring "sweet, fragrant, golden tofu cubes in a creamy coconut curry sauce," according to Tufts Student Jiaxun Li.

Jiaxun Li also sampled the Roasted Beets and Kale Salad with pumpkin seeds and goat cheese, creating flavors that Li thought "mix really well together". Finally, Jiaxun tried Carmichael's Bean Chili, a limited-time dish that boasted a crunchy potato skin and a flavorful chili base that Jiaxun gave a 4-out-of-5 star rating.

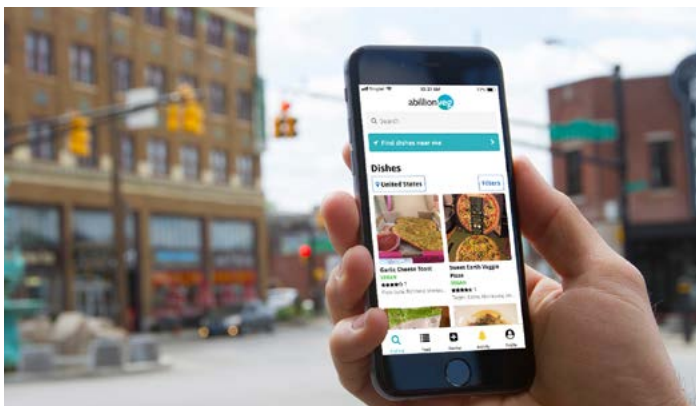


Curry Tofu

Sweet, fragrant, golden tofu cubes in creamy coconut sauce. A great protein for a vegan plate!



Carmichael's vegetarian station features entrées, organic legumes, organic whole grains, and vegetables. Unique to Carmichael is an action station with additional, customizable plant-based choices. It features "Stir-Fry to Order" and "Omelets to Order" which are popular among vegetarians.



Need help finding vegan dishes?

As vegans/vegetarians, we all know what it's like to go to a restaurant and ask for a slight change to a dish. It might not happen that frequently but if you're looking for something vegan it happens almost every day! You're usually speaking to a waiter, and your feedback doesn't really help the business improve or make lasting changes. Another problem is that vegan options are usually in short order at most restaurants, and we wanted to build a platform that improved the selection and quality of vegan options around the world.

Simply tap on 'Near Me' to find your next best meal!
[Download the app here.](#)

Downhill trending up...
Feature: *Kristina Chu*

25 Latin Way, Medford, MA 02155 • [Site](#)

Dewick-MacPhie, the other (some may say opposing) major dining hall at Tufts, has the majority of Tufts students to feed, giving it slightly more flexibility and expandability in its menu. According to Tufts's nutritionist, Julie Lampie, Dewick used to only offer one vegetarian dish with no salad bar. Now, however, Dewick menu is vast and full of vegetarian and vegan variety that is always "flavor first".

Kristina Chu of Tufts tried several Dewick dishes from its "lots of veggies" 10 Veggie Burger to its "flavorful" Chickpeas and Vegetables entrée. Other dishes Kristina sampled were the Grilled Vegetable Sandwich and the Mac & Cheese. However, Kristina preferred the burger and veggie entrée, giving them both 4 star ratings.

Dewick now has at least three vegetarian and vegan main dishes per meal and often more, not including its vegetarian bar that always serves several vegetarian accompaniments or its vegan pizza that frequently fills a pizza tray. If you are looking to explore vegetarianism or veganism, Dewick surely provides you with some delicious options!



Chickpeas and Vegetables

This tomato sauce and chickpeas will go well with some rice or pasta! Flavorful!



10 Veggie Burger

I think Dewick hand makes these patties, compared to others that are pre made. Lots of veggies within it, definitely doesn't replace a normal burger but is good for a veggie burger!

Kindling a vegetarian and vegan movement.

