Eat a Plant, Save the Planet!

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

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