



VEGAN TIPS FOR LONG TERM FACILITIES

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CHECK THE PANTRY AND REFRIGERATOR!

- fresh/frozen fruits and veggies
- Frozen potatoes
- Some soup bases
- Soy sauce
- Fresh herbs
- Nut butters
- Hummus
- dried herbs and spices
- Grains and cereals
- Pasta (except egg noodles)/rice
- Beans, lentils, garbanzo
- Canned veggies
- Canned fruit in juice/water
- Onions/potatoes





ALWAYS GOOD TO ASK

Vinegar

Honey

Sugar

Meal replacements (for nutrient origin)

STREAMLINING PREPARATION

- Begin salads and soups as vegan
- Use vegetable oil for cooking (sautéing, as an ingredient, etc.)
- Order vegan (salad dressings, soup base, veggie blends, canned soups, cold cereal, canned/frozen fruit)
- Prep your own (when feasible): applesauce, salad dressing, herb and spice blends



VERSATILE VEGAN INGREDIENTS

- Nutritional Yeast (Red Star brand)
- Soft tofu
- Extra firm tofu
- Unsweetened rice milk
- Veggie crumbles (usually refrigerated)



VEGAN QUICK

Hot

- Condensed tomato soup, silken tofu, creamed corn to use as soup, casserole base, salad dressing
- Sliced mushrooms sautéed with onions, nutritional yeast as a sandwich filling, soup or casserole ingredient, “sloppy joe”

Cold

- Silken tofu, pureed peaches, maple syrup as a pudding, pie filling, frozen dessert
- Cooked, chilled lentils or white beans, hummus and salsa as the base of a taco salad, cold sandwich filling, baked potato topping



QUESTIONS?!

