

# EAT FOR THE PLANET

A GUIDE TO EAT SUSTAINABLE IN BRITISH COLUMBIA



SUSTAINABILITY STUDENT AMBASSADOR



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# WHO WE ARE

The Sustainability Student Ambassador program provides leadership experience for Langara students interested in engaging the community in sustainable practices to create major contributions to social development, and environmental protection. Ambassadors have the opportunity to envision, develop and execute projects related to sustainability. Our 2020 fall project is this e-book to bring awareness and a practical guide about our choices and how we can adopt healthy and sustainable food choice habits.

## STUDENT TEAM



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# FOOD WASTE



*"THE WORLD IS CHANGED BY YOUR EXAMPLE, NOT BY YOUR  
OPINION."*

*- PAULO COELHO*

IMPACT  
ESSENTIALS  
STRATEGIES





## ENVIRONMENTAL IMPACT

The environmental impact of food waste from production of methane and greenhouse gas emission results in extreme heat waves, rising sea-levels, changes in precipitation and destruction of ecosystems from monoculture crops. Raising animals for food requires massive amounts of land, food, energy, and water being one of the main drives for climate change.



## ENVIRONMENTAL IMPACT

Food waste is responsible for the majority of billions of malnourished people in the world given the global financial crisis, rising food prices and international food shortages. According to the Food and Agriculture Organization of the United Nations (FAO) if only one-fourth of the food wasted globally was consumed it would be sufficient to feed 12 percent of the world's current population.



## HUMAN HEALTH IMPACT

Climate change impacts human health of through water and air quality. Increase in methane and CO<sub>2</sub> from food transportation, high temperatures, poor air quality and wildfires contributes to progression of diseases such as asthma, lung cancer, ventricular hypertrophy. In addition, warm temperatures, and changing rainfall patterns that occur from the impacts of bad practice from food industries, raise the risk and spread of vector-borne disease, such as plague, Lyme disease and malaria.



# ZERO WASTE ESSENTIALS

Zero waste essentials are reusable materials one can use to replace non-lasting/disposable materials and reduce waste.

Cloth napkins

Tote bag/ reusable bag

Seed pencils

Reusable water bottle and coffee mug

Reusable food storage containers,

Package free soap, shampoo and conditioner

Washable period underwear

Stainless steel straws

Bamboo toothbrush

Mason jars

Beeswax wrap

Zero waste apps

## Resources:

Foodful.ly helps track items your fridge and reminds you to eat it before it goes bad

2) Bunz City Network helps you trade with your neighbourhood without creating demand.

3) Farmstand app shows you the Farmer's Markets in your area

4) Bulk Store Locator locates you with bulk stores

5) Follow instagram accounts such as @myzerowastelifeintoronto, @yourecofriend, @eco.glo, @getunpackaged, @zerowasteteacher, @refusereuse,

@mindfullysustainable,

@paredown, @myecofairy, @greentipsarluma





**GREEN TIP**  
Make a liquid fertilizer  
for your plants

1. Save your banana peels
2. Soak them in an air-tight jar with water for 3 days
3. Use that water to fertilize your plants
4. Compost the peels



**DID YOU KNOW?**  
It takes 450 years for a plastic bottle to degrade



Of all the plastic produced since the 1950s, only 9% has been recycled and 12% incinerated.

**WHICH?**

**Disposable razors**



Made of: Plastic, rubber, metal  
Price: Starting at \$6  
Usage: 2-5 shaves  
Recyclable blades: No

**Safety razors**



Made of: Stainless steel  
Price: Starting at \$14  
Usage: Lifetime, but blades need to be replaced after several shaves.  
Recyclable blades: Yes

**GREEN QUOTE**  
OF THE DAY

“  
The Earth is what we all  
have in common.”

- Wendell Berry

**GOOD NEWS ✓**  
The Aral Sea is coming back to life



After a long period of decline, it is experiencing an ecological resurgence

**DID YOU KNOW?**  
Extensive avocado production is unsustainable



It causes biodiversity loss, extreme weather conditions and soil degradation

**DID YOU KNOW?**  
Trees are growing faster and dying younger



The world's forests may be losing their ability to store carbon

**GOOD NEWS ✓**  
Bee populations are on the rise in the US



Maine sees a 72% increase over the last 2 years

**GREEN TIP**  
Reuse your old toothbrushes instead of discarding



They can be used as a cleaner, paintbrush & more

**DID YOU KNOW?**  
Artificial light is disruptive to nocturnal animals



Species use light from the moon to migrate in search for food

**WHICH?**

\*Based on single-wick, 7 oz candles (200g). Starting prices based on Amazon.com. Numbers may vary depending on usage.

