

VEGANISM: A HOW-TO GUIDE FOR COLLEGE

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In Michigan alone, only five colleges offer vegan-friendly dining options. According to [Peta](#), Albion College is the only college with 100% student satisfaction from their vegan dieters. This is a simplified how-to on being vegan while in college.

Research

Blake Woodruff, college student at Oakland University (OU) and 14-year vegetarian; two-year vegan, states that researching is the biggest step to becoming vegan. “One thing I had to learn was to read the ingredients in everything I bought.” A lot of foods will usually state “vegan-friendly” on the label, but it’s still important to read the items bought. One go-to for college students is ramen, it’s cheap and can be bought in bulk and really simple to make. “Every college student is vegan because all we eat is Ramen and drink coffee” joked Woodruff.

Plan

When stepping into veganism planning is essential. Many college students already have to have a set schedule with managing classes, working and having a social life outside of school but it’s best when venturing into veganism to get on a plan. Plan out a budget and what days are going to be for shopping. Mande Riviera, owner of [Green Gold Organics](#) and two-year vegetarian

turned vegan says that her go-to are canned vegetables and frozen meatless meats. With these options you can meal prep at the beginning of the week and can stretch those extra dollars. Peta also suggest using a flexible meal plan on campus so that one can use the leftover cash value on other foods instead of having to be subjected to the dining halls options all the time.

Learn to cook

Investing in cookware and using the dorm's kitchen is two things a beginner vegan will need to invest in. Most college dorms have a dorm kitchen that is free to use whenever and will allow students to meal prep and cook whenever needed. As a vegan most of one's meals will have to be self-prepared so having a rice cooker or a mini fridge in the dorm room is a nice addition when becoming vegan. Peta also has a [Vegan College](#) cookbook that is really easy and simple for even the newest vegan.

Get Involved

Some schools offer vegan clubs that offer support to those who are trying to become vegan and those who already are vegan. Peta also has a great [list](#) of local places in the school's neighboring areas that are vegan-friendly and geared toward helping college students save money while being morally and physically healthy. Veganism isn't hard it's just a commitment as Riviera and Woodruff both state "It's a lifestyle." Now, get out there and save those animals!

Sources:

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PETA

<https://www.peta2.com/vegan-life/vegan-college/>