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City of Mountain View



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Plant-Based Eating



Want to learn more about the many benefits of plant-based eating?

Want to support Mountain View's amazing restaurants? The City's sustainability team launched a plant-based eating program that will focus on promoting healthy and ethical food choices, supporting equitable access to healthy food, and spreading awareness of the positive health and environmental impacts of a plant-based diet.

We will be hosting quarterly public events, featuring cooking demonstrations, film screenings, and community speakers. Local restaurants will also be invited to promote plant-based eating

opportunities here in Mountain View. Finally, the City Council is expected to consider a resolution in support of plant-based eating by the end of the year.

Looking for ways to get started?

Recipes:

- [Vegan baking recipes from Minimalist Baker](#)
- [Meatless Alphabet from Acterra](#)
- [Zero Waste Chef recipe index](#)
- [Veggie burger recipe from Love and Lemons](#)
- [10 African inspired vegan recipes from Afro Eats](#)

Resources:

- [Meatless Monday](#)
- [Green Monday](#)
- [Forks Over Knives beginner's guide](#)
- [Acterra's plant-forward eating resources](#)
- [Acterra's Healthy Plate, Healthy Planet fact sheet](#)
- [What science says about the benefits of a plant-based diet](#)
(Discover, June 2020)
- [Emissions from the livestock sector](#) (FFAC)
- [10 weeks to vegan challenge & resources](#)
- [10 million black vegan women movement](#)

News and Events

Your Ideas

Plant-Based Eating Fall Challenge

Past Event: Community Garden Workshop - Sunday March 6th



15 Dec 2021



As part of our plant-based eating series, the City of Mountain View was proud to host our first community gardening event. This in-person workshop instructed participants on how to start their own garden, no matter their gardening experience or the size of their space. Home gardens allow you to take full advantage of Mountain View's unique climate, where you can grow your own fruits, vegetables, and herbs year-round! The workshop covered planting seasons, water-conscious gardening, how to make the most of your space from container pots to garden beds, and a hands-on planting activity. The event took place at the Soil & Water Garden, a learning-focused community garden at Heritage Park.

Learn more about the [Soil & Water Garden](#).

Past Event: The Positive Environmental Impacts of a Plant-Based Diet



24 Sep 2021



For the third event in our plant-based eating series, Monica Chen, Executive Director of the Factory Farming Awareness Coalition, shared about the environmental impacts of our food choices. Through an engaging and informative presentation, Monica shared how to make a big difference for the environment and your own health by including more plant-based foods in your diet.

The Factory Farming Awareness Coalition is an educational nonprofit that contributes to the eradication of factory farming through a range of educational programs. Every year they educate and empower thousands of people about the social justice, health, and environmental impacts of our food system.

You can watch a recording of the event [here](#).

Past Event: Plant-Based Eating Cooking Demonstration



24 Sep 2021



As part of our Plant-Based Eating program, the City of Mountain View hosted our first plant-based eating cooking demonstration on September 7th. You can find recipes from the event [here](#).

We were grateful to be joined by chef Alex Bury. Alex was trained as a classical (non-vegetarian) chef at the world-renowned Culinary Institute of America. In 2001, she opened a restaurant in California called Sparks with an entirely plant-based menu. Sparks quickly became well-known for its outstanding food, even among non-vegans. Alex is now a professional fundraiser and serves as Vice President of Development for the international organization Vegan Outreach. When she's not raising money to change how animals are treated she jumps back into the kitchen: She has taught healthy cooking techniques and recipes at Whole Foods Market, for the McDougall Program (a nationally renowned preventative health program), and for local groups and companies since 2000. Alex

is now based in Anchorage, Alaska, where she enjoys pancakes with wild Alaska blueberries and searching for the best soy cappuccino in the 49th state!

Past Event: City of Mountain View x Food Empowerment Project



04 Nov 2021

The poster features a light grey background with a top-down view of various plant-based ingredients like almonds, seeds, and a smoothie bottle. A circular portrait of Lauren Ornelas is centered. Text is in Spanish, announcing a virtual presentation on July 8th at 6:30 PM via Zoom. The bottom section has a green background with white text and a URL.

 CITY OF MOUNTAIN VIEW

8 DE JULIO | 6:30 PM | ZOOM

PRESENTACIÓN VIRTUAL

EL FOOD EMPOWERMENT PROJECT Y
LA CIUDAD DE MOUNTAIN VIEW PRESENTA



LAUREN ORNELAS, FUNDADORA
FOOD EMPOWERMENT PROJECT

¡Únase a nosotros en el lanzamiento de nuestra nueva iniciativa de alimentación a base de plantas! El Food Empowerment Project busca crear un mundo más justo y sostenible reconociendo el poder de las opciones alimenticias de cada individuo.

MountainView.Gov/PlantBasedEating

The City of Mountain View kicked off our new Plant-Based Eating initiative with the founder of the Food Empowerment Project, Lauren Ornelas. The Food Empowerment Project seeks to create a more just and sustainable world by recognizing the power of one's food choices. They encourage healthy food choices that reflect a more compassionate society by spotlighting the abuse of animals on farms, the depletion of natural resources, unfair working conditions for produce workers, and the unavailability of healthy foods in low-income areas.

By making informed choices, we can prevent injustices against animals, people, and the environment. Food Empowerment Project also works to discourage negligent corporations from pushing unhealthy foods into low-income areas and empower people to make healthier choices by growing their own fruits and vegetables. In all of their work, Food Empowerment Project seeks specifically to empower those with the fewest resources.

You can watch a recording of the event [here](#).

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