

# 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.



## Popular plant-forward dishes among students:

- Mexican Plate (with rice, black beans, veggies, salsa, guacamole, plantains, and sour cream)
- General Gao Cauliflower with rice
- Alu Chole Bowl
- Vegan Dumpling Bowl
- Latin Jackfruit Arepas



## Did You Know?

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

## Grab N' Go favorites:

- Vegan Nuggets with Ranch Aioli
- PB&J Sandwich
- Mediterranean Plate
- Vegetable Dumplings with dipping sauce
- Buffalo Tofu
- Southwestern Quinoa Salad
- Vegan desserts and frozen meals in the gluten-free freezers

## Contact Us

- Have any questions, comments, or concerns? Please email us at: [BCDining@bc.edu](mailto:BCDining@bc.edu)
- Join our plant-forward e-list by clicking [here](#), or visit the Wellness tab on the BC Dining website.
- Find us on social media! [@bc\\_dining](#)



## Make An Appointment

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## 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.

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

BC Dining is the 2022 NACUFS sustainability award winner for Waste Management!

**Green2Go** reusable containers reduce single-use plastic waste. The program is available at Lower, Carney, and Stuart, and can be used all year long.