

Vegan Emily Rose Lives in Allen Hall
Freshman in FAA

What is it like to be vegan in a college environment?

It can be a bit frustrating coming into college, I thought that it would be easier bc I will have vegan options readily available to me at almost all dining halls but most functions and most like special things are all pizza or ya know milk based desserts which i find really frustrating because I do not feel included in that.

Is being vegan a reason you chose Allen Hall a reason?

No not at all, I actually didn't realize it was one of the more vegan friendly places, but I still feel like they could do a better job. Even in the clubs they have here they only ever have oreos and the only thing sweet they ever really have here is fruit and i have such a sweet.

What about other restrictions, kosher/gluten free/halal?

My friend is gluten free and he can never eat most of what is offer. There is the gluten free corner but it's the same stuff almost everyday so it does kinda suck. It's even hard being vegetarian because there will be like one vegetarian option and it will be like green beans.

How do you think the university could help with this more?

I just think it's really easy to adapt some recipes to be vegan or vegetarian. A dish with chicken that isn't chicken based could have the chicken on the side, ya know pancakes can easily be made without milk, people with other restrictions could be thought of and included within the dining halls and the university.

Have you ever texted in recommendations?

Never really thought about it, never thought it was a thing. One person doing that one time wouldn't really doing anything. More people have to say something rather than it just being anonymous like that.

Do you think having vegan options is convenient and good to have for non vegans?

Being vegan is so much better for you, it's so beneficial. Especially when they don't know it's vegan they're like 'oh this chicken is so good,' but it's not chicken, it's chik'n *haha* I also do think that they're like surrounded more by like that type of food, like normally people that don't eat that diet don't really know about that diet, before I decided to change my diet i didn't even know about things like tofu that i now eat regularly.