

# Incorporating Vegetarian Meals on College Campuses

PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

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Very often, students living on college and university campuses are required to purchase a set meal plan, which may not include enough variety to meet the needs of vegans. However, students can work to improve plant-based food options offered on their campus. This is easier than you may imagine. Food service managers are happy to expand their offerings, so long as they know students will eat what they serve. Here are some tips to get you started.

## Working with the Dining Facilities Department

- **Become active in the campus Food Service Committee.** If your campus does not have such a committee, suggest it form one. This is an excellent way to bridge the gap between food service personnel and students.
  - **Whether or not you are on the committee, work to get students to sign onto an open letter requesting more vegan options in the dining facilities.** The more student support you have, the better your chances of getting more vegan meals into the dining halls.
  - **Schedule a meeting with the school dietitian and/or food service director in charge of ordering food for the dining halls.** Provide a written copy of your interests, including the petition and copies of PCRM's *Vegetarian Starter Kit for Restaurants* and the *Gold Plan*. Both are great resources, which include tips for modifying recipes. Invite a registered dietitian to speak to the food service staff and to the students on campus. Many campus food service facilities also employ registered dietitians, and they may be more receptive to information on vegetarian diets coming from one of their peers.
  - **Give the director a copy of the attached list of companies that produce vegan food products.** This will get the director started in the right direction and be of assistance to him or her when contacting the food distributor. Companies, such as Marriott or Aramark, supply food on most college campuses and respond to suggestions that boost profits.
  - **Provide simple, cost-effective suggestions for offering plant-based options.** Give the director a list of current food options that can be easily modified and that all students would enjoy. The *Vegetarian Starter Kit for Restaurants* includes many helpful tips for modifying recipes. For example, if your cafeteria offers pasta with a meat sauce, suggest that it offer pasta with a marinara sauce or vegetable pizza without the cheese instead of traditional cheese pizza.
- **Work with the food service director to promote the new vegan options in the school newspaper and food service circular.** Remember, the more vegan meals students eat, the more likely the food service department will continue to make these foods available.
  - **Work with the dining halls to label all vegan foods with ingredient information and designate an icon that clearly identifies vegan items, such as a green circle.** Some colleges offer vegan meals only upon request. In this case, suggest that the food service department publicize this service to inform other interested students of this accommodation.
  - **Set up an information table at the dining hall during peak hours to distribute information on vegetarianism.** Coordinate this event with the food service department, requesting they highlight vegan options on the menu and offer food samples of vegetarian products to students entering the dining hall. Provide postcards for students to sign that support your request for vegan options and submit them to the food service director.
  - **Work with the food service department to celebrate World Vegetarian Day (October 1) and the Great American Meatout (March 20).** The school newspaper and food service circular should publicize these events. Dining halls could feature a variety of vegan foods and distribute information on plant-based diets. Use billboards, fliers, and literature provided by PCRM and/or other groups for publicity.

## Working outside of the Dining Halls

- **Offer to provide the campus health center with literature on the connection between a plant-based diet and a reduced risk of developing heart disease, cancer, and other diseases.** Contact PCRM for complimentary copies of our reproducible fact sheets.
- **Put together information packets on plant-based diets for first-year orientation.** Include a list of vegetarian/vegan-friendly restaurants and stores near campus. Include information about animal-friendly organizations on campus and the availability of vegan options in the campus dining facilities.
- **Schedule a movie night or arrange for a speaker to lecture on campus.** Reserve or rent a room on campus to show movies or have someone speak on vegetarianism. Provide free, vegan food samples and distribute literature on the

benefits of plant-based diets to attendees.

- **Work with the school newspaper to write a story on the health and environmental benefits of vegan diets and the great new options offered by dining services.**

## **Making Progress**

Once the dining halls offer vegan options, make sure they have comment cards available for student feedback. Dining services will continue to provide vegan meals only if they are in demand. If some students are not satisfied with the options being provided, work with dining services and provide them with new suggestions.

## **Some Positive Steps**

Here are just a few examples of colleges and universities that offer vegan food options on campus.

- The University of Maryland at College Park recently created a “Vegetarian/Vegan Advisory Board” comprised of students, the school dietitian, a student employee, and dining hall managers. They meet monthly to test recipes, with the goal of improving the vegetarian menu and adding more vegan choices.
- Connecticut College in New London has a dining hall which offers vegan options at every meal. The dining hall also serves Tofutti and Rice Dream bars, frozen, non-dairy, ice cream alternatives. Every Thursday night, the vegetarian dining hall provides fruits and vegetables for juicing.
- At the University of California at Berkeley, students were faced with resistance from dining services staff. “They were sympathetic but weren’t sure they could handle anything else,” explained Leor Jacobi, one of the students who spearhead the effort to make the university’s cafeterias more vegan-friendly. However, after the students set up a table with petitions outside of the dining halls—gaining more than 1,200 signatures and the support of more than one-fifth of Berkeley’s dorm population—the food service staff soon fulfilled the students’ requests. Just four weeks and many meetings later, the University’s administration agreed to provide a fully vegan entrée at every meal.
- Columbia University offers a vegetarian soup, grain, and two vegetarian (sometimes vegan) meals daily at the John Jay Hall on campus.

Remember, your voice does make a difference. By working with dining facilities, you will be educating them—as well as your fellow students—on a healthier way of eating.

# COMPANIES THAT PRODUCE VEGAN FOOD PRODUCTS

## BEANS

### Arrowhead Mills

110 S. Lawton  
Hereford, TX 79045  
T: 800-858-4308 (Texas only: 806-364-0730) • F: 806-364-8242  
Products: Wide range of natural foods

### Frankferd Farms Foods

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
T: 412-352-9500  
Products: Organic foods, soy products, grains, beans, cereals, crackers, etc.

