**ARE YOU A VEGAN/VEGETARIAN STUDENT ON CAMPUS LIKE US?**

Princeton is a place full of hardworking, motivated, sleep-deprived, stressed-out, and incredible people. Between all the work, extracurriculars, competitions, and other events, meals become not only huge necessities to keep us thoroughly energized, but also a critical time for socializing, relaxing, and enjoying delicious food.

And while Princeton is by no means a mecca for plant-based eaters, there's definitely a nice variety of healthy foods for vegans and vegetarians alike. Our goal in writing this guide is both to provide the Princeton community advice for where to find the best veggie options and show other universities what Princeton does to cater to its growing number of plant-based eaters. In doing so, we hope not only to encourage veganism/vegetarianism on our campus, but also to promote the plant-based movement throughout university campuses at large!

Sincerely,
The Greening Dining Club

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**Hello!**

Here's the deal. We're a small start-up put together by a bunch of people who believe we can build 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.

Growing up in NYC I dreamt of one day going to Princeton! The closest I got was my application and while that dream ended, I'm so honored that abillionVeg made the cut for one of your fellow students when she was deciding who to intern with this semester. Alice Wistar, thank you for your relentless dedication putting together our very first plant-based college guide!

abillionVeg founder, 
Vikas Garg
abillionveg.com

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Visit page 25 for full acknowledgements
1. Residential Dining Halls

All freshman and sophomores are required to be on a meal plan. Basically, this means eating all-you-can-eat style at any of the six residential college dining halls (Rocky's and Mathey's are combined, as well as Butler's and Wilson's) that exist on campus, plus the Center for Jewish Life (the CJL is open to all students and is under the rabbinical supervision of The Orthodox Union).

Undergraduates even have the opportunity to eat at the Graduate College dining hall (always fancier and very delicious) every Thursday at dinner. Another huge plus of this option is that if you're on the ‘unlimited’ meal plan and miss lunch or dinner, you can grab ‘late meal’ at Frist Campus Center (more to come on Frist later in the guide) for no additional cost!

2. Eating Clubs

During the spring of your second year, students can join an “eating club.” Imagine a massive co-ed fraternity or sorority (50-120 people) with a private catering service, (independent from Princeton's “Campus Dining”) all based in a beautiful mansion (like above).

Eating clubs also host a variety of social and other events throughout the year for members. There are 11 total: Terrace, Tower, Cannon, Quad, Ivy, Cottage, Colonial, Tiger Inn, Cap & Gown, Charter, and Cloister.

3. Co-ops

For the 30% of upperclassmen who choose not to join an eating club, there are three options: being independent (i.e. not having a meal plan and cooking for yourself), continuing to eat in the previously mentioned residential dining halls, or joining a co-op.

Co-ops are essentially small groups of students (15-50) that share one kitchen and communally cook food for each other. Students typically have one cooking shift a week and one small chore.

There are 5 co-ops on campus: 2-Dickinson (vegetarian, usually called 2D— see page 10 for more!), Brown, International Foods Co-op (IFC), Real Foods (RFC) and Scully.

...and more!

Of course, in addition to dining halls, eating clubs, and co-ops, there are also a variety of cafes and convenience stores on campus that are open to anyone—Princeton affiliated or not! This is all without even mentioning the many close, off-campus eating options that exist as well!

Clearly, there's a lot of delicious food to discuss, so let's get started!
RESIDENTIAL DINING HALLS

All dining halls have some combination of:

• Hot food buffet lines (with changing entrees, starches, and veggies on a fixed 2 week schedule),
• Salad bars (with various legumes, beans, greens, and prepared salads),
• Grill (where students can eat hamburgers/vegan burgers, grilled chicken, grilled cheese, cheesesteaks, chicken sandwiches, french fries, and sometimes falafel or fish).

All dining halls are all-you-can-eat buffets, and some occasionally have specialty bars where you can order or customize your own specific dishes (examples include the Beans & Greens station in Wilcox/Wu, burrito/ramen/salad bar in Whitman, omelette bars in all the dining halls at breakfast/brunch, and sauteed veggie/hummus bar in the CJL).

Each dining hall has tea, coffee, soda, juice, ice cream, dessert (sometimes vegan: examples include cherry-apple and blackberry-peach bars!), fruit, bread, peanut butter*, jelly, cereal, milk, as well as soy milk, at all times! All students have access to TigerMenus, a website containing the menu of the day for each dining hall.

*Thanks to my relentless persistence and passion for naturally ground, sugar and oil-free peanut butter, all dining halls (except for CJL because of issues with not being kosher), now offer naturally ground peanut butter from a local business, Nutty Novelties, in place of Skippy peanut butter. For more info about my peanut-butter-driven journey, check out this article!

Whitman

Things to look out for:
• Roasted carrots, parsnips, and sweet potatoes every other Thursday dinner
• Burrito bowl, ramen, and salad bars at lunch
• Made-to-order breakfast burritos at Saturday brunch

Whitman consistently has tasty plant-based options at its hot food buffet—whether its a legume-based or pasta-based dish—in addition to awesome veggies, an excellent salad bar, and often a hummus bar as well. Whitman occasionally has a muesli bar, which has raw oats, dried fruit, seeds, and other add-ins fit for a tasty breakfast, side, or even dessert!

