



Anáhuac
Mayab

Team: Altea
Username: Valentin_Altea
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Plant-based scene in our community.

Thinking about the menu options offered at our school, local restaurants and grocery stores, we found out that it is easy to find plant-based meals where we live. There are some cuisines that offer vegetarian or vegan specialties:

-Are any restaurants vegetarian or vegan?

In our school, at the University Anahuac Mayab there are some restaurants that have recipes that are certainly vegetarian or vegan, which shows that the school is inclusive with the preferences in food of the other students.

-Eateries with vegan menu options: There are many options in which in Mérida you could go to eat this food.

- Cuna
- Amore e gusto
- Lo que hay cafe
- La Cubanita
- Pita Mediterranean cuisine and many more.

-Local groceries with vegan options (prepared meals section):

- Solara vegano (minisuper)
- Mr. Tofu

-Regular farmers market or food market with vegan vendors: More specifically the mini supermarket Solara vegano in Merida is one of the few actual supermarkets to sell these products, but there are events in which they are prepared to sell vegan options.

- Delicatessen Market Vol.2 (evento gastronomía gourmet)
- Solara vegano
- Feria Vegana

-Food map of plant-based unique spots with food options where we live:

- https://maps.app.goo.gl/yQSLm3QyoAELRE2A7?g_st=ic
- https://www.canva.com/design/DAFODB4zQyE/4cNW5hcg65DNVXeRZAxsDw/edit?utm_content=DAFODB4zQyE&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

-Caption that includes **one important reason why people should consider plant-based eating:**

☐ “Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins, and minerals for optimal health, and are often higher in fiber and phytonutrients” - from Harvard Medical School experts.

Dm us ☐ if you want our Food map of plant-based unique spots with vegan food options in ☐ Mérida, Yuc. @TurningGreenOrg @MeatlessMonday ☐ #PGC2022 #Day17 #MeatlessMonday #TeamAltea

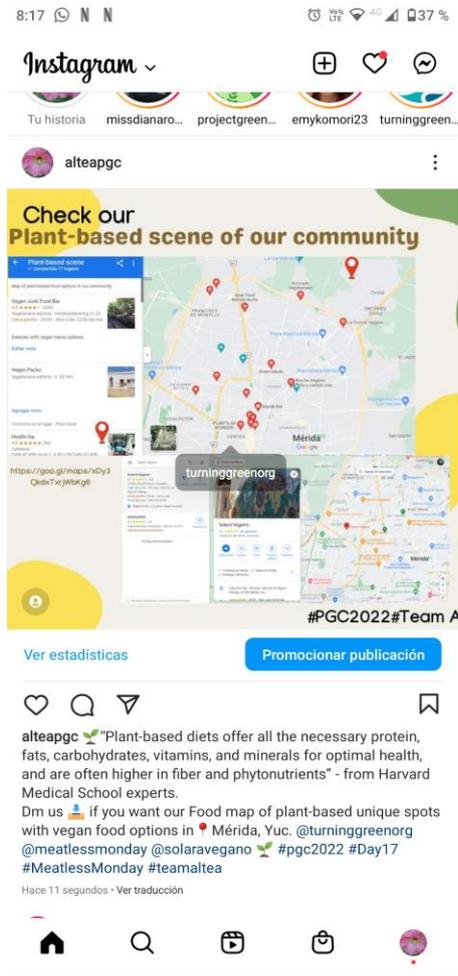


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“Plant-based diets offer all the necessary protein, fats, carbohydrates, vitamins, and minerals for optimal health, and are often higher in fiber and phytonutrients” - from Harvard Medical School experts. @TurningGreenOrg #PGC2022

maps.app.goo.gl/yQSLm3QyoAELRE... to check out vegan places

#PGC2022#Team Altea

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Altea
1 min ·

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#pgc2022 #Day17 #MeatlessMonday #teamaltea

#PGC2022#Team A