SUSTAINABILITY

FRESH is an initiative that promotes:
- Fairly traded,
- Regional,
- Equitable,
- Sustainable, and
- Healthy food at Boston College.

BC Dining sources various food items from producers that fit into the FRESH model including, Equal Exchange, Lookout Farm, Grateful Burger, and more.

BC Dining offers a Community Supported Agriculture (CSA) Farm Share that allows faculty and students to purchase produce boxes containing fresh and locally-sourced items.

Check out the fresh and local produce available at The Market, available through GET Mobile.

BC Dining is a prior winner of the GOLD National Association of College and University Food Services award for sustainability.

Green2Go reusable containers reduce single-use plastic waste. The program is available at Lower, McElroy, and Stuart. The program costs $9 on the mandatory meal plan and can be used all year long.

CONTACT US

Questions? Comments? Concerns?

Want to be a part of focus groups to discuss plant-forward dining?
Please email us at:
BCDining@bc.edu

Find us on social media!
@bc_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.

Evidence shows that eating a plant-forward diet has many health and environmental benefits including decreasing carbon emissions and reducing the risk for heart disease.
WHAT'S ON THE MENU?

Corcoran, McElroy, and Stuart

Plant-forward menu items are offered on a rotating basis.

Check Online Menus & Digital Signage for daily offerings.

Corcoran Commons

Lower Live
• Try the Korean BBQ Bowl with tofu, the Vegetable Biryani, the Teriyaki Seitan Bowl, or the Sweet Potato Kale and Black Bean Quesadilla
• Marinated and cubed tofu is available on the grab and go line
• Get tofu as protein in Holy Grain or Pad Thai

McElroy

Carney Hall
• Veganize a Burrito Bowl: ask for black beans, salsa and guacamole
• Get Bibimbap with eggs or tofu

Eagle's Nest
• The Green It and Bowl Stations are vegan without chicken or mac n' cheese. Ask your server about vegan dressings!

Stuart
• Customize a breakfast smoothie with add-ins like chia & flax
• Vegan grain salads offered in grab n' go
• Hot beans offered daily
• General Gao's and Blazing Bowl offered with tofu
• Try the Vegan Steak and Cheese Sub or the Lentil Mushroom Lettuce Wraps

Around Campus

Grab n' Go Refrigerators
Calcium-Fortified Soy Milk • Hummus • PB&J Sandwich • Cheese Plate • Mediterranean Plate • Overnight Oatmeal • Marinated Tofu • Chickpeas

Salad & Grain Bowls at Eagle's Nest
Tofu • Quinoa • Brown Rice • Marinated Kale • Variety of Vegetables • Mac and Cheese

Yogurt Parfait Bars
Variety of cut fruit • Flavored yogurts • GrandyOats granola

On the Grill
Grateful Veggie Lux Burger • Tofu Stir-Fry • Grilled Cheese

Sandwiches
Eggplant Parm Sub • Cheese • Peanut Butter • Vegetable Fajita Wrap • Mediterranean Wrap • Falafel Wrap • Greek Festival Wrap

~ Make your own: pita, salad, hummus & beans ~

Soups
Black Bean • Tomato Basil • 3-Bean Chili • Split Pea & Kale • Sweet Potato Chipotle

Desserts
• Cookies
• Baked goods in the gluten-free freezers • BC's homemade desserts

RESOURCES

Sample Plant-Forward Day of Balanced Eating

Breakfast
Overnight oats with chia seeds, peanut butter, banana, and a small coffee with soy milk at McElroy

Snack
Kind Bar with Greek yogurt between classes

Lunch
Falafel sandwich with tahini mayo and a side of fruit at Lower

Snack
Mediterranean plate from the grab-n-go

Dinner
Mexican plate with black beans, Mexican rice, salsa, guacamole, plantains, and shredded cheese at Stuart

Snack
A cookie and almonds at the library

Join our plant-forward email list

Join our plant-forward email list to be updated on menu offerings, events, and important information. To join, click here, or visit the Wellness tab on the BC Dining website.

Make an Appointment

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