Verdict: Whitman is definitely one of the better residential dining halls for plant-based eaters!

Center for Jewish Life

Things to look out for:
• Combined hummus/stir fry veggie bar at lunch (usually Tuesdays, Wednesdays, and/or Thursdays)
• Blueberries/strawberries on dairy days (this year a bit less frequently) at lunch

Often overlooked, the CJL always has a great salad bar, hummus, and other prepared vegan salads (ft. roasted veggies, lentils, kale, and avocado), as well as a vegan entree in the hot food line. As the CJL alternates between ‘meat’ and ‘dairy’ days, it’s probably worth checking the menu beforehand. We highly suggest attending one or two of the CJL’s shabbat dinners on Friday nights during your time at Princeton for some awesome food (shout out to the challah bread) and company!

Verdict: Offers some fantastic plant-based options—don’t miss this!
Forbes

**Things to look out for:**
- Forbes Sunday Brunch ft. roasted veggie platters, chocolate fountain, overnight oats, smoothies, and more!
- Avocado toast and chia seed pudding at breakfast on Thursdays (in addition to açaí bowls at Saturday brunch!)

One of the smallest dining halls on campus, Forbes is fairly mixed in terms of plant-based options. When it's good, it's excellent. Likewise, when it's bad, it's ... not as excellent. Forbes typically has incredible breakfast options (avocado toast on Thursdays, occasional sweet potato waffles, and roasted veggie platters every day!), and more variable lunches and dinners. There is usually a vegan, and if not, a vegetarian entree. The salad bar is generally quite good (usually stocked with yummy grain and bean based prepared salads). We think their hummus is especially tasty.

Verdict: Forbes can be a hit or a miss. Definitely **check the menu** to be sure you go on a good day!

RoMa

**Things to look out for:**
- Indian night and Howard's freshly baked rolls every Saturday dinner
- Veggie-dilla station at lunches every other week
- Coconut-milk based granita for dessert at some dinners

There is almost always a vegan entree (if not, vegetarian), starch, and veggie dish in RoMa, along with plain pasta, and three prepared vegan salads in addition to the salad bar. There also is usually a plant-based soup and several cold veggie sides that can help spruce up a salad! Another thing to look out for is the ‘J.D. Thomas Cluster,’ a delicious homemade granola bar type thing that is sometimes offered at lunch and dinner. Check out **this cooking demo** of Chef Mike to learn how to make them yourself!

Verdict: We think RoMa is typically better for lunch than it is dinner, when options can sometimes be sparse and not particularly exciting.

Wilcox/Wu

**Things to look out for:**
- Fried plantains once a month on Wednesdays at lunch
- Delicious split pea soup

This dining hall can be quite variable. Though you can always count on Wilcox's solid selection of prepared vegan salads in its salad bar, made-to-order pasta bar (or veggie bar, since you don't actually have to include pasta— see the photo on the left), delicious bread, and typically a soup, it sometimes lacks in good, plant-based hot food options.

Verdict: We highly recommend **checking the menu beforehand unless you're set on sticking to the salad and pasta bars!**

Also check out the Grad College on Thursday nights for dinner!
This was by far the hardest section to write—coordinating with over 25 different people in various eating clubs and reminding them to take images and describe the availability of veggie-friendly options was not easy. But we also think this could be the most useful section, as there often isn’t much discussion around being plant-based in eating clubs.

Definitely keep in mind that our vegan-friendliness rankings may not be as accurate as they could be, due to the limited number of plant-based eaters in the clubs. If you’re vegan or vegetarian and are looking to join an eating club, definitely reach out to current members (and report back to us, too!).

Lastly, as all eating clubs have fairly similar breakfast options (consisting of some combination of cereal, eggs, burritos, potatoes, fruit, oatmeal, toast, bagels, peanut butter, granola, and yogurt), we will not specifically comment specifically on them.

**Terrace**

10/10 Vegan-friendliness

10/10 Vegetarian-friendliness

Unlike other eating clubs, Terrace is known for its consistently good vegan and vegetarian options. There’s always a plant-based hot food option (both an entree and a side)—though not always super healthy—in addition to an awesome salad bar stocked with raw vegetables, quinoa salad, and beans. There is a rotating pre-made salad at both lunch and dinner that is always vegetarian and often vegan.

At breakfast, in addition to the typical staples listed above, there’s always tofu scramble and even vegetables (favorites including brussel sprouts and cauliflower)! Vegan burgers are available during lunch at the grill, and almond, soy, and rice milks are provided.

**Tower**

7/10 Vegan-friendliness

8.5/10 Vegetarian-friendliness

In addition to its daily salad bar and hot food buffet (featuring a vegetable dish, a veggie protein dish, and plain pasta), Tower has a 100% customizable food system—meaning you can cater to your personal dietary desires everyday (ex. adding veggie proteins, and removing cheese/meat)!