Feature: *Eva Sachar*

200 College Ave, Medford, MA 02155 · [Site](#)

The newest member of the Tufts food scene, Kindlevan Cafe is an important rest-stop for all students and faculty crossing through or checking-in to the new Science and Engineering Complex. The café sports familiar baked goods for those who visit campus cafés Tower, the Rez, and Hotung, but it also boasts a sizeable array of surprisingly gourmet dishes alongside pre-made meals, such as caesar salad wraps and yogurt parfaits.

Eva Sachar, a Jumbo, gave some insight into the new café, ordering the Mushroom Club Sandwich and the Tropic Kale smoothie (a campus-wide hit), both vegan options. While Eva didn't enjoy the texture of the sandwich (a 2-star rating), she gave the smoothie a perfect score, noting its "good amount of sweetness", "pretty color", and the use of fresh kale.



Image: Tufts Dining

Kindlevan Café's menu is about sustainability, health, energy, and fuel. Energize yourself with a fresh pressed juice, a smoothie, or an organic iced tea. Fuel up with a sustainable, ethically sourced, fair trade coffee, espresso, or latte.



Image: Tufts Dining

Kindlevan always has three hot dishes available at its bar, commonly including vegetarian powerhouse proteins like tofu and grains like rice and quinoa. It's difficult to find a menu item at Kindlevan that doesn't scream "healthy", which is perfect for keeping students learning and working in the new building energetic and productive.

Our animal sanctuary partners

You don't need to be a superhero to help animals. We donate \$1 to a non-profit partner of your choice for every food review you post on our free app [abillionveg!](#) [Learn more here.](#)



Check out the upper crust of veggie cuisine.
Feature: Manisha Raghavan

Veggie Crust: 445 Somerville Ave, Somerville, MA 02143 · [Site](#)
8 Cypress St, Brookline, MA 02445

Dosa-N-Curry: 447 Somerville Ave, Somerville, MA 02143 · [Site](#)

Established around two years back, Veggie Crust is a meatless establishment which blends in a cozy ambience with delicious Italian fares. The owner, Raj opened Dosa-N-Curry and thereafter Veggie Crust because he felt the dearth of pure vegetarian restaurants to take his parents to. He stated that the combination of Indian food at Dosa-N-Curry and Italian food at Veggie Crust has resulted in a dedicated customer base ranging across all ages. The restaurant also makes it a point to use biodegradable plates with the owner trying to implement corn-starch based cutlery pretty soon!

Incase you are craving for both Indian and Italian cuisines, feel free to order from Dosa-N-Curry while sitting at Veggie Crust. Dosa-N-Curry has an all you can eat buffet through the week during lunch time. The staff were friendly, and the crowd starts trickling in around lunch hours so make sure to go well ahead of time if you go with a large group. The restaurant also features a vegan juice bar and a variety of homemade vegan ice creams. My first dish was the 'Garden Veggie Pizza' which was a delightful pizza straight from the oven with the right amount of toppings. The crust was thin, delicate, and perfectly done. But personally, I loved the Alfredo Basil Pesto Penne, which also turned out to be a crowd favorite. The sauce was rich, creamy yet did not feel too heavy on the stomach. The serving quantity was generous and well presented. But what really stood out in particular was their vast array of dishes. The menu is expansive, well crafted, and a dream come true for many vegetarians and vegans. Be sure to visit this place before you graduate just to get a taste of really good vegetarian and vegan fare!



Garden Vegetable Pizza

Loved the crust. The pizza was topped with broccoli, squash, olives, onions and peppers. I did a slice, but that itself filled me up!



Alfredo Basil Penne Pasta

Stand out dish which also happens to be a crowd favorite. The sauce was creamy and delicious. Do give this a try if you go there.



Part of the selection available at Dosa-N-Curry

Truly it can bistro good.
Feature: Will Mueller

1153 Broadway, Somerville, MA 02144 • [Site](#)

True Bistro is one of those places you dream of going, whether you're a vegetarian or not, because of its extreme elegance, quality, and vegetarian creativity. Located in nearby Teele Square, True Bistro is certainly a perfect for an occasion as its fancy vegan menu truly will not disappoint even a religious meat-eater.

