

Vegan Guide

for South Central Pennsylvania

Your guide to a compassionate life in South Central Pennsylvania



**Food
Friend**



~~Entertainment~~
Intelligent



~~Test Subject~~
Companion

ANIMAL
ADVOCATES 
of South Central PA
animaladvocatesscpa.org



WELCOME

Hello and thank you for taking a look inside this guide! We, the **Animal Advocates of South Central PA**, created it for you to use as a compass on your path towards a kinder, healthier life. We are an organization promoting a conscious and compassionate lifestyle which can be summed up in one word: **Veganism**. It isn't like other vegan guides, though. It's tailored for individuals living in South Central Pennsylvania (SCPA) to make your transition as easy as possible. We will lightly touch on the reasons to go vegan (but we highly suggest doing research elsewhere!) and how to make those changes. We will cover everything from where to go out to eat on a Friday night, to what cruelty-free body care brands to check out, and everything in between.

We would like to thank you for considering this impactful, wonderful lifestyle, and hope we can assist you on your journey! After exploring this guide, please visit our website, which has many helpful resources, including local restaurant lists, blog articles, and links for further reading.

www.animaladvocatesscpa.com

Follow us on social media to see what we are up to!



“Do the best you can until you know better.

Then when you know better, do better”.

-Maya Angelou



WHY GO VEGAN?

For The Animals | For The Environment For Our Health | For Everything!

There are many reasons people go vegan. In some cases, it's for the environment. Animal agriculture is a significant ecological problem, contributing more greenhouse gas emissions than the entire transportation sector. A plant-based vegan diet is the most environmentally-friendly diet. It saves over 1,000 gallons of water every day and lowers your carbon footprint by 50%*.

A well-planned vegan diet is also one of the most healthful for people. The current healthcare system is plagued by chronic diseases (heart disease, diabetes, cancer), the majority of which are impacted by poor diet and inactivity. Those following a vegan diet experience a fraction of the chronic diseases as their meat-eating counterparts (source: Adventist Study).

Additionally, the World Health Organization has categorized processed meats including bacon, sausage, deli slices, and ham as Group 1 carcinogens — which means that there is strong evidence that processed meats cause cancer.

The most prevalent reason to go and stay vegan is for the animals. Nightmarish cruelty and violence are inherent in animal agriculture. Common (and legal) practices include chicks having half of their beaks cut off without anesthesia; seals and dolphins being strangled in fishing nets; and piglets having their teeth ripped out and being castrated without anesthesia. Treating our fellow earthlings like this is unnecessary and can't be justified. It's also important to remember that even the "humanely" and organically raised animals still end up being killed years before their natural deaths in horrific and unfathomable ways.



* Pimentel, David & Pimental, Marcia. "Sustainability of meat-based and plant-based diets and the environment".
The American Journal of Clinical Nutrition. September 2003. vol 78. no 3 660S-663S

HOW DO I GO VEGAN?

SCPA Vegan Mentoring Program

We offer a free mentor program for anyone interested in starting their vegan journey! We match you with a mentor in your immediate area to help with whatever you need during your transition. It might be grocery shopping, meal ideas, home care and cosmetic product swaps, recommending specific resources, or just someone to talk to for support. We even have mentors that can assist with nutrition and weight training. Best of all, our mentors are passionate about veganism and have a great desire to help. If you would like a mentor, or want to become a mentor, contact us at info@AnimalAdvocatesSCPA.com.

Product Switches

There is much more to living vegan than eating plant-based foods. Animal-derived products are found in many everyday items, such as clothing, shoes, accessories, and cosmetics.

While it's not practical to donate your old clothes right away, it's easy to select vegan options as you add to your wardrobe. Millions of cows, horses, cats, dogs, sheep, ostriches, alligators, snakes, and other animals are used for their skins. Wool, feathers, silk, cashmere, suede, mohair, and leather are some of the animal products found in clothing and apparel. Luckily, new animal-friendly and eco-conscious materials are constantly being developed! Mushroom and pineapple leather are a few recent advancements in the fashion industry.

Animals are not only used in the fashion industry; they are also still used for product testing and research studies. 100 million animals are killed every year in U.S. testing laboratories alone. Animals used in labs include guinea pigs, rabbits, hamsters, primates, dogs, and cats.



HOW DO I GO VEGAN?



Just as with clothing, making the transition to vegan makeup and cosmetics is not difficult, but it does take time. As you run out of bath, beauty, and cleansing items, swap them for animal-friendly options. Many brands are easily accessible, which makes transitioning to cruelty-free products a piece of vegan cake! You can find cruelty-free vegan brands at places like Target, grocery stores, and pharmacies.

The term *cruelty-free* means a product has not been tested on animals—it does not necessarily mean it is vegan. If a product is vegan, it will often have the word vegan on it or a vegan-friendly symbol. Symbols to look for when searching for products:



WEEKLY MEAL PLAN

Need ideas to start eating vegan? Here is a simple meal plan to get you started.