Notably, it isn't necessarily easy to eat healthfully and plant-based at Tower—it certainly requires personal effort and devotion to nutritious foods. Soy and almond milks are always available!
This club always has vegan sides and vegetarian/pescatarian (but not vegan) entrees. As they are ordered on a computerized system, dishes can be customized—meat entrees, for instance, can be made with portobello/veggie burgers. Plain veggie burgers are always offered as an option at the grill.

Similar to other clubs, Cannon also has a great salad bar—always featuring hummus, black beans, and other fun mix-ins.

Quad has recently expanded its plant-based options. Now, pasta is separated from meat sauce, the salad bar has improved (though there still aren't always ingredients to make an amazing stand-alone plant-based salad), and students can ask the kitchen staff for veggie burgers, tofu, or mushrooms. One awesome thing about Quad is that there is often homemade (vegan) bread available!

Importantly, the hot food buffet usually only has plant-based starches and a veggie dish, as many of the non-meat options contain dairy. Being plant-based in Quad almost certainly means a heavier reliance on the salad bar, starches and fried foods.

The vegan/vegetarian options at Ivy are consistent and generally healthy. Dinner is ordered every night (at lunch there is a buffet which always has a vegetarian dish) and a veggie entree is available. There is always an option to have tofu, seitan, and/or quinoa with different sauces (see photo on the left), and the salad bar is solid. Soy and almond milks are available. Check out their weekly menu here.
Colonial

6/10  Vegan-friendliness

7.5/10 Vegetarian-friendliness

Colonial consistently has a variety of options for vegetarians, including a vegetarian starch and sautéed vegetable dish in the hot food line, as well as a great salad bar (generally including a premade salad, raw veggies, legumes, beets, and corn). Fried seitan and tofu are always available at the grill, in addition to soy/almond milk, and a frozen berry bar.

Cottage

7/10  Vegan-friendliness

8/10  Vegetarian-friendliness

Cottage has a hot food buffet that 60-70% of the time includes a plant-based entree in addition to a veggie and starch. Members can talk directly to the chefs to have personal meals made if they are not satisfied with the available options. The salad bar at Cottage is excellent—always featuring hummus, avocados, and exotic fruit. Soy, almond, and coconut milks are provided!

Tiger Inn

5/10  Vegan-friendliness

7.5/10 Vegetarian-friendliness

TI consistently has a vegetarian/vegan starch, veggie dish, and occasionally a hot bean or tofu dish in the hot food buffet. Vegetarian burgers (sadly not vegan) are provided as an option when meat burgers are served. The salad bar is good and often includes nuts and prepared tofu and bean salads. Sometimes TI has a grain bar featuring buckwheat and quinoa! A key thing to know about TI is that at breakfast, avocados are always available.
Cap & Gown

5/10 Vegan-friendliness
6.5/10 Vegetarian-friendliness

Cap has become progressively more veggie-friendly over the past few years, now providing vegan entrees more often, along with a veggie, starch, and vegetarian soup. There are usually veggie burgers, and the salad bar is consistently well-stocked— enough to make a decent meal when there are no vegan hot food options. Almond and soy milks are always available. Their weekly menu is here.

Cloister

7/10 Vegan-friendliness
8/10 Vegetarian-friendliness

While the vegan options in the hot food line aren't always great— usually consisting of cooked veggies and a vegetarian entree or starch (though tofu-based vegan entrees are becoming more and more frequent)— the salad bar is awesome (often having guacamole!), and chefs are more than willing to accommodate to plant-based eaters (an example of a customized vegan chickpea curry dish is shown in the photo to the left). Overnight oats and berries are common at breakfast, and soy, almond, and hazelnut milks are available.

Charter

6/10 Vegan-friendliness
8/10 Vegetarian-friendliness

There is usually a vegan entree at Charter, and if not, there's always something vegetarian. The salad bar is consistently well stocked and alternative meat options are available upon request. Vegan black bean burgers are offered at the grill during lunch, and on 'Pub Nights' there is always a vegetarian option. At all meals, members can request specific food from the chefs if they are unsatisfied with the existing options. Investigate Charter's menu here!
Some co-ops are more plant-based than others. That being said, since co-ops are small and student-run, they do an awesome job catering to the needs of its members. This means that every year the eating options in co-ops fluctuate based on the desires of its members. Check out the current food scene in Princeton's co-ops below!

**2-Dickinson Co-op (2D)**

2D (the largest co-op at ~50 members) is strictly vegetarian, and at least 65% vegan at any given time—containing several hot vegan options at every meal. Personal favorites from this co-op include coconut lentil soup, broccoli carrot tofu curry, homemade whole wheat bread, vegan banana pancakes, vegan tahini cookies, and more!

If you're at all interested in joining 2D, definitely put your name on this waitlist (it's a popular option among plant-based eaters and has limited space).

**Brown Co-op**

Brown offers a limited and inconsistent amount of strictly plant-based foods, usually only having a vegan or vegetarian entree every 2-3 days.

