


FORWARD FOOD

PLANT-BASED TOOLKIT FOR HIGHER EDUCATION INSTITUTIONS

PREPARED BY
HUMANE SOCIETY
INTERNATIONAL/CANADA



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INTRODUCTION

Bringing Food Forward



Thank you for downloading this Forward Food Toolkit. In case you are not already familiar with our work, Forward Food is a non-profit program of Humane Society International/Canada aimed at creating a more sustainable future for the foodservice industry. We work to put more plants at the centre of the plate, where they belong, benefitting animals, the planet and our health, as well as usually reducing food costs.

This toolkit is one of several free-of-charge resources that we offer to foodservice professionals. We hope it is helpful, and encourage you to reach out if you have any questions or comments. Otherwise, we wish you the best of luck in transitioning your menus to be more plant-forward. It will have a big impact on the health of your guests, the environment and the animals we share it with.

A handwritten signature in black ink, appearing to read 'Riana Topan'.

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Defining Plant-Based

Plant-Based

A food item consisting entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes and fruits, and with no animal products (meat, dairy, honey, eggs, fish, etc.) This also includes other animal-derived ingredients, such as dyes and pigments, as well as any ingredients that are tested on animals.

Plant-Forward

A food item that puts plants at the centre of the plate, without completely eliminating animal derived products (meat, dairy, honey, eggs, fish, etc.). An example of this would be meatloaf that is 60% mushrooms. These dishes can align well with Canada's Food Guide, which recommends that 7/8 of our plates are filled with plants (1).



Credit: Sylvia Elzafon/The HSUS

Why Plant-Based?

Consumer Demand

Consumers are looking for more plant-based options! In fact, over 40% of Canadian consumers are actively trying to incorporate more plant-based foods into their diets (2).

Consumer Health

The new Canada Food Guide encourages increased consumption of plants because diets rich in vegetables, fruits, whole grains, legumes and nuts are consistently linked to lower obesity rates, blood cholesterol levels, and blood pressure, which reduces the risk of heart disease, certain cancers, type 2 diabetes, and more (5). In fact, 75% of millennials are eating less meat for health reasons (6).

Market Trends

Over half of Canadians want to reduce their meat intake (3). Canadians aged between 18 and 24 are the most likely to age group to pledge to increase their consumption of plant-based products - 52% of respondents were planning to eat more plant-based items (4).

Sustainability

Animal agriculture is one of the top contributors to global environmental problems, due to its vast use of water, land, and fossil fuels and high carbon dioxide and methane emissions (7). Plant-based foods have a much lower impact on the planet (8). Replacing traditional breakfast items with plant-based alternatives can reduce GHG emissions by 60% (9). Changing lunch and dinner menus to be plant-based can reduce emissions by 85% (10).

How to Implement Plant-Based Initiatives

Set a Goal

What percentage of your menu will be plant-based? **In 2020, we are urging institutions and businesses to sign onto the Forward Food pledge, to transition 20% of their current (animal-based) menu offerings to plant-based.*** This achievable yet impactful goal demonstrates a strong commitment to better, more sustainable food, and helps you tell a story.

This can be measured by the proportion or number of dishes you offer that are 100% plant-based, or by the volume of ingredients you purchase that are plant-based (since plant-forward dishes, made mostly from plants, could count towards this goal). Once you have decided on your goal, it's time to get working on making this a reality!

**Note: this means 20% of current offerings are to become plant-based, not just for 20% of options to be plant-based.*



Credit: Julia Kuziw/Chartwells

Join institutions across Canada in taking the Forward Food pledge

Email program Coordinator, Lucy Cullen at lcullen@hsi.org or visit our [webpage](#) for more details and to learn how Forward Food can promote your plant-based commitment.

