



Vegan Student Survival Guide



Why Vegan?



Why vegan?



It's good for animals!

The majority of animals who are bred for consumption spend their short lives on a factory farm, before facing a terrifying death. And regardless, no animal deserves to suffer and die.



Turkeys like Bramble Bill here are usually slaughtered at 16 weeks old; most turkeys spend their lives in cramped windowless sheds, **and all of them face a brutal death at the slaughterhouse.**



It helps the planet!

Animal farming is responsible for vast amounts of greenhouse gas emissions – especially methane and ammonia – in addition to being one of the biggest causes of deforestation and water pollution around the world. The carbon footprint of a vegan diet is as much as 60% smaller than a meat-based one and 24% smaller than a vegetarian one.



It's healthy!

You can obtain all of the nutrients your body needs from a vegan diet. As such, the British Dietetics Association and American Academy of Nutrition and Dietetics (along with many other similar organisations around the world) all support a well-planned vegan diet as being healthy and suitable for all age groups.



It can be cheaper!

Meat and dairy products like cheese can be expensive, whereas some of the cheapest foods available are plant-based. So save money by opting for cheaper protein sources like beans, pulses, legumes and whole grains.

Cheap & easy meal ideas



Breakfast

Porridge – Simply use a plant milk of choice, add your toppings of choice, such as fruit, nuts and maple syrup.

Toast – Toppings can include: vegan margarine, peanut butter, jam, Marmite.

Fruit smoothies – If you have a blender (a hand blender can work just as well) simply blend up some fruit, plant milk and perhaps some nuts or a tablespoon of peanut butter to add some additional protein.



Lunch

Sandwiches – peanut butter, jam, Marmite, falafel. Vegan cheese and pickle, hummus and salad, vegan sandwich slices such as VBites or Quorn vegan ham or chicken-style slices.



Beans on toast - just use a vegan margarine alternative.

Salads – add tofu, beans or roasted chickpeas for protein and top with nuts or seeds for some healthy fats.



Dinners



Mixed Bean Chilli

Ingredients:

- 1 tin of chopped tomatoes
- 1 tin of mixed beans (drained)
- 2 medium onions (chopped)
- 2 cloves of garlic (chopped)
- 3 tsp vegan gravy granules
- Generous pinch of salt
- Pinch of black pepper
- 1 red pepper (chopped)
- 1 tsp chilli powder
- 1 tsp ground cumin

Method:

- 1) Add 1 tbsp oil to a frying pan on a medium heat. Fry the onion, garlic and pepper for 3-4 minutes to soften.
- 2) Add the tomatoes, beans, chilli, cumin, salt & pepper. Mix together and bring to a simmer.
- 3) Add the gravy granules and stir in. Simmer for 10 minutes, stirring occasionally.
- 4) Serve!



Lentil and Mushroom Spaghetti Bolognese

Ingredients:

2 tbsp oil

400g (or 1 can) green lentils (if you are using dried lentils, soak in water overnight before cooking)

250g mushrooms (chopped into small pieces)

1 onion (peeled and sliced)

2 garlic cloves (peeled and crushed)

2 tsp mixed herbs

1 can of chopped tomatoes

Pasta of choice (cooked according to packet instructions)

Other optional vegetables: courgettes, peppers, sweetcorn, carrots

Method:

1) Heat the oil in a large saucepan and fry the onion and garlic until brown.

2) Add the mushrooms and fry for a further 5 minutes.

3) Add the lentils, can of chopped tomatoes and top up with about 150ml of water.

4) Stir occasionally as the water evaporates and add the herbs and salt and pepper to taste.

5) Keep cooking and stirring, adding more water if the vegetables start to stick, until the lentils are fully cooked.

Serve with pasta of choice, vegan garlic bread or a green salad and top with vegan cheese.



Easy Chickpea Curry

Ingredients:

- 1 large onion (chopped)
- 2 cloves of garlic (chopped)
- 1 tin of chopped tomatoes
- 1 tin of chickpeas (drained)
- 3 tbsp mild curry powder
- 1 tsp ginger
- 200ml water
- 2 cups of mixed veg
- 1 cup of plain dairy-free yoghurt (optional)

Method:

- 1) Add 2 tbsp of oil to a large pan and put on a low-medium heat. Add the onion and garlic and fry for a few minutes to soften.
- 2) Add the curry powder and ginger and stir in. Let the spices fry with the onion and garlic to bring out the flavours.
- 3) Add the chickpeas, lentils and chopped tomatoes. Stir in so everything is covered in the curry sauce.
- 4) Pour in the water and simmer for 10 minutes stirring occasionally. Add the yoghurt, if using, and stir in, simmer for a few minutes and it's ready to serve.
- 5) Serve with rice and a spoonful of yoghurt on top of the curry.

