

Local Plant Based Options In My Community

by sustainovators

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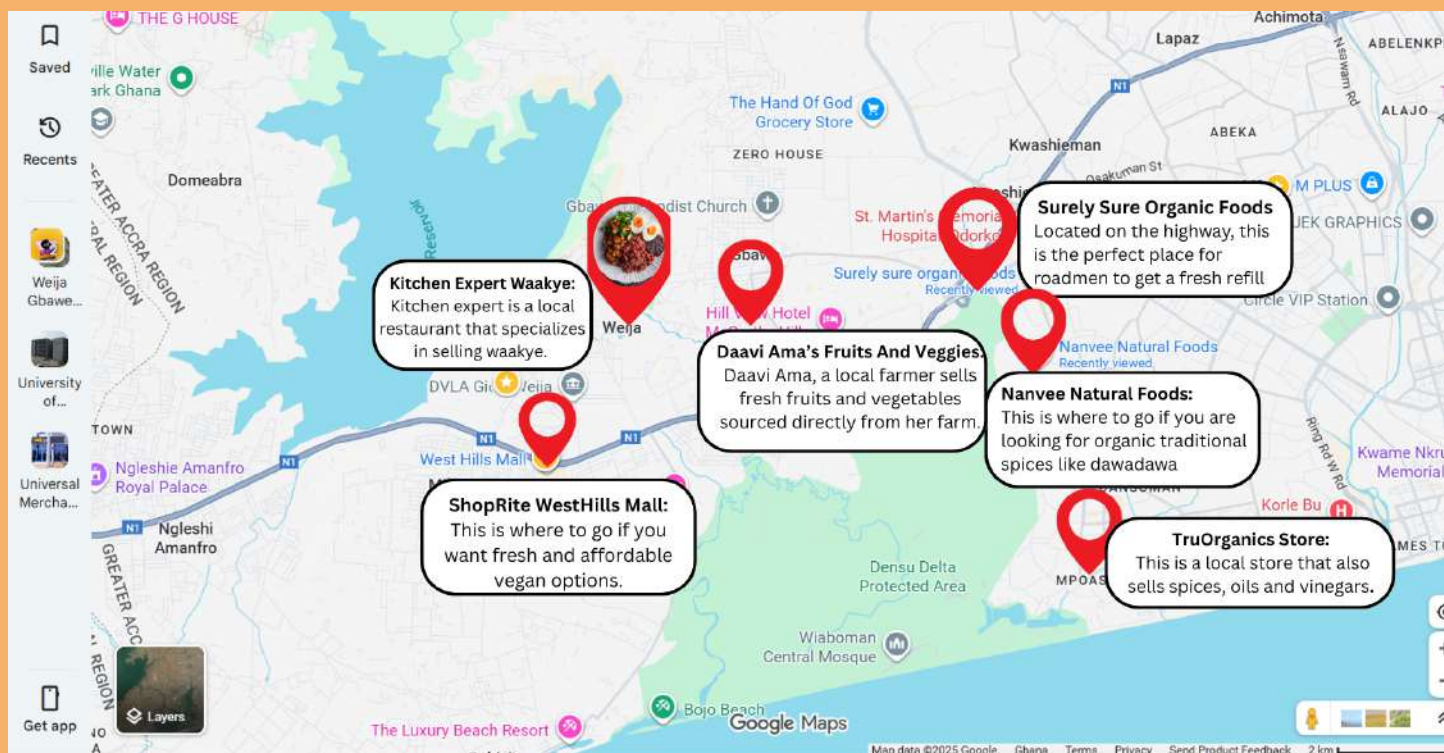
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Activity:

For today's challenge, I searched for spots in and around my community that sell plant-based options. I personally knew a few spots, but had to search google maps to find others.

Map:



These are the plant-based shops I found in and around my community:

1. Shoprite West Hills Mall

This is the largest grocery store in my area. It is a branch in West Hills Mall, the largest mall in West Africa. They have a vegan section in the store that is also why it is number one on my list. Another reason why it is on the top of my list is because it sources its fruits and vegetables directly from local farmers and so all the food items are very affordable. This reflects the long-standing Ghanaian tradition of supporting local agriculture and community markets, where food isn't just a commodity but a connection between people and the land. Some of the items they have are; oranges, apples, bananas, pear, legumes, peanut butter and nut pastes among others. This is actually where my family gets our fresh food items from.

Images:



2. Kitchen Expert Waakye:

Kitchen expert is a local restaurant that specializes in selling *waakye*. *Waakye* is a popular Ghanaian dish made from cooked rice and beans, typically black-eyed peas. It gets its distinctive reddish color from the addition of dried sorghum leaves during cooking and is often served for breakfast or lunch with various side dishes.

Images:



3. Nanvee Natural Foods

Nanvee Natural Foods is most known for serving very fresh food spices so it is a town favorite. But it also has legumes, peanut butter and nut pastes.

Famous for traditional spices like *dawadawa*, used in meals such as *green green* (cocoyam leaf stew) and *jollof rice*. *Dawadawa* carries deep cultural meaning as it represents resourcefulness and ancestral knowledge, as generations have used fermented locust beans not just for flavor but also for their rich nutrients.

Images:





These are the *dawadawa* spices, one of the many traditional spices they have.

4. Surely Sure Organic Foods

This store is located on the highway roads so it gets a lot of visitors on the regular. From fruit juices to vegetable salads, this is the perfect place for roadmen to stop and get a fresh refill. They also sell food supplements and vitamins.

Images:



The image above shows some of the items they have. From apple cider vinegar to olive oil, this has a huge assortment of organic varieties.

5. Truorganics Store:

This is a local store that also sells spices, oils and vinegars. It is located at Dansoman, another town very close to Weija. Here are some of the items sold here.



6. Daavi Ama's Fruits And Veggies:

As the name suggests, Daavi Ama is a local farmer in our town who sells her produce to the townspeople. Since her items are directly from her farm, they are some of the freshest fruits and vegetables in the town.

Images:



Instagram Post:

