

Incorporating Vegetarian Meals on College Campuses

PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

5100 WISCONSIN AVE., N.W., SUITE 400 • WASHINGTON, DC 20016
PHONE (202) 686-2210 • FAX (202) 686-2216 • PCRM@PCRM.ORG • WWW.PCRM.ORG

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, cookies, 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, 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

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, seasonings

Scenario International Company

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

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"

This listing compiled and reprinted with permission
by the Vegetarian Resource Group, P.O. Box 1463, Bal-
timore, MD 21203; 410-366-8343; www.vrg.org.