Takeaways and eating out



Most chain restaurants and takeaways now have vegan options, even full vegan menus!

Some chip shops and kebab shops sell chips that are not fried in animal fats/oils. But always make sure to ask before purchasing. In addition, you may find that your local takeaways sell veggie burgers that can be veganised, falafel wraps and more.



Guide to vegan booze



Some alcohol – particularly beers and wines – are filtered using animal products, namely fish bladders (isinglass), egg whites and lactose (from dairy). But fear not! A lot of booze is vegan, check out our list below for some common brands:

Beers, Lagers and Ciders

Stella
Guinness
Carlsberg
Corona
San Miguel
Desparados
Budweiser
Beck's
Heineken
Cobra
Bulmers
Strongbow Dark Fruits
Old Mout Cider
Thatcher's
Westons
Stowford Press

Spirits

Most vodka
Most gin
Most rums, bourbons and whiskeys
Most tequila
Schnapps
Jägermeister

Some of these may contain honey, so always check the label if you are unsure.

Wines

Some supermarkets label their own-brand vegan wines including Co-op, Sainsbury's, Asda and Marks & Spencer. B&M also labels its vegan wine! You will also find that some wine companies will also label their vegan wines, including Oxford Landing.



And if you aren't sure, check out **Barnivore** for an extensive list of vegan booze:
www.barnivore.com

Tips from current & former students

"Beans are your friend! Super easy, cheap and high in protein and iron, they are versatile and can be used in a number of dishes such as bean chilli, bean curry and you can even throw them into stir-fries."

"Whilst fresh fruit and veg are nice, opting for frozen is much cheaper and will keep for much longer."

"Budget supermarkets like Lidl, Aldi and Iceland all have a wide selection of cheap vegetables, pulses and other essentials. Most of them also have a range of vegan products, including sausage, burgers, 'chicken' pieces and more, so it's always worth shopping at these stores where possible."

Ready Meals



Pot Noodle – Beef & Tomato, Bombay Bad Boy, Sweet & Sour, Southern Fried Chicken.

Instant noodles – Lidl, Tesco, Asda, Morrisons own-brand instant noodles are all clearly labelled as vegan, if they are.

Supermarkets – Most supermarkets have a range of vegan ready-meals which can be found in the chilled vegetarian and vegan sections. Sainsbury's, Tesco, Morrisons, Waitrose, M&S and Co-op all have wide selections which are clearly labelled.



Tips from campaigner and chef Jack Monroe

Swap butter out for a mild vegetable oil such as sunflower or vegetable, and a tiny pinch of salt.

My general rule of thumb is that a **butter bean** is a good hefty substitute for chicken in a soup or casserole, usually with a little carrot in it to sweeten it up.

Kidney beans or black beans are a decent swap for beef in a chilli or curry, and cooked long enough they are soft and tender in a way that even the slowest-cooked joints of meat can never quite attain.

Sub chorizo with small white beans like haricots or cannellinis, with a hefty dollop of garlic, salt and paprika to imitate the flavour.

Tinned peas are cooked for longer, so they break down soft and are gorgeous in risottos.

Onions and carrots tend to go in everything, so I buy them by the kilo (at the time of writing this, 1.5kg of Basics carrots are 75p, and 1.5kg Basics onions are 90p).

If you don't have any **red wine for your casserole, use black tea.**

Pack soups with chickpeas and lentils, sling some veggie sausages in your stews, and find your way around one of my half-a-dozen veggie burger recipes, and you'll wonder what all the fuss was about anyway.

For cheap, nutritious and delicious vegan recipes, check out the vegan section of Jack's website, *Cooking on a Bootstrap*: www.cookingonabootstrap.com/category/vegan-recipes



Cheap Vegan Staples

Ensuring you always have the following in your cupboards, fridge and freezer will mean that you will always have the tools to make delicious vegan food.