### Grand Metropolitan Foodservice USA

“Green Giant”  
Minneapolis, MN 55402  
T: 800-767-4466  
Products: Vegetarian Chiles Sierra and Baja Style Chili, frozen and canned vegetables

### Hatch Natural Foods Corporation

P.O. Box 888  
Warrenton, VA 22186  
T: 703-987-8551  
Products: Organic and natural foods, grains, beans, flour, soy products, pastas

### Heinz U.S.A.

Division of H.J. Heinz Co.  
P.O. Box 57  
Pittsburgh, PA 15230  
T: 412-237-5757 • F: 412-237-5377  
Products: Vegetarian soups, grain dishes, tomato products, vegetarian baked beans

### Hunt-Wesson Inc.

1645 W. Valencia  
Fullerton, CA 92634  
T: 800-633-0112  
Product: Rosarita Vegetarian Refried Beans (no lard)

### Mercantile Foods Company

P.O. Box SS  
Philmont, NY 12565  
T: 518-672-0190  
Products: American Prairie organic beans

### Pleasant Grove Farms

P.O. Box 636  
5072 Pacific Ave.  
Pleasant Grove, CA 95668  
T: 916-655-3391 • F: 916-655-3699  
Products: Organic beans, organic popcorn

## BREAD

### A. Angonoa Inc.

115-05 15th Ave.  
College Point, NY 11356  
T: 212-762-4466  
Products: Breadsticks (no animal shortening)

### Dietary Specialties, Inc.

P.O. Box 227  
Rochester, NY 14601  
T: 716-263-2787; 800-544-0099  
Products: Gluten-free and low protein foods, breads, crackers, pastas, cereal, mixes

### Frankferd Farms Foods

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
T: 412-352-9500  
Products: Organic foods, soy products, grains, beans, cereals, etc.

### Grecian Delight Foods Inc.

1201 Tonne Rd.  
Elk Grove Village, IL 60007-4925  
T: 312-635-1100  
Products: Whole wheat pita pockets, spanikopita, olives, vine leaves

### Spring Creek Natural Foods

Spencer, WV 25276  
T: 304-927-3780  
Products: Wheat and soy products, bread, tofu, frozen soups and chili, etc.

### Van's International Foods

20318 Gramercy Pl.  
Torrance, CA 90501  
T: 310-320-8805 • F: 310-320-8611  
Products: Seven-grain Belgian waffles

## BROKERS

### CBB Sales and Marketing

1616 Preuss Rd.  
Los Angeles, CA 90035  
T: 310-273-7794; 310-273-3167  
Products: Sharon's Finest products, Soy Boy products

### Petrow Natural Products

690 Canton St.  
Westwood, MA 02090  
T: 617-461-0700  
Products: Knox Mountain Farm products

**Purple Dragon Co-Op**

165 Willow St.  
Bloomfield, NJ 07003-3217  
T: 201-429-0391

Products: Gist-Brocades nutritional yeast, Goetz and Sons high-activity baking yeast

**Whole Food Marketing**

533 Airport Blvd., #521  
Burlingame, CA 94010  
T: 415-579-0998 • F: 415-343-9395

Products: Wholesome and Hearty products

**BURGERS AND MEAT ANALOGS****Archer Daniels Midland Co. (ADM)**

Box 1470  
Decatur, IL 62525  
T: 217-424-5200; 800-637-5824

Products: Harvestburger products

**Boca Burger Company**

1660 N.E. 12th Terrace  
Ft. Lauderdale, FL 33305  
T: 305-524-1977 • F: 305-524-4653

Products: Meatless burgers; chili, tacos, pasta sauce, burgers products

**Fantastic Foods**

1250 N. McDowell Blvd.  
Petaluma, CA 94954  
T: 707-778-7801 • F: 707-778-7607

Products: Meatless burgers, soups, pastas, grains, etc.

**Lightlife Foods, Inc.**

P.O. Box 870  
74 Fairview St.  
Greenfield, MA 01301  
T: 413-774-6001 • F: 413-772-2682

Products: Lightburgers, Smart Dogs, variety of meat substitutes

**Lumen Food Corporation**

409 Scott St.  
Lake Charles, LA 70601  
T: 318-436-6748

Products: Heartline Meatless Meats and Cajun Jerky

**Morningstar Farms**

Worthington Foods, Inc.  
Worthington, OH 43085  
T: 800-243-1810 • F: 614-885-2594

Products: Vegetarian breakfast links, patties, other meat substitutes

**New York's Famous Veggie Burger**

222 New Rd.  
Parsippany, NJ 07054  
T: 201-808-1540 • F: 210-808-0203

Products: Veggie burger

**Soy Boy**

545 West Ave.  
Rochester, NY 14611  
T: 716-235-8970 • F: 716-235-3753

Products: Tofu-based hot dogs, burgers, sausages

**Turtle Island Foods**

P.O. Box 176 / 601 Industrial Ave.  
Hood River, OR 97031  
T/F: 503-386-7754

Products: Sloppy joe tempeh; BBQ, vegan, tempeh, soy burgers

**Vegan Epicure**

Rebecca Hall Kitchen  
1251 Trumansburg Rd.  
Ithaca, NY 14850  
T: 607-272-0432

Products: Seitan (wheat gluten) in various flavors

**White Wave, Inc.**

1990 N. 57th Ct.  
Boulder, CO 80301

Products: Meat of Wheat products, soy yogurt

**Wholesome and Hearty**

975 S.E. Sandy Blvd.  
Portland, OR 97214  
T: 503-238-0109

Products: Variety of Garden Burgers and Dogs

**Wis-Pak Foods**

Butler, WI 53007  
T: 800-558-2000

Products: Vegan burger and chili mix

**Yves Veggie Cuisine**

1638 Derwent Way  
Delta, BC  
V3M 6R9 Canada  
T: 800-667-9837

Products: Vegan hot dogs, burgers, deli slices, bacon, pepperoni

**DESSERTS****Bernard Food Industries, Inc.**

P.O. Box 1497 / 1125 Hartrey Ave.  
Evanston, IL 60204-1497  
T: 800-323-3663 • F: 800-962-1546