**Paraffin candles**



Made of: Paraffin, petroleum-based wax  
Price: Starting at \$30  
Shelf life: Up to 4 years

**Organic candles**



Made of: Plant or vegetable based wax  
Price: Starting at \$15  
Shelf life: Up to 2 years

# ZERO WASTE TIPS & STRATEGIES

- Revive leafy greens in ice bath
- Air dry your clothes
- Freeze surplus garden vegetables
- Grow herbs in water: mint oregano sage basil rosemary thyme
- Use cloth towels instead of paper towels

- Separate onions from potatoes
- Date marks your foods
- Separate fruits and veggies
- Use coffee grounds for fertilizer
- Eat less meat and dairy
- Eat locally grown food
- Unplug electronic devices when not in use
- Use rice water as conditioner
- Buy in bulk
- Save veggie scraps to make broth
- Save rice water for plants because it's full of nutrients
- Pick up takeout with a sustainable cloth bag
- Meal prep your week of meals
- Download apps that connect you with local farmers or groceries with deals on produce that is about to expire.

# THE IMPORTANCE OF STORING FOOD CORRECTLY:



## The Importance of Storing Food Correctly:

Proper food storage is imperative in avoiding viruses, pes, molds and toxins. The aim of the method is to reduce greenhouse gas emissions, such as methane, to the atmosphere.

Conserving energy and resources, reducing greenhouse gas emissions and preventing pollution involved in the growing, manufacturing, transporting, and selling food results in less food waste.





# THE IMPORTANCE OF STORING FOOD CORRECTLY:



## Storing Food Tips:

- Storing Food Tips:
- Set your refrigerator at or below 4 C (40 F) and your freezer at or below -18 C (0 F).
- Keep foods covered and clean your refrigerator often
- Store raw foods below cooked foods.
- Store food in suitable, covered containers.
- Avoid refreezing thawed foods.
- Check dates on food products. Monitor Refrigerator/freezer thermometers



# COMPOSTING

## WHAT TO COMPOST

### DO COMPOST



- Food scraps
- Fruits & vegetables
- Meat & bones
- Non-liquid dairy (e.g. cheese)
- Grain products (e.g. bread)
- Pizza & pizza boxes
- Coffee grounds & paper filters
- Tea & paper tea bags
- Napkins & paper towels
- Paper to-go boxes (non-coated)
- Items labeled BPI Certified Compostable or ASTM D6400 Certified

### DO NOT COMPOST



- Plastic of any kind
- Foam or Styrofoam
- Metal
- Glass
- Liquids
- Foil or plastic-coated products
- Saran wrap & plastic film
- Hazardous & medical waste
- Used facial or toilet tissue
- Plastic bags
- Hand & face wipes
- Dental floss & Q-tips
- Cotton balls & pads

- Introduction
- Tools and Equipment
- Simple Steps

## Introduction

- Composting at home isn't just cheap and easy but it can help reduce your waste impact, save resources and inspire other future green leaders.
- More than half the food produced in Canada is wasted 63% of the food Canadians throw away could have been eaten.
- Canada's wasted foods by weight are Vegetables: 30%, Fruit: 15%, Leftovers: 13%, Bread and Bakery: 9%, Dairy and Eggs: 7%.





# TOOLS AND EQUIPMENT



- kitchen pail or crock
    - composting bin
    - compost thermometer (optional)
    - moisture meter (optional)
    - replacement filter (to absorb compost odors)
- 





# SIMPLE STEPS:



**Step 1:** Select a sunny spot in your garden or buy a bin where warmth and moisture can be contained. Keep your composting bin in direct sunlight (ideal temperature range for a worm bin is between 55-77°F). If you live in an apartment buy a small electric compost, warm bin or store in freezer.

**Step 2:** Create a lasagna layered compost pile with green and brown waste. Do not compost fats, pet droppings or animal products to avoid the spreading of diseases. In addition, avoid plants that have been treated with pesticides or herbicides

**Step 3:** Turn your compost pile every couple of weeks to aerate the compost mix. Use coffee grounds to improve your soil's water retention, aeration and drainage and remove odors.



# IMPORTANCE OF LOCAL AND SUSTAINABLE SEASONAL FOOD

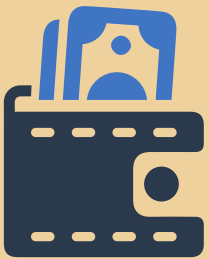
Local and seasonal foods have a huge impact on sustainability in the world. Changing one's shopping habits are one of the easiest ways of achieving better health, helping the environment, and benefiting your local community. Knowing what foods are grown locally in your area and what season they are grown in, students can plan out their yearly expenses more accurately, with planning what to buy when, and how much they can buy in growing seasons to preserve in preparation for out of season.