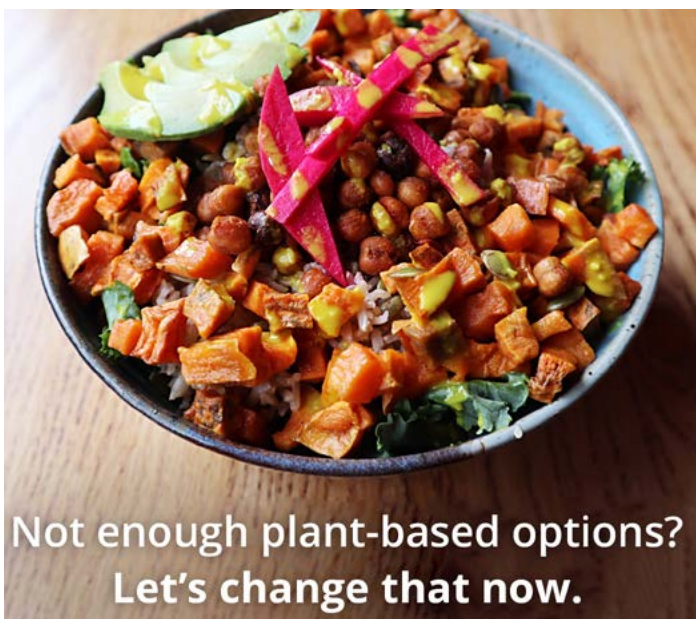
Will Mueller, a TCS member, sat-in at True Bistro and commented that his vegan Waffle with Buttermilk Fried Tofu and Chili Agave Syrup "was one of the best waffles I have ever had! [It] tasted just like chicken and waffles but without the chicken. The tofu was well-spiced and the fried crust was the perfect combination of sweet and savory."

Sounds like the perfect meal! It's hard not to recommend this restaurant, especially with it being just a half-mile walk from campus. While it might not be a casual dining experience, it certainly is perfect if you're looking for proof that vegan food can often taste more delicious than the alternative.



Waffle with Buttermilk Fried Tofu & Chili Agave Syrup

So impressed by this deliciously marinated tofu and waffle. The tofu is slightly sweet which is even better than fried chicken.



Not enough plant-based options?
Let's change that now.

Your reviews matter

Only 4-5% of dishes at restaurants around the world are vegetarian, while less than 2% are vegan and it's a lot worse in many places! So we built abillionveg to fix that, using technology and a whole lot of positive messaging to get businesses to improve. More healthy, sustainable options means happier people and more sustainable businesses.

Join us in making an impact by reviewing your vegan finds, whether that's a dish or your next awesome (or not) haul from a store! Remember to poke businesses that can do better on our app and we'll show them what they're missing. Make businesses around the world do the right thing!

[Download the app here.](#)

Taco 'bout vegan tacos.
Feature: *Manisha Raghavan*

711 Broadway, Somerville, MA 02144 • [Site](#)

It's a vegan party at Taco Party because every taco is vegan! But don't think these vegan tacos look "vegan" because you probably won't be able to tell the difference. Sporting traditional ingredients and veganized using proteins like tempeh, these tacos are the real deal.

Manisha Raghavan of Tufts tried two tacos and, of course, the nachos. The dishes were so good that Manisha's lowest score was 4.5 stars to the Sweet Potato Tacos, "an absolute bomb!". She also tried the Crispy Fried Tofu Taco (5 stars), a "crowd favorite at Taco Party", citing it as a "treat in itself" that she definitely recommends trying. Finally, Manisha had plenty of praise for the Nachos: "Calling this dish divine would be an understatement! I for sure am going to visit Taco Party just to have this dish again. The sunflower cheese and the cashew cream were absolutely perfect...If you go to Taco Party and do not try this dish, you are making a big mistake."