	Breakfast	Lunch	Dinner
Sunday	Frittata* and fresh fruit	Burrito with refried beans, salsa, corn, lettuce, onion, guacamole and rice	Spaghetti with Gardein meatballs, garlic bread made with Earth Balance, and a side salad
Monday	Smoothie with banana, strawberries, dates, chia seeds, and almond milk	Veggie burger with fixings and fries	Tofu and veggie stir fry with rice or udon noodles
Tuesday	Oatmeal topped with chia seeds, raisins, cinnamon, and berries	Tofurky sandwich with pretzels or chips	Chick'n and Broccoli Alfredo*
Wednesday	Toast with mashed avocado, salt, and pepper, hot sauce	Salad with a variety of veggies, chickpeas, and Hampton Creek dressing	Pizza with shredded Daiya, veggies, and Beyond Meat Crumbles
Thursday	Cereal with plant milk and berries	BLT with Lightlife Smart Bacon and Vegenaïse	Lentil and Sweet Potato Stew*
Friday	Tofu scramble with toast	Pita stuffed w/ hummus, cucumber, lettuce, tomato, sprouts, and spinach	Gardein Fishless Filet & slaw tacos
Saturday	Waffles and Sweet Earth Benevolent Bacon	Field Roast Frankfurter and roasted potato wedges	Vegan Shepherd's Pie with vegetable gravy
Snacks	Dried or fresh fruit, energy bars, coconut yogurt with granola	Nuts, seeds, dark chocolate, popcorn	Veggies with hummus, vegan friendly cookies and Nice Cream*

* - See Recipe on following pages





FEATURED RECIPES



BAC'N, POTATO, AND GREEN ONION FRITTATA

Servings: 6

Ingredients

- 2-3 tbsp Olive Oil
- 1 Onion, finely chopped
- 4-5 Green Onions, chopped, with the green and white parts separated
- 4 cloves Garlic, minced
- 2 medium Potatoes, shredded
- 2 tsp Salt, divided
- 1/2 tsp Pepper, divided
- 2 lb Firm Tofu, drained
- 2-3 tbsp Soy Sauce, to taste
- ¼ cup Nutritional Yeast
- ¼ cup Vegan Bacon Bits (Fun fact: Most store-bought bacon bits are vegan!)

Instructions

- Preheat oven to 350 degrees
- In a large skillet, heat the olive oil over medium heat. Add the onion and white part of the green onions, saute for 2-3 minutes. Add the garlic and stir around for another 30 seconds. Increase the heat to medium-high and add the potatoes, 1 tsp. of salt, and 1/4 tsp. of pepper. Cook for 10-15 minutes, flipping the potatoes regularly until they are browned.
- Add the remaining salt and pepper, the tofu, soy sauce, and nutritional yeast to a food processor and blend until the mixture is creamy. Fold in the bacon bits, green part of the green onions, and the fried potato/onion mixture. Pour everything into a large oiled pie or tart pan. Bake for 30-40 minutes, or until center is firm. Allow to cool for 10 minutes, cut and serve.



CROCKPOT LENTIL AND SWEET POTATO STEW

Servings: 6

Ingredients

- 3 qt Crockpot
- 2 large Carrots, chopped
- 2 stalks Celery, chopped
- 1/2 Onion, diced
- 2 large Sweet Potatoes, peeled and cubed
- 1 cup fresh Green Beans, chopped
- 1 bag (16 oz) Lentils
- 2 cloves Garlic, minced
- 8 oz can Diced Tomatoes
- 4 cups Vegetable Broth
- 1/2 cup Water
- 2 tbsp Coconut Oil
- 1 tsp Salt
- 1/2 tsp Pepper
- 1 tbsp Curry Powder

Instructions

- Combine all ingredients into the crockpot and give it a good stir to combine. Cook on the low setting for about 12 hours.
- It can be assembled and refrigerated the night before cooking.
- The recipe can be doubled for larger sized crock pots.

WHERE TO BEGIN?

Start with dishes that are familiar to you and think about how you might adapt them to be meatless and/or dairy-free.

FEATURED RECIPES



CHICK'N AND BROCCOLI ALFREDO

Servings: 6

Ingredients

- 1 box Fettuccine
- 1 large head of Broccoli
- 1 bag Gardein Chick'n Strips
- 1.5 bags Daiya Mozzarella style shreds
- 3 tbsp Nutritional Yeast
- 1 32 oz container unsweetened Rice or Almond Milk
- 1 tsp Salt
- 1 tbsp Garlic Powder
- 1 tsp Black Pepper
- 1 tbsp Oregano
- 1 tbsp Italian Seasoning
- 1 tsp Ground Nutmeg

Instructions

- Bring a large pot of water to a boil and cook pasta according to package directions.
- Cut broccoli into bite sized florets, steam for 5-7 min.
- While you are waiting for the pasta and broccoli to cook, cook chick'n strips over medium heat on the stove until golden brown.
- Bring milk to a boil, add Daiya, nutritional yeast and spices. Whisk until there is absolutely no cheese shreds on the whisk. Once the sauce has thickened set burner to simmer. Continue whisking for 2 more minutes. Let cool for a couple minutes before pouring over pasta, broccoli and chick'n.