Local and seasonal foods are also better for a person's health as there are less preservatives used and it is much easier to find organics options since the foods do not need to be transported from thousands of kilometers away, so preservation for long periods of fresher fruits and vegetables is not necessary.

The environmental importance of local and seasonal foods is tremendous, as there is basically no carbon footprint from foods that are grown locally right in your community. Local seasonal foods are not being transported by truck or boat from different provinces or countries for the buyers here, whereas buying out of season non-local foods from far away would have already emitted lots of CO2 in getting here, simply by way of transport which does the emitting.

The social impacts of shopping locally and seasonally are also great, as a person can positively impact local farms and their local community, helping people in their own community make ends meet and further grow the community's economic growth. People can put a face behind their food as a neighbor, a community leader, a friend. All these ways that shopping locally can immediately impact a person's location, their health and the environment.

Purchasing local foods while in season instead of food being transported thousands of kilometers away is one of the best ways to lower the carbon emissions associated with food sovereignty. Having awareness of the different seasonal and price point options available to the Langara's student will help the student plan their grocery expenses throughout the entirety of the year.



Good for your  
pockets



Good for the  
environment



Good for your  
health



Good for your  
community

# LOCAL FOODS OF VANCOUVER

## LOCAL PLANT-BASED MEATS

There are a few notable companies that produce their plant-based products within Southwest BC and are not trucked from companies that are hundreds of kilometers away. Some examples are:

- Modern Meat (Stong's, organic/fine foods grocers and food markets around Vancouver)
  - TMRW foods (whole foods, choices, Nature's Fare, Nestser's market, Stong's, Pomme, Blush Lane, Virtuous Pie)
  - Big Mountain (save on, other general grocers probably)
- Very Good Butchers (Victoria, BC)



BIG MOUNTAIN FOODS VEGGIE PATTY GOES FOR \$7.49 THROUGH SPUD.CA



# MEATS

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WE HIGHLY RECOMMEND PEOPLE TO REDUCE OR CUT OUT MEAT CONSUMPTION FROM THEIR DIETS.

Though meat products are not environmentally sustainable and many meat industries are a major contributor to climate change, they are included here simply because we know that people still eat meat. So to keep options open to those who want to continue eating meat, here are some local options to keep in mind so as to encourage spending on products that are not trucked into the province, which would add an even greater carbon footprint if it was

## **Chicken/Turkey is raised locally in bc**

- BC meats are also raised on local farms around the lower mainland and Fraser Valley. Look for SPCA certification for ethical livelihood treatment of the animals.
- Fish runs within season, caught by local small scale fishers, bought at local fish markets at Steveston or Granville Island.

# GRAINS AND LENTILS

- -Field Stone Organics from Armstrong supplies grains and lentils from Okanagan farmers
- 750g \$6.40 for green/black lentils/\$30.60 for 5 kg.  
Whole Foods Robson, Cambie,
- Kitsilano, Nesters Yaletown, SPUD, Organic Acres, Kits Natural Foods, Eternal Abundance

## Organic

- -For beans, Farmers Markets and CSA boxes (Croptorne Farms, other csa farms) may be your best bet for local beans



Whole Grains from Field to Fork



# FRUITS AND VEGETABLES

- CSA for local farmed produce at fair price, Farmers markets, or grocery stores with label checking to know the origin of vegetables and fruits.
- Kiwis farmed at Petkov Kiwi Production in Abbotsford during winter for local potassium as a banana substitute. Farmers market at Nat Bailey's stadium starting December.
- Kiwis have potassium equivalent to bananas. Buying local kiwis gives you potassium intake without it being imported from far away.



**Petkov**  
kiwi production

PESTICIDE FREE

**KIWIFRUIT  
GROWN IN  
BRITISH  
COLUMBIA**



# WHAT IS IN SEASON IN SOUTHWEST BC?

## January

FRESH – APPLES, CABBAGE (RED, SAVOY), CARROTS, KALE, KIWI, LEEK, ONION (RED, YELLOW), PARSNIP

STORAGE/DRIED/FROZEN – BEANS, BEETS, CABBAGE (GREEN), GARLIC, POTATOES (RED, RUSSET, YELLOW), RUTABAGA, SHALLOTS, SQUASH (WINTER), TURNIP (WHITE)

## February

FRESH – APPLES, CABBAGE (SAVOY, RED), CUCUMBERS, KALE, LEEK, ONION (RED, YELLOW), PARSNIP

STORAGE/DRIED/FROZEN – BEANS, BEETS, CABBAGE (GREEN), CARROTS, GARLIC, POTATOES (RED, RUSSET, YELLOW), RUTABAGA, SHALLOTS, TURNIP (WHITE)