Taco Party is the place to go if you want your first vegan experience to be a fun one. It's also the place for vegan food that's so good it makes you smile. On Broadway in Somerville, Taco Party is a "should definitely go" for everyone, but a "must go" for Tufts Students.



Nachos

I for sure am going to visit Taco Party just to have this dish again. The sunflower cheese and the cashew cream were absolutely perfect. The chips were crisp yet light, and the guacamole on the side was just the right thing to go with the dish. If you go to Taco Party and do not try this dish, you are making a big mistake.



Image: Reviewer @bshade

Love tacos?

Explore hashtags on [abillionveg](#) to see curated content from the community! Or create your own, like [#vegandonuttourLA](#) which brings you to the best donut spots in LA! [Explore #tacos from all over the world here.](#)

It's all about Zhu.

Feature: Vera Zanker

166 Massachusetts Ave, Arlington, MA 02474 • [Site](#)

Zhu's Garden is a meat, dairy, GMO, and MSG-free Pan-Asian restaurant...and a mouthful! Known as a casual and fun dining experience, Zhu's is one of the only vegan Asian restaurants near Tufts, but it's undoubtedly a great one to have. Zhu's specializes in recreating traditional Asian recipes to focus on health, freshness, taste, and being vegan. From Pad Thai to stir-fry, the menu is familiar, and the food is pleasingly comforting.

Vera Zanker traveled to neighboring town Arlington as a lucky guest and critic to Zhu's Garden, sampling the Seitan Short Ribs, Veggie Fun Macro Bowl, and the King Oyster Mushroom dishes. Starting with the King Oyster Mushroom (4 stars), Vera says, "so good! I'm a big fan of the sauce which added a lot of flavor. I personally would ask for [the mushrooms] not to be fried, because some of the mushroom's taste is lost to tempura." Moving to the bowl (4 stars), Vera notes "the mint chutney sauce added a creaminess that completed the meal." Finally, Vera tried the spare ribs dish, whose overly sweet and simple taste resulted in just a 2.5 star review. Still, she highlighted that "the texture was great for someone looking to get their meat-substitute fix," a promising observation as achieving that meaty texture without meat is extremely difficult!

Receiving overall above average ratings, Zhu's Garden was a pleasant experience for Vera. Being one of the only Asian vegan restaurants in the Greater Boston area, Zhu's Garden is truly a risky business. However, its ambition is appreciated and definitely successful! Thanks to Zhu's, vegans and vegetarians around Tufts can still enjoy great Asian food that is very reminiscent of the real thing.



King Oyster Mushroom

So good! I'm a big fan of the sauce which added a lot of the flavor. I personally would ask for them not to be fried, because some of the mushroom's taste is lost to tempura.



Veggie Fun Macro Bowl

Refreshing! Clean and simple. The mint chutney sauce added a creaminess that completed the meal.

Honey is not for vegans. Honeygrow is.
Feature: Will Mueller

1282 Boylston St, Boston, MA 02215 • [Site](#)
125 Summer St, Boston, MA 02110

Honeygrow was founded in 2012 in Philly by a fully supportive advocate of the plant-based movement. Since then, Honeygrow has expanded to several other locations, including Boston, seeing success in its powerful mission to promote a nutritious menu through the freshest ingredients and preparations.

TCS's Will Mueller visited Honeygrow in Boston and experimented with three Honeygrow dishes: Make it Grain Salad, Clover Honeybar, and Red Coconut Stir-fry. Commenting on the salad, Will says the "honey ginger vinaigrette was thin but tasty, just how I like it," and gave the dish a perfect 5 star rating! Onto the honeybar, "The combination of dried and fresh fruit was novel to me and fantastic, and the honey was sublime." Will gave this dish 4 stars. Finally, for the coconut stir-fry, Will says, "The tofu was tasty, well-spiced, and well-cooked, and the noodles were fresh and soft!" He gave this creative dish a 4.5 star rating.