NICE CREAM - 3 WAYS

Each recipe: 1 serving

Ingredients - Tropical

- 2 Frozen Bananas
- Fresh or Frozen Mango and Pineapple, handful of each
- Splash of plant milk, coconut preferred
- Topping - Coconut flakes

Ingredients - PB-n-S'mores

- 2 Frozen Bananas
- 2 Tbsp Peanut Butter
- Cocoa powder or chocolate plant milk
- Splash of Plant Milk, if using cocoa powder
- Topping - Dairy-free mini chocolate chips such as Enjoy Life brand
Marshmallow topping/Marshmallows -
Ricemellow or Dandies
Graham crackers - Nabisco makes honey-free
Chopped peanuts

Ingredients - Banana Berry

- 2 Frozen Bananas
- Fresh or Frozen Strawberries and/or Raspberries
- Splash of Plant Milk (Soy, Almond, Coconut, Etc)
- Topping - Blueberries
Whipped Cream - So Delicious Cocowhip or
Non Dairy Reddi Whip

Instructions

- Blend ingredients in a high speed blender until smooth. Add as much plant milk as desired, some blenders will need more than others to blend frozen fruit. Put desired toppings on and enjoy!

VOLUNTEER OPPORTUNITIES

Going vegan can create the desire to do more. Many vegans become involved in activism to help others – some human, some non-human. Volunteering is a great way to assist local organizations. If you would like to work with animals, we have highlighted a few places where you can interact with animals - some who have been rescued from deplorable conditions, and others who were abandoned and their story before rescue is unknown.



Benji
at Lancaster Farm
Sancturay



Brownie
at Whispering Rise
held by Seth D.



Rescue Dog
at Animal Rescue Inc's
Fundraiser

Animal Rescue, Inc. is an animal sanctuary in New Freedom, PA that rescues cats, dogs, and farmed animals. ARI is always looking for regular volunteers to walk dogs, pet cats, hang out with the chickens, and table at local events. Check out their website to see all the available volunteer positions – www.animalrescueinc.org

Lancaster Farm Sanctuary is located in Elizabethtown, PA. Their mission is to rescue farm animals and provide them sanctuary; inspire humans to live with honor, respect, and appreciation for themselves, the Earth, and the other beings with whom we share the planet. Volunteers are essential at LFS, and they are always seeking people to get involved. Volunteers help with animal care, feeding, and lots of general chores around the farm. They also help with their website, newsletter, tabling events, fundraising, and many other activities to keep things running smoothly - www.lancasterfarmsanctuary.org

Whispering Rise Farm & Animal Sanctuary is located in Freeland, MD and is home to over 50 rescued pot belly pigs and a few roosters. They have monthly volunteer days, as well as a Pig Socialization event every month! Enjoy petting and feeding the pigs, and do some work cleaning out pens and clearing the yard to make room for more rescued animals! Visit their website for more information - www.wrfas.org



FOOD TIPS

ACCIDENTALLY VEGAN

There is no need to go to a specialty store to get yummy vegan food! There are tons of “accidentally vegan” products in local grocery stores. These products include Oreos, Twizzlers, Air Heads, Spicy Sweet Chili Doritos, Ritz Crackers, Wheat Thins, and so much more. If your favorite snack isn't vegan, do not fear! There are many vegan versions available - just do a quick search online.

VEGETARIAN TO VEGAN TIPS:

Vegetarian to Vegan - The dairy and egg industries are inherently full of unnecessary suffering. Many people following a vegetarian diet eventually want to transition to a vegan diet/lifestyle, and we are here to help! The first thing to do is replace dairy milk with plant milk. Enjoy plant-based milks with your favorite oatmeal and cereal. Many breakfast cereals are fortified with vitamin D derived from sheep, so make sure that your cereal choices are compassionate.

Instead of eggs for breakfast, try tofu scramble! It has more protein, less saturated fat, no cholesterol, and no cruelty. You can even make a tofu omelet!

But what about cheese? The transition from animal-based cheese to plant-based cheese can be challenging, considering cheese contains addictive hormones called casomorphins. The best advice we have is to take a break from dairy cheese for three full weeks, while you ease into non-dairy cheeses. There are many of great brands like Daiya, Follow Your Heart, and Chao! They are affordable, accessible, and can be used in any dish that calls for dairy products. These cheeses have a slightly higher melting point, so set your oven between 400-450°F, and the plant-based shreds will melt beautifully!