## March

FRESH – APPLES, CABBAGE (SAVOY, RED), CUCUMBER, KALE, KIWI, LEEK, ONIONS (RED, YELLOW), PEPPERS, TOMATOES

STORAGE/DRIED/FROZEN – BEANS, BEETS, CABBAGE (GREEN), CARROTS, GARLIC, PARSNIP, POTATOES (RED, RUSSET, YELLOW), RUTABAGA, SHALLOTS, SQUASH (SQUASH), TURNIP (WHITE)

## April

FRESH – CUCUMBER, KALE, PEPPERS, RADISH, RHUBARB, SPINACH, TOMATOES

STORAGE/DRIED/FROZEN – BEANS, BEETS, CABBAGE (GREEN, RED, SAVOY), CARROTS, GARLIC, ONIONS (RED, YELLOW), PARSNIP, POTATOES (RED, RUSSET, YELLOW), RUTABAGA, SHALLOTS

## May

FRESH – ASPARAGUS, CELERY, CUCUMBER, KALE, MUSTARD GREEN, ONION (GREEN), PEAS, PEPPERS, RADISH, RHUBARB, SPINACH, SWISS CHARD, TOMATOES, TURNIPS (WHITE)

STORAGE/DRIED/FROZEN – BEANS, BEETS, CARROTS, GARLIC, ONION (RED, YELLOW), PARSNIP, POTATOES (RED, RUSSET, YELLOW), SHALLOTS

## June

FRESH – ASPARAGUS, BEETS, BROCCOLI, CARROTS, CAULIFLOWER, CELERY, CUCUMBER, FENNEL (BULB), GARLIC, KALE, GOOSEBERRIES, LETTUCE, MUSTARD GREENS, ONION (GREEN), PEAS, PEPPERS, POTATOES, RADISH, RHUBARB, SPINACH, SASKATOON BERRIES, SQUASH (SUMMER), STRAWBERRIES, SWISS CHARD, TOMATOES, TURNIPS (WHITE), ZUCCHINI

STORAGE/DRIED/FROZEN – BEANS, ONIONS (RED, YELLOW), SHALLOTS

## July

FRESH – APPLES, APRICOT, BEANS, BEETS, BLACKBERRIES, BROCCOLI, CABBAGE (SAVOY, RED), CARROTS, CAULIFLOWER, CELERY, CHERRIES, CORN, CUCUMBER, CURRANTS, FENNEL (BULB), GARLIC, GOOSEBERRIES, KALE, LEEKS, LETTUCE, MUSTARD GREENS, NECTARINES, ONION (GREEN), QUINCE, PEAS, PEPPERS, POTATOES (RED, RUSSET, WHITE, YELLOW), RADISH, RASPBERRIES, RHUBARB, SASKATOON BERRIES, SPINACH, SQUASH (SUMMER), STRAWBERRIES, SWISS CHARD, TOMATOES, TURNIPS (WHITE), ZUCCHINI

STORAGE/DRIED/FROZEN – ONIONS (RED, YELLOW), SHALLOTS

## August

FRESH – APPLES, APRICOTS, ARTICHOKE, BEANS, BEETS, BLACKBERRIES, BLUEBERRIES, BROCCOLI, CABBAGE (SAVOY, RED), CARROTS, CAULIFLOWER, CELERY, CHERRIES, CORN, CUCUMBER, FENNEL (BULB), GARLIC, KALE, LEEK, LETTUCE, MELONS, MUSTARD GREENS, NECTARINES, ONIONS (GREEN, RED, YELLOW), PARSNIP, PEACHES, PEARS, PEPPERS, PLUM, POTATOES (RED, RUSSET, WHITE, YELLOW), PRUNES, RADISH, RASPBERRIES, RHUBARB, RUTABAGAS, SHALLOTS, SPINACH, SQUASH (SUMMER), STRAWBERRIES, SWISS CHARD,

TOMATOES, TURNIPS (WHITE), ZUCCHINI

## September

FRESH – APPLES, ARTICHOKE, BEANS, BEETS, BLUEBERRIES, BROCCOLI, BRUSSELS SPROUTS, CABBAGE (GREEN, RED, SAVOY), CARROTS, CAULIFLOWER, CELERY, CORN, CRANBERRIES, CUCUMBER, FENNEL (BULB), GARLIC, GRAPES, KALE, LEEK, LETTUCE, MELONS, MUSTARD GREENS, ONIONS (GREEN, RED, YELLOW), PARSNIP, PEARS, PLUM, PEPPERS, POTATOES (RED, RUSSET, WHITE, YELLOW), PRUNES, PUMPKIN, RADISH, RUTABAGAS, SPINACH, SQUASH (WINTER), STRAWBERRIES, SWISS CHARD, TOMATOES, TURNIPS (WHITE), ZUCCHINI

