

Terry Gips Presentation
Save Green, Eat Green:
How You Can Eat Great and Save Money, Time, Your Health and the Earth
with a Plant-Based Diet
Twin Cities EarthSave Panel
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612-374-4765 Terry@afors.org

My Background – I'm an ecologist, ecologist and sustainability consultant with Sustainability Associates (www.sustainabilityassociates.com) working with Fortune 500 and small and medium businesses, cities, counties, government agencies, nonprofits, and academic and religious institutions. I helped to co-found the Alliance for Sustainability (www.afors.org) 25 years ago and volunteer as its President. I wrote *Breaking the Pesticide Habit* and *The Humane Consumer and Producer Guide*.

My Family – Met my daughter Gloriana (then 4) and her mother Annalee Wolf 7 years ago at Twin Cities EarthSave. We got married and now also have Adam (4) and Noah (2).

Our Commitment - Our family is committed to sustainability, being ecologically sound, economically viable, socially just and humane. Consequently, we eat a plant-based (vegan), organic, whole grain diet with a preference for fresh, local and fair trade products. We have raised the children on an organic, plant-based diet so while we're sensitive about costs, we also need to make sure that the diet caters to their interests, isn't too spicy and isn't too different than mainstream.

Shopping – Because of their commitment to sustainability and co-op principles, we prefer purchasing at local co-ops, primarily the Wedge but also at Lakewinds Natural Foods, Linden Hills and Mississippi Market. For those concerned about the lowest possible costs, we find that the co-ops tend to have cheaper organic produce and bulk grains/beans and spices. At the same time, we find that their prices are relatively high on a number of other items and that Whole Foods has better prices on tofu, tempeh, salad dressings, frozen produce, whole wheat pasta, pizza crusts, ketchup, mustard, coconut milk, canned beans, refried beans and many other items, especially their organic 365 label. Trader Joe's has even lower prices in several cases on some canned goods and other items. And Costco has even lower prices on some items.

Cooking Habits – While we generally prefer fresh organic products, often we find that frozen organic is cheaper, easier and faster to utilize and has more nutrients. Given our lifestyle and time demands we have limited time to do food preparation, and the kids' can change their minds and want different things than we may have prepared. Consequently, we generally try to have a number of basic organic items around that can be made into a variety of inexpensive dishes quite simply and quickly:

- Bulk Garbanzo Beans: \$2.00/pound (dry) and pressure cook or purchase cans at \$.99 at Trader Joes and \$1.19 at Whole Foods – Can be eaten plain with tamari, made into hummus or added to salad, stir fries, soups, stews or casseroles.
- Basmati Brown Rice: \$1.80/pound (dry) at Wedge
- 5 pound bags of carrots: \$4 at Whole Foods

- Fresh in season or Organic Frozen Broccoli from Whole Foods: \$2/pound
- Organic frozen Peas and Carrots from Whole Foods: \$2/pound
- Fresh Spinach \$6 per pound at Wedge or Organic frozen spinach: \$2.29/pound
- Organic Coconut Milk: \$1.40/can at Whole Foods and 10% discount for a case.
- Organic Better than Bouillon: \$4 for jar – Can be used to flavor rice for casseroles or to make soups.
- Organic Garlic Powder: \$4.00 or sale for \$2.80
- Organic Season Salt: \$4.00 or sale for \$2.80

Quick, Inexpensive Meals:

1. Mixed Green Salad: \$6 for one pound + carrots \$.50 + cabbage \$.50 + garbanzos \$1.00 + cherry tomatoes \$1.00 + Salad dressing \$.50 = \$9.50 for 5 = \$2 per serving
2. Ramen Buckwheat Noodle Soup: \$1.00 Ramen noodles + broccoli \$.50 + peas and carrots \$.50 + spinach \$.25 = \$2.25 for two = \$1.10/serving
3. Instant Miso Soup: \$.25 miso + spinach or other greens \$.25 + carrots \$.25 + tofu \$.25 = \$1.00 per serving
4. Minestrone Soup with Garlic Bread: Onions \$1.00 + whole wheat pasta \$1.39 + frozen peas and carrots \$2.00 + potatoes \$2.00 + can of tomatoes \$1.50 + spices \$.25 + bread \$2.50 + olive oil \$.25 + garlic cloves \$.50 = \$11.50 for 12 people = \$1 per serving.
5. Tostadas/tacos: 1 package shells \$2.50 or make your own + 1 can refried beans \$1.50 + \$.25 spinach + salsa \$1.00 + vegan cheese \$2.00 = 7.25 for 8 = \$2 or less per serving
6. Polenta: \$3.00 for premade and then bake and put on spaghetti sauce \$1.00 = \$4.00 for 2 or \$2.00 or less per serving
7. Thai Green Curry Noodles: Whole Wheat Spaghetti \$1.40 + green curry paste \$.50 + 2 cans coconut milk \$2.80 salsa \$1.00 + garlic powder \$.25 + basil \$.50 + peas and carrots \$2.00 + broccoli \$2.00 + spinach \$2.29 = \$13.80 for 10 or more = \$1.40 per serving
8. Indian Curry and Rice: Sunflower oil \$.50 + Onions \$1.50 + ginger \$.50 + Curry powder \$.25 + broccoli \$2.00 + peas and carrots \$2.00 + spinach \$2.25 + basmati brown rice \$2.00 = \$11 for 10 people = \$1.10 per serving – Can add optional can coconut milk \$1.40
9. Dahl: \$2.00 for dried dahl + Onion \$1.50 + spices \$.50 + Basmati Brown Rice \$2.00 = \$6.00 for 10 people = \$.60 per serving
10. Organic Homemade Pizza: 2 whole wheat pizza crusts from Whole Foods \$4.00 + 1 Can of Pizza Sauce \$2.00 + frozen broccoli \$1.00 + spinach \$.50 + mushrooms \$.50 + vegan cheese \$4 (can be

omitted) = \$8 to \$12 for 8 people = \$1.00 to \$1.50 per serving – Can also add vegan sausage for \$2.00 for additional \$.25 per person.