FOOD TIPS

EASY SWAPS

There are plenty of easy swaps to replace kitchen staples with vegan options.

The Internet is an amazing source for ideas, but below are some of the more common ones:

- **Breakfast**

Tofu scramble; bagel with vegan cream cheese (Tofutti, Miyoko's, Kite Hill); fruit smoothie; cereal with plant-based milk; overnight oats with fruit, nuts, and plant-based milk

- **Eggs in Baking**

Mashed banana, apple sauce, flax meal, or chia seeds mixed with water. Some vegan egg replacers include Neat, Ener-G, Follow Your Heart, and Just Egg.

- **Milk**

Almond milk, coconut milk, soy milk, rice milk, hemp milk, pea milk, cashew milk, oat milk, hazelnut milk, and banana milk, among many others!

- **Honey**

Agave, maple syrup, Bee Free Honee (available online and at Wegmans).

- **Cheese**

Nutritional Yeast (commonly referred to as "nooch"), homemade soy and nut based cheese. Vegan cheese brands include Daiya, Field Roast Chao, Follow Your Heart, Miyoko's, Treeline Treenut Cheese, and Go Veggie (be sure to check the label on Go Veggie, only some of their cheeses are vegan).

- **Ice Cream**

Nice cream made with frozen bananas is healthy and delicious. Check out our recipes on page 8! Brands which make non-dairy ice cream include Tofutti, So Delicious, Ben & Jerry's, Breyers, Häagen-Dazs, Halo Top, Talenti, NadaMoo!, Coconut Bliss, Almond Dream, and Halo Top.

- **Meats**

Plant-based options are tempeh, seitan, tofu, lentils, and beans. Some vegan meat brands that are just as tasty without the harm include Gardein, Tofurky, Beyond Meat, Field Roast, Lightlife, Neat, Upton's, and No Evil Foods.



VEGAN-FRIENDLY RESTAURANTS

We've created this list of the top 5 vegan-friendly restaurants in York, Lancaster, and Harrisburg, and highlighted our top choice for the most vegan-friendly place in each city. This is just the tip of the {melting} iceberg. A more extensive list is on our website at www.animaladvocatesscpa.org > Resources > Vegan Friendly Restaurants

HARRISBURG

Nirvana Kitchen

Indian & Nepalese

3500 Walnut St, Harrisburg

Many vegan options. The owner is very accommodating and friendly.

Irigo's Tavern

American Grub

6791 Linglestown Rd, Harrisburg

Vegan options marked on menu. Offers vegan cheese and Beyond Chicken Strips for salads, pizza, strombolis, nachos, and more!

Harvest Seasonal Grill & Wine Bar

Seasonal, Local, American

2625 Brindle Dr, Harrisburg

Ask for their vegan menu. Many options!

The Vegetable Hunter

Vegetarian + Vegan, American

614 N. 2nd St, Harrisburg, PA

Strictly vegetarian and vegan restaurant. Many great menu options, as well as home-brewed kombucha and beer.



Pizza & a brew

Ever Grain Brewing Co.

Brewery & Craft Kitchen

4444 Carlisle Pike, Camp Hill

Clearly marked vegan menu options. Many choices including pizzas, burgers, tacos, snacks, apps, and even desserts!

A couple other great places include:

Bangkok 56

Chalit's

Zanelli's

Right on Reilly

Vrai

2nd St Shawarma

Mellow Minded Café

HELPFUL TIP

A great free app to download is HappyCow, which finds veg-friendly restaurants near your location!

VEGAN-FRIENDLY RESTAURANTS

LANCASTER

Root

Vegan, American

223 W. Walnut St., Lancaster

100% vegan establishment! Menu changes often. Always new and exciting things to try. Features a favorites menu with wings and a full bar. Delicious plant-based pub fare all made in-house.

E-Yuan Chinese & Vegetarian Restaurant

Chinese & Thai

39 S Market St, Elizabethtown

Features a full vegetarian menu that is actually vegan! There are no eggs used in the dishes or the noodles on this separate menu. Chicken, beef, and ham substitutes are offered and can also be used on the Thai dishes. One of our favorites is the vegan wonton soup!

Tivoni Kitchen & Bakery

American Kitchen & Bakery

805A Rohrerstown Rd, Lancaster

100% vegan establishment! Offering fresh, healthy, and also gluten free options that are low on oil and salt. Tivoni features plant-based bowls and homemade soups. Exciting, ever-changing bakery desserts and smoothies round out the meal with a bit of sweetness. Custom bakery orders available for your events.



Global Feast

Upohar

Ethnic Cuisines

798 New Holland Ave, Lancaster

Vegetarian restaurant. With the exception of a few items, nearly everything offered is vegan. Global dishes and gluten free options. Inspiring flavors in an array of dishes that will have you coming back to explore again and again. They offer a daily lunch buffet and a special dinner buffet on Thursdays.