Products: Vega-Jel, vegetarian gelatin dessert mixes, soup mixes, entrée mixes, burger patty mix

**Farm Foods**

c/o Hain Food Group, Inc.  
50 Charles Lindbergh Blvd.  
Uniondale, NY 11553

T: 800-434-4246; 516-237-6200 • F: 516-237-6240  
Products: Ice Bean frozen, non-dairy dessert

**R.W. Frookies, Inc.**

P.O. Box 1649  
Sag Harbor, NY 11963  
T: 800-913-3663  
Products: Frozen cookie dough (no sugar, fruit juice sweetened)

**Fruitage**

J.M Smucker Co.  
Strawberry Ln.  
Orrville, OH 44667  
T: 216-682-3000 • F: 216-684-3370  
Products: Fruitage Frozen Dessert (non-dairy)

**Health Valley Foods, Inc.**

16100 Foothill Blvd.  
Irwindale, CA 91706-7811  
T: 818-334-3241  
Products: Organic and natural foods, cereals, crackers, cookies, snacks, soup

**Jaclyn's Food Products, Inc.**

P.O. Box 1314  
Cherry Hill, NJ 08034  
T: 609-354-8036  
Products: Whole wheat bread crumbs, fresh and frozen soups, muffins, cakes, sauces

**RC Fine Foods**

P.O. Box 236  
Belle Mead, NJ 08502  
T: 201-359-5500; 800-526-3953  
Products: Natural soup mixes, desserts, sauces, dressings, seasonings

**Tofutti Brands Inc.**

50 Jackson Dr.  
Cranford, NJ 07016  
T: 908-272-2400 • F: 908-272-9492  
Products: Soy frozen desserts, soy "cream cheese," soy "sour cream"

**DISTRIBUTORS**

**Blooming Prairie Natural Foods**

510 Kasota Ave., S.E.  
Minneapolis, MN 55414  
T: 612-378-9774  
Products: Natural foods distributor serving Midwest

**Botanical Health Food**

Cond. San Martin of 100 Aven.  
Ponce de Leon 1605  
Santurce, PR 00909  
T/F: 809-721-6477

Products: Natural foods distributor and wholesaler

**Clear Eye Natural Foods**

302 Rte. 89 S.  
Savannah, NY 13146  
T: 800-724-2233 • F: 315-365-2819  
Products: Soy products, beans, grains, flours, chips, and more

**Cornucopia Natural Foods**

260 Lake Rd.  
Dayville, CT 06241  
T: 800-343-2249 • F: 203-779-2811  
Products: Natural foods distributor serving East Coast

**Food for Health**

3839 W. Indian School Rd.  
Phoenix, AZ 85019  
T: 602-269-2371; 800-366-1234  
Products: Natural foods distributor serving Southwest

**Health Foods Inc.**

155 W. Old Higgins Rd.  
Des Plaines, IL 60018  
T: 708-298-8220; 800-323-1597  
Products: Natural foods distributor serving Midwest

**Jelian Distributors Inc.**

15 Connie Crescent #19-20  
Concord, ON  
L4K 1L3 Canada  
T: 905-660-0093  
Products: Natural foods distributor in Canada

**Nationwide Natural Foods**

580 Industrial Ave.  
Vancouver, BC  
V6A 2P3 Canada  
T: 604-331-4696; 800-663-5822 • F: 604-331-4691  
Products: Natural foods distributor in Canada

**Natural Foods Wholesalers**

2031 N.W. 89th Pl.  
Miami, FL 33172  
T: 305-594-1041; 800-654-4629  
Products: Natural foods distributor serving Southeast

**Natural Harvest Food Company Ltd.**

55 Plywood Pl.  
Toronto, ON  
M8Z 5J3 Canada  
T: 416-503-0660 • F: 416-503-0641  
Products: Natural foods distributor in Canada

**Nature's Best**

105 S. Puente St.  
Brea, CA 92621  
T: 213-770-3141; 800-262-1783  
Products: Natural foods distributor serving West Coast and

Pacific Northwest

**Neshaminy Valley Natural Foods**

5 Louise Dr.  
Ivyland, PA 18974  
T: 215-443-5545 • F: 215-443-7087  
Products: Natural foods distributor serving East Coast

**Organica USA Inc.**

8130 N.W. 56th St.  
Miami, FL 33166  
T: 305-477-6508; 800-233-3089  
Products: Natural foods organic distributor in Florida

**Rainbow Natural Foods Distributing**

4850 Moline St.  
Denver, CO 80239  
T: 603-256-3000; 800-451-4520  
Products: Natural foods distributor serving West Coast and Pacific Northwest

**Stow Mills**

Box 301  
Chesterfield, NH 03443  
T: 603-256-3000; 800-451-4520  
Products: Natural foods distributor serving East Coast

**Texas Health Distributors**

501 Waller St.  
Austin, TX 78702  
T: 800-759-9025  
Products: Natural foods distributor serving South and South-west

**Tree of Life, Inc.**

1750 Tree Blvd.  
St. Augustine, FL 32805  
T: 904-824-8182  
Products: National natural foods distributor

**Tucson Cooperative Warehouse**

350 S. Toole  
Tucson, AZ 85701  
T: 602-884-9951 • F: 602-792-3258  
Products: Distributor serving Southwest

**ETHNIC FOODS**

**Bacchini USA**

Morris International  
44 Indian Ln., E.  
Towaco, NJ 07082  
T: 201-331-8080; 800-6-MORRIS • F: 201-331-8201  
*and*  
760 McKeever Ave.  
Azusa, CA 91702  
T: 818-334-5114; 800-933-9338 • F: 818-969-8670  
Products: Couscous, Arborio rice, Balsamic vinegar

**Bernan Foods, Inc.**

710 S. Main St.  
Spring Valley, NY 10977  
Products: Hors d'oeuvres: potato puffs, vegetable chow mein

**Caribbean Food Delights, Inc.**

501 Rte. 303  
Tappan, NY 10983  
T: 914-398-3000  
Products: Vegan empanadas (vegetable patties)

**Col. Sanchez Traditional Foods**

P.O. Box 5848  
Santa Monica, CA 90409  
T: 310-313-6772 • F: 310-313-6772  
Products: Vegan tamales and tamale-making kits