Plant-Powered Menu Planning

Create delicious entrées with these menu planning tips. Here are a few ideas to help with menu planning in order to achieve your new plant-powered goal:

- **Get Inspired:**

- Schedule sampling sessions with vendors of plant-based foods and ingredients. Please see our Vendor List (on our website) for a list of plant-based products.
- Get inspiration from the Forward Food recipe kit. See below for some examples.
- Ask your customers! They are your greatest resource. Consider doing a poll on social media or simply asking them in person what they would like to see on your menu.

Plant-Powered Menu Planning

Continued

- **Brainstorm Menu and Marketing Ideas with Your Culinary Team:**

- Put more plants on the plate by identifying options on your menu where you can increase the percentage of plants and decrease the percentage of animal derived ingredients. For example, instead of offering a half-chicken, offer a quarter-chicken with a quinoa salad and roasted vegetables on the side.
- A great way to get your guests to try more plant-based foods is to serve familiar dishes they already know and like. Spins on traditional comfort foods are guaranteed to get customers excited: try creamy mac 'n' cheese, savoury poutine with mushroom gravy, or a lentil walnut 'meatloaf' with garlic mashed potatoes.
- Many existing recipes can be modified by substituting plant-based ingredients for animal ones. Replace meat with plant-based meats and dairy milk with plant-based milks at a 1:1 ratio. Replace 1 egg with 1 tbsp ground flax or chia seeds with 3 tbsp warm water, ¼ cup unsweetened applesauce or mashed banana, or ¼ cup blended silken tofu. Experiment with different plant-based proteins, from artisanal plant-based meats to low-cost beans, legumes and soy products.

- **Crave-Worthy Names:** Use positive descriptive words to highlight a meal's best attributes or what makes the dish special. Researchers at Cornell University worked with a school that found by simply renaming "Bean Burrito" as "Big Bad Bean Burrito," they increased burrito consumption by more than 40% (11)!

- **Change Up Choices:** Remove the least popular meat options currently offered and replace them with new, exciting plant-based ones. If you aren't sure what your guests like most, introduce a few new offerings each month until you have a list of tried-and-true best sellers. Aim to always have at least two fully plant-based options in each menu category, from appetizers to sides, from mains to desserts.



