

Eat a Plant, Save the Planet!

A campus-wide health and sustainability promotion of plant-based diets.



Use this brochure to learn more about plant-based meals and discover where plant-based options are available on campus and in West Chester!

What is a plant-based diet?

A plant-based starts is rich in fruits, vegetables, and whole grains and includes vegan and vegetarian diets and lifestyles. Eating plant-based allows for flexibility: you can still eat animal products but make it a goal to eat mostly plant-based foods. Choosing to eat a healthy, plant-based still allows for many delicious options including:

- Fruits
- Vegetables
- Nuts
- Seeds
- Beans
- Legumes
- Whole grains
- Plant-based oils

What are the health benefits?

Plant-based diets can lower blood pressure and cholesterol, lower risk for heart disease and other chronic disease, and contribute to overall good health.

Eating a healthy diet rich in plant-based foods can decrease the amount of processed foods, saturated fats, and refined sugars consumed.

Is it more environmentally sustainable to eat plant-based?

Growing animal products uses more land, water, energy and produces more greenhouse gases than plant-based foods. Plant-based diets promote clean water and air, biodiversity (the variety of life in a particular region or ecosystem), and supports healthy, nutrient-rich soils.

Where do I begin?

Eating plant-based may seem daunting at first but it includes delicious and nutritious meals. Here are a few tips to start:

- **Practice not perfection.** Slowly make changes and incorporate plant-based meals into your diet.
- **Start small.** Choose to eat plant-based once a week in the beginning and then increase. Join the WCU campus for Eat a Plant, Save the Planet Monday and replace one meat-based meal with plant-based foods.
- **Get creative:** eating plant-based does not mean choosing a salad for every meal. Try options that are naturally plant-based like: pasta, breads, nut butters, tofu and tempeh, lentils, and falafel.

For more information and a virtual map of plant-based options in West Chester, visit <https://arcg.is/1WrajG>

For more information on plant-based diets visit: <https://www.wcupa.edu/Sustainability/eataplant.aspx>

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Plant-Based Options West Chester, PA, 2025

Explore the colorful flavors of West Chester, PA at local restaurants serving vegan, vegetarian, and plant-based dishes.

West Chester Borough

(shown on map)

1. **Barnaby's** – 15 S High St
Cranberry Pecan Salad, Tuscan Margherita
2. **Jaco Juice and Taco** – 8 W Gay St
Breakfast Veggie Quesadilla, Acai Bowl
3. **La Tartine** – 109 W Gay St
Acai Bowls; Falafel Wrap; Spinach, Tomato, & Feta Crepe
4. **Love Again Local** – 18 S Church St
Classic Reuban (v), Grilled Cheese Panini (v)
5. **Playa Bowls** – 22 S High St
Power Acai Bowl, Green Power Bowl
6. **Saloon 151** – 151 W Gay St
Veggie hummus, Caprese Portabella
7. **Shawarma Kebab** – 38 E Market St
Greek Salad, Falafel Pita Combo
8. **Side Bar** – 10 E Gay St
Veggie Eggs Benedict, Hummus Wrap
9. **Slow Hand** – 30 N Church St
Honey Yogurt Parfait, Pimento Grilled Cheese
10. **Stove & Tap** – 158 W Gay St
Fried Brussel Sprouts / Zucchini, Squash & Goat cheese Flatbread
11. **The Couch Tomato** – 31 W Gay St
Atomic Veggie Sandwich, Harvest Grain Bowl

***Availability of dishes, meal, & food venues are subject to change*

WCU Campus

(not on map)

- Wild Blue Sushi** – Sykes Student Union (California Roll)
- Einstein Bros. Bagel** – Lawrence Center (Avocado Toast)
- Sandwich Shack** – Sykes Student Union (Mediterranean Veggie Sandwich)

The Commons Dining Hall –

(Vegan Kung Pao Chick'n & Kale)

P.O.D. at Main Hall – 720 S High St
(Salads, Granola bars, Veggie Snacks)

Village P.O.D. – 181 Carey Drive
(Fruit, Veggie Snack Pack, Salads)

Twisted Taco – 701 S High St
(Big Jake Bowl)