**Eastern Foods Corporation**

Sampo North America  
3235 E. Hennepin Ave.  
Minneapolis, MN 55413  
T: 612-331-3353  
Products: Dim Sum Oriental Snacks (whole wheat), vegetable dumplings, vegetarian wonton

**Enrico's**

Ventre Packing Co., Inc.  
373 Spencer St.  
Syracuse, NY 13204  
T: 315-422-9277  
Products: All natural spaghetti sauce and salsa

**Fantastic Foods**

1250 N. McDowell Blvd.  
Petaluma, CA 94954  
T: 707-778-7801 • F: 707-778-7607  
Products: Soups, pastas, grains, meatless burger, etc.

**Grecian Delight Foods Inc.**

1201 Tonne Rd.  
Elk Grove Village, IL 60007-4925  
T: 312-635-1100  
Products: Whole wheat pita pockets, spanikopita, tyropita, olives, vine leaves

**Hungry Sultan**

1370 Redwood Way  
Petaluma, CA 94954  
T: 707-793-8080  
Products: hummus

**Hunt-Wesson Inc.**

1645 W. Valencia  
Fullerton, CA 92634  
T: 800-633-0112  
Product: Rosarita Vegetarian Refried Beans (no lard)

**Maria & Richardo's Tortilla Factory**

Harbar Corp.  
30 Germania St.  
Jamaica Plain, MA 02130  
T: 617-524-6107 • F: 617-524-4826  
Products: Variety of tortillas (kosher)

**Mikdash Foods, Inc.**

75 St. Alphonsus St., Suite D  
Boston, MA 02120  
T: 617-731-2977; 800-645-Mikdash • F: 617-232-1506  
Products: All products vegan and kosher, hummus (4 flavors), crackers, sauces, dressings, dips

**Minh Food Corporation**

1303 W. Harris  
Pasadena, TX 77506  
T: 800-344-7655 • F: 713-740-7272  
Products: Vegetable egg rolls

**Raja Foods**

8100 N. St. Louis Ave.  
Skokie, IL 60076  
T: 800-800-SWAD; 708-675-4455 • F: 708-675-4498  
Products: Wholesalers of Asian-Indian groceries

**Today's Tamales**

2560 Dominic Dr. #1  
Chico, CA 95928  
T: 916-893-2646 • F: 916-893-9344  
Products: Vegan tamale

**Toto's Gourmet Products**

Mama Vida, Inc.  
6503 Deancroft Rd.  
Baltimore, MD 21209  
T/F: 410-484-4066  
Products: Salsa

**FRIES/FRIED FOODS****Anchor Food Products, Inc.**

P.O. Box 2518  
Appleton, WI 54913-2518  
T: 414-734-2828  
Products: Anytime Appleteasers breaded mushrooms, onion rings, zucchini sticks, stuffed jalapeño peppers, etc.

**Lamb-Weston Inc.**

Tri-Cities, WA 99302  
T: 800-766-7783 • F: 509-736-0386  
Products: Canola Gold Fries, all vegetable oil

**FRUIT/FRUIT PRODUCTS****Cascadian Farm**

719 Metcalf St.  
Sedro Wolley, WA 98284

T: 206-855-0100 • F: 206-855-0444

Products: Organic frozen fruits and vegetables, tropical sorbets

**Ferraro's Fine Juices**

P.O. Box 1875  
Glendora, CA 91740  
T: 800-745-8423  
Products: Fresh and frozen fruit and vegetable juices

**Fruit Salad, Inc.**

Flavor Fresh Brand  
71 Glenn St. / P.O. Box 1527  
Lawrence, MA 01842  
T: 508-686-3946 • F: 508-687-0096  
Products: Fruit salads, specialty fruits, salsa

**Knott's Berry Farm Foods**

200 Boysenberry Ln.  
Placencia, CA 92670  
T: 714-579-2400  
Products: Jams, preserves, syrups, resources for food-service

**Leroux Creek Food Corporation**

970-3100 Rd.  
Hotchkiss, CO 81419  
T: 800-828-2287  
Products: Fruit and vegetables, chemical-residue tested

**H.R. Nicholson Co.**

Kenshaw and Oakleaf Aves.  
Baltimore, MD 21215  
T: 410-764-2323 • F: 410-764-9125  
Products: All natural fruit juices

**Pocahontas Foods, USA**

7420 Ranco Rd.  
Richmond, VA 23228  
T: 804-262-8614  
Products: Canned and frozen fruits, nuts, vegetables

**GRAINS****Arrowhead Mills**

110 S. Lawton  
Hereford, TX 79045  
T: 800-858-4308 (Texas only: 806-364-0730) • F: 806-364-8242  
Products: Wide range of natural foods

**Casbah/Sahara Natural Foods**

14855 Wicks Blvd.  
San Leandro, CA 94577  
T: 510-352-5111 • F: 510-352-3227  
Products: Couscous, falafel, tahini sauce, tabouli, gyro, hummus mixes

**Comet American Marketing**

Division of American Marketing  
16825 Northchase Dr., Suite 1600  
Houston, TX 77001  
Products: Gourmet extra fluffy rice

**Fantastic Foods**

1250 N. McDowell Blvd.  
Petaluma, CA 94954  
T: 707-778-7801 • F: 707-778-7607  
Products: Soups, pastas, grains, meatless burger, etc.