STORAGE/DRIED/FROZEN – SHALLOTS



## October

FRESH – APPLES, ARTICHOKE, BEETS, BROCCOLI, BRUSSELS SPROUTS, CABBAGE (GREEN, RED, SAVOY), CARROTS, CAULIFLOWER, CELERY, CORN, CRANBERRIES, CUCUMBER, FENNEL (BULB), GARLIC, KALE, KIWI, LEEK, LETTUCE, MUSTARD GREENS, ONIONS (RED, YELLOW), PARSNIP, PEARS, PEPPERS, POTATOES (RED, RUSSET, WHITE, YELLOW), PUMPKIN, QUINCE, RADISH, RUTABAGA, SPINACH, SQUASH (WINTER), SWISS CHARD, TOMATOES, TURNIPS (WHITE), ZUCCHINI

STORAGE/DRIED/FROZEN – BEANS, SHALLOTS

## November

FRESH – APPLES, BEETS, BROCCOLI, BRUSSELS SPROUTS, CABBAGE (GREEN, RED, SAVOY), CARROTS, CAULIFLOWER, KALE, KIWI, LEEK, LETTUCE, MUSTARD GREENS, ONIONS (RED, YELLOW), PARSNIP, PEARS, POTATOES (RED, RUSSET, WHITE, YELLOW), PUMPKIN, QUINCE, RUTABAGA, SQUASH (WINTER), SWISS CHARD, TOMATOES, TURNIP (WHITE).

STORAGE/DRIED/FROZEN – BEANS, GARLIC, SHALLOTS

## December

FRESH – APPLES, BEETS, BRUSSELS SPROUTS, CABBAGE (RED, SAVOY), CARROTS, KALE, KIWI, LEEK, ONION (RED, YELLOW), PARSNIP, PEARS, POTATOES (RED, RUSSET, WHITE, YELLOW) RUTABAGA, SQUASH (WINTER), TURNIP (WHITE).

STORAGE/DRIED/FROZEN – BEANS, CABBAGE (GREEN), GARLIC, SHALLOTS.



## CSA BOXES: FRESH LOCAL PRODUCE

CSA Boxes are farm produce subscription packages that are put together and provided by local farms. Customers sign up and pay for a subscription at a specific local farm to receive a share of the seasonal crops in boxes throughout the season. It's a direct way to support local farms and seasonal produce

# FOOD PRESERVATION

## **Why is preserving food important to sustainability?**

It helps us to shop for our food seasonally. When we get into the winter season, one can still buy zucchini and strawberries in grocery stores, but that is because those veggies were grown outside of the province and trucked in from warmer climates like in California and others places that are thousands of kilometers away.

Practicing Food preservation is important for sustainability, because it cuts down on the demand for out of province produce out of season, which cuts down on CO2 emissions that would have been made from bringing those foods in. Food preservation throughout the year is also not a difficult task.



# METHODS:

- Canning: water bath: easy to do, low tech required, can do it with high acid foods, like fruits, fruit juice, pickled veggies, salsa, chutney, vinegars, condiments.
- Canning: Pressure Canning: uses high temp (240 degrees F) and special equipment for low acid foods like vegetables, dairy, meat/seafood, legumes and soups.



- Freezing: Consume usually within 6-months of freezing in vacuum sealed bags.
- Preserving in salt and sugar: Meats and vegetables, jams. Salt-cod, salt-pork.
- Olive-oil Preserving: Herbs, vegetables and fish
- Drying: fruits, some vegetables and meats, sometimes by smoking

# FOR PRESSURE CANNING

For pressure canning, which is needed to preserve low acid foods such as vegetables, one needs to purchase a pressure canner. These can be around as low as about \$100.00 and go up from there, but they are well worth the purchase to cut down on your out of season grocery costs.

The method for pressure canning can be found at the National Center for Home Food



*The 22-quart Pressure Cooker Canner Dial Gauge from Ebay for \$117.56 CAN*





# KALE BOX

Here's an easy idea on how to be sustainable by growing your own kale.



*Garden of Len & Barb Rosen*  
*ourfairfieldhomeandgarden.com*

Kale is a very hardy leafy green with many health benefits, including iron, fiber, and antioxidants. Kale can grow well, even into the colder seasons if taken care of properly. Kale is actually very easy to grow even if you don't have the most experienced green thumb. A simple hanging basket outside a balcony or even your window should be enough to grow your very own kale and start cutting grocery costs. We suggest getting a box that could fit about 2-3 bushes, maximize as much area, while still leaving enough room for your kale to grow and have enough space for its roots.



