

# Foodservice Update

Healthy Tips and Recipes for Institutions

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Editor: Debra Wasserman  
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## PRODUCT LISTING

Names and addresses of over 100 companies offering vegetarian food items  
in institutional sizes listed alphabetically and by subject.

### BAKED GOODS

(Cakes, Cookies, Crackers, Muffins, etc.)

#### **Eco-Cuisine**

PO Box 17878  
Boulder CO 80308-0878  
303-402-0289

Website: [www.eco-cuisine.com](http://www.eco-cuisine.com)

Products: "Chicken Style" quick mix, "Ground Beef Style" quick mix, "Basic Sausage Style" quick mix, and muffin, cookie and pancake quick mixes

#### **Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500  
FAX: 724-352-9510

Website: [www.frankferd.com](http://www.frankferd.com)

Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

#### **Nutrilicious Natural Bakery**

PO Box 566  
Wayne, IL 60184  
800-835-8097  
FAX: 847-289-0404

Products: Vegan donuts and cookies including some made with spelt flour

### BEANS

#### **Arrowhead Mills**

The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.arrowheadmills.com](http://www.arrowheadmills.com)

Products: Wide range of natural foods including flours, grains, seeds, nut butters, beans, etc.

#### **Bob's Red Mill**

13521 SE Pheasant Court  
Milwaukie, OR 97222  
800-553-2258

Website: [bobsredmill.com](http://bobsredmill.com)

Products: Whole grain cereals, meals, flours, seeds, beans

#### **Eden Foods**

701 Tecumseh Rd.  
Cinton, MI 49236  
888-424-3336, 517-456-7424

Website: [www.eden-foods.com](http://www.eden-foods.com)

Products: Soy milk, other soy products, organic dried beans and grains, various flours, pasta, etc.

#### **Fantastic World Foods**

Customer Service  
96 Executive Avenue  
Edison, NJ 08817

Website: [www.fantasticfoods.com](http://www.fantasticfoods.com)

Products: Falafel and burger mix, instant refried beans, instant black beans, hummus dip mix, tabouli salad mix, chili mix, etc.

#### **Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500  
FAX: 724-352-9510

Website: [www.frankferd.com](http://www.frankferd.com)

Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

#### **New Organics**

3990 Varsity Dr.  
Ann Arbor, MI 48108  
888-541-GROW, 734-677-5570  
FAX: 734-677-5574

E-mail: [info@neworganics.com](mailto:info@neworganics.com)  
Website: [www.neworganics.com](http://www.neworganics.com)  
Products: Beans and grains

**SunOrganic Farm**

411 S. Las Posas Rd.  
San Marcos, CA 92078  
888-269-9888  
FAX: 760-510-9996

Website: [www.sunorganic.com](http://www.sunorganic.com)  
E-mail: [sales@sunorganic.com](mailto:sales@sunorganic.com)

Products: Dried peas and beans, dried fruit, nuts, nut butters, grains, oils, pasta

**Westbrae Natural Foods, Inc.**

The Hain Celestial Group, Inc.  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.westbrae.com](http://www.westbrae.com)

Products: Wide range of natural foods including organic pasta, beans, vegetables, miso, and condiments

**B R E A D**

**A. Angonoa Inc.**

115-05 15<sup>th</sup> Ave.  
College Point, NY 11356  
718-762-4466

Products: Breadsticks (no animal shortening)

**Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500  
FAX: 724-352-9510

Website: [www.frankferd.com](http://www.frankferd.com)

Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

**Mission Foods**

1159 Cottonwood Lane, Suite 200  
Irving, TX 75038  
972-232-5000

Website: [www.missionfoods.com](http://www.missionfoods.com)

Products: Flour and corn tortillas, tortilla chips and strips, taco shells, and tostadas

**Tumaro's Gourmet Tortillas**

5300 Santa Monica Blvd., Suite 311  
Los Angeles, CA 90029  
323-464-6317  
FAX: 323-464-6299

Website: [www.tumaros.com](http://www.tumaros.com)

E-mail: [info@tumaros.com](mailto:info@tumaros.com)

Products: Plain and flavored vegan tortilla wraps

**Van's International Foods, Inc.**

3285 East Vernon Avenue  
Vernon, CA 90058  
323-585-5581

FAX: 323-585-4084

Website: [www.vansfoods.com](http://www.vansfoods.com)

Products: waffles

**B U R G E R S A N D M E A T A N A L O G S**

**Alle Processing Corporation**

Mon Cuisine  
56-20 59<sup>th</sup> St.  
Maspeth, NY 11378  
718-894-2000

Website: [www.alleprocessing.com/alle/MonCuisineV](http://www.alleprocessing.com/alle/MonCuisineV)

Products: Stuffed shells, ravioli, burgers, "meatballs," "beef steak," "chicken" cutlets, falafel, pot pie, ginger egg roll, sauces, and more

**Amy's Kitchen, Inc.**

PO Box 449  
Petaluma, CA 94953  
831-818-6006

Website: [www.amys.com](http://www.amys.com)

Products: Frozen entrées, burgers, pasta sauce, soups, baked desserts, etc.

**Bernard Food Industries, Inc.**

PO Box 1497, 1125 Hartrey Avenue  
Evanston, IL 60202-1497  
800-323-3663

FAX: 800-962-1546

Website: [www.bernardfoods.com](http://www.bernardfoods.com)

Products: Entrée mixes including burger patty mix, taco and sloppy Joe mix, etc.

**Boca Burger, Inc.**

PO Box 8995  
Madison, WI 53708  
877-966-8769

Website: [www.bocaburger.com](http://www.bocaburger.com)

Products: Vegan burgers, ground crumbles to make chili, tacos, pasta sauce, and burgers

**Dixie USA, Inc.**

PO Box 1969  
Tomball, TX 77377  
800-233-3668

Website: [www.dixiediner.com](http://www.dixiediner.com)

Products: Vegan broth, meat alternatives

**Dominex**

PO Box 5069  
St. Augustine, FL 32085  
Burlingame, CA 94010

415-579-0998, FAX 415-343-9395

Website: [www.dominexeggplant.com](http://www.dominexeggplant.com)

Products: Eggplant cutlets

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**Eco-Cuisine**

PO Box 17878  
Boulder CO 80308-0878  
303-402-0289

Website: [www.eco-cuisine.com](http://www.eco-cuisine.com)

Products: "Chicken Style" quick mix, "Ground Beef Style" quick mix, "Basic Sausage Style" quick mix, and muffin, cookie and pancake quick mixes

**Fantastic World Foods**

Customer Service  
96 Executive Avenue  
Edison, NJ 08817

Website: [www.fantasticfoods.com](http://www.fantasticfoods.com)

Products: Falafel and burger mix, instant refried beans, instant black beans, hummus dip mix, tabouli salad mix, chili mix, etc.