**Fiddler's Green Farms**

P.O. Box 254  
Belfast, ME 04915  
T: 800-729-7935  
Products: Organic grains, mixes, cereals, coffee, teas

**Frankferd Farms Foods**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
T: 412-352-9500  
Products: Organic foods, soy products, grains, beans, cereals, crackers

**Grain Process Enterprises Ltd.**

39 Golden Gate Ct.  
Scarborough, ON  
M1P 3A4 Canada  
T: 416-291-4004; 800-387-5292  
Products: Organic grains

**Hain Food Group, Inc.**

50 Charles Lindbergh Blvd.  
Uniondale, NY 11553  
T: 800-434-4246; 516-237-6200 • F: 516-237-6240  
Products: Natural foods, soup, grains, crackers, chili, snacks

**Hatch Natural Foods Corporation**

P.O. Box 888  
Warrenton, VA 22186  
T: 703-987-8551  
Products: Organic and natural foods, grains, beans, flour, soy products, pastas

**Health Valley Foods, Inc.**

16100 Foothill Blvd.  
Irwindale, CA 91706-7811  
T: 818-334-3241  
Products: Organic and natural foods, cereals, crackers, cookies, snacks, soup

**Heinz U.S.A.**

Division of H.J. Heinz Co.  
P.O. Box 57  
Pittsburgh, PA 15230  
T: 412-237-5757 • F: 412-237-5377  
Products: Soups, grain dishes, tomato products, baked beans

**Kashi Company**

P.O. Box 8557  
La Jolla, CA 92038-8557  
T: 619-274-8870 • F: 619-274-8894  
Products: Packaged natural food products available in quantity; vegetarian frozen entrées, grains, cereals

**Montana Flour and Grains, Inc.**

P.O. Box 517  
Fort Benton, MT 59442  
T: 406-622-5436 • F: 406-622-5439  
Products: Organic whole wheat flour, hard red wheatberries, Kamut brand flour and grain

**Natural Way Mills, Inc.**

Rte. 2, Box 37  
Middle River, MN 56737  
T: 218-222-3677 • F: 218-222-3408  
Products: Organically grown whole grains, flours, cereals

**Pastariso**

Rice Innovations Incorporated  
1773 Bayly St.  
Pickering, ON  
L1W 2Y7 Canada  
T: 905-831-5433 • F: 905-831-4333  
Products: Variety of rice pastas

**MARGARINE**

**Shedd's Food Products**

24901 Northwestern Hwy., Suite 517  
Southfield, MI 48075  
T: 800-228-8753; 313-354-1530  
Products: Shedd's Spread, 100% corn oil margarine

**Van Den Bergh Foods/Willow Run**

P.O. Box 110  
Skippack, PA 19474  
T: 610-454-1252; 800-USA-1252 • F: 610-454-1583  
Product: Willow Run Soybean Spread

**NATURAL FOODS (General)**

**Arrowhead Mills**

110 S. Lawton  
Hereford, TX 79045  
T: 800-858-4308 (Texas only: 806-364-0730) • F: 806-364-8242  
Products: Wide range of natural foods

**Fantastic Foods**

1250 Galli Dr.  
Petaluma, CA 94949  
T: 707-778-7801 • F: 707-778-7607  
Products: Soups, pastas, grains, meatless burger, etc.

**Frankferd Farms Foods**

717 Saxonburg Blvd.  
 Saxonburg, PA 16056  
 T: 412-352-9500  
 Products: Organic foods, soy products, grains, beans, cereals, crackers

**Garden Spot Distributors/Shiloh Farms**

438 White Oak Rd.  
 New Holland, PA 17557  
 T: 717-354-4934; 800-829-5100 • F: 717-354-4934  
 Products: Wide range of natural food products

**Hain Food Group, Inc.**

50 Charles Lindbergh Blvd.  
 Uniondale, NY 11553  
 T: 800-434-4246; 516-237-6200 • F: 516-237-6240  
 Products: Natural foods, soup, grains, crackers, chili, snacks

**Hatch Natural Foods Corporation**

P.O. Box 888  
 Warrenton, VA 22186  
 T: 703-987-8551  
 Products: Organic and natural foods, grains, beans, flour, soy products, pastas

**Health Best, Inc.**

295 Distribution St.  
 San Marcos, CA 92069-4359  
 T/F: 619-752-5230  
 Products: 400+ vegan products: grains, beans, nuts, cereals, snacks, baking supplies

**Health Valley Foods, Inc.**

16100 Foothill Blvd.  
 Irwindale, CA 91706-7811  
 T: 818-334-3241  
 Products: Organic and natural foods, cereals, crackers, cookies, snacks, soups

**Jaffe Bros.**

P.O. Box 636  
 Valley Center, CA 92082  
 T: 619-749-1133  
 Products: Wide variety of organic natural foods

**Kashi Company**

P.O. Box 8557  
 La Jolla, CA 92038-8557  
 T: 619-454-6186 • F: 619-456-0222  
 Products: Packaged natural food products available in quantity, vegetarian frozen entrées, grains, cereals

**Meadow Farm Foods**

R.R. 1, Box 386-A  
 Fergus Falls, MN 56537  
 T: 218-739-4585  
 Products: Variety of natural products including grains, flours, pastas, beans, wheat-free foods, non-dairy milk and cheeses

**Rainbow Distributing, Inc.**

2718 N. Paulina  
 Chicago, IL 60614  
 T: 312-929-7629; 800-962-5521 • F: 312-929-0006  
 Products: Wide range of natural foods

**Shiloh Farms, Inc.**

P.O. Box 97  
 Sulphur Springs, AR 72768  
 T: 501-298-3297  
 Products: Wide range of natural foods

**Shojin Natural Foods, Inc.**

P.O. Box 247  
 Kealake Kua, HI 96750  
 T: 808-322-3651 • F: 808-322-6636  
 Products: Wide variety of natural foods

**Walnut Acres Organic Farms**

Penns Creek, PA 17862  
 T: 800-433-3998 • F: 717-837-1146  
 Products: Wide variety of natural foods

**Westbrae Natural Foods, Inc.**

P.O. Box 91-1181  
 Commerce, CA 90091  
 T: 213-722-1692  
 Products: Wide range of natural foods

**World Variety Produce, Inc.**

P.O. Box 21127  
 Los Angeles, CA 90021  
 T: 800-588-0151  
 Products: Melissa's natural foods

