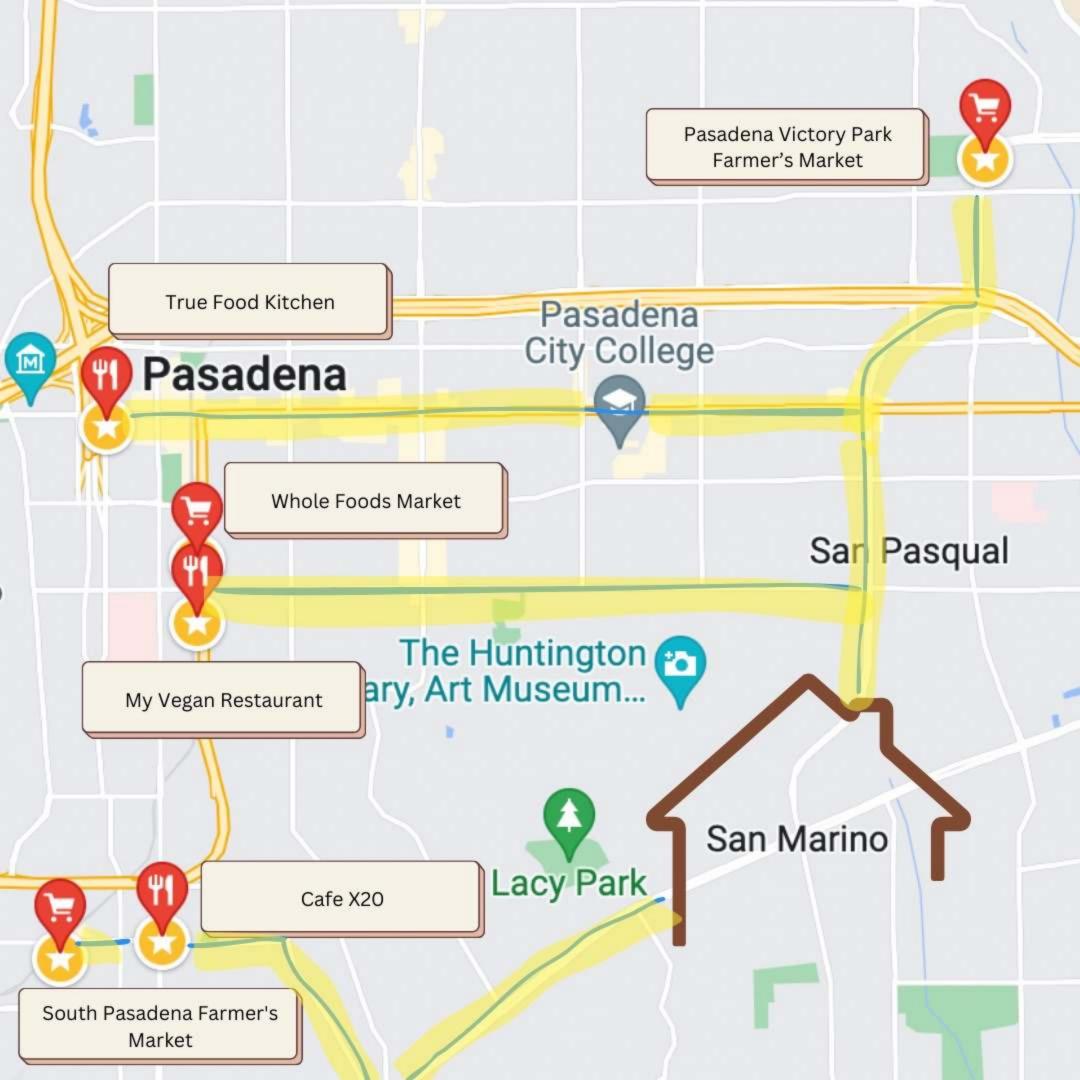
### Team Name: Sustainabuddies

Username: sustainabuddies

School: San Marino High School

link to social post: https://www.instagram.com/p/ CygAOnvLjr3/?img\_index=1







### TEAM SUSTAINABUDDIES

Restaurants, grocery stories, markets near San Marino!

Open Map

### **QUESTION:**

Why are plant-based foods good for your health?