While Honeygrow is not a strictly vegan or vegetarian restaurant, it has more than enough options for those eaters who are. With a mission of nutrition, Honeygrow surely packs plenty of veggies into its colorful menu.



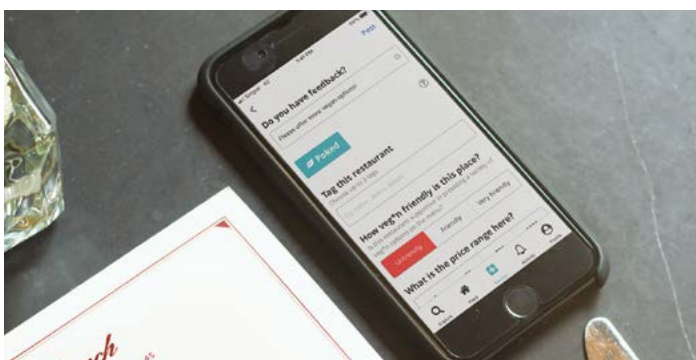
Red Coconut Stir-fry

The warm coconut and spice smell wafted up to my nose as soon as I sat down with my food. The tofu was tasty, well-spiced, and well-cooked, and the noodles were fresh and soft! The curry flavors and the classic Thai flavors I love were all there, as well as pineapple, which added an amazing sweetness to balance out the spiciness.



Make it Grain Salad

A wonderfully fresh salad. It was a very large serving, easily enough for two people to be full off of, and I was so happy to be full afterward. This salad had tons of healthy ingredients packed in, and the honey ginger vinaigrette was thin but tasty, just how I like it. An affordable meal for the serving, and worth every penny. The green tea to accompany this meal was also delicious.



What's a great way of showing businesses there's demand for plant-based options?

When you visit a restaurant, you might talk to the waiter, who often isn't going to do much with your feedback. Instead, you can poke the business on the free abillionveg app. We're finding contact information for owners, managers, chefs, and other stakeholders. We're sending them your reviews, private feedback and pokes, all to inspire them to create more plant-based options. [Learn more here.](#)

Things (food) are getting spycy!
 Feature: Will Mueller

241 Washington St, Boston, MA 02201 · [Site](#)

Spyce is hot...literally. This kitchen has robots. The first restaurant to feature a robotic kitchen, Spyce's food is as hot a topic as its spicy combos. Spyce takes pride in sourcing its recipes from around the world, and its menu surely has the pizzazz to match a world-themed robotic kitchen.

A repeat critic, Will Mueller visited this futuristic startup in Boston. His first experiment was the Thai Bowl (4 stars), which he watched being made in a wok entirely by robots. Will comments, "The meal was...perhaps not the most authentic, but hardy and fun nevertheless!" His next meal, the Indian Bowl, received a half-star bump (4.5 stars), perhaps because it ironically "really felt like a home-cooked meal."

For a bunch of robots, the culinary expertise showcased at Spyce says something great about the founders of Spyce--that they truly care about their ingredients, their menu, and their customers. Its unique technology is worth the trip, for the experience and the taste.



Indian Bowl

I loved this dish! Full of warm spice and flavor, and a bargain too! This dish was made completely robotically, right before my eyes, and I was absolutely thrilled! So fun to see the conveyor belt plop the ingredients in. In the bowl was puffed rice, potatoes and peas in a tikka masala sauce, cilantro, sauteed kale, brown rice, and a tamarind chutney. I don't think all of the bowls at Spyce pack a ton of flavor, but this one certainly did! Fresh and comforting, it really felt like a home-cooked meal. I do think the level of spice added was a tad wan, and I would have liked some more heat, but I still think to try this bowl was a delight. Ate the whole thing!



The cylindrical wok-style pan was trucked robotically across an assembly line, where spices and ingredients were thrown in by mechanical arms, and then the pan was rotated at an angle to cook the food. Thrilling to watch my bowl get made without the use of human hands (for the most part)!

Whole-y guacamole this place is good.