11. Stir Fry Tofu: \$1.50 for 16 oz tofu from Whole Foods x 2 blocks = \$3.00 + \$.50 Sunflower Oil + \$.25 Tamari + \$.25 seasoning = \$4.00 for 4 people = \$1.00
12. Baked Tofu: \$1.50 for 16 oz tofu from Whole Foods + \$.50 for teriyaki, ginger tamari, barbeque, thai peanut or other sauce = \$2.00 for 2 people = \$1.00 per serving
13. Stir Fry Tempeh: \$2.00/8 oz. Tempeh from Whole Foods x 2 blocks = \$4 + \$.50 Sunflower Oil + \$.25 tamari + \$.25 garlic = \$5.00 for 4 = \$1.25 per serving - Can also make Tempeh Rubens with whole wheat bread \$1.00 + \$.50 sauerkraut = \$6.50 total for 6 = \$1.00 per serving
14. Savoury Hot Dish: Brewer's Yeast \$.25 + Tamari \$.25 + 2 cups cooked garbanzos \$2.00 + 2 cups cooked brown rice \$1.00 + 1 pound frozen broccoli \$2.00 + 1 lb. frozen spinach \$2.00 + 1 pound peas and carrots \$2.00 + 1 cup cherry tomatoes \$1.00 = \$10.50 total for 10 + \$1.00 per serving

Creative Ideas for Ethnic Themes for Organic, Vegan Meals

- **Mexican** - guacamole and chips, tortilla soup, mole posole soup, black bean soup, vegetable fajitas, vegetable tamales, bean (with optional cheese) tostadas, burritos, enchiladas, etc. Dessert: Tofu flan, Rice pudding, Bananas Fritas, Coconut cupcakes
- **Chinese** - pot stickers, scallion pancakes, spring rolls (sealed with corn starch), sweet and sour soup, sesame noodles, Fried Rice, Buddha's Delight, Szechuan tofu, Garlic vegetables, Moo Shu Vegetable, Kung Pao Tofu, Creative Cashew Stir-fries Dessert: Almond cookies, Banana Fritters
- **Thai** - spring rolls, Thai lettuce wraps, Crispy Tofu with peanut sauce, Lemongrass coconut soup, Pad Thai, sweet green coconut vegetable curry, Thai yellow curry, Thai red curry, Pad Pak (stir-fried vegetables) Dessert: Mango with coconut sticky rice, Mango sorbet, Tapioca
- **Vietnamese** - fresh spring rolls, scallion cakes, barbecued seitan, Faux Pho Noodle Soup, Hot and Sour Tofu Soup, Bun (rice noodle salad), cellophane noodles with mock duck (seitan or wheat gluten), Curried Mock Duck
- **Indian** - samosas, dahl soup, Aloo Gobi Masala (cauliflower and potato), Baigan Bharta (eggplant with tomatoes), Chana Masala (chickpeas w spices), Dal Makhni (lentils with onions, tomatoes and spices), Kadhai Bhindi (okra with onions), Mutter Tofu Paneer (tofu with tomatoes, onions and green peas), Navratna Korma (chopped vegetables with gravy), Palak Tofu (tofu and chopped spinach), Vegetable Biryani (vegetables with rice) Desserts: Coconut Barfi, Gulab Jaman, Rice pudding
- **Japanese** - Vegetable Sushi, Edamame, cucumber salad, scallion pancakes, Inari (rice in tofu skin), Seaweed salad, Miso Soup, Sesame noodles, Vegetable Teriyaki, Soba Noodles, Vegetable Donburi, Soft Tofu Dessert: Sliced Oranges, Cold fruit sushi
- **Indonesian** - Tofu satay, Gado Gado (peanut sauce with vegetables), Nasi Goreng (fried rice), Bami Goreng (Stir fried noodles), tempeh in coconut sauce, tempeh with curry peanut sauce, tofu

sambal, coconut rice, Dessert: Bananas in cinnamon coconut sauce, Banana fritters, sticky rice rolls, sweet coconut rice balls

- **Italian** - Minestrone Soup, Roasted vegetable pizza, wild mushroom ravioli,
- **Carribbean** - Plantain, Popovers,
- **Middle Eastern** - Hummus (garbanzo bean dip), Tabouleh (bulgar wheat and parsley salad), Babaganoush (roasted eggplant dip), Dolmades (Stuffed grape leaves), Falafel (chick pea patties) with tahini (ground hulled sesame paste), Couscous, Lentil Soup, Lentil and rice salad with grilled spicy tofu, Garbanzo and spicy eggplant salad, Israeli Salad (cucumber and tomato), Whole wheat and white pita bread Dessert: Halvah, Baklava and other Middle Eastern pastries Lentil Soup, Hummus (garbanzo bean dip), Tabouleh (bulgar wheat and parsley salad), Babaganoush (roasted eggplant dip), Dolmades (Stuffed grape leaves with rice), Falafel (chick pea patties) with tahini (ground hulled sesame paste), Couscous, Lentil and rice salad with grilled tofu, Garbanzo and spicy eggplant salad, Whole wheat pita bread, Middle Eastern Pastries like baklava, Halvah, Figs
- **Nouvelle**

All-American - Grilled veggie burgers, not dogs, baked beans, cole slaw, roasted potatoes, pickles, three bean salad. I'd also think about an organic, field green salad and organic fruit salad. Dessert: Appie Pie, Brownies, Soy Delicious Vanilla Ice Cream