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# FORWARD FOOD

## PLANT-BASED LUNCH & LEARN GUIDE

**PREPARED BY**  
HUMANE SOCIETY  
INTERNATIONAL/CANADA



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INTERNATIONAL**  
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FRIENDS OF  
**HUMANE SOCIETY  
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**2023**

Recipe by Chef Amy Symington, photo by Joel Barnes

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## INTRODUCTION

# Bringing Food Forward



Thank you for your interest in running an independent lunch and learn event about the many benefits of plant-based foods!

In case you are not already familiar with our work, Forward Food is a non-profit program of Humane Society International/Canada and Friends of Humane Society International aimed at creating a more sustainable food future. We work to put more plants at the centre of the plate, where they belong, benefitting animals, the planet and our health, as well as usually reducing food costs.

In the following pages, you will find two options for organizing a lunch and learn with your organization. We hope you and your team enjoy this tasty, educational event and gain valuable insights into the numerous benefits of incorporating more plant-based foods into your diets.

If you have any questions at all, please reach out to our Forward Food team at [forwardfoodcanada@hsi.org](mailto:forwardfoodcanada@hsi.org).

A handwritten signature in black ink that reads "Makayla Dewit". The signature is fluid and cursive.

**Makayla Dewit**  
**Specialist, Forward Food**  
**Humane Society International/Canada**  
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# Lunch and Learn

Choose from the two lunch and learn options below:

## **Option 1: Compact (~1 hour)**

This compact option is ideal for those with limited time and/or no access to a kitchen space. It can be completed within a 1-hour timeframe.

This option involves ordering a delicious plant-based lunch for your team and watching an educational presentation on the benefits of plant-based foods. We have also provided [resources](#), including recipes and guides, for you to share with your team after the lunch and learn.



## **Option 2: Immersive (~2 hours)**

This hands-on, immersive option is perfect for workplaces that have a food preparation or kitchen space and can dedicate approximately 2 hours to the lunch and learn.

This option involves your staff preparing their own plant-based lunches, following our provided recipes and demonstration videos (choice of 3). Following this, your team can sit down and enjoy their lunches together and watch an educational presentation on the benefits of plant-based foods. We have also provided [resources](#), including recipes and guides, for you to share with your team after the lunch and learn.



# Lunch and Learn

## Option 1: Compact

Order lunch and learn about the benefits of plant-based foods with your team

### Step 1:

Order a plant-based lunch from a local establishment for your team to enjoy. [Happy Cow](#) is a great tool to help find plant-based restaurants/catering in your area. Please reach out to our Forward Food team at [forwardfoodcanada@hsi.org](mailto:forwardfoodcanada@hsi.org) if you require any support in finding plant-based catering options in your area.



Photo credit: Pexels

### Step 2:

While your team enjoys their plant-based lunch, you will share some opening remarks and watch a recorded presentation: [Understanding the Plant-Based Revolution](#). This presentation will discuss reasons why Canadians are choosing to include more plant-based foods into their diets, touching on the many health, sustainability, animal welfare and cost-saving benefits.



Photo credit: NAIT

### Step 3:

Finally, you can discuss with your team why increasing access to plant-based foods is important to your organization. You can then provide your team with a variety of other resources, either printed or digitally, to complement the training. These include our plant-based recipe packet of nearly 200 recipes, a plant-based substitution guide and more. You can find these resources [here](#).



# Lunch and Learn

## Option 2: Immersive

Make lunch and learn about the benefits of plant-based foods with your team

### Step 1:

Choose one of the plant-based recipes we have provided and make it with your team! This can be done in your workplace kitchen or even remotely, with each participant tuning in from their own kitchen space. Each provided recipe includes an ingredients list, equipment list, directions and a recipe demonstration video to follow along with.



Recipe by Chef Amy Symington, photo by Joel Barnes

### Step 2:

While your team enjoys the lunch you created together, you will give some opening remarks and watch a recorded presentation: [Understanding the Plant-Based Revolution](#). This presentation will discuss reasons why Canadians are choosing to include more plant-based foods into their diets, touching on the many health, sustainability, animal welfare and cost-saving benefits.



Photo credit: NAIT

### Step 3:

Finally, you can discuss with your team why increasing access to plant-based foods is important to your organization. You can then provide your team with a variety of other resources, either printed or digitally, to complement the training. These include our plant-based recipe packet of nearly 200 recipes, a plant-based substitution guide and more. You can find these resources [here](#).



Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper



# Lunch and Learn

## Option 2: Immersive

### Recipe 1: Caesar Salad

Servings: 6

Preparation time: 10-15 minutes

Cook time: N/A



Recipe by Chef Amy Symington, photo by Joel Barnes

Follow along with Chef Amy Symington as she demonstrates how to make a delicious plant-based Caesar salad recipe. Packed with classic flavours like lemon and garlic, this recipe is easy to make and ready in minutes. Rather than using eggs and dairy found in traditional Caesar dressing, this recipe has a plant-based twist, using unsweetened soy milk, ground flaxseed and nutritional yeast.

Recipe demonstration video to follow along: [click here](#).

**Tip:** Depending on the size of your group, each participant can make their own recipe, they can work in small groups, or your whole team can work together on one recipe. We recommend sharing the meal with others in your workplace or having staff bring it home in the interest of reducing food waste.

# Lunch and Learn

## Option 2: Immersive

### Recipe 1: Caesar Salad

## Shopping and Equipment List

Please note that this recipe and shopping list create 6 servings. To increase the servings made, scale the recipe and shopping list accordingly. If you require any assistance in doing so, please contact Forward Food at [forwardfoodcanada@hsi.org](mailto:forwardfoodcanada@hsi.org) and we will be happy to help.

#### **Shopping list:**

- Lemons (for zest and juice): 2-3 each
- Soy milk, unsweetened: 30 ml
- Nutritional yeast: 4 1/2 tsp
- Olive oil: 2 tbsp
- Flaxseed, ground: 5 tsp
- Dijon mustard: 1 tsp
- Pureed garlic: 1/4 tsp (or 1 small clove)
- Dulse flakes (optional): 1/4 tsp
- Sea salt: 1/4 tsp
- Kale, chard or romaine lettuce: 2 large heads
- Optional garnish:
  - Sundried tomatoes, capers, whole grain croutons
- Optional almond parmesan:
  - Ground, blanched almonds: 1/4 cup
  - Nutritional yeast: 1/4 cup
  - Sea salt: 1/4 tsp

#### **Required equipment:**

- Mason jar(s)
- Measuring cups/spoons
- Plates/bowls and cutlery for serving



# Lunch and Learn

## Option 2: Immersive

### Recipe 1: Caesar Salad

#### Ingredients:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Lemon zest	¼	tsp		
Lemon juice	¼	cup	60	ml
Organic unsweetened soy milk	2	tbsp	30	ml
Nutritional yeast	4 ½	tsp	5	g
Extra virgin olive oil	2	tbsp	30	ml
Ground flaxseed	5	tsp	10	g
Dijon mustard	1	tsp	5	ml
Pureed garlic (1 small clove)	¼	tsp		
Dulse flakes (optional)	¼	tsp		
Sea salt	¼	tsp	1.25	g
Kale, chard or romaine lettuce, for serving	2	heads		
Sundried tomatoes, capers and/or whole grain croutons, for serving				

#### Directions:

1. In a mason jar, add all ingredients and shake vigorously until the ingredients are thoroughly combined.
2. For best results, serve dressing over kale, chard, or romaine with sundried tomatoes, capers, whole grain croutons and almond parmesan (see below).

**For the almond parmesan:** In a small bowl or jar, mix ¼ cup ground blanched almonds (or almond flour), ¼ cup nutritional yeast and ¼ tsp sea salt. Store in an airtight container in the fridge for up to two weeks.

# Lunch and Learn

## Option 2: Immersive

### Recipe 2: Béchamel Pasta

Servings: 6

Preparation time: 10 minutes

Cook time: 10 minutes



Recipe by Chef Amy Symington, photo by Joel Barnes

Follow along with Chef Amy Symington as she demonstrates how to make a creamy plant-based béchamel sauce with your choice of pasta. Rather than using cream and butter traditionally found in béchamel sauce, this recipe has a plant-based twist, using nutritional yeast, cashews and silken tofu.

Recipe demonstration video to follow along: [click here](#).

**Tip:** Depending on the size of your group, each participant can make their own recipe, they can work in small groups, or your whole team can work together on one recipe. We recommend sharing the meal with others in your workplace or having staff bring it home in the interest of reducing food waste.

# Lunch and Learn

## Option 2: Immersive

### Recipe 2: Béchamel Pasta

## Shopping and Equipment List

Please note that this recipe and shopping list create 6 servings. To increase the servings made, scale the recipe and shopping list accordingly. If you require any assistance in doing so, please contact Forward Food at [forwardfoodcanada@hsi.org](mailto:forwardfoodcanada@hsi.org) and we will be happy to help.

#### Shopping list:

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- Soft/silken tofu: 350g
- Unsalted, raw cashews: 3/4 cup
- Vegetable stock (or sub water): 1 1/2 cups
- Nutritional yeast: 1/2 cup
- Salt: 1 pinch
- Garlic cloves: 3-4
- Oil: 1 tbsp
- Flour, white or whole wheat: 1 tbsp
- Pasta: 350g cooked or 155g uncooked
- Optional garnish:
  - Fresh herbs (such as dill, thyme, or tarragon), zest of lemon, thinly sliced sundried tomatoes, olives, and sliced artichokes.

