What does it mean to be Vegan?

Veganism is a way of living which seeks to exclude, as far as possible and practical, all forms of exploitation and cruelty to animals. To adopt a Vegan lifestyle is to give up all animal bi-products.

What’s the Deal with being Vegan?

What’s the deal with being Vegan? Committing to the vegan life style is definitely a big life choice! It’s important to know the facts. Vegans choose this lifestyle based on many reasons. Many vegans choose not to consume animal products for the right of animals to exist freely without human interference. Another reason is to preserve the environment. Livestock farming has a devastating effect on the planet. Livestock farming erodes topsoil and lowers crop productivity. In result, massive amounts of wilderness habitats are deforested and converted into more farmland.

Many people also adopt the vegan lifestyle for health reasons. Eating animal fats has been shown to raise a person’s risk of developing cancer, diabetes, and heart disease. A study in October 2012 published by Food Technology shows that plant-based diets either minimize or completely eliminate people’s genetic propensity to developing chronic diseases. There are many benefits behind Veganism! If you’re considering going Vegan, check out these food options on campus to help you get started!

Wendy’s

Among the cheapest of options, Wendy’s breakfast includes steel-cut oatmeal, fresh baked oatmeal bars, and seasonal homestyle potatoes. Wendy’s lunch offers a veggie sandwich. Even better, their French Fries are Vegan!

Einstein Bagels

At Einstein’s you can order a Veg Out sandwich on a variety of bagels! They also offer a delicious asparagus mushroom bagel with swiss cheese!

The Terrace

At the Terrace you can find a noodle or rice patty with tofu!

McAllister’s

The campus McAllister’s might not have the full menu, but it does have a great Vegan Veggie Spud! McAllister’s also has many vegetarian options that are all marked with a vegetarian indicator on their menu board which takes the form of a tomato!

The Ville Grille

The Ville Grille has a special selection of their cafeteria called The Wild Mushroom that always has tofu options! Since the Ville Grille’s menu is constantly changing, new Vegan and Vegetarian options are always available!