Feature: Meg Thode

487 Cambridge St, Allston, MA 02134 · [Site](#)
298 Massachusetts Ave, Cambridge, MA 02139

Whole Heart Provisions is a plant-based revolution of a restaurant, located in Cambridge, MA. Its plant-based menu caters to all, with its veggie-inspired street food. Taking advantage of everyone's love of street food, Whole Heart Provisions further extends the reach of vegan and vegetarian cuisine through creative, beautiful, affordable, comforting, and delicious veggie-based foods.

The co-writer of this guide, Meg Thode, took to Whole Heart to experience the hub-bub herself. She sampled four dishes: the Falafel Dog (4 stars), Seared Avocado (4.5 stars), Seeta Bowl (5 stars), and Viet Bowl (5 stars). The Falafel Dog truly demonstrates this restaurant's creativity and ability to blend familiar with untraditional. Both bowls received peak marks, and Meg notes, "every ingredient in the [Seeta Bowl] is thoughtfully added and really well-prepared!" She continues, "The Viet bowl is delicious, full of tasty goodness." Finally, Meg finished her reviews with the Seared Avocado, explaining it was "overall a great dish and definitely something I might try to copy for breakfast."



The Seeta bowl was full of fresh, tasty ingredients: jasmine rice, pickled cauliflower, roasted eggplant, green beans, fresh + roasted chickpeas, currants, basil. Combines Mediterranean and Middle-Eastern flavors with curry-roasted chickpeas, slightly coconutty sauce, and some fresh-torn basil. Eggplant is cooked perfectly -- creamy but not mealy -- and the arugula adds a little kick and even more freshness. The currants add a little sweetness and the roasted chickpeas bring some smokiness, all balanced by the tanginess of the pickled cauliflower.



Delicious, full of tasty goodness: quinoa + rice pilaf, broccoli, tomatoes, kale, green beans, spicy crunchy peanuts, peanut sauce, sesame seeds, basil It's chock-a-block with veggies but doesn't feel like a college kid's meager attempt at a bowl. The brown rice and quinoa pilaf makes a simple, savory base for all the other flavors to build on. The bowl has an Asian-inspired feel with the sesame and peanut sauce, but the broccoli, kale and green beans all make sense. Some cherry tomatoes add some brightness and acidity to the crunchy, tangy, tasty veggies.



Image: Woodstock Farm Sanctuary

Review vegan food to support Woodstock Farm Sanctuary!

At abillionveg, veganism isn't defined just by what we eat but how we live. That's why we live compassionately & donate \$1 for each of your reviews to our partner animal rights organizations & sanctuaries. One of them is Woodstock in High Falls, New York, who rescued and now cares for Colin & Woody, these 2 lovely calves from the dairy industry! Start supporting our partners now by reviewing any vegan food you eat.

[See all our partner animal sanctuaries here.](#)

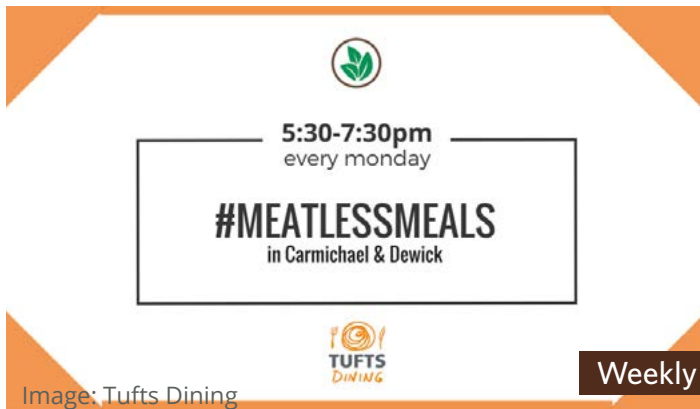


Image: Tufts Dining

Meatless Mondays

Ever wonder where your food comes from? Or how much water, greenhouse gases, or land went into the production of your food? Join the greEco-Reps in Carm on Mondays for Meatless Meals to learn how eating less meat (even if it's once a week) can help you reduce your carbon footprint and help you live more sustainable lives!