#### Required equipment:

- Measuring cups/spoons
- A food processor or blender
- Large sauté pan
- Stock pot (unless pasta is pre-cooked)
- Knife
- Cutting board
- Cooking utensils
- Stovetop or hot plate
- Plates/bowls and cutlery for serving

# Lunch and Learn

## Option 2: Immersive

### Recipe 2: Béchamel Pasta

#### Ingredients:

Ingredients	Imperial	
	Quantity	Measure
Soft/silken tofu	350	g
Unsalted raw cashews	$\frac{3}{4}$	cup
Water or vegetable stock	1-1 $\frac{1}{2}$	cup
Nutritional yeast	$\frac{1}{2}$	cup
Salt	1	pinch
Garlic cloves	3-4	
Oil	1	tbsp
White or whole wheat flour	1	tbsp
Cooked pasta, for serving		

4

#### Directions:

1. In a food processor or blender add tofu, cashews, nutritional yeast, salt, vegetable stock, and garlic. Process until smooth. Set aside.
2. Over medium heat in a large sauté pan add oil and flour (roux). Whisk together until smooth.
3. Whisk in tofu mixture to roux. Adjust with additional vegetable stock/water if necessary.
4. Add your choice of cooked pasta (approximately 350g for 6 servings). Toss until noodles are coated. Serve immediately.
5. Optionally garnish with chopped fresh herbs (such as dill, thyme, or tarragon), zest of lemon, thinly sliced sundried tomatoes, olives, and sliced artichokes.

**Tip:** To make this recipe nut-free, use an equal amount of raw sunflower seeds in place of the cashews.



# Lunch and Learn

## Option 2: Immersive

### Recipe 3: Fried Tofu Egg Sandwich with Tempeh Bacon

Servings: 6

Preparation time: 15 minutes

Cook time: 25 minutes



Follow along with Chef Amy Symington as she demonstrates how to make a delicious tofu egg sandwich. Rather than using eggs, bacon and egg-based mayonnaise, this recipe has a plant-based twist, using seared, seasoned tofu, tempeh bacon, and egg-free mayonnaise.

Recipe demonstration video to follow along: [click here](#) for the sandwich demonstration and [click here](#) for the tempeh bacon demonstration.

**Tip:** Depending on the size of your group, each participant can make their own recipe, they can work in small groups, or your whole team can work together on one recipe. We recommend sharing the meal with others in your workplace or having staff bring it home in the interest of reducing food waste.

# Lunch and Learn

## Option 2: Immersive

### Recipe 3: Fried Tofu Egg Sandwich with Tempeh Bacon

## Shopping and Equipment List

Please note that this recipe and shopping list create 6 servings. To increase the servings made, scale the recipe and shopping list accordingly. If you require any assistance in doing so, please contact Forward Food at [forwardfoodcanada@hsi.org](mailto:forwardfoodcanada@hsi.org) and we will be happy to help.

#### Shopping list:

- Tempeh bacon:
  - Tempeh: 24 oz (680g)
  - Tamari, reduced-sodium: 6 tbsp
  - Maple syrup: 4 tbsp
  - Grapeseed oil: 2 tbsp
  - Smoked paprika: 2 tbsp
- Sandwich:
  - Tofu, extra firm: 14 oz (400g)
  - Olive oil: 2 tbsp (40 ml)
  - Black salt (kala namak): 1 tsp (4 g)
  - Tomatoes: 2 each
  - Plant-based mayonnaise: 4 tbsp (60 ml)
  - Whole wheat English muffins: 6 each
  - Optional toppings:
    - Fresh basil, ketchup, dairy-free cheese

#### Required equipment:

- Measuring cups/spoons
- Oven
- Large bowl
- Baking sheet
- Knife
- Cutting board
- Cooking utensils
- Stovetop or hot plate
- Griddle
- Plates/bowls and cutlery for serving

# Lunch and Learn

## Option 2: Immersive

### Recipe 3: Fried Tofu Egg Sandwich with Tempeh Bacon

Ingredients - Tempeh Bacon:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Tempeh	24	oz	680	g
Reduced-sodium tamari	6	tbsp		
Pure maple syrup	4	tbsp		
Grapeseed oil	2	tbsp		
Smoked paprika	2	tbsp		