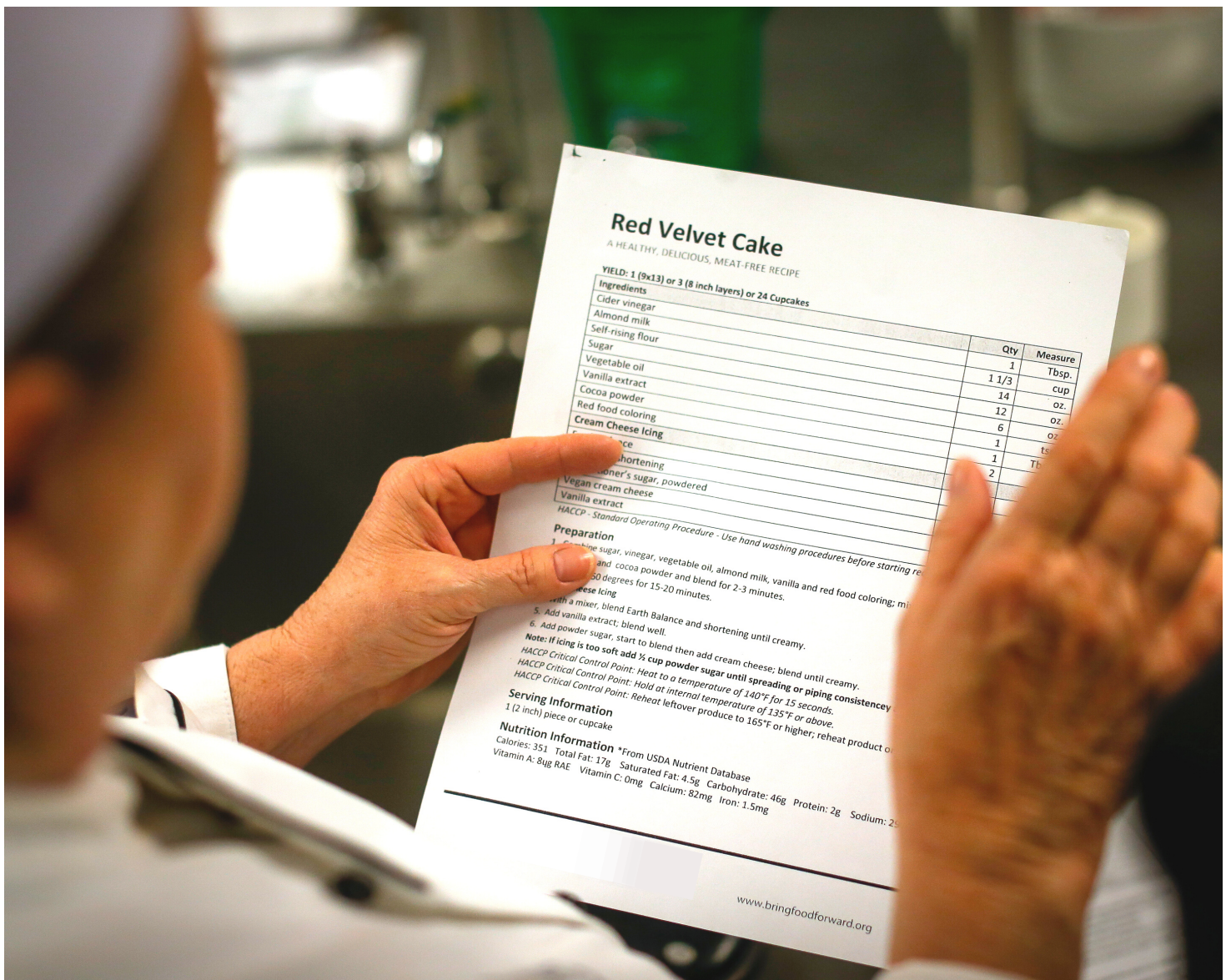
Credit: Julia Kuziw/Chartwells

- **Offer Plant-Based Proteins:** According to Technomic, half of consumers aged 18-34 want the ability to switch animal proteins for plant-based proteins (12). Make this possible by adding tempeh, tofu, lentils, peas, beans, nuts and seeds to your menu.
- **Highlight Health:** Use your menu to draw attention to the fresh, healthy ingredients in your new nutrient-dense dishes, encouraging customers to make the smarter choice. Denote lower-impact and healthier options with a special symbol and/or develop one or two nutrition bullet points on each recipe. For example, you could say of a "Mighty Marinara with Chickpeas" dish: "Did you know that their high fibre, potassium, vitamin C and vitamin B-6 content, coupled with the absence of cholesterol, make chickpeas a heart-healthy food?"

Plant-Powered Menu Planning

Continued

- **Front & Centre:** Feature your new plant-powered options at the forefront of your menu. Fast-casual restaurant A&W placed their new plant-based protein sandwich at the centre of their digital menu, and it increased same-store sales by 10%! A&W used Beyond Meat for their plant-based for their protein option. There are many great plant-based protein options available. Please see our vendor list for more information.
 - Note: Best practice is to not completely separate your plant-based food section from the rest of your menu. Consumers will be more likely to try something new if it is mixed in with the usual offerings and sounds like it will be satisfying. You can still use small symbols to identify plant-based options for those who specifically want them.
- **Calculate Cost-Savings:** Plant-based meals usually cost significantly less to produce than their meaty counterparts. Vegetarian entrees can be up to 50% less expensive than those with meat, adding up to thousands of dollars in savings per year (13). Offset rising meat prices by offering heart-healthy, protein-rich options like three-bean chili and black bean burritos. Take a few minutes to calculate the difference between your new veg-focused dishes and existing meat-based ones and let the numbers speak for themselves.