Image: Tufts Institute of the Environment

Environmental Studies Lunch-n-Learns

Every week during the academic year, the ENVS Lunch & Learn lecture series features speakers from government, industry, academia and non-profit organizations to give presentations on environmental topics. This is a great opportunity to broaden your knowledge beyond the curriculum, meet other faculty and students and network with the speakers.



Image: Tufts Office of Sustainability

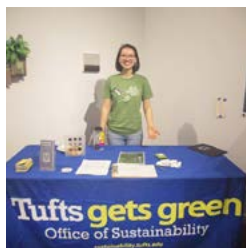
Once per Semester

Waste Less Dinner, Tufts Dining

Hosted by Tufts Dining, Tufts Eco-Reps and the Tufts Food Rescue Collaborative, Waste Less Dinners have been a part of the larger campaign for sustainability at Tufts.

CALENDERS

Visit these pages to know about upcoming events!



[Office of Sustainability](#)



[Eco Reps](#)



[Environmental Studies Department](#)



[Feast Nutrition](#)



Joseph Golia, Director of Campus Life

What are your favorite veg options that Tufts offers?

I like the variety and quality of the veg options at the Dining Halls, especially Dewick. My favorite are the black bean burgers and veg quesadillas.

How has the veg scene changed at Tufts and improved since you've experienced it?

Over my time here I have seen more attention through Dining to the issues of Veg options. There has also been an active Veg Society student organization that came on board a few years ago.



Isabel Falls, Sociology and Environmental Studies Major, former Eco Rep, Office of Sustainability, Food Rescue Group

How do you think Tufts handles food sustainability generally, including its efforts to compost...etc.?

Isabel Falls, a vegetarian at Tufts, says:

"Tufts dining halls are really great about composting all of the served food waste and the numbers continue to increase each year.

There is also a program called the Food Rescue Collaborative that has its biggest cohort of members yet. Their job is to package high quality meals for those in need. Everyday of the week there is a food rescue volunteer team in each of the dining halls which packages the meals out of unserved food. The meals and bagged food are then picked up by a local nonprofit, Food for a Free. This is an awesome program because even though Tufts continues to reevaluate the amount of food being served to minimize excess, the food rescue collaborative helps to ensure that food waste is at a minimum.

As for sustainable food choices, I don't know as much but I do know that the apples are local when in season, the tomato sauce is made out of what you would call "ugly tomatoes" that are not of grocery store standard, so that they can be used in some capacity, even if they don't meet the standard for grocery store retail.

Tufts Dining also puts on several awesome events throughout the school year like the Wasteless dinner, to help raise awareness about food waste and encourage students to not only think about, but also talk about it. The Eco Reps also do a great job of tabling for Meatless Mondays every week to continue this conversation of sustainable food choices and encourage people to eat plant-based meals, even if it is just once a week."



Image: JUST

What's the future of food?

As more become aware of the need to have sustainable food, interesting and creative alternatives are popping up! Read our take on [Ahimi's](#) alternative to raw tuna and the [JUST Egg!](#)



[Julie Lampie, MBA, RD, Tufts Dining](#)

Since 1986, Julie Lampie has worked as a dietician at Dewick.

25 years ago, Dewick had two meat options, one vegetarian option, and no salad bar. It was very limited, but there was no vegan demand. Very few college campuses had dedicated vegetarian stations. Once it started becoming popular, we made a beans, greens, and grains area that needed to be organic and whole grain. Now there were three entrees, two vegetarian and one vegan.

How has the menu changed?

We follow trends, look at cookbooks and ethnic recipes.

Nutrition?

Why do people have to define themselves so strictly? We shouldn't be eliminating foods but adding foods for variety.

Chefs?

