Healthy Holidays
A veg-friendly guide for hosting and enjoying the holiday season with family or friends.
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Why choose a plant-forward diet?

Health
Informed dietary choices can help prevent, manage or reverse common diseases and health conditions, including type-2 diabetes, heart disease, food-borne illness, and some cancers.

Environment
Modern-day food production contributes to resource usage, deforestation, water pollution, and ocean depletion — driving individuals worldwide to become conscious consumers.

Society
We use ethics to make everyday decisions including our food choices! What we eat can positively or negatively affect farm workers, the environment, farmed animals, public health, and our society as a whole.
"Research notes elevated rates of cardiovascular-based mortality over the late-December holiday period in the U.S. —something known as the “Christmas Holiday Effect” (though it applies to all holidays at this time of year.)"

"The EPA estimates that during the holidays our household waste increases by about 25%... When we throw away food, we’re also throwing away the land, water, and energy used to produce that food."

"America’s meat waste problem means we’re raising about a billion chickens, more than 100 million other land animals (mostly turkeys, pigs, and cows), as well as capturing around 25 billion fish and 15 billion shellfish (mostly shrimp), only to have [some of] them wind up in a landfill."
Cozy Beverages

- Pumpkin Spice Latte
- Peppermint Mocha Creamer
- Hot Cocoa

Use gelatin-free marshmallows.
Classic Sides

No need to give up your favorites. Try a healthy, whole-food-based alternative!

ChoosingChia
Nutriciously
TheHiddenVeggies
WhereYouGetYourProtein
RunningOnBreakfast
JessicaInTheKitchen

Already have a recipe you love? Check out our baking substitute chart!
The Main Course

- **LENTIL LOAF**
  - Budget Friendly!
  - Plant Based and Broke

- **STUFFED SQUASH**
  - Time Saver
  - Plant Based News

- **SHEPHERD’S PIE**
  - Food By Maria

- **PORTOBELLO POT ROAST**
  - Chimp Sometime

- **CHICKPEA POT PIE**
  - My Quiet Kitchen

- **HOLIDAY ROAST**
  - High Protein
Global Traditions

GULAB JAMUN
EatWKriss

ALOO PARATHAS
VeggieCureahn

FRIED PLANTAINS
MyDominicanKitchen

JOLLOF RICE
NkechiAjaeroh

MATZO BALL SOUP
ShortGirlTallOrder

CHALLAH
LionsBread

CHURROS
BrokeBankVegan

POZOLE
HealthySimpleYum
Save Room For Dessert

PUMPKIN PIE
SOY FREE

RICE PUDDING

PECAN PIE BARS

SUGAR COOKIES

BUTTERCREAM
MADE WITH CASHEWS!
<table>
<thead>
<tr>
<th>Baking Staples</th>
<th>1</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairy-Free Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heavy Cream</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Coconut Cream or Coconut Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1</td>
<td>3/4</td>
</tr>
<tr>
<td>Dairy-Free Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ 2 Tablespoons of lemon juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>or apple cider vinegar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sourcream</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Coconut Cream or Coconut Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>+ Lemon Juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melted Butter</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Vegetable, Olive, or Coconut Oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Softened Butter</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Virgin Coconut Oil or Vegetable Shortening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For cold butter, refrigerate or freeze alternatives before baking.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>For Cakes and Brownies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silken Tofu</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>+ A pinch of baking soda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>1</td>
<td>TBSP Seeds + 3 TBSP Water</td>
</tr>
<tr>
<td>For Cookies + Binding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flax or Chia Seeds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Maple Syrup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: GoodHouseKeeping
# Food Waste Prevention Tips

Preventing food waste can help save money and the environment!

Store your fruit + veg properly to reduce these stats:

## Americans

- Americans throw away 25% more trash during the winter holiday season.
- "The largest portion of U.S. food waste, about 37% of total generation, occurs in peoples’ homes."

## Food Storage Tips

<table>
<thead>
<tr>
<th>Fruit/Veg</th>
<th>Storage Conditions</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Cold + Alone</td>
<td>Store in the fridge and avoid bruising.</td>
</tr>
<tr>
<td>Potatoes &amp; Onions</td>
<td>Cool + Dry</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Damp + Cool + Air Circulation</td>
<td>Place stalk in a jar of water before putting in fridge.</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Room Temp + Alone</td>
<td>Freeze whole once ripe.</td>
</tr>
<tr>
<td>Avocados</td>
<td>Dark + Dry</td>
<td>Place in fridge after ripe to keep fresh.</td>
</tr>
<tr>
<td>Citrus</td>
<td>Cold + Dry</td>
<td></td>
</tr>
</tbody>
</table>

Source: SaveTheFoodFL
EXPLORE OUR OTHER OFFERINGS:

HEALTHFUL EATING

THE POWER OF NUTRITION IN DISEASE PREVENTION

MICRONUTRIENT RAINBOW

VEG GRILLING GUIDE

LUNCH PACKING GUIDE

2022

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