Ingredients - Sandwich:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Extra firm tofu, sliced ¼" thick	14	oz	400	g
Olive oil	2	tbsp	30	mL
Black salt	1	tsp	4	g
Tomatoes, sliced	2	each		4
Egg-free mayonnaise	4	tbsp	60	mL
Whole wheat English muffins	6	each		
Tempeh bacon (see recipe)				
Basil, fresh chopped (for garnish)				
Ketchup (optional)				
Dairy-free cheese (optional)				

**Tip:** If you wish to simplify this recipe, you can exclude the tempeh bacon.

# Lunch and Learn

## Option 2: Immersive

### Recipe 3: Fried Tofu Egg Sandwich with Tempeh Bacon (continued)

#### **Directions:**

##### For the tempeh bacon:

1. Preheat oven to 350°F (177°C).
2. Cut tempeh into long, thin strips.
3. In a large bowl, toss together all tempeh bacon ingredients and evenly arrange on baking sheet. Cover tempeh with any remaining liquid from bowl.
4. Bake for 15 to 18 minutes or until all liquid has evaporated and tempeh is firm. Let cool.

##### For the sandwich:

1. Heat griddle to medium high. Once heated add oil. Once oil is heated add tofu. Fry for about 2 minutes until golden brown.
2. While the tofu is frying, use half of the black salt and season the tofu on the side facing up. Once tofu is golden brown flip and repeat on the other side with the remaining black salt. Once tofu is golden brown, about 2 minutes, remove from the griddle.
3. Assemble sandwich: English muffin, 2 tsp mayo, basil leaves, tomato slices, 3-4 strips of tempeh bacon, 2-3 slices of tofu and 1 slice of cheese and ketchup (if using). Repeat with remaining ingredients.



# Lunch and Learn: Additional Resources

Feel free to share and utilize these free resources:

- [Forward Food website](#) (for individuals)
- [Forward Food website](#) (for foodservice professionals)
- [Guide to Plant-Based Meals](#)
- [Packet of nearly 200 plant-based recipes](#)
- [Planning a Successful Plant-Based Transition](#)
- [Plant-based substitution guide](#)
- [Plant-based product list](#)
- [Plant-based sample menu](#)
- [Ambassador toolkit](#)



# Lunch and Learn: Additional Resources

## Facts about plant-based foods:

- If everyone shifted to a plant-based diet, we would reduce global land use for agriculture by 75% – from 4 to 1 billion hectares. This large reduction of agricultural land use would be possible thanks to a reduction in land used for grazing and a smaller need for land to grow crops. Source: [Our World in Data](#) (March 2021)
- If high-income nations switch to plant-based diets, they would cut greenhouse gas emissions by 61% and sequester almost 100 billions tons of CO<sub>2</sub> by 2100, equal to approximately 14 years of current global agricultural emissions—provided the land formerly used to farm animals was reverted to its natural state. Source: [article in Nature Food](#) (January 2022)
- As of 2022, 92 billion land animals are raised and killed for food each year – or 175,038 animals per minute. Source: [FAO](#) (March 2023)
- A healthful plant-based diet that is low in animal foods, sugary drinks, snacks and desserts, refined grains, potatoes, and fruit juices was associated with a lower risk of mortality and major chronic diseases among adults. Source: [JAMA Network](#) (March 2023)
- In a study of 328 participants, aged 60 years or older, results suggest that a vegan diet reduces the number of prescribed medications by 58% compared to non-vegetarian diets. Source: [American Journal of Lifestyle Medicine](#) (October 2021)

# Lunch and Learn: Additional Resources

## Methods for increasing staff interest in plant-based offerings:

- Ask for participant feedback after holding this lunch and learn event to understand their preferences and gather ideas for future plant-based offerings.
- Share informative articles, videos or documentaries about plant-based eating through internal newsletters, bulletin boards, or digital platforms like TV screens.
- Offer resources and recipes to help employees incorporate plant-based meals into their daily routines.
- Arrange taste tests or sampling sessions to introduce employees to delicious plant-based alternatives, such as plant-based proteins, dairy-free cheeses, or plant-based desserts.
- Collaborate with local plant-based restaurants or vendors to provide lunchtime tastings or pop-up events at the workplace.
- Highlight the positive health and environmental impacts of plant-based choices on posters or signs around your workplace.
- Encourage leaders and managers to embrace plant-based eating and promote it as part of the organization's culture. Their endorsement and positive example can influence employees' behaviour and attitudes.

## Disclaimer

This report is provided solely as a general source of information and is intended for informational purposes only, and should not be construed or relied upon, under any circumstances, by implication or otherwise, as a recommendation, or financial or other advice.

Reference in this report to any specific commercial product or service, or the use of any brand, trade, firm or corporation name is for the information of the public and does not constitute or imply endorsement, recommendation or approval by Humane Society International/Canada or its affiliates of the product or service, or its producer or provider.

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