We didn't change our chefs when we changed the food at first, but now our chefs prepare their very own vegetarian and vegan foods. A large percentage of our chefs now have attended culinary schools and served at restaurants.

How do you gather and manage feedback?

The November Survey gives a lot of feedback, surveying 50% of the student population, and it has led to developments like the vegetarian society and the Grateful Burger recipe contest.

Is it more costly to provide vegetarian and vegan food?

Overall, vegetarian and vegan foods are no more expensive than meats, which are often super expensive, especially fish.

How important is variety and what has Tufts Dining done to expand its menu?

"Our staff often travels to places with unique foods like Vietnam, Japan, and Europe to bring back new experiences, skills, and, most importantly, authenticity. Kids also love the new staff customization stations, like the stir-fry which includes a vegetarian preparation. Falafel has also been a great platform to introduce vegetarian options and was even put in the non-veg station because kids loved it so much. It acts as a neutral base that students feel comfortable trying. Variety with vegetables is key to help people buy-in to the veg options."

How does Tufts Dining approach sustainability?

We're cutting back on meats because of poor livestock treatment and the huge amounts of resources it costs. Vegetables require much fewer resources, are more sustainable, and often more healthy.

What are your goals?

We want a variety of quality food that is chef-driven, flavor-focused, and healthy. We want to constantly increase our staff talent and continue to increase healthy choices, such as cutting soda and improving alternatives.

"We're cutting back on meats because of poor livestock treatment and the huge amounts of resources it costs. Vegetables require much fewer resources, are more sustainable, and often more healthy."



[Why plant-based?](#)

Going plant-based is the most powerful decision an individual can make. Learn more about the profound impact on the environment, animals and your health after going plant-based.

[Part 1](#)
[Part 2](#)



[Meg Thode, TCS, A19, Designer, Co-Author of this guide](#)

Meg Thode, a current senior at Tufts and author of this guide, is from San Diego, CA. She was fully vegetarian until she was about 8 years old, and has been vegetarian on and off ever since. “For me, it was a number of things: the environmental impact, knowing that you’re supporting more humane, more sustainable business... you feel physically better, not just morally but physically more energetic.”

Driven by environmental, nutritional, and moral reasons (and even by movies like Food Inc.), Meg supports anyone— plant-based or not— trying to push the American agricultural industry in the right direction, recognizing that not everyone is able or willing to switch to a fully vegetarian or vegan diet.

For omnivores, she thinks it’s especially important to get meat from local and sustainable providers! In terms of plant-based options at Tufts, Meg feels there is always a solid vegetarian section, in addition to a variety of veggies and other foods within different sections of the dining hall that can make a tasty nutritious meal. Meg also commented on the wide selection of veggie-forward restaurants all around Cambridge (her favorite dish she tried in the making of this guide was the seared avocado from Whole Heart Provisions in Cambridge), and how she would love to see more of these types of options right off of Tufts’ campus.

Meg really supports the work that Abillionveg is doing, and hopes to see it take off and bring more and more people into the plant-forward conversation in the future!

“ For me, it was a number of things: the environmental impact, knowing that you’re supporting more humane, more sustainable business... you feel physically better, not just morally but physically more energetic.”



Image: Reviewer @bshade

[Discover more vegan dishes in Boston!](#)

Boston is seeing an influx of plant-based dining options to meet a growing demand. Check out our [Plant-Based & the City](#) guide to learn about the can’t-miss spots in Boston that locals love!

THANK YOU FOR READING OUR GUIDE!

And that's a wrap! Er, a bowl? Or maybe a tempura mushroom?

Thank you so much for checking out this guide and supporting TCS' initiative to promote plant-based foods. We're happiest when we're sharing the joys of cooking and eating with the Tufts community. So we're pretty pumped that you made it this far. If you like what you read and want to get more involved in our different projects and events, check us out on facebook (Tufts Culinary Society) or sign up for our e-list. Search and use [#tcsveg](#) on the abv app!

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We'd love to hear from you.
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