Recipe Suggestions

Nacho Cheese

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

INGREDIENTS

- Potatoes (peeled) - 2 cups
- Carrots - 1 cup
- Extra Virgin Olive Oil - 1/3 cup
- Water - 1/2 cup
- Lemon Juice - 1 tablespoon
- Nutritional Yeast - 1/2 cup
- Salt (divided) - 1 1/2 teaspoons
- Garlic Powder - 1/2 teaspoon
- Onion Powder - 1/2 teaspoon
- Cayenne - 1 dash



Credit: Chat Photography

PREPARATION

1. Boil potatoes and carrots with 1 teaspoon salt until tender; about 20 minutes.
2. When done, drain and reserve liquid.
3. Put all ingredients in a blender and blend until smooth.
4. If the cheese is too thick add a little of the reserved liquid.
5. Taste and add ½ teaspoon salt, if necessary.

Pulled Jackfruit

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

INGREDIENTS

- Jackfruit (green, in water or brine) - 2 x 20-oz cans
- Oil (olive or canola) - 3 tablespoons
- Onion (diced) - 1 large
- Garlic (minced) - 6 cloves

Mexican/BBQ Flavour

- Chipotle Paste - 2 teaspoons
- Chili Powder - 2 teaspoons
- Cumin (ground) - 1 tablespoon

Asian Flavour

- Soy Sauce - 1 tablespoon
- Ginger (fresh, minced or grated) - 1 tablespoon
- Sesame Oil - 1 tablespoon



Credit: Amy Website/The HSUS

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PREPARATION

1. Preheat oven to 350 degrees Fahrenheit.
2. Drain jackfruit in a colander. If in brine, rinse lightly to remove some of the salt. Remove seeds and set aside.
3. Heat an oven-proof skillet on medium heat and add oil. Add onion and sauté 5 minutes until golden.
4. Add garlic and flavor ingredients and sauté another 3 minutes.
5. Add jackfruit and 1 cup water or low-sodium vegetable stock. Sauté another 5 minutes until water mostly evaporates, while using a wooden spoon to pull or shred the jackfruit into strands.
6. Distribute jackfruit evenly in bottom of pan then bake in oven for 10-15 minutes until more dried and slightly crisped.
7. Serve in a taco, on a bun or in a lettuce wrap with fresh veggies, coleslaw and fresh cilantro, as well as salsa, barbecue or hoisin sauces as desired.

Morning Glory Muffins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

INGREDIENTS

- Flaxseed (ground) - 3 tablespoons
- Water - 9 tablespoons
- All-Purpose Flour - 2 cups
- Salt - 1/2 teaspoon
- Baking Soda - 2 teaspoons
- Cinnamon - 2 teaspoons
- Carrots (grated) - 2 cups
- Red Delicious Apple (grated) - 1 large
- Walnuts (optional) - 1/2 cup
- Shredded Coconut - 1/2 cup
- Raisins - 1/2 cup
- Brown Sugar - 1/4 cup
- Granulated Sugar - 3/4 cup
- Vegetable Oil - 2/3 cup



PREPARATION

1. In a small bowl, mix flaxseed and water together and let set for 5 minutes.
2. In a separate bowl, combine all-purpose flour, salt, baking soda, and cinnamon in a bowl. Mix and set aside.
3. In another bowl, add the grated carrots, grated apple, walnuts, coconut, raisins, brown sugar, and granulated sugar. Mix well. Add the carrot mixture to flour mixture.
4. Mix flaxseed mixture and oil together. Add to the carrot and flour mixture. Stir together until the dry ingredients become wet.
5. Bake at 375 degrees Fahrenheit for 15 minutes or until done.

Marketing Tips

There are endless options for promoting your plant-powered initiatives. Here are a few ideas to get you started:

1. Display posters in your dining room to raise awareness about the benefits of plant-based (see example below).

2. Put up point-of-sale signs promoting the new feature plant-based options.

3. Hold a special faculty meeting, or include it as a topic at a regularly scheduled meeting.

4. Host a kickoff event. Check out the kickoff ideas below.

5. Offer discounts or deal to incentivize customers to try your new plant-based fare. Or, use a punch-card to reward loyal patrons with a free meat-free meal after 10 plant-based purchases.