Namaste Restaurant

Indian & Asian

2101 Columbia Ave, Lancaster

Vegan friendly Indian restaurant featuring Indian and mixed Asian cuisine. Delicious dals, Napali momo (dumplings), and spicy samosa are favorite menu items. Daily lunch buffet and Tuesday dinner buffet both include vegan options. Large dining room and full bar make it a great place for groups.

A couple other great places include:

Himalayan Grill	Taj Mahal
Trio Bar and Grill	Lancaster Dispensing Co
Sprout	Callaloo Trinidadian Kitchen

VEGAN-FRIENDLY RESTAURANTS

YORK

Mexitaly Brick Oven Brewhouse

Mexican & Italian

2440 E. Market St, York, PA

Many vegan possibilities! Stocks both Daiya cheddar and mozzarella style shreds. Mexican fries are vegan and are awesome in burritos. Chimichangas, tacos, burritos, and nachos can be made vegan by subbing grilled or root veggies instead of meat. The pizza sauce contains dairy; substitute with marinara, breadstick garlic sauce, or salsa for a Mexican-fusion pizza. Cinnamon sticks and current in-house brews are vegan.

World Grills

Asian Fusion

29 E. King St, York, PA

Clearly marked vegan options on the menu, including curries, noodle bowls, appetizers, and delicious mocktails. BYOB.

Z Wild Vegans

Vegan Cafe in Penn Market

380 West Market St, York, PA

All-vegan market stand with seating area. Offers deli salads, wraps, sandwiches, soups, smoothies, and weekly specials. Has rotating baked goods, including pies, cakes, tarts, and cookies. Caters events.



Sticky Rice Bowl

Revival Social Club

American Restaurant & Bar

19 North George St, York PA

Offers creative, delicious vegan menu items. Vegan options are not labeled - Ask your server what is vegan, as menu changes seasonally. Very accommodating and knowledgeable.

Nittany Pizza

American Italian

2073 Springwood Rd, York, PA

Vegan BTO (baked to order) sandwiches on menu. 'California style' indicates fries instead of rice in burritos. Stocks Daiya mozzarella style shreds, Gardein Chick'n, and Tofurky pepperoni available for pizza, sandwiches, burritos, and strombolis.

A couple other great places include:

Viet Thai Cafe
Guadalajara

Hamir's Indian Fusion
Central Market York



SHOPPING TIPS

The following is a list of some cruelty-free brands you can find at major stores in our area. The complete list is too long to include, as it is ever-growing! Visit crueltyfreekitty.com or leapingbunny.org for up-to-date and comprehensive listings. The best way to start buying cruelty-free products is to research and read labels.

Cosmetics, Shower, and Hair Products

Avalon Organics, Giovanni Cosmetics, SheaMoisture, ACURE, Alba Botanica, Sunrise Soap Co. (based in York), Lyes and Lathers (based in Harrisburg), Lush Cosmetics, Kiss My Face, Paul Mitchell, Nature's Gate, The Body Shop, Arctic Fox Hair Color, Eco Tools, E.L.F. Cosmetics, Wet N Wild Beauty, Pacifica, SheaMoisture, Beauty Without Cruelty (BWC), Lime Crime, Medusa's Make-Up, Hurraw!, Tom's of Maine, Dr. Bronner's

Cleaning Supplies

Method, Mrs. Meyer's, Seventh Generation, Sun & Earth, The Honest Co., Ecover, ECOS

Clothing and Fashion Accessories

Many local stores carry clothing that contains no animal products. The key is to look at labels. Another option is to shop online where there is a bounty of animal-free, ethical, and sustainable brands. A couple vegan brands we love are Herbivore Clothing Co., Compassion Co., Novacas Shoes, Angela Roi Handbags, Matt & Nat, and Vaute Couture. Most shoes, handbags, belts, and hats list their materials on the inside and almost always confirm if any of the materials are made of animal skins.

Local Grocers

While most large-scale grocery stores have a vegan selection (some better than others), we've found that most small grocers have many cruelty-free and vegan products available. At these local specialty and natural stores, you can find vegan cheeses, plant-based meats, baked goods, bulk sections, and specialty products that you can't find at larger grocery stores.

Asian Grocery FoodMart, Downtown York
Bombay Bazaar (Indian), Mechanicsburg
Broad Street Market, Downtown Harrisburg
Central Market Lancaster, Downtown Lancaster
Central Market York, Downtown York
Dong Yang Market (Korean), Lemoyne
Ebenezer's, Ephrata

Healthy Grocer, Camp Hill
Leg Up Farmers Market, North York
Lemon Street Market, Downtown Lancaster
Rhubarb's, Lancaster
Provisions, Downtown Harrisburg
Sonnewald, Spring Grove
Viet My (Asian), Lancaster



VEGANS IN ACTION



Amber Campbell: Vegan Home Chef Extraordinaire

"I'm 50 years old and have been vegan for almost 4 years. Early in my journey, I realized that food was going to be the way to change people's perception of veganism. The first person I needed to do that with was my partner, Tom. I needed to veganize familiar foods so he didn't feel like he was missing out. It's hard to change the way someone eats after 55 years.