# Sustainable Recipes



Source: The Economic Times



Source: Diabetes Care Community

## Summer Local Foods

### Main vegetable and fruits

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Lettuce
- Galic
- Spinach
- Zucchini

### Main Fruits

- Apples
- Blackberry
- Blueberry
- Peaches
- Strawberries





## Winter Local Foods

Main vegetable

Main vegetable

Tomato

Potato and sweet potato

carrots

Onion

Kale

Squash

Main Fruits

Apples

Kiwi

Plums



Source: Style BluePrint

<https://styleblueprint.com/everyday/start-fall-winter-vegetable-garden/>



Summer/Breakfast

# Summer Vegetable Salad

### Ingredients:

1 large head cauliflower  
1(15oz) can sweet corn  
1 large cucumbers  
½ bell pepper  
2 tablespoons chopped green onions  
½ cup mayonnaise or plain greek yogurt  
1 tablespoon chopped fresh dill  
Salt and pepper

### Steps:

1. In a bowl, yogurt with dill, salt and pepper. Set aside.
2. toss cauliflower, sweet corn, and bell pepper in a bowl. Pour dressing over top and toss until all ingredients are well blended. Add green onion.
3. Put in a refrigerator



Source: Sarah Cool, "Corn, Cauliflower and Cucumber Salad"  
<https://12tomatoes.com/corn-cauliflower-salad/>





Summer/Breakfast

# 5 Minute Berry Crisp

**Ingredients:**  
2 cups of blueberries, raspberries, blackberries, mangoes, peaches  
1 cup of oats  
¼ cup of sugar or brown sugar  
3 tbsp melted butter (Cinamon)

- Step:**
1. Mix toppings together except fruits in a medium pot
  2. Berries in the pod first
  3. Then add oats with sugar
  4. Microwave for 3 minutes

Source: Qigong For Vitality, "Easy Blueberry Crisp - 4 ingredients, 5 Minutes"  
<https://youtu.be/6LGGNYKy8Z0>



Summer/Lunch

# Pasta with Cauliflower and Asparagus

**Ingredients:**  
8oz.(225g) short pasta  
1 head large cauliflower, cut into bite size  
8oz.(225g) asparagus  
2 tablespoons(30ml) olive oil  
1 medium onion  
2-3 garlic cloves  
1 large tomato  
½ cup(120ml) dry white wine or water  
Red pepper  
2 tablespoon (30ml) parsley  
Parmesan

- Steps:**
1. Cut asparagus into bite size
  2. boil 2 quarter of water in a large pan. And save ½ cup of the pasta water
  3. Meanwhile, in a deep 12-inch skillet heat olive oil on medium heat and cook onions about 5 minutes
  4. Add remaining ingredients
  5. Drain pasta, and add vegetables and stair to combine



Source: Daniel, "Pasta with Cauliflower and Asparagus"  
<https://italianmeddiet.com/recipe/pasta-with-cauliflower-and-asparagus/>





Summer/Lunch

# Spanish Spinach and Chickpeas

## Ingredients:

2 tbsp extra virgin Spanish olive oil  
4 cloves of garlic  
1/2 onion  
1/4 tsp smoked paprika  
1/4 tsp dried cumin  
1/2 cup tomato puree  
2 cups lightly packed bagged spinach  
1 cup jarred chickpeas  
Sea salt  
Black pepper

## Steps:

1. Rinse 1 cup of jarred chickpeas under cold running water, reserve 2 cups of spinach, 1/2 cup of canned tomato puree, thinly slice 4 cloves of garlic and finely dice 1/2 of an onion
2. Heat a pan with a medium heat and add 2 tbsp olive oil, after 2 minutes, add garlic and onions about 4 minutes. After onion becomes golden color, add smoked paprika and tomato puree, with seasoning
3. 2 minutes after, add 1 cup of chickpeas



Source: Spain on a Fork, "Spanish and Chickpeas- Espinacas"  
<https://youtu.be/TXYAM7a5Ydg>



Summer/Snacks

# Fresh Peach and Strawberry Smoothie Bowl

## Ingredients:

1/3 cup of nut milk  
1 cup of frozen peaches  
1 cup of frozen strawberries  
1 teaspoon of vanilla extract  
Granola or Honey

## Steps:

1. Put nut milk and vanilla extract into a blender
2. Put water, frozen peaches, frozen strawberries into the blender
3. Pour into a bowl and top with granola and sliced peaches and strawberries



