

Fresh Cut

Vegetarian club explores food choices

Rachel Grant
Senior Editor

Over 7.3 million of the American population is vegetarian according to vegetariantimes.com. Vegetarians are often overlooked and under educated which can lead to a problem, both physically and mentally across the country, but even in school.

Recently, sophomore Rosetta Wang created a vegetarian club to offer support, encouragement and a source of education to students who may be curious or interested in becoming a vegetarian and the health aspects involved.

According to Wang, vegetarianism is a commitment and lifestyle. Becoming a vegan, she says, is much more difficult for the individual because of the time that is needed and the limited resources available.

"Vegetarian is such a broad term," Wang said. "You can call yourselves vegetarian in a bunch of different ways; you can choose to eat meat and dairy. You specify exactly what your constraints are through Latin prefixes. Vegan is much stricter and vegetarian is more vague of a term on dietary restrictions."

At school, she noticed a lack in the encouragement that vegetarians have and wanted to rapidly increase the amount of support given to them.

"There are a lot of people who want to become vegetarian at our school but don't necessarily know how to go about it," vegetarian club president and founder Wang said. "They won't get the proper nutrition or the support they need [from what] I've noticed that at our school. I wanted to have a group that people could come to for nutritional advice and support about vegetarians."

The first step in creating this new club was finding a sponsor to help lead it. Wang turned to Foods 101

teacher Erin Stutts for help. Stutts gladly agreed to sponsor the new club and offered her classroom and resources.

"Students who have never taken Foods 101 have the opportunity to see the food lab and work in the kitchens," Stutts said. "I enjoy meeting a new group of students, and hopefully they will choose to take the class in the future"

After finding a sponsor, Wang then advertised and campaigned to start including members to the new club. She said that it was difficult, but having new members is important to her.

"Marketing and advertising [was a struggle]," Wang said, "[and] getting people to want to be involved, even people who are vegetarian [too]. Time is also a constraint because you want to fit in everyone's schedules. Mostly getting people involved and interested."

Today, the club has several of members who come to their Monday afternoon meetings. They offer dietary advice, meal ideas and snacks during the time together.

One goal that the club has set for themselves is to create a vegetarian and vegan meal that would be offered at school.

"One of our goals is to have a lunch options that are vegan and [contains a lot of] protein," Wang said. "At our next meeting we are going to talk with the lady who handles the menu in the cafeteria about our options and what we could [offer.]"

Wang hopes to create a welcoming environment that vegetarians and non-vegetarians alike can come to gain experience and knowledge about a broad topic.

"[I want people] to feel more encouraged, be more comfortable and not feel as outcast by being vegetarian," Wang said. "[We hope] to make people more aware of vegetarianism." •

Vegetarian Types

eat eggs:

Ovotarian

avoid animal products:

Vegan

eat dairy:

Lactotarian

eat eggs and dairy:

LactoOvotarian

Join Vegetarian Club!

Are you curious about becoming a vegetarian, but unsure where to start? Come to one of the vegetarian club meetings to learn more! Next meeting is Nov. 2 after school in room 1122.