

LET'S

GO

PLANT

FORWARD

DID YOU KNOW?

Sign up for our email lists

to learn more about plant forward options each week, dates for our focus groups and updates on plant forward dining across campus



BC DINING
FEED YOUR MIND.

“It is our mission to make healthy, delicious, and sustainable food for the BC community”

Make An Appointment



Christina Karalolos - MS, RD, LDN
Administrative Dietitian
BC Dining
Email: christina.karalolos@bc.edu

Contact Us

Email: BCDining@bc.edu

Find us on social media!
[@bc_dining](#)



BC DINING



EAT.
DRINK.
TALK.
THINK.

Learn more about how you can navigate your dietary restrictions with BC Dining.

PLANT-FORWARD DINING



PLANT-FORWARD DINING

Plant-forward eating patterns emphasize **fruits, vegetables, whole grains, healthful fats** like nuts and seeds, and **lean proteins** like beans, soy, dairy, and fish.

You can view the plant-forward options at all dining locations by looking for the vegan **VN** and vegetarian labels **VG** on the online menu!

Eating Plant-Forward On Campus

Many dining dishes are **customizable** with **vegan protein options** to accommodate student's dietary needs.

Hillside features plant-based paninis and all three main dining halls have customizable salad stations.

The Deli Line has falafel and hummus for protein options!



WHERE TO LOOK

BC BAKERY

The BC Bakery has new vegan options this year including vegan vanilla cupcakes and vegan croissants.

DINING WEBSITE

On the BC Dining website, under our Wellness Page, there are handouts for navigating plant-based protein options for students on campus.

GRAB N' GO

Grab N' Go favorites including vegan nuggets with ranch aioli, PB&J sandwich, buffalo tofu, southwestern quinoa salad, and vegan desserts can be found in all dining halls

POPULAR PLANT-FORWARD DISHES



MEXICAN PLATE



GENERAL GAO CAULIFLOWER



MEDITERRANEAN PLATE



VEGAN DUMPLING BOWL

WHY PLANT-FORWARD?



HEALTH BENEFITS

Evidence shows that eating a plant-forward diet reduces the risk for heart diseases



ENVIRONMENT

Plant-forward diets help to decrease carbon emission leading to other environmental benefits as well.



THE FARMERS MARKET

The Farmers Market is a great source for plant-based snacks and can be paid for using the mandatory meal plan!

Look out for Farmers Market hours on the BC Dining Instagram, website, and newsletter!