**Field Roast**

1440 South Jackson St.  
Seattle, WA 98144  
800-311-9497

Website: [www.fieldroast.com](http://www.fieldroast.com)

Products: Alternative meats including loaves, cutlets, sausages, and more, as well as pate and gravy

**Gardein Protein International**

12751 Bathgate Way  
Richmond, BC V6V 1Y5 Canada  
Website: [www.gardein.com](http://www.gardein.com)  
877-305-6777

Products: Meat alternatives including beefless strips and burgers, chick'n strips and cubes, stuffed turk'y roast, ground crumble, breakfast patties

**Gardenburger, Inc.**

c/o Kelloggs  
One Kellogg Square, PO Box 3599  
Battle Creek, MI 49016  
(269) 961-2000

Website: [www.gardenburger.com](http://www.gardenburger.com)

Products: Variety of vegan burgers

**Lightlife Foods, Inc.**

153 Industrial Blvd.  
Turners Falls, MA 01376  
800-274-6001, 413-774-6001  
Website: [www.lightlife.com](http://www.lightlife.com)

Products: Tempeh and Smokey Tempeh Strips (Fakin' Bacon), veggie hotdogs and burgers

**Lumen Soy Foods, LLC**

409 Scott St.  
Lake Charles, LA 70601  
337-436-6748  
Website: [www.soybean.com](http://www.soybean.com)

Products: Heartline Meatless Meats and Cajun Jerky

**ND Labs Inc.**

202 Merrick Rd.  
Lynbrook, NY 11563  
516-612-4900

Website: [www.ndlabs.com](http://www.ndlabs.com)

Products: Meat alternatives including Supreme Cutlets

**Morningstar Farms**

c/o Kelloggs  
One Kellogg Square, PO Box 3599  
Battle Creek, MI 49016  
(269) 961-2000

Website: [www.morningstarfarms.com](http://www.morningstarfarms.com)

Products: Vegan burgers, Chick'n strips, BBQ Riblets, and Chick'n patties

**Pure Vegetarian**

1110 N Old World Third St., Suite 600  
Milwaukee, WI 53203  
414-271-7873

Website: [www.purevegetarian.net](http://www.purevegetarian.net)

Products: Meat alternatives including "chicken" patties, citrus "beef," sliced baked "ham," etc.

**Quong Hop and Company**

40 Airport Blvd.  
South San Francisco, CA 94080  
650-553-9900  
FAX: 650-952-3329

Website: [www.quonghop.com](http://www.quonghop.com)

Products: Tofu, baked tofu, tofu burgers, etc.

**Spice of Life**

15445 Ventura Blvd., Suite 115  
Sherman Oaks, CA 91403  
337-436-6748

Website: [spice-of-life.com](http://spice-of-life.com)

Products: Mock meats and jerky

**Turtle Island Foods**

PO Box 176  
601 Industrial Avenue  
Hood River, OR 97031  
800-508-8100  
FAX: 541-386-7754

Website: [www.tofurky.com](http://www.tofurky.com)

Products: Vegan deli slices, franks, Beer Brats, Italian Sausage, Kielbasa, stuffed Tofurky rolls, unstuffed Tofurky chubs, tempeh, and pizza

**Veggie Land**

222 New Rd.  
Parsippany, NJ 07054  
973-808-1540  
FAX: 973-882-3030

Website: [www.veggieland.com](http://www.veggieland.com)

Products: Vegan burger, "meatballs," vegan "chicken" patties and nuggets

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**White Wave, Inc.**

1990 North 57 Court  
Boulder, CO 80301  
303-443-3470  
FAX: 303-443-3952  
Website: [www.whitewave.com](http://www.whitewave.com)  
Products: Rice and soy milk, tofu, baked tofu, seitan, soy yogurt

**Yves Veggie Cuisine**

Consumer Relations  
The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246  
Website: [www.yvesveggie.com](http://www.yvesveggie.com)  
Products: Vegan hot dogs, burgers, deli slices, Canadian bacon, and pepperoni

### CEREALS

**Arrowhead Mills**

110 S. Lawton  
Hereford, TX 79045  
800-858-4308, 806-364-0730  
FAX: 806-364-8242  
Products: Wide range of natural foods

**Bob's Red Mill**

13521 SE Pheasant Court  
Milwaukie, OR 97222  
800-553-2258  
Website: [www.bobsredmill.com](http://www.bobsredmill.com)  
Products: Whole grain cereals, meals, flours, seeds, beans

**Fiddler's Green Farms**

PO Box 254  
Belfast, ME 04915  
800-729-7935  
Website: [www.fiddlersgreenfarm.com](http://www.fiddlersgreenfarm.com)  
Products: Organic grains, mixes, cereals, coffee and teas

**Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500  
FAX: 724-352-9510  
Website: [www.frankferd.com](http://www.frankferd.com)  
Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

**U.S. Mills, Inc.**

200 Reservoir St.  
Needham, MA 02494-3146  
781-444-0440  
FAX: 781-444-3411  
Products: Assorted cereal products, custom/special order products with minimum quantity requirements

**Vermont Cereal Company**

PO Box 211, 24 Pleasant St.  
Randolph, VT 05060  
FAX: 802-728-0071  
Products: Organic cereals

### DESSERTS

**Edward & Sons Trading Company, Inc.**

PO Box 1326  
Carpinteria, CA 93014  
805-684-8500  
Website: [www.edwardandsons.com](http://www.edwardandsons.com)  
Products: Canned Mandarin oranges and pineapple, natural sugar and cake ice cream cones, sprinkles, coconut flour, coconut milk, shredded coconut and coconut flakes, vegan Worcestershire sauce, and Chreese mixes

**Tofutti Brands Inc.**

50 Jackson Dr.  
Cranford, NJ 07016  
908-272-2400  
FAX: 908-272-9492  
Website: [www.tofutti.com](http://www.tofutti.com)  
Products: Soy frozen desserts, vegan cheese, soy "cream cheese," and soy sour cream

### DISTRIBUTORS

**KeHE Distributors**

900 North Schmidt Rd.  
Romeoville, IL 60446  
630-343-0000  
Website: [www.kehefood.com](http://www.kehefood.com)  
Products: National natural foods distributor (formally Tree of Life)

**Nationwide Natural Foods**

7083 Venture St.  
Delta, BC V4G 1H8 Canada  
604-952-4696  
Products: Natural foods distributor in Canada

**Nature's Best**

6 Pointe Dr., Suite 300  
Brea, CA 92821  
714-225-4600  
FAX: 714-255-4691  
E-mail: [tomecholds@naturesbest.net](mailto:tomecholds@naturesbest.net)  
Website: [www.naturesbest.net](http://www.naturesbest.net)  
Products: Natural foods distributor serving West Coast and Pacific Northwest

**Neshaminy Valley Natural Foods**

5 Louise Dr.  
Ivyland, PA 18974  
215-443-5545  
FAX: 215-443-7087  
Products: Natural foods distributor serving Mid Atlantic

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**Pure Source Inc.**

7018 Wellington Rd. 124 South  
Guelph, ON N1H 6J4 Canada  
800-265-7245

Website: [www.puresource.ca](http://www.puresource.ca)

Products: Natural foods distributor in Canada

**Texas Health Distributors**

840 Interchange Blvd.  
Austin, TX 78721-3627  
800-444-2218, 512-395-3853  
FAX: 512-385-2399

Products: Natural foods distributor serving South and Southwest

**United Natural Foods Inc.**

313 Iron Horse Way  
Providence, RI 02908  
401-528-8634

Website: [unfi.com](http://unfi.com)

Products: Natural foods distributor

## ETHNIC FOODS

**Alle Processing Corporation**

Mon Cuisine  
56-20 59<sup>th</sup> St.  
Maspeth, NY 11378  
718-894-2000

Website: [www.alleprocessing.com/alle/MonCuisineV](http://www.alleprocessing.com/alle/MonCuisineV)

Products: Stuffed shells, ravioli, burgers, "meatballs," "beef steak," "chicken" cutlets, falafel, pot pie, ginger egg roll, sauces, and more

**Caribbean Food Delights, Inc.**

177 Rt 303, Suite B  
Tappan, NY 10983  
845-398-3000  
FAX: 845-398-3001

Website: [www.caribbeanfooddelights.com](http://www.caribbeanfooddelights.com)

Products: Vegan empanadas and spinach pies

**Casbah/Sahara Natural Foods**

The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.casbahnaturalfoods.com](http://www.casbahnaturalfoods.com)

Products: Couscous, falafel, tahini sauce, tabouli, pilafs, and hummus mixes

**Fantastic World Foods**

Customer Service  
96 Executive Avenue  
Edison, NJ 08817

Website: [www.fantasticfoods.com](http://www.fantasticfoods.com)

Products: Falafel and burger mix, instant refried beans, instant black beans, hummus dip mix, tabouli salad mix, chili mix, etc.

