



Healthy Holidays

A veg-friendly guide for hosting and enjoying the holiday season with family or friends.



Contents

- 1** Healthy Holidays | Title Page
- 2** Guide Contents
- 3** Why Choose A Plant-Powered Diet?
- 4** The Impact Of The Holiday Season
- 5** Cozy Beverages
- 6** Classic Sides
- 7** The Main Course
- 8** Global Traditions
- 9** Desserts
- 10** Baking Staples (substitute chart)
- 11** Food Waste Prevention Tips
- 12** Explore Our Other Offerings



Why choose a plant-forward diet?



Health

Informed dietary choices can help prevent, manage or reverse common diseases and health conditions, including type-2 diabetes, heart disease, food-borne illness, and some cancers.

Environment

Modern-day food production contributes to resource usage, deforestation, water pollution, and ocean depletion — driving individuals worldwide to become conscious consumers.

Society

We use ethics to make everyday decisions including our food choices! What we eat can positively or negatively affect farm workers, the environment, farmed animals, public health, and our society as a whole.



"Research notes elevated rates of cardiovascular-based mortality over the late-December holiday period in the U.S. —something known as the "Christmas Holiday Effect" (though it applies to all holidays at this time of year.)"



"The EPA estimates that during the holidays our household waste increases by about 25%... When we throw away food, we're also throwing away the land, water, and energy used to produce that food."



"America's meat waste problem means we're raising about a billion chickens, more than 100 million other land animals (mostly turkeys, pigs, and cows), as well as capturing around 25 billion fish and 15 billion shellfish (mostly shrimp), only to have [some of] them wind up in a landfill."

Cozy Beverages



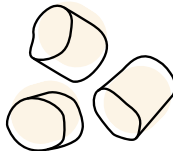
**PUMPKIN
SPICE LATTE**



**PEPERMINT
MOCHA
CREAMER**



HOT COCOA
**USE GELATIN-FREE
MARSHMALLOWS**



Classic Sides

No need to give up your favorites. Try a healthy, whole-food-based alternative!



ChoosingChia



Nutriciously



TheHiddenVeggies



WhereYouGetYourProtein



NoraCooks



JessicaInTheKitchen



Already have a recipe you love?
[Check out our baking substitute chart!](#)

The Main Course

BUDGET FRIENDLY!

LENTIL LOAF



STUFFED SQUASH



TIME SAVER

SHEPHERD'S PIE



PORTOBELLO POT ROAST



CHICKPEA POT PIE



HOLIDAY ROAST



HIGH PROTEIN

Global Traditions

GULAB JAMUN



ALOO PARATHAS



FRIED PLANTAINS



JOLLOF RICE



MATZO BALL SOUP



CHALLAH



CHURROS



POZOLE



Save Room For Dessert



PUMPKIN PIE
SOY FREE



RICE PUDDING



PECAN PIE BARS



SUGAR COOKIES



BUTTERCREAM
MADE WITH CASHEWS!





Baking Staples

Milk $\frac{1}{1}$ Dairy-Free Milk
Soy, Almond, Coconut, Hemp, Rice, Pea, etc.

Heavy Cream $\frac{1}{1}$ Coconut Cream or Coconut Milk

Buttermilk $\frac{1}{\frac{3}{4}}$ Dairy-Free Milk
+ 2 Tablespoons of lemon juice or apple cider vinegar

Sourcream $\frac{1}{1}$ Coconut Cream or Coconut Milk
+ Lemon Juice

Melted Butter $\frac{1}{1}$ Vegetable, Olive, or Coconut Oil

Softened Butter $\frac{1}{1}$ Virgin Coconut Oil or Vegetable Shortening
For cold butter, refrigerate or freeze alternatives before baking.

Eggs $\frac{1}{1}$ Silken Tofu
For Cakes and Brownies + A pinch of baking soda

Eggs $\frac{1}{1 \text{ Tbsp Seeds} + 3 \text{ Tbsp Water}}$ Flax or Chia Seeds
For Cookies + Binding

Honey $\frac{1}{1}$ Maple Syrup

Food Waste Prevention Tips

Preventing food waste can help save money and the environment!

Store your fruit + veg properly to reduce these stats:

Americans throw away 25% more trash during the winter holiday season. [↗](#)

"The largest portion of U.S. food waste, about 37% of total generation, occurs in peoples' homes." [↗](#)

Apples

Cold + Alone

Store in the fridge and avoid bruising.

Potatoes & Onions

Cool + Dry

Broccoli

Damp + Cool + Air Circulation

Place stalk in a jar of water before putting in fridge.

Tomatoes

Room Temp + Alone

Freeze whole once ripe.

Avocados

Dark + Dry

Place in fridge after ripe to keep fresh.

Citrus

Cold + Dry

EXPLORE OUR OTHER OFFERINGS:



Healthful Eating

Our most popular offering worldwide! Learn how dietary choices can prevent common chronic diseases and address public health concerns...

EN, ES

EN, ES, FR, DE, PL, PT, PT-BR



Rethinking Food Waste

Travel alongside a slice of pepperoni pizza, from field to trash, to learn about the waste produced through food production and consumption...

EN

EN, ES



LEARNECPROGRAM.ORG



2024

ECPROGRAM.ORG