His favorite food is lasagna, and not one of those healthy ones, but a good ol' cheesy, meaty one. So the search for the perfect vegan mozzarella began, which brought me to the wonderful world of "Vegan Cheeze". The Non-Dairy Evolution cookbook by chef Skye Michael Conroy (get it if you don't have it) was a game changer for me, and more so for Tom.

Although I have been volunteering my time to help out with VegFests as a payback to the animals, I was given the opportunity to donate a cheeze spread to the Animal Advocates of SCPA's art auction, "Animalia," and was then asked if I would do a cheeze making demo as a fundraiser for Harvest Vegfest. Being a person who has a fear of speaking to groups, I didn't hesitate to say yes, which was shocking to me. My commitment to helping animals was stronger than my fear of public speaking! Fighting for animals has made me more confident than ever in my life! I also do yoga to help combat stress, and soon learned about the 5 Yamas. The first Yama being Ahimsa, which is nonviolence and not harming other living beings."



Jake Singer: Multimedia Content Creator, Podcast Host, ACE Certified Personal Trainer

"The Vegan Manly Man is a lifestyle that aims to inspire men from all walks of life. It is a new era of masculinity and mindset, where emotions can be expressed and validated, and asking for help is not viewed as weakness.

No longer do men have to hide behind a mask in a toxic male culture. Instead, a new wave of consciousness is arising through compassion and character, the evolving alpha. These leaders set forth on a mission to do good by others and show strength through resiliency in their convictions and values. It is a new era of man, and one that I wish to exemplify by sharing my knowledge to inspire not only men, but anyone open to receiving my message.



VEGANS IN ACTION

My goal is to move people to discover the best versions of themselves, so they can live a happy and healthy life. In turn, this creates a ripple effect throughout the world of positive growth and consciousness. A better future is always in sight, but we must first look to change ourselves before we can change the world around us. Throughout my social media platforms, YouTube channel, and podcast, I set out to achieve this goal by educating people on the benefits of a plant-based lifestyle, and the importance of daily mindset and self-growth."

Podcast: **"The Vegan Manly Man Podcast"**

The Vegan Manly Man | Facebook | Instagram | YouTube

Contact: jake@theveganmanlyman.com



Anna DeCosmo: South Central PA Vegan Drinks

"I fell into event planning as admin/creator of the South Central PA Veg*ns Facebook group. I started planning regular gatherings at local vegan-friendly restaurants for group members. Later I became inspired by Baltimore Vegan Drinks to plan bigger and better events at area restaurants. I saw large group gatherings as a way to show demand for expanding vegan options by sheer show of numbers. I've been doing

monthly Vegan Drinks social networking dinners for just over two years in South Central PA, which includes the greater Harrisburg, Lancaster, and York areas. The grand plan is to slowly change the face of South Central Pennsylvania by progressively making it more vegan-friendly through the power of the party! Those experiences put me in a great position to lead the charge when it came up during the planning of York's Harvest Vegfest that we wanted to run a Vegan Restaurant Week in tandem; because of connections I had made at area restaurants, I was able to pull 2018 York Vegan Restaurant Week together and make it happen. We wanted to invite folks who were in town for Harvest Vegfest to stick around and experience York the way we see it; as one with potential to become one of the most veg-friendly towns in the region. During York Vegan Restaurant Week, we asked even those with the fewest veg menu options to run vegan specials all week. With 11 participants, York was temporarily even more of a vegan mecca than usual!"

York Vegan Restaurant Week | veganrwyork@gmail.com | Facebook | Instagram

ScPA Vegan Drinks | scpavegandrinks@gmail.com | Facebook | Instagram | Twitter



NUTRITION

One of the many benefits of going vegan is improved health. To maximize health benefits, it is best to follow a mostly whole foods plant-based diet (WFPB - a diet centered around eating plants in their whole food form, including whole grains, fruits, vegetables, legumes, nuts, and seeds). While we still love vegan meat products and plant-based ice cream, processed foods shouldn't be relied on for every meal. For advice on a whole food plant-based diet visit ForksOverKnives.com. Contrary to popular belief, it is easy, and often better, to get all of our necessary nutrients on a WFPB vegan diet.

PROTEIN:

While protein is found in virtually all plant foods, the powerhouses are whole grains, quinoa, soy products (including tofu, tempeh and edamame), legumes (such as chickpeas, peas, lentils, and black beans), nuts, and seeds; especially pumpkin seeds. Enjoy these foods daily.