**Grecian Delight Foods Inc.**

1201 Tonne Rd.  
Elk Grove Village, IL 60007-4925  
800-621-4387, 847-634-1010

Products: Olives, hummus, falafel

**Mediterranean Delights**

30 Industrial Dr.  
Rockingham, VT 05101  
802-460-0033  
FAX 802-460-1124

Website: [www.mediterrandelights.com](http://www.mediterrandelights.com)

Products: Hummus, whole grain and tempeh salads

**Mission Foods**

1159 Cottonwood Lane, Suite 200  
Irving, TX 75038  
972-232-5000

Website: [www.missionfoods.com](http://www.missionfoods.com)

Products: Flour and corn tortillas, tortilla chips and strips, taco shells, and tostadas

**Sabra Dipping Company, LLC**

718-go-sabra, 631-753-5370

Website: [www.sabra.com](http://www.sabra.com)

Products: Hummus and some vegan salads

**Tribe Mediterranean Foods, Inc.**

110 Prince Henry Dr.  
Taunton, MA 02780

Website: [www.tribehummus.com](http://www.tribehummus.com)

Products: Hummus

## FRUIT/FRUIT PRODUCTS

**Amber Foods**

301 M St.  
Dinuba, CA 93618  
559-591-4782

Website: [www.amberfoods.com](http://www.amberfoods.com)

Products: Fruit and fruits salads

**Cascadian Farm**

Small Planet Foods  
PO Box 9452  
Minneapolis, MN 55440  
800-624-4123

Website: [www.cascadianfarm.com](http://www.cascadianfarm.com)

Products: Organic frozen fruits and vegetables

**Earthbound Farm**

1721 San Juan Hwy.  
San Juan Bautista, CA 95045  
800-690-3200

Website: [www.ebfarm.com](http://www.ebfarm.com)

Products: Bulk organic baby greens and salad mixes as well as other organic vegetables and organic fruit

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**Edward & Sons Trading Company, Inc.**

PO Box 1326  
Carpinteria, CA 93014  
805-684-8500

Website: [www.edwardandsons.com](http://www.edwardandsons.com)

Products: Canned Mandarin oranges and pineapple, natural sugar and cake ice cream cones, sprinkles, coconut flour, coconut milk, shredded coconut and coconut flakes, vegan Worcestershire sauce, and Cheese mixes

**Knott's Berry Farm Foods**

1 Strawberry Lane  
Orrville, OH 44667  
866-828-5502

Website: [www.knottsberryfarmfoods.com](http://www.knottsberryfarmfoods.com)

Products: Jams and preserves

**Leroux Creek Food Corporation**

9754 3100 Rd.  
Hotchkiss, CO 81419  
877-970-5670

Website: [www.lerouxcreek.com](http://www.lerouxcreek.com)

Products: Organic fruit sauces

**SunOrganic Farm**

411 S. Las Posas Rd.  
San Marcos, CA 92078  
888-269-9888

FAX: 760-510-9996

Website: [www.sunorganic.com](http://www.sunorganic.com)

Products: Dried peas and beans, dried fruit, nuts, nut butters, grains, oils, pasta

## GRAINS

**Arrowhead Mills**

The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.arrowheadmills.com](http://www.arrowheadmills.com)

Products: Wide range of natural foods including flours, grains, seeds, nut butters, beans, etc.

**Bob's Red Mill**

13521 SE Pheasant Court  
Milwaukie, OR 97222  
800-553-2258

Website: [www.bobsredmill.com](http://www.bobsredmill.com)

Products: Whole grain cereals, meals, flours, seeds, beans

**Casbah/Sahara Natural Foods**

The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.casbahnaturalfoods.com](http://www.casbahnaturalfoods.com)

Products: Couscous, falafel, tahini sauce, tabouli, pilafs, and hummus mixes

**Eden Foods**

701 Tecumseh Rd.  
Cinton, MI 49236  
888-424-3336, 517-456-7424

Website: [www.eden-foods.com](http://www.eden-foods.com)

Products: Soy milk, other soy products, organic dried beans and grains, various flours, pasta, etc.

**Fiddler's Green Farms**

PO Box 254  
Belfast, ME 04915  
800-729-7935

Website: [www.fiddlersgreenfarm.com](http://www.fiddlersgreenfarm.com)

Products: Organic grains, mixes, cereals, coffee and teas

**Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500

FAX: 724-352-9510

Website: [www.frankferd.com](http://www.frankferd.com)

Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

**The Hain Celestial Group**

4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246,

Website: [www.hain-celestial.com](http://www.hain-celestial.com)

Products: Natural foods, soup, grains, crackers, vegetarian chili, snacks, soy and rice milk, vegetable oils

**Inca Organics**

PO Box 61-8154  
Chicago, IL 60661  
866-3284622; 312-575-9880

Website: [www.incaorganics.com](http://www.incaorganics.com)

Products: Certified organic quinoa and black amaranth

**Kashi Company**

PO Box 8557  
La Jolla, CA 92038-8557  
877-747-2467

Website: [www.kashi.com](http://www.kashi.com)

Products: Frozen entrées and cereals

**Montana Flour and Grains, Inc.**

PO Box 517  
Fort Benton, MT 59442  
406-622-5436

FAX: 406-622-5439

Website: [www.montanaflour.com](http://www.montanaflour.com)

Products: Organic whole wheat flour, hard red wheat berries, Kamut brand flour and grain

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**Natural Way Mills, Inc.**

24509 390<sup>th</sup> St. NE  
Middle River, MN 56737  
218-222-3677  
FAX: 218-222-3408

Products: Organically grown whole grains, flours, cereals

**SunOrganic Farm**

411 S. Las Posas Rd.  
San Marcos, CA 92078  
888-269-9888  
FAX: 760-510-9996

Website: [www.sunorganic.com](http://www.sunorganic.com)

Products: Dried peas and beans, dried fruit, nuts, nut butters, grains, oils, pasta

**NATURAL FOODS**

(General)

**Arrowhead Mills**

The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.arrowheadmills.com](http://www.arrowheadmills.com)

Products: Wide range of natural foods including flours, grains, seeds, nut butters, beans, etc.