- Beans: Red kidney beans, black beans, pinto beans, butter beans
- Lentils: Red split lentils, green lentils
- Chickpeas
- Rice: White rice is usually cheaper, but brown rice is higher in protein and fibre
- Oats
- Dried pasta
- Cans of chopped tomatoes
- Vegan margarine
- Oil (olive, rapeseed, sunflower)
- Potatoes
- Baked beans
- Pot of dried mixed herbs
- Pot of chilli powder
- Packet of mixed nuts
- Bag of frozen mixed vegetables



Nutrition

Obtaining all the nutrients you need on a vegan diet does take some planning – but this is no different to any other diet. Here we've made it as simple and easy as possible.

“With good planning and an understanding of what makes up a healthy, balanced vegan diet, you can get all the nutrients your body needs.”

NHS Live Well Guide

Protein – Soya products such as tofu, tempeh and soya milk, pulses (lentils, beans, chickpeas), peas, legumes, whole grains, quinoa, vegan ‘meat’ alternatives made from pea protein or soya.

*Tip: Getting all of the essential amino acids on a plant-based diet is very easy, too. Eating a range of different plant proteins will ensure this, but complete proteins include soya, buckwheat, quinoa and mycoprotein – also known as Quorn.**

**Not all Quorn products are vegan, but those that are are clearly labelled.*

Vitamin B12 – Fortified cereals, fortified plant milks (soya, oat, almond, coconut), yeast extracts (Marmite), fortified nutritional yeast, fortified vegan spreads/margarine.

Tip: B12 is not found in any plant foods, so it is important that those following a vegan diet supplement in some way, whether directly or through consuming fortified foods.



Vitamin D – Mushrooms which have been exposed to sunlight, fortified products such as plant milks, a vegan supplement.

Tip: Vitamin D is usually obtained through sun exposure. It is recommended that all people in the UK and certain other countries take a vitamin D supplement in the Autumn and Winter months at least, due to a lack of sunlight in those months.

Iodine – Seaweed/nori, kelp, green leafy vegetables, certain fruits (strawberries, prunes) contain small amounts, iodised salt, a direct supplement.

Omega Fatty Acids – Walnuts, linseeds (flaxseeds), chia seeds, rapeseed oil, hemp seeds.



Now the stuff that requires a bit more thought is out of the way, let's quickly run through vegan sources of other main nutrients.

Vitamin A – Carrots, green leafy vegetables, dried apricots, bell peppers, sweet potatoes, butternut squash.

Tip: Our bodies convert carotenes from plant-foods into vitamin A.

Other B vitamins – Yeast extracts (Marmite), nuts, rice, mushrooms, avocados, nuts, sunflower seeds, sesame seeds.

Vitamin C – Fruits (oranges and other citrus fruits, blueberries, blackcurrants, cranberries), broccoli, spinach.

Iron – Lentils, chickpeas, tofu, cashew nuts, chia seeds, pumpkin seeds, kale, dark leafy vegetables, oats.

Tip: Iron is better absorbed when consumed with vitamin C.

Vitamin E – Almonds, avocados, vegetable oils, hazelnuts, butternut squash, sunflower seeds.



Calcium – Dark leafy vegetables, calcium-set tofu*, dried fruit, fortified plant milks (soya, oat, almond, coconut).

**Most commercially available tofu is calcium-set, just look for 'calcium' in the ingredients.*

Potassium – Bananas, dried fruit, nuts, pulses, whole grains, potatoes.

Selenium – Brazil nuts, beans, pulses, whole grains.

Tip: One large Brazil nut can contain as much as 245% of your RDA of selenium.

Zinc – Lentils, pumpkin seeds, sesame seeds, brown rice, whole grains, green vegetables.

Fibre – Fruits, vegetables, whole grains, nuts, oats, pulses, beans.





About Animal Aid



Photo: Jo-Anne McArthur/We Animals

Animal Aid campaigns peacefully against all forms of animal abuse and promotes a cruelty-free lifestyle.

Our campaigns include:

- Exposing the plight of animals through undercover investigations into factory farms, slaughterhouses and 'game' bird farms.
- Encouraging and supporting people in a cruelty-free diet through our information packs and annual Summer Vegan Pledge.
- Political lobbying to ensure animals have a voice in the corridors of power.
- Working with companies to increase the number of plant-based options available on restaurant menus and beyond.
- Sponsoring and supporting vegan fairs all over the country. We are proud to help local groups put on cruelty-free events. To find out if there is one in your area, please visit: www.animalaid.org.uk/events



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