And while Brown is not a great place for plant-based eaters right now, it definitely can adapt to accommodate the diets of its new members. All in all, it still provides yummy homemade food!

**International Foods Co-op (IFC)**

IFC has a plant-based entree and a vegetable dish at all their meals to cater to its several vegetarian and veggie-loving members. There currently are no vegans in the co-op, but like other co-ops, IFC would certainly adjust their eating options if there were.
Real Foods Co-op (RFC)

RFC is a ‘flexitarian’ co-op that is excellent at catering to the dietary desires of its members. Currently, it is mandatory to have at least one veggie protein at every dinner/weekend brunch to serve its vegetarian members. Meat (usually chicken or fish) often is only cooked 2-3x a week.

Scully Co-op

Similar to RFC, a veggie protein option is mandatory at every meal to cater to its vegetarian and vegan members. While there isn’t always a vegan option as substantial as the meat-based one, Scully is always stocked with tofu, beans, and other legumes to ensure a constant supply of plant-based options for its several vegetarians!

*Pink House of Sustainability

Though Pink House is not a co-op, it is an environmentally-conscious and sustainability-focused “living and learning” community of students that uses many local (and primarily plant-based) ingredients in their cooking. We’d also recommend you add your name to their waiting list!
OTHER ON-CAMPUS CAFES & STORES
Here’s a list of other on-campus cafes and stores that anyone (Princeton students or not!) can go to.

1. In Frist Campus Center

Frist Gallery

Two words come to mind when we think of Frist: late meal. As mentioned earlier, students on certain meal plans can grab food at Frist for no extra charge. Completely redesigned as of this year as a part of the “Frist Forward Wellness Program” aimed at encouraging more students to choose environmentally sustainable foods, the Frist Gallery has an awesome salad bar (ft. roasted cauliflower, hummus, avocado, and more!), vegan mac and cheese, grain bowls, black bean burgers, roasted carrots, awesome bean dishes, rice, vegan dumplings, veggie pho, and so much more. Anyone can pay to eat at Frist, regardless of if they’re on a meal plan!

Café Vivian

This is probably one of the better on-campus cafes in terms of plant-based eating. Café Vivian (or ‘Café Viv’ as we call it) has a good selection of prepared salads and grains, a nice salad bar, vegetarian pizza, and some other occasional vegan/vegetarian delights.

Witherspoon’s

Witherspoon’s is a small cafe in Frist that is popular amongst caffeine-crazed college students both for coffee and tea, and small pastries and fruits. They also offer smoothies (containing dairy), but MOST importantly, a delicious selection of artisanal ice cream/sorbet from The Bent Spoon (find out more about this place on page 15!).

C-Store

The C-Store is a small convenience store that offers a small and fairly ordinary selection of drinks and snacks.
2. Murray Dodge Café

This place is awesome. It is essentially a free cafe open from 3 pm - midnight everyday that's only purpose is to provide freshly-baked cookies and tea (and a cozy place to study) to all Princeton students! Murray Dodge has 3-4 different types of fresh cookies ready at any given time, and usually one of them is vegan (and if there isn't a vegan option, you can always ask the student bakers to make you one!).

Importantly, on Wednesdays, all the cookies are vegan! Highlight flavors include snickerdoodle, cinnamon, mint, apple spice, raspberry, lemon, mint, and chocolate chip. Did we mention it's all free?

3. Wawa

Otherwise known as “The Wa,” Wawa is an awesome food/convenience store that has customizable sandwiches, burritos, sides, drinks and more! It's not at all aimed at plant-based eaters, but can easily be customized to accommodate to them. In addition to the made-to-order items, the Wa has an awesome selection of typical snacks and frozen desserts (some of which are vegan).

4. U-Store

The U-Store is essentially a small grocery/drug store that provides a solid variety of plant-based options– including both dishes from local restaurants that can be reheated (examples include fried rice, sushi, edamame, and samosas) and instant meals (the typical ramen, frozen veggies, burritos, and other dishes, and a personal favorite— the instant quinoa). Excitingly, the U-Store has an awesome selection of vegan frozen delights— from Halo Top to popsicles to Ben & Jerry's! Other than that, you can find an average selection of nut butters, nuts, cereals, chocolate, candy, granola bars, and other snacks!

The following are all little cafes scattered all throughout campus that offer very similar, and not notably plant-based options. Breakfast usually includes oatmeal, pastries, bagels/toast, and a yogurt parfait bar (in addition to the egg/meat sandwiches). At lunch, there is generally a meat-based entree, a starch, a veggie, and an occasional vegan or vegetarian entree. There is typically salad and soup (variable in terms of being plant-based) available. We should also mention that few undergraduate students actually eat in these cafes (usually just to get a coffee, drink, or snack), as they are generally pricey, have limited options, and the students themselves are affiliated with some type of meal plan, co-op, eating club, or cook for themselves.