**Fantastic World Foods**

Customer Service  
96 Executive Avenue  
Edison, NJ 08817  
Website: [www.fantasticfoods.com](http://www.fantasticfoods.com)

Products: Falafel and burger mix, instant refried beans, instant black beans, hummus dip mix, tabouli salad mix, chili mix, etc.

**Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500  
FAX: 724-352-9510

Website: [www.frankferd.com](http://www.frankferd.com)

Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

**Garden Spot Distributors/Shiloh Farms**

191 Commerce Dr.  
New Holland, PA 17557  
800-829-5100, 717-354-4936

Website: [www.gardenspotdistributors.com](http://www.gardenspotdistributors.com)

Products: Wide range of natural food products

**The Hain Celestial Group**

4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246,

Website: [www.hain-celestial.com](http://www.hain-celestial.com)

Products: Natural foods, soup, grains, crackers, vegetarian chili, snacks, soy and rice milk, vegetable oils

**Jaffe Bros. Natural Foods**

28560 Lilac Rd.  
Valley Center, CA 92082  
760-749-1133

Website: [www.organicfruitsandnuts.com](http://www.organicfruitsandnuts.com)

Products: Wide variety of organic natural foods

**Kashi Company**

PO Box 8557  
La Jolla, CA 92038-8557  
619-274-8870  
FAX: 619-274-8894

Website: [www.kashi.com](http://www.kashi.com)

Products: Packaged natural food products available in quantity, vegetarian frozen entrées, grains, cereals

**Meadow Farm Foods**

23064 County Hwy 1  
Fergus Falls, MN 56537  
218-739-4585

Website: [www.meadowfarmfoods.com](http://www.meadowfarmfoods.com)

Products: Variety of natural products including grains, flours, pasta, beans, wheat-free foods, dairy substitutes

**Westbrae Natural Foods, Inc.**

The Hain Celestial Group, Inc.  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.westbrae.com](http://www.westbrae.com)

Products: Wide range of natural foods including organic pasta, beans, vegetables, miso, and condiments

**World Variety Produce, Inc.**

PO Box 21127  
Los Angeles, CA 90021  
800-588-0151, 323-588-0151  
FAX: 323-588-9774

Website: [www.melissas.com](http://www.melissas.com)

Products: Natural foods under the brand name Melissa's

**PACKAGED FOODS**

(Individual portions)

**Amy's Kitchen, Inc.**

PO Box 449  
Petaluma, CA 94953  
831-818-6006

Website: [www.amys.com](http://www.amys.com)

Products: Frozen entrées, burgers, pasta sauce, soups, baked desserts, etc.

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**Arrowhead Mills**

The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.arrowheadmills.com](http://www.arrowheadmills.com)

Products: Wide range of natural foods including flours, grains, seeds, nut butters, beans, etc.

**Fantastic World Foods**

Customer Service  
96 Executive Avenue  
Edison, NJ 08817

Website: [www.fantasticfoods.com](http://www.fantasticfoods.com)

Products: Falafel and burger mix, instant refried beans, instant black beans, hummus dip mix, tabouli salad mix, chili mix, etc.

## P A S T A

**Alle Processing Corporation**

Mon Cuisine  
56-20 59<sup>th</sup> St.  
Maspeth, NY 11378  
718-894-2000

Website: [www.alleprocessing.com/alle/MonCuisineV](http://www.alleprocessing.com/alle/MonCuisineV)

Products: Stuffed shells, ravioli, burgers, "meatballs," "beef steak," "chicken" cutlets, falafel, pot pie, ginger egg roll, sauces, and more

**Costa Macaroni Company**

4790 Valley Blvd.  
Los Angeles, CA 90032  
800-433-7785, 323-225-1667  
FAX: 323-225-1667

Website: [www.pastabycosta.com](http://www.pastabycosta.com)

Products: Dried egg-free pasta in a variety of shapes

**Eden Foods**

701 Tecumseh Rd.  
Cinton, MI 49236  
888-424-3336, 517-456-7424

Website: [www.eden-foods.com](http://www.eden-foods.com)

Products: Soy milk, other soy products, organic dried beans and grains, various flours, pasta, etc.

**Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500  
FAX: 724-352-9510

Website: [www.frankferd.com](http://www.frankferd.com)

Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

**Pastene Companies, Ltd.**

330 Turnpike St., Suite 100  
Canton, MA 02021  
781-830-8200

Website: [www.pastene.com](http://www.pastene.com)

Products: Italian foodservice items, vinegar, tomatoes, pasta, vegetables

**Purity Foods, Inc.**

2871 W. Jolly Rd.  
Okemas, MI 48864  
800-99-SPELT, 517-351-9231  
FAX: 517-351-9391

Website: [www.purityfoods.com](http://www.purityfoods.com)

Products: Vita spelt pastas, organic flours, grains

**SunOrganic Farm**

411 S. Las Posas Rd.  
San Marcos, CA 92078  
888-269-9888  
FAX: 760-510-9996

Website: [www.sunorganic.com](http://www.sunorganic.com)

Products: Dried peas and beans, dried fruit, nuts, nut butters, grains, oils, pasta

**Westbrae Natural Foods, Inc.**

The Hain Celestial Group, Inc.  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.westbrae.com](http://www.westbrae.com)

Products: Wide range of natural foods including organic pasta, beans, vegetables, miso, and condiments

## S A L A D S

**Earthbound Farm**

1721 San Juan Hwy.  
San Juan Bautista, CA 95045  
800-690-3200

Website: [www.ebfarm.com](http://www.ebfarm.com)

Products: Bulk organic baby greens and salad mixes as well as other organic vegetables

**Frieda's, Inc.**

PO Box 58488  
Los Angeles, CA 90058  
800-241-1771

Website: [www.friedas.com](http://www.friedas.com)

Products: Wide variety of produce including Asian and Latin items, chiles, tropical fruits, and much more

**Mann Packing Company, Inc.**

PO Box 690  
Salinas, CA 93902  
800-285-1002

Website: [www.manpacking.com](http://www.manpacking.com)

Products: Ready-to-use produce mixtures including broccoli with baby carrots, cauliflower, and other veggies, broccoli cole slaw, stringless sugar snaps, and more



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**Melissa's/World Variety Produce, Inc.**

PO Box 21127

Los Angeles, CA 90021

(800) 588-0151

Website: [www.melissas.com](http://www.melissas.com)

Products: Wide variety of produce including organics, tropical, exotic, Asian, Latin, and more.

**Natural Selection Foods**

1721 San Juan Hwy.

San Juan Bautista, CA 95045

888-624-1004

Website: [www.nsfoods.com](http://www.nsfoods.com)

Products: Bulk organic baby greens and salad mixes

**Tanimura and Antle, Inc.**

PO Box 4070

Salinas, CA 93912

800-772-4542

Website: [www.taproduce.com](http://www.taproduce.com)

Products: Pre-chopped salad mixes and vegetables

SAUCES

**Amy's Kitchen, Inc.**

PO Box 449

Petaluma, CA 94953

831-818-6006

Website: [www.amys.com](http://www.amys.com)

Products: Frozen entrées, burgers, pasta sauce, soups, baked desserts, etc.

**Earth Island/Follow Your Heart**

PO Box 9400

Canoga, CA 91309

818-725-2820

FAX: 818-725-2812

Website: [www.followyourheart.com](http://www.followyourheart.com)

Products: Vegan mayonnaise, cheese, dressings, and barbecue sauce

**Edward & Sons Trading Company, Inc.**

PO Box 1326

Carpinteria, CA 93014

805-684-8500

Website: [www.edwardandsons.com](http://www.edwardandsons.com)

Products: Canned Mandarin oranges and pineapple, natural sugar and cake ice cream cones, sprinkles, coconut flour, coconut milk, shredded coconut and coconut flakes, vegan Worcestershire sauce, and Cheese mixes

**Enrico's Natural Sauces**

Ventre Packing Co., Inc.

6050 Court Street Rd.

Syracuse, NY 13206-1711

888-472-8837, 315-463-2384

FAX: 315-463-5897

Products: All natural spaghetti sauce and salsa

**Muir Glen, Inc.**

Small Planet Foods

PO Box 9452

Minneapolis, MN 55440

800-624-4123

FAX: 763-764-8330

Website: [www.muirglen.com](http://www.muirglen.com)

Products: Organic canned tomato products

**San-J International, Inc.**

2880 Spouse Dr.

Richmond, VA 23231

800-446-5500, 804-226-8333

FAX: 804-226-8383

Website: [www.san-j.com](http://www.san-j.com)

Products: Tamari, salad dressing

SEASONINGS

**McCormick & Company, Inc.**

Foodservice Division

226 Schilling Circle

Hunt Valley, MD 21031

410-771-7500

Website: [www.mccormickforchefs.com](http://www.mccormickforchefs.com)

Products: Salt-free seasonings

**Tone's Brothers Inc.**

2301 SE Tones Dr.

Ankeny, IA 50021

800-247-5251

Website: [www.tones.com](http://www.tones.com)

Products: Some salt free seasonings

SNACKS

**The Hain Celestial Group**

4600 Sleepytime Dr.

Boulder, CO 80301

800-434-4246,

Website: [www.hain-celestial.com](http://www.hain-celestial.com)

Products: Natural foods, soup, grains, crackers, vegetarian chili, snacks, soy and rice milk, vegetable oils

SOUP/SOUP BASES

**Amy's Kitchen, Inc.**

PO Box 449

Petaluma, CA 94953

831-818-6006

Website: [www.amys.com](http://www.amys.com)

Products: Frozen entrées, burgers, pasta sauce, soups, baked desserts, etc.

**Dixie USA, Inc.**

PO Box 1969

Tomball, TX 77377

800-233-3668

Website: [www.dixiediner.com](http://www.dixiediner.com)

Products: Vegan broth, meat alternatives

**Eatem Foods Company**

1829 Gallagher Dr.  
Vineland, NJ 08360  
800-68-EATEM, 856-692-1663  
FAX: 856-692-0847  
Website: www.eatem.com  
Products: Vegan vegetable soup bases

**Kettle Cuisine**

270 Second St.  
Chelsea, MA 02150  
877-302-SOUP, 617-884-1219  
Website: www.kettlecuisine.com  
Products: Vegan soups

**RC Fine Foods**

PO Box 236  
Belle Mead, NJ 08502  
800-526-3953, 908-359-5500  
FAX: 908-359-6957  
Website: www.rcfinefoods.com  
Products: Vegetable soup mixes

**Scenario International Company**

14431 Ventura Blvd. #192  
Sherman Oaks, CA 91423  
800-400-7772  
FAX: 818-986-7417  
Website: www.organic-gourmet.com  
Products: The Organic Gourmet vegetable stock concentrates

**Tabatchnicks Fine Foods, Inc.**

1230 Hamilton St.  
Somerset, NJ 08873  
732-247-6668  
FAX: 732-247-6555  
Website: www.tabatchnick.com  
Products: Wide range of vegan soups

**Taree International Corporation**

715 14th St. East  
Saskatoon  
Saskatchewan, Canada S7N 0P6  
306-242-1976  
FAX: 306-242-4221  
E-mail: nanson1@admin.usask.ca  
Products: Soups, desserts, sauces, gravy, cereals

**SOY MILK/SOY PRODUCTS**

**(see Tofu and Tempeh, too)**

**Devansoy Farms**

PO Box 885  
Carroll, IA 51401

712-792-9665

FAX: 712-792-2712

Website: www.devansoy.com

Products: Soy milk and soy powder

**Eden Foods**

701 Tecumseh Rd.  
Cinton, MI 49236  
888-424-3336, 517-456-7424  
Website: www.eden-foods.com  
Products: Soy milk, other soy products, organic dried beans and grains, various flours, pasta, etc.

**Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500  
FAX: 724-352-9510  
Website: www.frankferd.com  
Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

**The Hain Celestial Group**

4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246,  
Website: www.hain-celestial.com  
Products: Natural foods, soup, grains, crackers, vegetarian chili, snacks, soy and rice milk, vegetable oils

**SunOpta Grains and Foods Group**

PO Box 128  
Hope, MN 56046  
800-297-5997, 507-451-6030  
FAX: 507-451-8201  
Website: www.sunopta.com/foods/  
Products: Sweet beans (soybeans), soy milk

**Tofu Shop Specialty Foods, Inc.**

65 Frank Martin Court  
Arcata, CA 95521  
707-822-7401  
FAX: 707-822-7401  
Website: www.tofushop.com  
Products: Tofu spreads and dips, tofu, baked tofu, soy milk

**Tofutti Brands Inc.**

50 Jackson Dr.  
Cranford, NJ 07016  
908-272-2400  
FAX: 908-272-9492  
Website: www.tofutti.com  
Products: Soy frozen desserts, vegan cheese, soy "cream cheese," and soy sour cream

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## SPECIAL DIETS

### **Ener-G Foods Inc.**

5960 First Avenue South  
Seattle, WA 98108  
800-331-5222, 206-767-6662  
FAX: 206-764-3398  
Website: [www.ener-g.com](http://www.ener-g.com)  
Products: Wheat-free breads, pastas, Ener-G Egg Replacer, flours, and other products for people with special dietary needs

## SWEETENERS

### **Glorybee Foods, Inc.**

120 N. Seneca Rd.  
Eugene, OR 97402  
800-456-7923  
Website: [www.glorybeefoods.com](http://www.glorybeefoods.com)  
Products: Molasses, sorghum, brown rice syrup, maple syrup, barley malt, flour, spices

### **Wholesome Sweeteners**

8016 Highway 90-A  
Sugar Land, TX 77478  
800-680-1896  
Website: [www.wholesomesweeteners.com](http://www.wholesomesweeteners.com)  
Products: Organic sugar, molasses, agave

## TOFU AND TEMPEH

### **Eden Foods**

701 Tecumseh Rd.  
Cinton, MI 49236  
888-424-3336, 517-456-7424  
Website: [www.eden-foods.com](http://www.eden-foods.com)  
Products: Soy milk, other soy products, organic dried beans and grains, various flours, pasta, etc.