### **ANSWER:**

Plant-based foods are good for your health because they are typically lower in saturated fats and cholesterol, making them heart-healthy. They are also rich in fiber, vitamins, minerals, and antioxidants, which support overall well-being and reduce the risk of chronic diseases like heart disease, diabetes, and certain cancers.

### First Stop:



### Locations

Cafe X20

My Vegan...

True Food...

Etc!



Cafe X20

818 Fair Oaks Ave, S Pasadena, CA 91030 11 AM - 08 PM



My Vegan Restaurant

633 S Arroyo Pkwy #3, Pasadena, CA 91105 11 AM - 3:30PM

3:30 PM - 9:30 PM



True Food Kitchen

168 W Colorado Blvd, Pasadena, CA 91105 11 AM - 09 PM

### **Second Stop:**



What's next? Local grocery store!

# WHOLE FOODS MARKET

Discover wholesome, delicious, and eco-friendly choices at Whole Foods Market!

 They offer a wide selection of sustainable goods, and a wide range of plant-based options.



Mon - Sat : 7 am - 10 pm



465 S Arroyo Pkwy, Pasadena, CA 91105



(626) 204-2266



### **Third Stop:**

## FARMERS MARKET



920 Meridian Ave, S Pasadena, CA 91030

### SOUTH PASADENA FARMER'S MARKET

Lot's of vegan vendors to choose from!

PASADENA VICTORY PARK FARMER'S MARKET

Another market that would be worth visiting!







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sustainabuddiespgc Eat Plant-Based, Thrive! < One compelling reason: Plant-based diets are a powerhouse of nutrients that support your well-being, from heart health to a stronger immune system. Boost your health and reduce your environmental footprint with plant-based eating. It's a win-win @MeatlessMonday @WholeFoods @cafex2o #PGC2023 #MeatlessMonday #PlantBasedHealth #SustainableLiving 9s









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PLANT-BASED FOOD LOCATION



### **TEAM SUSTAINABUDDIES**

Restaurants, grocery stories, markets near San Marino!

Open Map

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### **QUESTION:**

Why are plant-based foods good for your health?

### **ANSWER:**

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### First Stop:



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### Locations

Cafe X20

My Vegan...

True Food...

Etc!



### Cafe X20

11 AM - 08 PM

818 Fair Oaks Ave, S Pasadena, CA 91030



### My Vegan Restaurant

11 AM - 3:30PM

633 S Arroyo Pkwy #3, Pasadena, CA 91105

3:30 PM - 9:30PM



### True Food Kitchen

11 AM - 09 PM

168 W Colorado Blvd, Pasadena, CA 91105

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### **Second Stop:**



What's next? Local grocery store!

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# WHOLE



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Mon - Sat : 7 am - 10 pm



465 S Arroyo Pkwy, Pasadena, CA 91105

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(626) 204-2266





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### Third Stop:

### FARMERS MARKET



920 Meridian Ave, S Pasadena, CA 91030

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### **SOUTH PASADENA FARMER'S MARKET**





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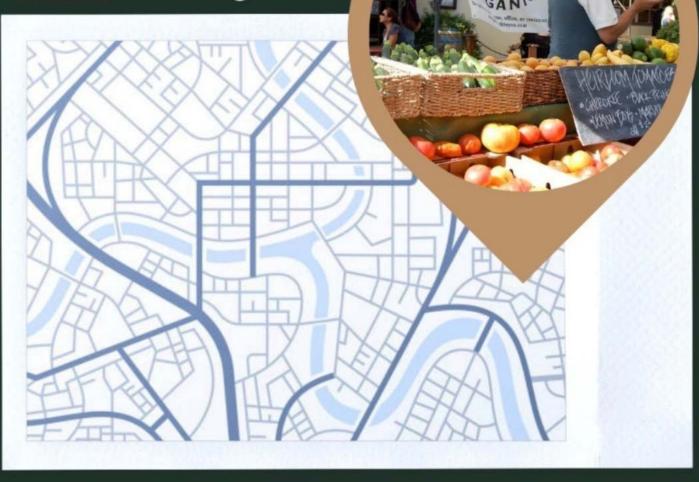
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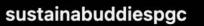
PASADENA VICTORY PARK FARMER'S MARKET

Another market that would be worth visiting!



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