• Studio 34
• E-Quad Café
• Genomics Café
• Chemistry Café
• Atrium Café (econ building)
• Woodrow Wilson Café
• Cafe 701
The following is a list of 7 of the most popular off-campus food destinations for Princeton students. Since Princeton itself is a fairly upscale town, many of its sit-down restaurants are pretty pricey for students. The places listed below are places students frequently go to if they venture off campus!

**Tacoria**

Only a year old, Tacoria has quickly become popular amongst Princeton students. Imagine a better version of Chipotle that has a specifically vegan menu with your choice of tacos, burrito bowl, burrito, nachos, or salad with roasted corn, fried avocado, or sauteed brussel sprouts as the vegan protein.

We highly recommend this place—be sure to get the guacamole!

**Jammin’ Crepes**

An awesome place to snag some crepes, Jammin’ Crepes is especially great because they offer a gluten-free/vegan crepe batter to accommodate for dairy-free folks. They have a specifically vegetarian menu (which can also be veganized) featuring a ‘Vegan Romesco Crepe’ and ‘Sweet Potato Creperito.’

We love the ‘Health Nut’ crepe, which includes peanut butter, bananas, granola, and honey if you desire!

**Tico’s Juice Bar**

Tico’s is a particularly popular place among Princeton students in search of refreshing juices, smoothies, and açai bowls.

Our personal favorite is the ‘Nutty Professor’ which has açai, granola, peanut butter, walnuts, strawberries and bananas.
Olives

Probably my personal go-to off-campus eatery, Olives has incredible hummus, baba ganoush and other prepared bean/legume salads that change frequently. The Santa Montica Wrap—bean sprouts, baba ganoush, and hummus wrapped in pita—is a vegan favorite.

We highly recommend Olives for a healthy and nutritious meal!

Frutta Bowls

Similar to Tico’s, Frutta Bowls has an awesome selection of smoothies and açaí bowls, in addition to pitaya bowls, hot oatmeal bowls, kale bowls, and fancy toast featuring spreads like tahini, avocado, peanut butter, fig jam, and more!

About 90% of their food is vegan, apart from some of the toasts which have cheese, and the added honey and sometimes whey in the bowls (all of which you can ask to have removed).

The Bent Spoon

The Bent Spoon is an awesomely delicious, unique to Princeton, artisan ice cream shop that has not only creative and seasonally-inspired ice cream flavors (highlight flavors include lavender, rose petal, avocado, corn, and earl grey), but also incredible sorbet and vegan baked goods.

I personally recommend combining the coconut and dark chocolate sorbets for a mind-blowing treat! Also be sure to look out for the vegan chocolate chip sea salt cookie (suggested by Robyn, one of the awesome vegan faculty members we interviewed!), which has been a recent addition to the Bent Spoon’s menu.

Milk & Cookies

A small, off-campus cookie bakery, Milk & Cookies has some delicious vegan cookie options that can be paired with almond and soy milk!

See all reviews from students [here](link)!
Apart from these 7 delectable off-campus destinations, here are some of our other vegan-friendly favorites in Princeton Town:

**Mamoun’s**
Mediterranean eatery with great falafel, hummus, tabouli, and baba ganoush.

**Mehek**
Indian restaurant with many vegetarian and vegan selections.

**Chennai Chimney**
Indian restaurant with plenty of vegan options and a student discount!

**Whole Earth Center**
This is more of a small scale Whole Foods than it is a restaurant.

**Thai Village**
Thai restaurant with some veggie curry and stir fry options.

**Tortuga’s Mexican Village**
Mexican restaurant with a vegetarian menu that can accommodate to vegans.

**Tandoori Bite**
Indian restaurant, offers a wide variety of vegan and vegetarian options.

**Nomad Pizza Company**
Pizza restaurant with 2 explicitly vegan pies, and others which can be customized.

**Nassau Sushi**
Japanese restaurant with veggie sushi and hot plant-based entree options.

**Arlee’s Raw Blends**
Has a variety of organic, raw, cold-pressed juice.

**Chopt**
Customizable salad shop with several vegan options and toppings!

**Fruity Yogurt**
A frozen yogurt place offering non-dairy milk options for bubble teas.

**Jules Thin Crust**
Pizza restaurant with variety of veggie pizzas including a vegan one. Beyond Meat sausage & chicken and Daiya cheese are available for customized pizzas.
Hoagie Haven
A sandwich shop and Princeton classic that sadly has little to no vegan options.

Local Greek
This Mediterranean restaurant has many vegetarian but few vegan options.

La Mezzaluna
Delicious Italian restaurant with many vegetarian but few vegan options.

Jammin’ Crepes
Even though it can somewhat accommodate for vegans, we wish they had a more extensive vegan menu.

House of Cupcakes
This cupcake bakery currently only has 1 vegan option and we want more!

Efes
Mediterranean restaurant with many vegetarian/vegan appetizers but limited number of vegan entrees— we’d love to see a few more!

LiLLiPiE’s Bakery
Lots of homemade vegan bread available but we’d love more vegan baked items and sandwiches! Their whole wheat English muffins are to die for.

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.
UPCOMING EVENTS

Here's a list of some plant-based focused events and initiatives coming up at Princeton!

21 Day Plant Based Challenge

Be on the lookout for the applications for a 21-Day Plant Based Eating Challenge (in the spring) featuring 6 weeks of group discussions about being plant-based!

Flexitarian Nights

Make the trek out to Forbes to enjoy this (almost 100%) vegetarian - or “flexitarian” - dinner. Happens only once a semester!

Here’s the Menu:

- Forest Mushroom Salad
- Posu Bowls
- Roasted Corn Salsa
- Beet Sliders
- Roasted Beet Poke Bowl
- Acorn Squash & Kale
- Roasted Butternut Squash & Sweet Potatoes
- Vegan Apple Bars & Chocolate Cake

Princeton Farmers’ Market

A lovely farmers’ market featuring bakeries as well as nut butter, almond milk, local fruit/vegetable, chocolate, olive oil, and many other vendors! The last one is November 15th!

About halfway through the spring semester, there is also a Princeton Farmers’ Market on campus by East Pyne on Wednesday’s from 10 AM - 3 PM— be on the lookout for more info about that here!

National Nutrition Month

Lots of healthy, plant-based fruit tastings featuring Campus Dining’s wellness dietician, Melissa Mirota. Check out this site as March rolls around for updates.
Tiger Chef Challenge
A fun event where residential college chefs team up with 5-6 students and compete in a cooking challenge! There’s also a bunch of food vendors (many of which are veggie-friendly) that sponsor the event, which means delicious and free food samples for students!

This event usually happens in late April and will be heavily advertised. The winning plate of food last year came from Mathey College, and featured the secret ingredient mushroom in plant-friendly tacos, gazpacho, spring rolls, and avocado mousse.

Integral Yoga
Check out the upcoming events schedule at Integral Yoga for future movie/vegetarian potluck events!

Origins Dinner
In Chef Mike’s words, this dinner “is an opportunity to feature all that New Jersey has to offer in September and tell our story of the commitment we make to using local fresh produce and humanely raised animal proteins.”

The only meat available is at the grill (one option includes the grass fed blended burger, which is 60% grass fed beef and 40% local mushroom blend and is the only burger served on campus!) and there are no processed foods in the meal.

Food & the Environment Certificate
This is a brand new academic offering in the Environmental department that allows students to explore “a broad range of topics associated with food and its environmental impacts.”

Food and Agricultural Initiative
This is Campus Dining’s new initiative that aims to both critically analyze global food and agriculture and address their social and environmental effects.
STUDENT GROUPS

This is a list of awesome groups you can get involved in if you're passionate about the plant-based movement—whether that means you have an interest in food sustainability, animal rights, environmental consciousness, locally sourced foods, or baking delicious vegan food!

Greening Dining

Greening Dining is a student group that meets monthly with Campus Dining to discuss and implement ways to make food-related practices on campus more sustainable.

E-mail: awistar@princeton.edu
Presidents: Shun Yamaya ’19 and Alice Wistar ‘20
Treasurer: Dee-Dee Huang ‘20

Princeton Studies Food

Princeton Studies Food (PSF) is an umbrella organization at the University for those who use food as a lens of academic exploration, of cultural connection, of connection to the environment and for those whose focus is on questions related to food and its related systems.

Website: https://princetonstudiesfood.princeton.edu/
E-mail: karlac@princeton.edu
Program Manager: Karla Cook

Garden Project

This is a student-run, educational, organic garden located north of Forbes College at 79 Alexander Street. The group holds workdays twice a week as needed and events throughout the year, including campfires, harvests, and yoga in the garden.

E-mail: lauriez@princeton.edu
President: Laurie A. Zielinski ‘20
Treasurer: Anna K. Marsh ‘20

Animal Welfare Society

This is a group dedicated to the promotion of animal rights—encouraging the discussion of protection of wildlife and their environment, vegetarian/vegan options, and animal welfare.
Farmers Market

This group, operating in conjunction with the Office of Sustainability, works to organize a farmers market that is held each spring on campus, bringing together vendors from all around the Princeton and the broader NJ community.

E-mail: farmersmarket@princeton.edu
President: Hannah M. Waxman ‘19
Treasurer: Sadie Henderson ‘20

Princeton Vertical Farming Project

Paul Gauthier, a Princeton plant physiologist, launched the vertical farm project a few years ago to investigate the best growing conditions for various crops using the least amount of water and energy. The vertical farm, recently located to the lobby of Forbes College, contains about 80 plants, the most successful being herbs and leafy greens, which have been distributed on campus. Both Terrace eating club and 2D Co-op have been able to incorporate the vertical farm’s harvests into meals (in additional to flexitarian night at Forbes)!

To get involved, contact Paul Gauthier (ppg@princeton.edu). Learn more here!

Institute for Chocolate Studies

This is Princeton’s first student-run bean-to-bar chocolate factory. You can buy their 75% homemade (vegan) dark chocolate bars for $3 each on Wednesdays from 8-10 PM in the first floor of Frist!