### **Lightlife Foods, Inc.**

153 Industrial Blvd.  
Turners Falls, MA 01376  
800-274-6001, 413-774-6001  
Website: [www.lightlife.com](http://www.lightlife.com)  
Products: Tempeh and Smokey Tempeh Strips (Fakin' Bacon), veggie hotdogs and burgers

### **Morinaga Nutritional Foods, Inc.**

441 West 205<sup>th</sup> St., Suite C102  
Torrance, CA 90501  
310-787-0200  
FAX: 310-787-2727  
Website: [www.morinu.com](http://www.morinu.com)  
Products: Mori-Nu Tofu

### **Nasoya Foods, Inc.**

1 New England Way  
Ayer, MA 01432  
800-462-7600, 978-772-0880  
FAX: 978-773-6881

E-mail: [nasoya@aol.com](mailto:nasoya@aol.com)  
Website: [www.nasoya.com](http://www.nasoya.com)  
Products: Tofu, flavored tofu, veggie dressings, mayonnaise

### **Quong Hop and Company**

40 Airport Blvd.  
South San Francisco, CA 94080  
650-553-9900  
FAX: 650-952-3329  
Website: [www.quonghop.com](http://www.quonghop.com)  
Products: Tofu, baked tofu, tofu burgers, etc.

### **Soy Boy**

345 Paul Rd.  
Rochester, NY 14624  
585-235-8970  
FAX: 585-235-3753  
E-mail: [soyboy@rochester.rr.com](mailto:soyboy@rochester.rr.com)  
Website: [www.soyboy.com](http://www.soyboy.com)  
Products: Organic tofu and tempeh and tofu ravioli

### **Tofu Shop Specialty Foods, Inc.**

65 Frank Martin Court  
Arcata, CA 95521  
707-822-7401  
FAX: 707-822-7401  
Website: [www.tofushop.com](http://www.tofushop.com)  
Products: Tofu spreads and dips, tofu, baked tofu, soy milk

### **Turtle Island Foods**

PO Box 176  
601 Industrial Avenue  
Hood River, OR 97031  
800-508-8100  
FAX: 541-386-7754  
Website: [www.tofurky.com](http://www.tofurky.com)  
Products: Vegan deli slices, franks, Beer Brats, Italian Sausage, Kielbasa, stuffed Tofurky rolls, unstuffed Tofurky chubs, tempeh, and pizza

## VEGAN CHEESE

### **Chicago Soy Dairy**

630-629-9667  
E-mail: [info@welovesoy.com](mailto:info@welovesoy.com)  
Website: [www.teesecheese.com](http://www.teesecheese.com)  
Products: Dairy-free Teese Mozzarella and Cheddar vegan cheese

### **Daiya Foods, Inc.**

2768 Rupert St.  
Vancouver, BC Canada V5M 3T7  
604-569-0747  
Website: [www.daiyafoods.com](http://www.daiyafoods.com)  
Products: Vegan cheese available in Italian and Cheddar blocks and shredded

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**Earth Island/Follow Your Heart**

PO Box 9400  
Canoga, CA 91309  
818-725-2820  
FAX: 818-725-2812  
Website: [www.followyourheart.com](http://www.followyourheart.com)  
Products: Vegan mayonnaise, cheese, dressings, and barbecue sauce

**Edward & Sons Trading Company, Inc.**

PO Box 1326  
Carpinteria, CA 93014  
805-684-8500  
Website: [www.edwardandsons.com](http://www.edwardandsons.com)  
Products: Canned Mandarin oranges and pineapple, natural sugar and cake ice cream cones, sprinkles, coconut flour, coconut milk, shredded coconut and coconut flakes, vegan Worcestershire sauce, and Cheese mixes

**Tofutti Brands Inc.**

50 Jackson Dr.  
Cranford, NJ 07016  
908-272-2400  
FAX: 908-272-9492  
Website: [www.tofutti.com](http://www.tofutti.com)  
Products: Soy frozen desserts, vegan cheese, soy "cream cheese," and soy sour cream

## VEGETABLES

**Cascadian Farm**

Small Planet Foods  
PO Box 9452  
Minneapolis, MN 55440  
800-624-4123  
Website: [www.cascadianfarm.com](http://www.cascadianfarm.com)  
Products: Organic frozen fruits and vegetables

**Earthbound Farm**

1721 San Juan Hwy.  
San Juan Bautista, CA 95045  
800-690-3200  
Website: [www.ebfarm.com](http://www.ebfarm.com)  
Products: Bulk organic baby greens and salad mixes as well as other organic vegetables and organic fruit

**Foxy Organics**

The Nunes Company, Inc.  
PO Box 673  
Salinas, CA 93902  
831-751-7500  
FAX: 831-424-4955  
Website: [www.foxy.com](http://www.foxy.com)  
Products: Produce

**Giorgio Foods, Inc.**

PO Box 96  
Temple, PA 19560  
610-939-9400  
Website: [www.giorgiofoods.com](http://www.giorgiofoods.com)  
Product: Mushrooms

**Grimmway Farms**

PO Box 81498  
Bakersfield, CA 93380  
661-845-5200  
Website: [www.grimmway.com](http://www.grimmway.com)  
Products: Fresh and frozen produce

**Phillips Mushroom Farms**

1011 Kaolin Rd.  
Kennett Square, PA 19348  
610-925-0520  
Website: [www.phillipsmushroomfarms.com](http://www.phillipsmushroomfarms.com)  
Products: Mushrooms

**Sno Pac Foods, Inc.**

521 W. Enterprise  
Caledonia, MN 55921  
800-533-2215  
FAX: 507-724-5285  
Website: [www.snopac.com](http://www.snopac.com)  
Products: Organic frozen vegetables

**Tanimura and Antle, Inc.**

PO Box 4070  
Salinas, CA 93912  
800-772-4542  
Website: [www.taproduce.com](http://www.taproduce.com)  
Products: pre-chopped salad mixes and vegetables

## VEGETARIAN ENTRÉES

**Alle Processing Corporation**

Mon Cuisine  
56-20 59<sup>th</sup> St.  
Maspeth, NY 11378  
718-894-2000  
Website: [www.alleprocessing.com/alle/MonCuisineV](http://www.alleprocessing.com/alle/MonCuisineV)  
Products: Stuffed shells, ravioli, burgers, "meatballs," "beef steak," "chicken" cutlets, falafel, pot pie, ginger egg roll, sauces, and more

**Amy's Kitchen, Inc.**

PO Box 449  
Petaluma, CA 94953  
831-818-6006  
Website: [www.amys.com](http://www.amys.com)  
Products: Frozen entrées, burgers, pasta sauce, soups, baked desserts, etc.

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**Cuisine Solutions**

2800 Eisenhower Avenue, Suite 450  
Alexandria, VA 22314  
888-285-4679, 703-270-2900  
Fax: 703-750-1158  
Website: [www.cuisinesolutions.com](http://www.cuisinesolutions.com)

Products: Ready-to-use entrées such as penne with fire roasted pepper sauce, white beans with thyme and garlic, stir-fry vegetables with Asian sauce, lentil chili, artichoke barigoule, and eggplant confit

**Fantastic World Foods**

Customer Service  
96 Executive Avenue  
Edison, NJ 08817  
Website: [www.fantasticfoods.com](http://www.fantasticfoods.com)

Products: Falafel and burger mix, instant refried beans, instant black beans, hummus dip mix, tabouli salad mix, chili mix, etc.