Source: Sage&Celery, "Delicious fresh and Strawberry cut Friendly Smoothie Bowl"  
<https://sageandcelery.com/peach-and-strawberry-smoothie-bowl/>



Summer/Breakfast

# Soy Peanuts Noodles

## Ingredients:

Noodles  
Red Onion  
Galic  
Soy Sauce  
Crunchy Peanut Butter  
Vegetable Oil  
Lime  
Spring Onions/Green Onions

## Steps:

1. Cook the noodles in a pan of water
2. tMix together the soy sauce, peanut butter, and one tbsp of vegetable oil.
3. Heat a pan with the other oil and add the onion and garlic until they get soft
4. Add the soy sauce and mix together.
5. Put the noodles and serve with slice onion.



Source: Amy Fildes, "15 Minute Soy Peanut Noodles"  
<https://thecookreport.co.uk/15-minute-soy-peanut-noodles/>



Summer/Breakfast

# Chickpea Curry Rice Noodles

## Ingredients:

1 tsp coconut oil (or a couple tbsp of water)  
1 onion, chopped  
1-2 tsp thai curry paste  
1 can coconut milk, light or full fat (400ml) - (i used half the amount so that works too)  
cornstarch slurry (3 tbsp water, 1 tbsp cornstarch)  
½ cup veggie broth (125ml)  
salt, pepper to taste  
½ cup - 1 cup chickpeas (120g - 240g)  
200g rice noodles (7 oz)

## Steps:

1. A small pan with 1 tbsp of coconut oil and put onion for 6-8 minutes with a medium heat
2. 1 tbsp of thai curry paste and coconuts milk, vegetable broth, corn starch, chickpeas, and s&p for about 6-8 minutes
3. Cook rice noodles and pour curry on top!



Source: Mina Rome, "Vegan Meal Ideas for Lazy Days"  
<https://youtu.be/euaJoxX-EwE>





Winter/Breakfast

# Vegan Breakfast Potatoes

## Ingredients:

3 tbsp of olive oil  
3 medium potatoes  
2 medium onion  
7 oz firm tofu  
1 tsp cumin  
1 tsp salt  
1 tsp black pepper  
½ cup cherry tomatoes

## Steps:

1. Cut potatoes roughly as thick as your small finger
2. In a pan, put olive oil and heat to low-medium
3. Add the potatoes and cook for 5 mins
4. Crumble the tofu with seasoning for 15 minutes
5. Another pan, fry tomatoes for roughly 5 minutes
6. Assemble the potato mix and tomatoes!



Source: Hauke Fox, "vegan Breakfast Potatoes"  
<https://hurrythefoodup.com/vegan-breakfast-potatoes/>



Winter/Breakfast

# Winter roasted Vegetable Salad

## Ingredients:

1 red onion  
1 small squash  
10 baby potatoes  
2 carrots  
2 parsnips  
1 tbsp olive oil  
1 pinch sea salt and black pepper  
4 handful of watercress  
2 tbsp vinegar  
2 tbsp each of basil, and parsley

## Steps:

1. Cut all the vegetables and put one tbsp olive oil and s&p
2. Put in a preheated oven at 200C for 35-40 minutes
3. Make dressing by mixing together the olive oil, balsamic salt, pepper and herbs
4. Divide the salad between fresh and roasted.



Source: Hungry Healthy Happy, "Roasted Vegetable Winter Salad"  
<https://www.hungryhealthyhappy.com/roasted-vegetable-winter-salad/#wprm-recipe-container-18964>





Summer/Lunch

# Kale Salad with Apples and Almond

## Ingredients:

1/2 cups of olive oil  
1/4 cups of red wine vinegar  
1/4 cups of fresh orange juice  
2 tbsp minced shallot  
Salt  
Black pepper

## Steps:

1. To make dressing, together with olive oil, red wine, vinegar, orange juice, and shallot
2. Toss together with kale, apples, cherries, and almonds
3. Toss with dressing with salt and pepper

Source: Makinze Gore, "Kale Salad With Apples and Toasted Almonds"  
<https://www.delish.com/cooking/recipe-ideas/a20088309/best-kale-salad-recipe/>



Winter/lunch

# Summer Vegetable Salad

## Ingredients:

1/2 cup couscous (87g)  
1 cup hot boiling water (250ml)  
75g parsley  
2 tbsp olive oil  
Juice of 1 lemon  
2 tsp agave syrup  
generous pinch of salt, more to taste if needed  
Other spices of choice (cumin, paprika, pepper...)  
1/2 small red onion

## Steps:

1. Add couscous in a half medium sized bowl with boiling water and wait for 10 minutes
2. Mix parsley with olive oil, lemon juice, salt, paprika, and onion,
3. Combine cooked couscous
4. Add other vegetable!



