



Vegan/Vegetarian ... What's the difference?

FRESHNESS FACT

When someone asks if you're a vegetarian or a vegan, what's your answer? Do you know the difference?

Here are the definitions:

What is a **VEGAN**? A vegan (VEE-gun) is someone who, for various reasons, chooses to avoid using or consuming animal products. While vegetarians choose not to use meats, vegans also avoid dairy and eggs, as well as fur, leather, wool, down, and cosmetics or chemical products tested on animals.

Vegan dishes include vegetables without bacon or butter, tomato-based soups, and pasta with tomato sauce (no meat or Alfredo sauces).

What is a **VEGETARIAN**? A vegetarian is someone living on a diet of grains, nuts, seeds, vegetables and fruits. A vegetarian diet may include some eggs — preferably free-range — and dairy products. A vegetarian does not eat any meat, poultry, game, fish, shellfish, or meat byproducts such as gelatin or animal fats.

Vegetarian foods include: scalloped potatoes, omelets with vegetables, salads without meat, and pasta with tomato or Alfredo sauce.

Our cooking demonstrations this month will feature vegan and vegetarian dishes.

Our commitment ... to the best for your nutrition.