6. Use your institution's social media networks (e.g., Twitter, Facebook and Instagram) to post weekly or regular reminders about your plant-forward initiative.



7. Send a news release to the local news media using the template on the following page.

Media Release Template

Your logo here

FOR IMMEDIATE RELEASE

HED in 14pt font BOLD, all lower case except for first letter and proper names

SubHED in 12pt font BOLD italic, all lower case except for first letter and proper names

CITY (Today's date) – This is your lead; it should be clear, concise, max two sentences and requires a decisive call to action, e.g. Forward Food Canada is calling on all universities to offer plant-based options on campus.

Your second paragraph offers more detail, expanding upon why you've made this call to action, e.g. more students than ever are saying no to animal products and so it's in everyone's best interests to meet the demands of this shifting demographic.

By this point you're moving into a quote. "Plant-forward food is key to a sustainable future in food service" said Forward Food Canada coordinator Lucy Cullen. "It is better for the animals, our environment and our health."

Your quote can be followed by a partner quote, like someone from the university you're working with or another animal organization if this is a joint effort.

This paragraph can be dedicated to hard facts, like stats on water consumption, deforestation, health, and how animal agriculture is not exactly helping our climate. Try to link to sources where and when possible.

More info if you're presenting a particularly complex issue.

Do you have media or downloads that go with this PR? That line goes here along with your hyperlinks / download links.

To arrange an interview, please call or email the media contact below.

-30-

Media contact: Name, Title, Organization – office: number, cell: number, email

Description of your school/department

Social Media Ideas

- **Tweets:**

- Mondays just got better! It's #PlantForward Tuesday. Check out our colourful Asian noodle stir fry, a delicious way to get your veggies.
- Why #PlantForward? For your health, animals and the environment.
- It's that time of week! #PlantForward Tuesday. What will you eat?
- Have you tried our new #PlantForward offerings? Share your food pics and tag #PlantForward.
- Who else is doing #PlantForward? Watch this short video and find out!

- **Facebook/Instagram:**

- What's #PlantForward? (post image, below left)
- Have you tried #PlantForward? What's your favorite plant-based meal?
- We love #PlantForward because of the food. What's your reason? (post image, below middle)
- Who else is going plant-powered? Watch this fun video to find out!
- It's #PlantForward Tuesday. What will you have for lunch today? (post image, below right)



- **Events:**

- Holding a launch event is a great way to get customers excited about your plant-based initiative. Here are some ideas:
 - Organize a launch event to showcase all your new plant-powered menu options. Invite customers, local plant-based food influencers and the media.
 - Offer food samples to acquaint customers with your new plant-powered foods.
 - Host a social media contest, featuring customers' best pictures of your new plant-powered offerings.
 - Hold a poster-making contest and announce the winner at the kickoff. The posters can address the three pillars on which your plant-based initiative focuses: health, sustainability and animal welfare.



Additional Resources

- **Books**

- **How Not to Die:** <https://nutritionfacts.org/book>
 - A book for individuals looking to learn more about the health benefits of a whole food, plant-based diet, especially as it relates to illness and disease

- **Websites**

- **Forward Food Culinary Collaborative:** <https://www.facebook.com/groups/999015310186774/>
 - A forum where culinary professionals can get new ideas, exchange recipes and share best practices about plant-based menus
- **Forks Over Knives:** <https://www.forksoverknives.com>
 - A website for individuals looking for more information about the many benefits, especially for health, of eating a whole food, plant-based diet
- **Green Planet:** <https://www.onegreenplanet.org/about-us>
 - A platform for eco-conscious news around the world
- **Happy Cow:** <https://www.happycow.net>
 - A platform for individuals to find plant-based or veg-friendly restaurants all over the world
- **LiveKindly:** <https://www.livekindly.co>
 - A news source to stay up-to-date on vegan news around the world
- **VegNews:** <https://vegnews.com>
 - A news source to stay up-to-date on all things plant-based