Source: Mina Rome, "Low Effort Vegan Meal Ideas!"  
<https://youtu.be/TRpIXUH5q2Y>





Winter/Lunch

# Veggie Burritos

**Ingredients:**  
250g rice, dried (~ 1 1/3 cups)  
1 small head of broccoli  
200g cremini mushrooms (~ 7oz), OR 3 bell peppers  
1 onion  
1 tsp coconut or olive oil  
1 tsp agave  
1 tsp soy sauce  
1 can beans  
nutritional yeast  
1 avocado or 1 mini tub of guac that happens to be on sale  
hummus  
marinara sauce  
tortilla chips, optional

- Steps:**
1. Cook rice in a rice cooker
  2. Cut broccoli and boil for 5 minutes
  3. Cut up one onion and mushroom
  4. Heat up a small pan with coconut oil and onion, after 5 minutes add mushroom and soy sauce
  5. Warm up tortilla spread tbsp of hummus, nutritional yeast, add red kidney beans, cup of rice, cooked mushrooms and broccoli, marinara sauce and paste avocado
  6. Wrap it! Make sure don't put too much ingredients!



Source: Mina Rome, "Cheap Vegan Meal for Students"  
<https://youtu.be/za3WmeNfUj0>



Summer/Breakfast

# Sweet Potato Peanut "Toasts"

**Ingredients:**  
1 medium sized sweet potato  
1/2 avocado  
cucumber slices/bell pepper  
sriracha  
**for the peanut sauce:**  
1 heaping tbsp natural peanut butter  
1/2 tsp hot sauce  
1 tbsp white wine vinegar or lemon juice  
pinch of salt  
1-2 tbsp non dairy milk

- Steps:**
1. Cut sweet potatoes about 2 cm thickness
  2. Boil for 10 minutes
  3. Mix with peanuts butter and hot sauce, lemon juice, milk, and salt
  4. Pour on cooked sweet potatoes



Source: Mina Rome, "Tasty Vegan Breakfast Recipes"  
<https://youtu.be/1QvQUOSlQOI>



Summer/Breakfast

# Tomato Potato Curry Soup

## Ingredients:

1 onion  
1 ¼ tsp curry powder  
Oil for the pan  
2 handfuls of mushrooms  
2 handfuls of yellow potatoes  
1 tbsp tomato purée  
¾ cup marinara sauce  
2 cups vegetable broth  
1 can coconut milk (400ml)  
Juice of ½ lemon  
Salt to taste

## Steps:

1. Chopped up onions, potatoes, and mushrooms
2. In a pan, add olive oil, chopped onion with curry powder
3. Add mushroom
4. Add tomato puree, chopped potatoes. Marinara sauce, and vegetable broth
5. after 5 minutes, add broccoli after 5 minutes

Source: Mina Rome, "Cheap Vegan Meal for Students"  
<https://youtu.be/za3WmeNfUj0>



Summer/Breakfast

# Sriracha Udon Stir Fry

## Ingredients:

Chopped onion  
Chopped carrot  
½ block soft tofu  
1 tbsp soy sauce  
½ tsp garlic powder  
½ tsp sesame oil  
1-2 tbsp sriracha  
Toasted sesame seeds

## Steps:

1. In a frying pan, cook vegetables with water or oil until slightly soft. Crumble up the soft tofu onto the frying pan
2. Add udon noodles and rest of the ingredients while continuing to mix together for a few minutes until udon noodles have softened.
3. Top with toasted sesame seeds (optional) and enjoy.

Source: Rose, "Easy Vegan Recipes For Lazy People"  
<https://www.thecheaplazyvegan.com/easy-vegan-recipes-for-lazy-people/>







Summer/Breakfast

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Summer/Breakfast

# One pod Sweet Potato Pasta

**Ingredients:**  
1 onion  
2 cloves of garlic  
1 leek  
1 inch piece of ginger  
1 small - medium sized sweet potato  
2 tsp oil  
1 tbsp tomato purée  
1 cup chickpeas (~165g)  
1 ⅓ cup short cut pasta  
2 cups water (500ml)  
1 ½ tsp vegetable broth powder

- Steps:**
1. Cut onions, garlic, one green onion and ginger.
  2. Stir fry chopped vegetable for 3-4 minutes
  3. Cut up sweet potatoes for bite sizes
  4. Put chickpeas, sweet potatoes, tomato puree, water, and vegetable broth powder into pan and boil until tender

Source: Mina Rome, "Simple yet Tasty Vegan Meal Ideas!"  
<https://youtu.be/7BqxCC3MTw8>