**PASTA****Borden, Inc.**

Borden Food Service  
 180 E. Broad St.  
 Columbus, OH 43215  
 T: 800-927-2129 • F: 800-927-2171  
 Products: Pastas, ReaLemon, ReaLime

**Casa Di Bertacchi Corporation**

Vineland Industrial Park  
 1910 Gallagher Dr.  
 Vineland, NJ 08360  
 Products: Vegan stuffed shells and ravioli

**Cemac Foods Corporation**

1821 E. Sedgley Ave.  
 Philadelphia, PA 19124  
 T: 800-724-0179 • F: 215-533-8993  
 Products: Organic stoneground pastas, mostly wheat and gluten free and KOF-K parve, Nu Tofu soy cheese, Nu Tofu spreadables

**Fantastic Foods**

1250 N. McDowell Blvd.  
 Petaluma, CA 94949  
 T: 707-778-7801 • F: 707-778-6208  
 Products: Soups, pastas, grains, meatless burger, etc.

**Frankferd Farms Foods**

717 Saxonburg Blvd.  
 Saxonburg, PA 16056  
 T: 412-352-9500  
 Products: Organic foods, soy products, grains, beans, cereals, crackers

**International Harvest, Inc.**

71-40 242nd St.  
 Douglaston, NY 11362  
 T: 800-277-4268  
 Products: Organica Di Sicilia organic whole wheat pastas

**Manor Hill Food Corporation**

1200 Bernard Dr.  
 Baltimore, MD 21223  
 T: 301-945-7222  
 Products: Various types of prepared salads, available in 30-pound quantity and smaller, pasta salad

**Norpac Food Sales, Inc.**

4350 S.W. Galewood St.  
 Lake Oswego, OR 97035-0800  
 T: 800-547-6716  
 Products: Pasta Perfect quick, frozen, pre-cooked whole wheat pasta/vegetable blends

**Purity Foods, Inc.**

2871 W. Jolly Rd.  
 Okemas, MI 48864  
 T: 800-99-SPELT • F: 517-351-9391  
 Products: Vegetarian pancake/muffin mix, vegan vita spelt pastas, organic flours, bread mixes for bread machines

**Putney Pasta Co., Inc.**

P.O. Box 445  
 Chester, VT 05143  
 T: 800-ALDENTE • F: 802-875-4500  
 Products: All natural pastas, stuffed shells

**J. R. Simplot Co.**

6360 S. Federal Way  
 Boise, ID 83706  
 T: 800-635-0401  
 Products: Quick preparation vegetable and pasta dishes

**Westbrae Natural Foods, Inc.**

P.O. Box 91-1181  
 Commerce, CA 90091  
 T: 213-722-1692  
 Products: Wide range of natural foods

**SALADS****Manor Hill Food Corporation**

1200 Bernard Dr.  
 Baltimore, MD 21223  
 T: 410-945-7222  
 Products: Various types of prepared salads

**SAUCES****Enrico's**

Ventre Packing Co., Inc.  
 373 Spencer St.  
 Syracuse, NY 13204  
 T: 315-422-9277  
 Products: All natural spaghetti sauce and salsa

**Jaclyn's Food Products, Inc.**

P.O. Box 1314  
 Cherry Hill, NJ 08034  
 T: 609-354-8036  
 Products: Whole wheat bread crumbs, fresh and frozen soups, muffins, sauces

**Millina's Finest**

P.O. Box 550  
 Aptos, CA 95001  
 T: 800-775-5297  
 Products: Organic canned tomato products

**Muir Glen, Inc.**

424 N. 7th St.  
 Sacramento, CA 95814  
 T: 916-557-0900; 800-832-6345  
 Products: Organic canned tomato products

**RC Fine Foods**

P.O. Box 236  
 Belle Mead, NJ 08502  
 T: 800-526-3953; 201-359-5500  
 Products: Natural soup mixes, desserts, sauces, dressings, seasonings

**R & D Laboratories, Inc.**

4094 Glencoe Ave.  
 Marina Del Rey, CA 90292  
 T: 800-338-9066; 213-305-8053  
 Products: Low sodium sauces, ratatouille

**San-J International Inc.**

28880 Sprouse Dr.  
 Richmond, VA 23231  
 T: 800-446-5500 • F: 804-226-8383  
 Products: Tamari, tamari lite, teriyaki, szechuan, Thai peanut sauce, clear shoyu, toasted sesame oil

**Uncle Dave's Kitchen**

P.O. Box 2034, Rte. 100  
 S. Londonberry, VT 05155

T: 802-824-3600 • F: 802-824-6033

Products: Vegan sauces such as mariner, mustard, ketchup

## SPECIAL DIETS

### **Ener-G Foods Inc.**

5960 First Ave., S.  
Seattle, WA 98108

T: 800-331-5222 • F: 206-764-3398

Products: Wheat-free breads, pastas, Ener-G Egg Replacer, flours, other products for people with special needs.

## SWEETENERS

### **Glorybee Foods, Inc.**

120 N. Seneca  
Eugene, OR 97402

T: 503-689-0913; 800-456-7923 • F: 503-689-9692

Products: Molasses, sorghum, brown rice syrup, maple syrup, barley malt, flour, spices

## TOFU

### **Eden Foods**

701 Tecumseh Rd.  
Clinton, MI 49236

T: 800-248-0301; 313-973-9400

Products: Soymilk, other soy products

### **Morinaga Nutritional Foods, Inc. (Mori-Nu Tofu)**

2050 W. 190th St., Suite 110  
Torrance, CA 90504

T: 800-669-8638 • F: 310-787-2727

Products: Mori-Nu Lite Tofu, Regular Silken Tofu, Mori-Nu Mates vegetarian pudding and pie mixes