E-mail: chocolat@princeton.edu
President: Maho Hamada ‘21
Treasurer: Angela Feng ‘19

Challah for Hunger

Challah for Hunger is a joint Pace Center–Center for Jewish Life group that raises money and awareness for hunger-based charities through baking and selling challah, traditional Jewish bread eaten on Shabbat and holidays. The money raised supports Mercer Street Friends (a local food bank that serves the Trenton-Mercer County area), and MAZON: A Jewish Response to Hunger (a national organization working to end hunger among people of all faiths and backgrounds in the United States and Israel).

Buy a loaf (plain, cinnamon-sugar, or chocolate chip) in the first level of Frist on Fridays from 11:30 AM-1:30 PM.

E-mail: hzs@princeton.edu
President: Hannah Slabodkin ‘21
As a part of our comprehensive guide, we thought it would be valuable to incorporate interviews with students, faculty, and staff to share personal accounts of why plant-based eating is important and what it’s like being plant-based on campus!

### Jasmin Capellan ‘20

Jasmin’s vegan journey started when she was abroad in Eastern Europe one summer and decided to try out vegan restaurants. As she ate more and more vegan meals, she realized she was getting way more nutrients into her diet and eating way healthier overall—prompting her to stick with it. Jasmin definitely doesn’t feel like there is a community of plant-based eaters on campus apart from a few friends, and wishes Campus Dining would do a better job of keeping unnecessary milk out of nearly-vegan dishes, as this often happens in certain vegetable/lentil dishes!

Jasmin thinks the plant-based movement is important, because, apart from being awesome for our health, it’s a way we can reduce our carbon footprints and animal suffering!

### Bevin Benson ‘21

Bevin initially became plant-based after her dad was able to reverse his heart disease eating a vegan diet. Reading and learning more about the evidence in favor of plant-based eating also made Bevin passionate about the environmental benefits of the movement. And while at first, the ethical piece of being plant-based wasn’t particularly important for her, it is now the ethical component that drives her to continue her vegan diet.

At Princeton, Bevin does not perceive a coherent community of plant-based eaters, and wishes there was more of one! She thinks the dining halls do an awesome job providing vegan options.

### Zartosht Ahlers ‘19

Zartosht went vegan two years ago after becoming involved in various environmental justice communities on campus and befriending a vegan athlete, who (along with Scott Jurek’s ‘Eat and Run’) helped him dissolve the myth that you couldn’t be both vegan and a competitive athlete. In his own words, “I felt like my personal habits weren’t aligned with my beliefs and ethical system.” Particularly important for Zartosht is the environmental component—that is, leaving a smaller negative footprint on developing countries and marginalized communities across the world.

He doesn’t feel like there’s a specific plant-based community on campus, but definitely feels like there are communities on campus where many students are plant-based that “naturally gravitate towards each other because of their environmental beliefs and love of nature.” Interestingly, Zartosht dislikes the term “veganism.” He feels that the label “vegan” often implies that vegan food is superior to non-vegan foods, and feels that what’s most important is being an environmentally conscious eater, as there are ‘vegan’ foods—like palm oil, for example—that still leave massive carbon footprints. Eating locally and being aware of the sources of our food and their positions on the food chain, Zartosht believes, should be the priority.
Peter Singer

Widely known for his book *Animal Liberation* and writings on global poverty, Professor Singer has been a bioethics professor at Princeton for 19 years. He first went vegetarian after learning about the horrors of factory farming. While he’d of course always known that animals had to be killed in order for there to be meat on the table, he’d always imagined these animals lived good lives. Once he discovered that the opposite was true—that factory farmed animals lived miserable lives from birth to death, he, in his own words, felt he “could not be complicit in this constant abuse of animals.” He’s been vegetarian (and now mostly vegan) for 47 years.

And while his concern for animal welfare continues to be the driving factor in his dietary choices, Professor Singer also believes that the plant-based movement is crucial to help reduce our carbon footprints and to support a more energy efficient way of eating. Plant-based eating “makes available the possibility of producing much larger quantities of food to feed the world.” Professor Singer does know a few vegetarian faculty, but does not feel they constitute any sort of plant-based community. The most vegetarian community he knows of is 2D co-op, where he is often invited for dinner. He thinks it’s awesome how much the vegetarian and vegan options at Princeton have improved since his time here—commenting specifically on the salad and pasta bars in Wilcox!

Robyn Howard

Robyn first decided to go vegetarian after reading ‘The Jungle’ by Upton Sinclair—a very impactful muckraking novel that exposed the inhumane working conditions in the meat-packing industry. “Once the internet became a thing,” as Robyn explained, she became aware of the harms and unethical nature of the dairy and egg industries. For her, it was this ethical component of veganism that was most influential. She decided to go vegan nearly 20 years ago and has been ever since!

In terms of the community of plant-based faculty on campus, she finds it sufficiently lacking. While there are a solid number of faculty interested in the movement and considering a vegan/vegetarian diet, there definitely isn't much of a community that is particularly passionate about plant-based eating.

