

Vegan Food Shopping

The basic building blocks of a whole-food, plant-based vegan diet—grains, beans, nuts, seed, vegetables and fruits—can be obtained at any grocery store or supermarket. Some vegan specialty items, as well as beans, grains, flours and spices in packages and in bulk, are especially easy to find in natural food stores such as Abundance, Lori's and Hart's, as well as in Nature's Marketplace, the natural food section of Wegmans. But you know your own supermarket, and may be able to find what you need in the regular aisles of the supermarket—things like beans, grains, whole grain flours, and plant milks. You can ask the store manager to stock the food items that you need that are not already available. It's worth a try, and if you succeed it will make those items available for other shoppers as well.

Our local natural food stores are Lori's, Abundance, and Hart's. Abundance is in the process of transitioning to a new location and so may not have their full product lines in place until that process is completed.

Wherever you shop (Wegmans, Tops, Walmart, Aldi's, Trader Joe's), feel free to ask and explore on your own. Trader Joe's has some very nice vegan "meats" and "cheeses," and both Trader Joe's and Aldi's have value-priced packaged nuts, grains, etc. which are comparable in price to products sold in bulk at Abundance, Lori's, and some supermarkets. Also don't forget Niblack (previously Tadco), in the Genesee Valley Regional Market (same general location as Lori's). Niblack has pre-packaged spices, grains, beans, soy products, etc. and a whole range of bottled and jarred food products at value prices; it's somewhat geared to restaurant supply but also good for the savvy home cook. Their website: <http://www.niblackfoods.com>