- **Organizations**

- **Forward Food (US website):** <https://forwardfood.org>
 - A non-profit organization for food service companies, restaurants, higher education and health-care institutions to learn how to build a sustainable future by putting more plants on the plate
- **Menus of Change:** <http://www.menusofchange.org>
 - An initiative from The Culinary Institute of America and Harvard T.H. Chan School of Public Health aimed at creating more sustainable menus
- **Nourish Health:** <https://www.nourishhealthcare.ca>
 - An organization that aims to create a sustainable future for health-care institutions
- **Plant-Based Foods of Canada:** <https://www.plantbasedfoodscanada.ca>
 - A collective voice for the producers of plant-based products in Canada
- **Sustainable Restaurant Association:** <https://thesra.org>
 - A UK based organization focused on sustainability in restaurants
- **Toronto Vegetarian Association:** <https://veg.ca>
 - A Toronto resource for everything related to vegetarian food
- **World Resources Institute:** <https://www.wri.org>
 - A global organization aimed at creating a sustainable future
 - Check out their [Cool Food Pledge](#) program (partnered with other notable organizations) to learn about how they are putting more plants on menus around the world

Please visit our webpage for more Forward Food resources and information:
<http://friendsofhsi.ca/issues/forward-food/>

Sources:**1. Canada's Food Guide**

Government of Canada (2019)
<https://food-guide.canada.ca/en/>

2. Plant-Based Protein Market: Global and Canadian Market Analysis

The National Research Council, Agri-food Innovation Council (2019)
https://nrc.canada.ca/sites/default/files/2019-10/Plant_protein_industry_market_analysis_summary.pdf

3. Plant-Based Dieting and Meat Attachment: Protein Wars and the Changing Canadian Consumer

Dr. Sylvain Charlebois, Dr. Simon Somogyi, Janet Music
Dalhousie University (2018)
<https://cdn.dal.ca/content/dam/dalhousie/pdf/management/News/News%20%26%20Events/Charlebois%20Somogyi%20Music%20EN%20Plant-Based%20Study.pdf>

4. Canadians Planning to Eat More Plant-Based Foods By Age 2019

Emma Bedford
Statista (2020)
<https://www.statista.com/statistics/544778/vegetarian-prevalence-canada-age/>

5. What are Canada's Dietary Guidelines

Government of Canada (2019)
<https://food-guide.canada.ca/en/guidelines/what-are-canadas-dietary-guidelines/>

6. Why are so many people going vegan?

Jessica Cotton (2019)
<https://www.milliondollarvegan.com/vegan-trending-millennials/>

7. The Facts

Cowspiracy
<https://www.cowspiracy.com/facts>

8. The Facts

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<https://www.cowspiracy.com/facts>

9. Catering to the Climate: How Earth-Friendly Menus at Events Help Save the Planet

Center for Biological Diversity (2019)
Isaac Emery Ph.D., Principal, Informed Sustainability Consulting LLC & Jennifer Molidor Ph.D. Center for Biological Diversity

10. Catering to the Climate: How Earth-Friendly Menus at Events Help Save the Planet

Center for Biological Diversity (2019)
Isaac Emery Ph.D., Principal, Informed Sustainability Consulting LLC & Jennifer Molidor Ph.D. Center for Biological Diversity

11. The Sneaky Way To Get Kids To Eat Healthy School Lunches

Alexandra Svokos (2014)
https://www.huffingtonpost.ca/entry/healthy-school-lunches_n_5991324

12. Veggies Move to Center Stage at Breakfast

Patricia Cobe (2017)
<https://www.foodservicedirector.com/menu/veggies-move-center-stage-breakfast#page=0>

13. Financial Benefits: Save Money While Meeting Customer Demand for More Meatless Options

St. Joseph Health System, Sonoma County, California (2018)

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