To help address this, Robyn would love to see more vegan or vegetarian themed meals in the dining halls (like Flexitarian night!), more ‘gateway’ foods like vegan salad dressings to help encourage people to be more plant-based, and less meat and dairy served in campus-wide events (specifically those centered around sustainability and environmentalism). Robyn recognizes that Campus Dining has to walk a fine line between being plant-forward and still providing for its students that are less conscious about their eating habits, but would love to see more of a community and focus around plant-based eating nonetheless!

Robyn HIGHLY recommends the vegan chocolate chip sea salt cookie at the Bent Spoon, and also has a vegan rescue dog that she loves very much!
Professor Lombrozo

After befriending a vegetarian in college and reading "All Animals Are Equal" by our very own philosophy professor, Peter Singer, Professor Lombrozo decided to go vegetarian at 17. About 7 years later—after both becoming interested in moral psychology and the ways in which PETA (People for the Ethical Treatment of Animals) pitched their messages, and realizing more and more that the same arguments that advocated for vegetarianism also applied to veganism, Dr. Lombrozo decided to go vegan and has been since.

And while it was first the psychological/ethical side of things that prompted her to make the shift, she now is also very compelled by the environmental arguments—citing how our individual choices around eating are something we can change to better support the environment and reduce our personal carbon footprints. Dr. Lombrozo feels that it's definitely not hard to find vegetarian food here, but can be difficult at times to reliably find vegan food (especially in comparison to where she used to live in Berkeley). She hasn't felt much of a plant-based community at the faculty level, but has in her own lab, where any events involving food are always 100% vegan or vegetarian.

Dr. Lombrozo takes a special interest in the psychology aspect of plant-based eating—in particular, when kids have “this moment of realization of what they're eating and actual animals” and how they conceptualize food and animals from a young age. A fun fact about Dr. Lombrozo is that she and her husband had a 100% vegan wedding!

Chef Michael Gattis

Chef Michael Gattis (or Chef Mike, as we call him), though himself not a vegetarian or vegan, is passionate about encouraging students to explore more plant-based options.

“Americans are so protein crazed, thinking that we need to get protein from beef, chicken, and fish. But we can consume enough proteins from plants. There needs to be a shift in the way we think about food, and that comes with education. That's part of what we're trying to do here—provide good tasting, nutritious dishes that are not even meat alternatives, but mainstream, and desirable for everyone. Our goal is not to change students and tell them they can't have meat, but to make it more of a side dish and have plant-based proteins at the center of the plate.”

Chef Mike is passionate not only about helping students to be more plant-forward, but also about respecting the Earth's resources and being environmentally aware. Over his twelve years at Princeton, Chef Mike has seen more and more students in tune with the plant-based movement. Needless to say, he is in full support of the vegan and vegetarian student community on campus.
Thank you, wonderful person, for reading this guide!

There’s a lot to say about plant-based eating at Princeton: between the dining halls, eating clubs, co-ops, and on and off campus restaurants, things can quickly get complicated. All in all, we think Princeton does a good job catering to its community of vegetarian and vegan students, though it’s certainly better in some places than others. That being said, apart from a few pockets of student groups, there is not by any means a strong sense of community on campus centered around plant-based eating. In giving a voice to our plant-based students, we hope that writing this guide can begin fostering this sense of community.

Many thanks to all the faculty, staff, and students that already have pushed Princeton to be more plant-forward, we hope that we can continue to move in this direction— encouraging all members of Princeton to eat more consciously— one veggie at a time.

Acknowledgments


Our Greening Dining Team

Julia Harisay ‘21 from Athens, Georgia is a Woody Woo concentrator that is also pursuing an environmental studies certificate, as sustainability and agriculture are particularly important to her. She is also a member of Princeton’s track and field team!

Tobi Ajayi ‘22 is from London and Lagos, Nigeria and plans on majoring in architecture. She is a member of BAC (a dance group), LEAP (learning enrichment in the arts program), and the Alpha Omega ministry (a non-denominational Christian student group).

Brittani Telfair ‘22 is from Richmond, Virginia, and is considering majoring in Politics. She is a member of SPEAR (Students for Prison Education and Reform), Songline Slam Poetry, and the Princeton Student Events Committee.

Dee-Dee Huang ‘20 from Houston, Texas, is an operations research and financial engineer. She is involved in the school choir, the entrepreneurship club, and several environmental groups on campus.

Kat Ross ‘22 is from Toronto, Ontario in Canada and is on the Women’s Crew Team and the Butler College Council. She is not yet sure what she wants to concentrate in!

Alice Wistar ‘20 is a Spanish and Global Health concentrator with a passion for nutrition (and travelling!). She is a peer health advisor, student coordinator in the Rocky-Mathey dining hall, and is in the running club, Princeton Studies Food, and Petey Greene Program. She is the co-president of Greening Dining and an intern for abillionVeg. She was the author of this guide.
Discover Plant-Based Food Everywhere
Dig into the world’s largest menu of vegan and vegetarian dishes

Keep in touch!
We’d love to hear from you.

For enquiries or feedback, please write to -

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