

Prepared Plant Based Foods: Take-Out & Grocery Store

Here's what Allan Baker has tried

Pizza Nova and Pizza Pizza have added “plant-based” options to their menu.



Many of us can all replace some of our meat menu with plant-based foods that are in the “meat” section of supermarkets. We have had “plant-based” foods in the past year that include burgers, chicken, seafood, and now pizza toppings.

“Good Catch” manufactures plant based “seafood” products, which can be found in the frozen seafood section at the supermarkets.

Their products include: Fish Cakes, Fish Burgers, Tuna and Crab Cakes.

We have only had the crab cakes, and they were pretty good. [Shari & Allan Baker]

There's also, at the Metro where we shop, a “vegetarian” section, where we buy Tempe, for example.

<https://www.metro.ca/en/products-to-discover/health-nutrition/health-wellness-advice/vegetarianism-is-good-for-you>



Changing our diet is a way of reducing our impact on the environment; it is something that we have agency over, and it will make a positive difference. It may even lead people to engage in other actions that will have much larger impacts. So, I encourage you to include changing our diet as a discipline for Lent - and beyond.

Allan Baker