CALCIUM:

Plant-based milks often have more calcium than dairy milk. Spinach, almonds, kale, broccoli, and collard greens will all help build strong bones with bio-available calcium.

Dairy products do contain calcium, but they are accompanied by animal proteins, lactose sugar, animal growth factors, occasional drugs and contaminants, and a substantial amount of fat and cholesterol. Animal protein tends to leach calcium from the bones and encourages its passage into the urine (source: PCRM).



FATTY ACIDS:

No need for fish! Chia seeds, flax seeds and hemp seeds are great sources of fatty acids and have excellent omega 3 to omega 6 ratios. Also, nuts, dark leafy green vegetables, beans, and broccoli are good sources.



NUTRITION



VITAMIN D:

This vitamin is fortified in plant-based milk just as it is in dairy milk, but the best source is a little time in the sunlight each day. It is recommended to go out in the sun without sunscreen for 20 minutes, 3 times a week during the warmer months.



IRON:

Iron is found abundantly in many plant foods. The best sources include dark leafy greens, blackstrap molasses, tofu, lentils, beans, nuts, seeds, quinoa, and dried apricots.



VITAMIN B12:

B12 is neither animal nor plant - it's from a bacteria found in soil, and many Americans are deficient, regardless of their diet. For your health, look for a plant-based B12 supplement on Amazon or in a local health food store. You can get it in a patch, spray, or pill form.

VEGAN DIET FOR ATHLETES

Time to dispel the myth about athletes and the vegan diet! Athletes need a diet that supports their performance by providing amino acids, which are essentially muscle building blocks, to recover from workouts. Plant foods contain both protein and amino acids, with the added benefit of anti-inflammatory properties to bolster overall health. More and more athletes, from endurance runners to football players to bodybuilders, are choosing plant protein over animal protein because it does not have any cholesterol, is often lower in saturated fat, is packed with fiber, and helps them achieve their fitness goals. Olympic level athletes like Carl Lewis, Novak Djokovic, and Serena Williams have all benefited from adopting a plant-based diet.

VEGAN RESOURCES

Local:

Animal Advocates of South Central PA (*Facebook and Instagram*)

Central PA Farmed Animal Save (*Facebook and Instagram*)

Harrisburg Vegan/Vegetarian Club (*Facebook*)

Harrisburg Area Animal Action (*Facebook*)

South Central PA Veg*ns (*Facebook*)

ScPA Vegan Drinks (*Facebook and Instagram*)



Regional:

Animal Action of Greater Reading (*Facebook*)

Baltimore Vegan Drinks (*Facebook and Instagram*)

www.bmorevegan.com

Black Vegetarian Society of Maryland (*Facebook*)

www.bvsmmd.org



Online:

Fatass Vegans Are Awesome

Share your food photos and see what others are cooking up in this FB Group

Colleen Patrick-Goudreau - Joyfulvegan.com

Immerse yourself in inspiration, compassion and wellness

It Doesn't Taste Like Chicken - ItDoesntTasteLikeChicken.com

Fuss-Free Vegan Recipes



Podcasts:

Our Hen House with Jasmin Singer and Mariann Sullivan

Food for Thoughts with Colleen Patrick Goudreau

Vegan Warrior Princesses Attack with Callie and Nichole

The Bearded Vegans with Andy Tabar and Paul Steller



VEGAN RESOURCES

Books:

Diet for a New America by John Robbins

World Peace Diet by Dr. Will Tuttle

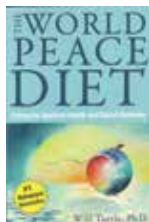
Farm to Fable by Robert Grillo

Why We Love Dogs, Eat Pigs and Wear Cows by Dr. Melanie Joy

Vegan Reset by Kim Julie Hansen

How Not To Die by Dr. Michael Greger

Mad Cowboy by Howard Lyman



Cookbooks:

Eatnity by Jason Wrobel

Oh She Glows Cookbook by Angela Liddon

Minimalist Baker's Everyday Cooking by Dana Shultz

Vegan Comfort Classics by Lauren Toyota



Films:

Vegucated

Dominion

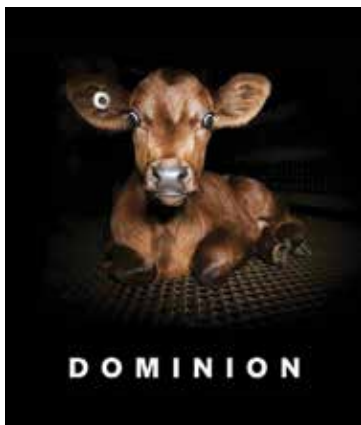
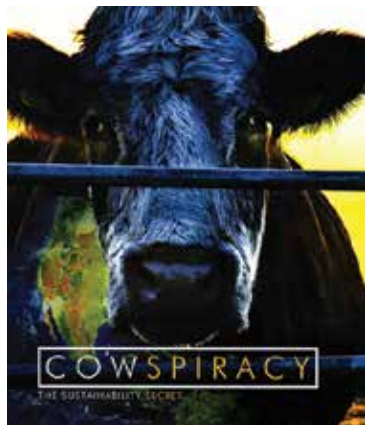
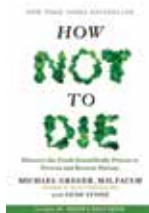
Forks over Knives