### **Nasoya Foods**

23 Jytek Dr.  
Leominster, MA 01453

T: 800-229-8638 • F: 508-537-0713

Products: Tofu, flavored tofu, veggie dressings, mayonnaise, pasta items

### **Soy City Foods**

2847 Dundas St. W.  
Toronto, ON  
M6P 1Y6 Canada

T: 800-465-4915 • F: 416-762-1275

Products: Tofu, tempeh, falafel, variety of vegetarian burgers

### **21st Century Foods, Inc.**

30-A Germania St.  
Jamaica Plain, MA 02130

T: 617-522-7595

Products: Tofu, tempeh, soymilk, masa (100% corn)

## VEGETABLES

### **Basic Vegetable Products**

9301 E. Lacey Blvd.  
Hanford, CA 93230

T: 800-284-2711

Products: Fresh whole peeled garlic (organic available)

### **Cascadian Farm**

P.O. Box 10  
Rockport, WA 98283

T: 206-853-8175

Products: Organic frozen fruits and vegetables

### **Dean Foods Vegetable Company**

P.O. Box 19027  
Green Bay, WI 54307-9027

T: 800-327-6877; 414-435-5301

Products: Processed fruits and vegetables, some quantity vegetarian recipes available

### **Grand Metropolitan Foodservice USA**

“Green Giant”  
Minneapolis, MN 55402

T: 800-767-4466

Products: Vegetarian Chiles Sierra and Baja Style Chili, frozen and canned vegetables

### **Leroux Creek Food Corporation**

970-3100 Rd.  
Hotchkiss, CO 81419

T: 800-828-2287

Products: Fruit and vegetables, chemical-residue tested

### **Pocahontas Foods, USA**

7420 Ranco Rd.  
Richmond, VA 23228

T: 804-262-8614

Products: Canned and frozen fruits, nuts, vegetables

### **Sno Pac Foods, Inc.**

379 S. Pine St.  
Caledonia, MN 55921

T: 800-533-2215

Products: Organic frozen vegetables

### **Tanimura and Antle, Inc.**

P.O. Box 4070  
Salinas, CA 93912

T: 408-455-2950

Products: Fast ‘n Fresh pre-chopped salad mixes and vegetables

## VEGETARIAN ENTRÉES

### **Amy’s Kitchen, Inc.**

P.O. Box 7868  
Santa Rosa, CA 94507

T: 707-578-7988 • F: 707-578-7995  
Products: Frozen vegetarian and vegan entrées, baked deserts

**Fantastic Foods**

1250 N. Mc Dowell Blvd.  
Petaluma, CA 94954  
T: 707-778-7801 • F: 707-778-6208  
Products: Soups, pastas, grains, meatless burger, etc.

**Grand Metropolitan Foodservice USA**

“Green Giant”  
Minneapolis, MN 55402  
T: 800-767-4466  
Products: Vegetarian Chiles Sierra and Baja Style Chili, frozen and canned vegetables

**Health Valley Foods, Inc.**

16100 Foothill Blvd.  
Irwindale, CA 91706-7811  
T: 818-334-3241  
Products: Organic and natural foods, cereals, crackers, cookies, snacks, soups

**Heinz U.S.A.**

Division of H.J. Heinz Co.  
P.O. Box 57  
Pittsburgh, PA 15230  
T: 412-237-5757 • F: 412-237-5377  
Products: Soups, grain dishes, tomato products, baked beans

**Hunt-Wesson Inc.**

1645 W. Valencia  
Fullerton, CA 92634  
T: 800-633-0112  
Product: Rosarita Vegetarian Refried Beans (no lard)

**Imagine Foods, Inc.**

299 California Ave.  
Palo Alto, CA 94306  
T: 415-327-1444  
Products: Veggie Pockets entrées

**L.T. Planet (LEGUME)**

P.O. Box 609  
Montville, NJ 07045  
T: 201-263-1013  
Products: All vegetarian frozen entrées

**Marriott Management Services**

Food and Beverage Department 817.63  
1 Marriott Dr.  
Washington, DC 20058  
F: 301-380-1265  
Products: Wide variety of vegetarian and vegan entrées

**Norpac Food Sales, Inc.**

4350 S.W. Galewood St.

Lake Oswego, OR 97035-0800

T: 800-547-6716  
Products: Pasta Perfect quick, frozen, pre-cooked whole wheat pasta/vegetable blends

**Nugget Distributors, Inc.**

4226 Coronado Ave.  
Stockton, CA 95204  
T: 209-948-8122 • F: 209-461-7405  
Products: Low sodium, low-fat, frozen entrées

**Putney Pasta Co., Inc.**

P.O. Box 445  
Chester, VT 05143  
T: 800-ALDENTE • F: 802-875-4500  
Products: All natural pastas, stuffed shells

**J.R. Simplot Co.**

6360 S. Federal Way  
Boise, ID 83706  
T: 800-635-0401  
Products: Quick preparation vegetable and pasta dishes

**Westbrae Natural Foods, Inc.**

P.O. Box 48006  
Gardena, CA 90248  
T: 213-722-1692  
Products: Wide range of natural foods

**SNACKS**

**A. Angonoa Inc.**

115-05 15 Ave.  
College Point, NY 11356  
T: 212-762-4466  
Products: Breadsticks (no animal shortening)

**Anchor Food Products, Inc.**

P.O. Box 2518  
Appleton, WI 54913-2518  
T: 414-734-2828  
Products: Anytime Appleteasers breaded mushrooms, onion rings, zucchini sticks, stuffed jalapeño peppers, etc.