**J.R. Simplot Co.**

PO Box 9386  
Boise, ID 83707  
800-572-7783  
FAX: 208-384-8120  
Website: [www.simplotfoods.com](http://www.simplotfoods.com)

Products: Quick preparation vegetable dishes

**Norpac Food Sales, Inc.**

4350 S.W. Galewood St.  
Lake Oswego, OR 97035-0800  
Website: [www.norpac.com](http://www.norpac.com)

Products: Pasta Perfect quick frozen, pre-cooked whole wheat pasta/vegetable blends, vegetarian chili

## ALPHABETICAL LISTING

**A. Angonoa Inc.**

115-05 15<sup>th</sup> Ave.  
College Point, NY 11356  
718-762-4466  
Website: [www.angonoa.com](http://www.angonoa.com)

Products: Breadsticks

**Alle Processing Corporation**

Mon Cuisine  
56-20 59<sup>th</sup> St.  
Maspeth, NY 11378  
718-894-2000  
Website: [www.alleprocessing.com/alle/MonCuisineV](http://www.alleprocessing.com/alle/MonCuisineV)  
Products: Stuffed shells, ravioli, burgers, "meatballs," "beef steak," "chicken" cutlets, falafel, pot pie, ginger egg roll, sauces, and more

**Amber Foods**

301 M St.  
Dinuba, CA 93618  
559-591-4782  
Products: Fruit and fruits salads

**Amy's Kitchen, Inc.**

PO Box 449  
Petaluma, CA 94953  
831-818-6006  
Website: [www.amys.com](http://www.amys.com)  
Products: Frozen entrées, burgers, pasta sauce, soups, baked desserts, etc.

**Arrowhead Mills**

The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246  
Website: [www.arrowheadmills.com](http://www.arrowheadmills.com)  
Products: Wide range of natural foods including flours, grains, seeds, nut butters, beans, etc.

**Bernard Food Industries, Inc.**

PO Box 1497-1125 Hartrey Avenue  
Evanston, IL 60202-1497  
800-323-3663  
FAX: 800-962-1546  
Website: [www.bernardfoods.com](http://www.bernardfoods.com)  
Products: Entrée mixes including burger patty mix, taco and sloppy Joe mix, etc.

**Bob's Red Mill**

13521 SE Pheasant Court  
Milwaukie, OR 97222  
800-553-2258  
Website: [www.bobsredmill.com](http://www.bobsredmill.com)  
Products: Whole grain cereals, meals, flours, seeds, beans

**Boca Burger, Inc.**

PO Box 8995  
Madison, WI 53708  
877-966-8769  
Website: [www.bocaburger.com](http://www.bocaburger.com)  
Products: Vegan burgers, ground crumbles to make chili, tacos, pasta sauce, and burgers

**Caribbean Food Delights, Inc.**

177 Rt 303, Suite B  
Tappan, NY 10983  
845-398-3000  
FAX: 845-398-3001  
Website: [www.caribbeanfooddelights.com](http://www.caribbeanfooddelights.com)  
Products: Vegan empanadas and spinach pies

**Casbah/Sahara Natural Foods**

The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246  
Website: [www.casbahnaturalfoods.com](http://www.casbahnaturalfoods.com)  
Products: Couscous, falafel, tahini sauce, tabouli, pilafs, and hummus mixes

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**Cascadian Farm**

Small Planet Foods  
PO Box 9452  
Minneapolis, MN 55440  
800-624-4123  
Website: [www.cascadianfarm.com](http://www.cascadianfarm.com)  
Products: Organic frozen fruits and vegetables

**Chicago Soy Dairy**

630-629-9667  
E-mail: [info@welovesoy.com](mailto:info@welovesoy.com)  
Website: [www.teesecheese.com](http://www.teesecheese.com)  
Products: Dairy-free Teese Mozzarella and Cheddar vegan cheese

**Costa Macaroni Company**

4790 Valley Blvd.  
Los Angeles, CA 90032  
323-225-1667  
800-433-7785  
FAX: 323-225-1667  
Website: [www.pastabycosta.com](http://www.pastabycosta.com)  
Products: Dried egg-free pasta in a variety of shapes

**Cuisine Solutions**

2800 Eisenhower Avenue, Suite 450  
Alexandria, VA 22314  
888-285-4679, 703-270-2900  
Fax: 703-750-1158  
Website: [www.cuisinesolutions.com](http://www.cuisinesolutions.com)  
Products: Ready-to-use entrées such as penne with fire roasted pepper sauce, white beans with thyme and garlic, stir-fry vegetables with Asian sauce, lentil chili, artichoke barigoule, and eggplant confit

**Daiya Foods, Inc.**

2768 Rupert St.  
Vancouver, BC V5M 3T7 Canada  
604-569-0747  
Website: [www.daiyafoods.com](http://www.daiyafoods.com)  
Products: Dairy-free vegan cheese available in Italian and Cheddar blocks

**Devansoy Farms**

PO Box 885  
Carroll, IA 51401  
712-792-9665  
FAX: 712-792-2712  
Website: [www.devansoy.com](http://www.devansoy.com)  
Products: Soy milk and soy powder

**Dixie USA, Inc.**

PO Box 1969  
Tomball, TX 77377  
800-233-3668  
Website: [www.dixiediner.com](http://www.dixiediner.com)  
Products: Vegan broth, meat alternatives

**Dominex**

PO Box 5069  
St. Augustine, FL 32085  
Burlingame, CA 94010  
415-579-0998, FAX 415-343-9395  
Website: [www.dominexeggplant.com](http://www.dominexeggplant.com)  
Products: Eggplant cutlets

**Earthbound Farm**

1721 San Juan Hwy.  
San Juan Bautista, CA 95045  
800-690-3200  
Website: [www.ebfarm.com](http://www.ebfarm.com)  
Products: Bulk organic baby greens and salad mixes as well as other organic vegetables and organic fruit

**Earth Island/Follow Your Heart**

PO Box 9400  
Canoga, CA 91309  
818-725-2820  
FAX: 818-725-2812  
Website: [www.followyourheart.com](http://www.followyourheart.com)  
Products: Vegan mayonnaise, cheese, dressings, and barbecue sauce

**Eatem Foods Company**

1829 Gallagher Dr.  
Vineland, NJ 08360  
800-68-EATEM, 856-692-1663  
FAX: 856-692-0847  
Website: [www.eatem.com](http://www.eatem.com)  
Products: Vegan vegetable soup bases

**Eco-Cuisine**

PO Box 17878  
Boulder CO 80308-0878  
303-402-0289  
Website: [www.eco-cuisine.com](http://www.eco-cuisine.com)  
Products: "Chicken Style" quick mix, "Ground Beef Style" quick mix, "Basic Sausage Style" quick mix, and muffin, cookie and pancake quick mixes

**Eden Foods**

701 Tecumseh Rd.  
Cinton, MI 49236  
888-424-3336, 517-456-7424  
Website: [www.eden-foods.com](http://www.eden-foods.com)  
Products: Soy milk, soy products, organic dried beans and grains, flours, pasta, etc.

**Edward & Sons Trading Company, Inc.**

PO Box 1326  
Carpinteria, CA 93014  
805-684-8500  
Website: [www.edwardandsons.com](http://www.edwardandsons.com)  
Products: Canned Mandarin oranges and pineapple, sugar and cake ice cream cones, sprinkles, coconut flour, coconut milk, shredded coconut and coconut flakes, vegan Worcestershire sauce, and Chreese mixes

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**Ener-G Foods Inc.**

5960 First Avenue South  
Seattle, WA 98108  
800-331-5222, 206-767-6662  
FAX: 206-764-3398

Website: [www.ener-g.com](http://www.ener-g.com)

Products: Wheat-free breads, pastas, Ener-G Egg Replacer, flours, and other products for people with special dietary needs

**Fantastic World Foods**

Customer Service  
96 Executive Avenue  
Edison, NJ 08817

Website: [www.fantasticfoods.com](http://www.fantasticfoods.com)

Products: Falafel and burger mix, instant refried beans, instant black beans, hummus dip mix, tabouli salad mix, chili mix, etc.