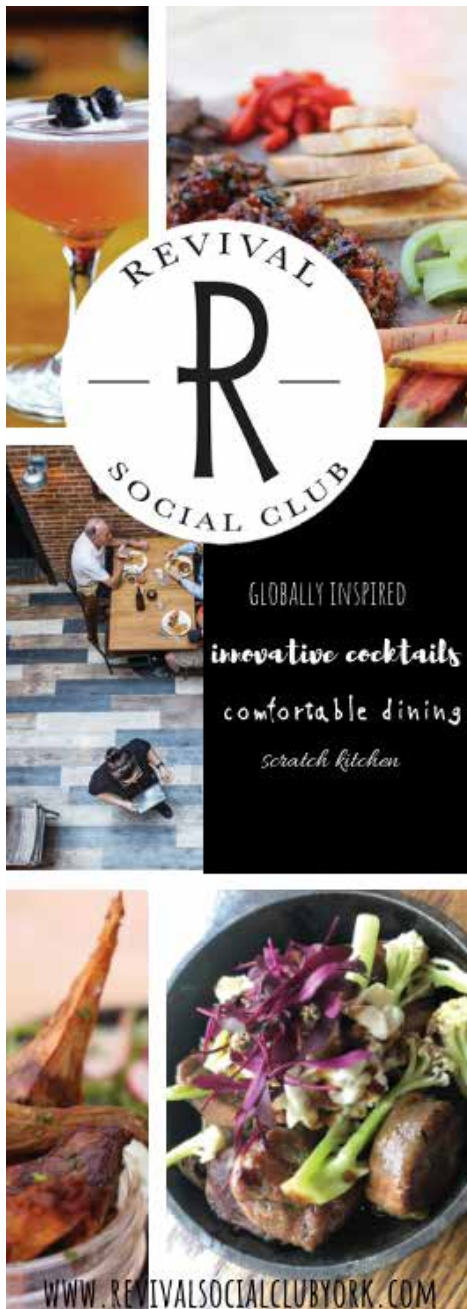
Cowspiracy

Earthlings

The Ghosts in Our Machine

The Game Changers





ANNUAL VEGAN EVENTS IN SCPA

ScPA Vegan Drinks Schedule

Harrisburg: Jan / Apr / Jul / Oct

York: Feb / May / Aug / Nov

Lancaster: Mar / Jun / Sep / Dec

Memorial Day Potluck at Fort Hunter Park, Harrisburg

Lancaster VegFest, 1st Saturday in June

Dogs' Day in the Park, New Freedom, 4th Saturday August

Harvest Vegfest, York, 3rd Saturday in September

York Vegan Restaurant Week, Begins Saturday of Harvest Vegfest through following Saturday

Vegansgiving, York, 4th Sunday in November

SPECIAL THANKS

The Animal Advocates of South Central PA would like to thank everyone who made this guide possible:

Adrienne Williams – Oversight & Content

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Melanie Childress - Content

Barbara Krauss - Content

Courtney Miller - Editor

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**Animal Advocates of
South Central PA
in St. Patrick's Day Parade
York, 2018**



www.yorkvegfest.com



DOES THE GOLDEN RULE APPLY TO ME?



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P.S. PLANTS HAVE PROTEIN

The Animal Advocates of South Central PA is a 501(c)3 non-profit organization advocating for animals by promoting veganism as a compassionate and ethical lifestyle that also benefits human health and our global environment. We began organizing under the name of Animal Advocates of South Central PA in November 2014 and become an official non-profit in January 2017.

Our mission is to spread compassion for animals in a peaceful and respectful way. We believe change comes from an understanding and a willingness to do better. We promote non-violence and kindness to ALL beings. We strive to spread information about animal agriculture, as well as form a community for those who are vegan and on their way to going vegan.

We invite you to join us for our upcoming events. Check them out on our website, and follow us on Instagram and Facebook! There is always something going on in the area.

If you'd like to get involved, please contact us at info@animaladvocatesscpa.com

Outreach



Volunteer



Community



Awareness



**ANIMAL
ADVOCATES** 
of South Central PA

Like us on Facebook to see the most current events and projects
[Facebook.com/AnimalAdvocatessCPA](https://www.facebook.com/AnimalAdvocatessCPA)