**Bernan Foods, Inc.**

710 S. Main St.  
Springvalley, NY 10977-6436  
T: 201-589-0323  
Products: Hors d'oeuvres: potato puffs, vegetable chow mein

**Corbin Foods**

P.O. Box 28139  
Santa Ana, CA 92799  
T: 714-966-6695; 800-695-5655 • F: 714-966-0382  
Products: Original Edibowl

**Dietary Specialties, Inc.**

P.O. Box 227  
Rochester, NY 14601  
T: 716-263-2787; 800-544-0099  
Products: Gluten-free and low protein foods, breads, crackers,  
pastas, cereal, mixes

**Glacial Ridge Foods**

24350 Joy Rd., Suite #9  
Redford, MI 48239  
T: 313-535-4466  
Products: Country Grown chips, pop-lite popcorn, pretzels

**Hain Food Group, Inc.**

50 Charles Lindbergh Blvd.  
Uniondale, NY 11553  
T: 800-434-4246; 516-237-6200 • F: 516-237-6240  
Products: Natural foods, soups, grains, crackers, chili,  
snacks

**Health Valley Foods, Inc.**

16100 Foothill Blvd.  
Irwindale, CA 91706-7811  
T: 818-334-3241  
Products: Organic and natural foods, cereals, crackers, cook-  
ies, snacks, soups

**Mexi-Snax, Inc.**

2035 W. Winton Ave.  
Hayward, CA 94545  
T: 800-669-7629 • F: 510-786-2119  
Products: Variety of popular flavored tortilla chips, salsa, blue  
chips

**SOUP/SOUP BASES**

**Dixie USA, Inc.**

7800 Amelia  
Houston, TX 77055  
T: 800-347-3494  
Products: Vegan broth

**Eatem Foods Company**

1829 Gallagher Dr.  
Vineland, NJ 08360  
T: 800-68-EATEM • F: 609-692-0847  
Products: Pure vegetarian vegetable soup base

**Fantastic Foods**

1250 N. McDowell Blvd.  
Petaluma, CA 94954  
T: 707-778-7801 • F: 707-778-7607  
Products: Soups, pastas, grains, meatless burger, etc.

**Hain Food Group, Inc.**

50 Charles Lindbergh Blvd.  
Uniondale, NY 11553  
T: 800-434-4246; 516-237-6200 • F: 516-237-6240  
Products: Natural foods, soups, grains, crackers, chili,  
snacks

**Health Valley Foods, Inc.**

16100 Foothill Blvd.  
Irwindale, CA 91706-7811  
T: 818-334-3241  
Products: Organic and natural foods, cereals, crackers, cook-  
ies, snacks, soups

**Heinz U.S.A.**

Division of H.J. Heinz Co.  
P.O. Box 57  
Pittsburgh, PA 15230  
T: 412-237-5757 • F: 412-237-5377  
Products: Soups, grain dishes, tomato products, baked  
beans

**Jaclyn's Food Products, Inc.**

P.O. Box 1314  
Cherry Hill, NJ 08034  
T: 609-354-8036  
Products: Bread crumbs, fresh and frozen soups, muffins,  
sauce

**L.J. Minor Division**

Food Ingredient Specialties, Inc.  
30003 Bainbridge Rd.  
Solon, OH 44139  
T: 800-242-8822 • F: 216-498-7816  
Products: Vegetarian sauces and soup bases

**Nestle Brands Frozen Foods**

5750 Harper Rd.  
Solan, OH 44139-1880  
T: 216-248-3600 • F: 216-248-1572  
Products: Vegetarian soups, sauces, pastas, entrées

**RC Fine Foods**

P.O. Box 236  
Belle Mead, NJ 08502  
T: 800-526-3953; 201-359-5500  
Products: Natural soup mixes, desserts, sauces, dressings, sea-  
sonings

**Scenario International Company**

P.O. Box 24177  
Los Angeles, CA 90024  
T: 310-470-9166  
Products: The Organic Gourmet vegetable stock concen-  
trates

**Tabatchnicks/Paterson Soup Works**

1230 Hamilton St.  
Somerset, NJ 08873  
T: 908-247-6668 • F: 908-247-6555  
Products: Wide range of vegetarian and vegan soups

**SOYMILK/SOY PRODUCTS (next page; see Tofu,  
too)**

**SOYMILK/SOY PRODUCTS (see Tofu, too)  
con't.**

**Devansoy Farms**

P.O. Box 885  
Carroll, IA 51401  
T: 800-747-8605 • F: 712-792-2712  
Products: Solait Instant Soy Beverage, Devan Sweet Brown Rice Sweetener

**Eden Foods**

701 Tecumseh Rd.  
Clinton, MI 49236  
T: 800-248-0301; 313-973-9400  
Products: Soymilk, other soy products

**Frankferd Farms Foods**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
T: 412-352-9500  
Products: Organic foods, soy products, grains, beans, cereals, crackers, etc.

**Healthy Harvest**

809 Arbutus Ave.  
Chico, CA 95926  
T: 916-894-0900  
Products: Soy and rice milk in half gallon containers

**Now Foods**

550 Mitchell  
Glendale Heights, IL 60139  
T: 708-545-9000; 800-999-8069 • F: 708-545-8069  
Products: TVP, soy protein, natural sweeteners, natural snacks, dried fruit, quinoa

**Sharon's Finest**

P.O. Box 5020  
Santa Rosa, CA 95402  
T: 800-ENJOY NOW • F: 707-545-7116  
Products: Cheese alternatives

**Spring Creek Natural Foods**

Spencer, WV 25276  
T: 304-927-1815  
Products: All natural wheat and soy products, bread, tofu, etc.

**Sun Rich, Inc.**

P.O. Box 128  
Hope, MN 56046  
T: 507-451-3316 • F: 507-451-2910  
Products: Sweet beans (soybeans), soymilk powdered beverage mix

**Takoma Soy**

P.O. Box 5846  
Takoma Park, MD 20912  
T: 301-587-5923  
Products: Soy products

**Taree International Corporation**

715 14th St. E.  
Saskatoon, SK  
S7N 0P6 Canada  
T: 306-242-1976 • F: 306-242-4221  
Products: Soups, sauces, desserts, gravy, cereals

**Tofutti Brands Inc.**

50 Jackson Dr.  
Cranford, NJ 07016  
T: 908-272-2400 • F: 908-272-9492  
Products: Soy frozen desserts, soy "cream cheese," soy "sour cream"

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timore, MD 21203; 410-366-8343; [www.vrg.org](http://www.vrg.org).