**Fiddler's Green Farms**

PO Box 254  
Belfast, ME 04915  
800-729-7935

Website: [www.fiddlersgreenfarm.com](http://www.fiddlersgreenfarm.com)

Products: Organic grains, mixes, cereals, coffee and teas, also some vegan items

**Field Roast**

1440 South Jackson St.  
Seattle, WA 98144  
800-311-9497

Website: [www.fieldroast.com](http://www.fieldroast.com)

Products: Alternative meats including loaves, cutlets, sausages, and more, as well as pate and gravy

**Foxy Organics**

The Nunes Company, Inc.  
PO Box 673  
Salinas, CA 93902  
831-751-7500

FAX: 831-424-4955

Website: [www.foxy.com](http://www.foxy.com)

Products: Produce

**Frankferd Farms Food, Inc.**

717 Saxonburg Blvd.  
Saxonburg, PA 16056  
724-352-9500  
FAX: 724-352-9510

Website: [www.frankferd.com](http://www.frankferd.com)

Products: Organic foods, soy products, meat substitutes, seitan, grains, flours, beans, nuts, pasta, cereals, cookies, soy/nut/rice milks, etc.

**Frieda's, Inc.**

PO Box 58488  
Los Angeles, CA 90058  
800-241-1771

Website: [www.friedas.com](http://www.friedas.com)

Products: Wide variety of produce including Asian and Latin items, chiles, tropical fruits, and much more

**Fruitage**

J.M. Smucker Co.  
1 Strawberry Ln.  
Orrville, OH 44667  
888-550-9555, 330-682-3000  
FAX: 330-684-3370

E-mail: [info@smucker.com](mailto:info@smucker.com)

Website: [www.smucker.com](http://www.smucker.com)

Products: Fruitage Frozen Dessert, non-dairy, fat free, and soft bread pockets

**Gardenburger, Inc.**

c/o Kelloggs  
One Kellogg Square, PO Box 3599  
Battle Creek, MI 49016  
(269) 961-2000

Website: [www.gardenburger.com](http://www.gardenburger.com)

Products: Variety of vegan burgers

**Gardein Protein International**

12751 Bathgate Way  
Richmond, BC Canada V6V 1Y5  
Website: [www.gardein.com](http://www.gardein.com)  
877-305-6777

Products: Meat alternatives including beefless strips and burgers, chick'n strips and cubes, stuffed turk'y roast, ground crumble, breakfast patties

**Garden Spot Distributors/Shiloh Farms**

191 Commerce Dr.  
New Holland, PA 17557  
800-829-5100, 717-354-4936  
Website: [www.gardenspotdistributors.com](http://www.gardenspotdistributors.com)

Products: Wide range of natural food products

**Giorgio Foods, Inc.**

PO Box 96  
Temple, PA 19560  
610-939-9400  
Website: [www.giorgiofoods.com](http://www.giorgiofoods.com)

Product: Mushrooms

**Glorybee Foods, Inc.**

120 N. Seneca Rd.  
Eugene, OR 97402  
800-456-7923  
Website: [www.glorybeefoods.com](http://www.glorybeefoods.com)

Products: Molasses, sorghum, brown rice syrup, maple syrup, barley malt, flour, spices

**Grecian Delight Foods Inc.**

1201 Tonne Rd.  
Elk Grove Village, IL 60007-4925  
800-621-4387, 847-634-1010  
Products: Olives, hummus, falafel

**Grimmway Farms**

PO Box 81498  
Bakersfield, CA 93380

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661-845-5200  
Website: [www.grimmway.com](http://www.grimmway.com)  
Products: Fresh and frozen produce

**The Hain Celestial Group**

4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246,  
Website: [www.hain-celestial.com](http://www.hain-celestial.com)  
Products: Natural foods, soup, grains, crackers, vegetarian chili, snacks, soy and rice milk, vegetable oils

**Jaffe Bros. Natural Foods**

28560 Lilac Rd.  
Valley Center, CA 92082  
760-749-1133  
Website: [www.organicfruitsandnuts.com](http://www.organicfruitsandnuts.com)  
Products: Wide variety of organic natural foods

**J.R. Simplot Co.**

PO Box 9386  
Boise, ID 83707  
800-572-7783  
FAX: 208-384-8120  
Website: [www.simplotfoods.com](http://www.simplotfoods.com)  
Products: Quick preparation vegetable dishes

**Kashi Company**

PO Box 8557  
La Jolla, CA 92038-8557  
877-747-2467  
Website: [www.kashi.com](http://www.kashi.com)  
Products: Frozen entrées and cereals

**KeHE Distributors**

900 North Schmidt Rd.  
Romeoville, IL 60446  
630-343-0000  
Website: [www.kehefood.com](http://www.kehefood.com)  
Products: National natural foods distributor (formally Tree of Life)

**Kettle Cuisine**

270 Second St.  
Chelsea, MA 02150  
877-302-SOUP, 617-884-1219  
Website: [www.kettlecuisine.com](http://www.kettlecuisine.com)  
Products: Vegan soups

**Knott's Berry Farm Foods**

1 Strawberry Lane  
Orrville, OH 44667  
866-828-5502  
Website: [www.knottsberrymfarmfoods.com](http://www.knottsberrymfarmfoods.com)  
Products: Jams and preserves

**Lightlife Foods, Inc.**

153 Industrial Blvd.  
Turners Falls, MA 01376  
800-274-6001, 413-774-6001  
Website: [www.lightlife.com](http://www.lightlife.com)  
Products: Tempeh and Smokey Tempeh Strips (Fakin' Bacon), veggie hotdogs and burgers

**Lumen Soy Foods, LLC**

409 Scott St.  
Lake Charles, LA 70601  
337-436-6748  
Website: [www.soybean.com](http://www.soybean.com)  
Products: Heartline Meatless Meats and Cajun Jerky

**Mann Packing Company, Inc.**

PO Box 690  
Salinas, CA 93902  
800-285-1002  
Website: [www.manpacking.com](http://www.manpacking.com)  
Products: Ready-to-use produce mixtures including broccoli with baby carrots, cauliflower, and other veggies, broccoli cole slaw, stringless sugar snaps, and more

**Maria & Richardo's Tortilla Factory**

Harbar Corp.  
30 Germania St.  
Jamaica Plain, MA 02130  
617-524-6107  
FAX: 617-524-4826  
Products: Variety of tortillas (kosher)

**McCormick & Company, Inc.**

Foodservice Division  
226 Schilling Circle  
Hunt Valley, MD 21031  
410-771-7500  
Website: [www.mccormickforchefs.com](http://www.mccormickforchefs.com)  
Products: Salt-free seasonings

**McTel's Bakery**

2940 Broadway #C  
Eureka, CA 95501  
707-442-1747  
Products: Vegan pie crusts

**Meadow Farm Foods**

23064 County Hwy 1  
Fergus Falls, MN 56537  
218-739-4585  
Website: [www.meadowfarmfoods.com](http://www.meadowfarmfoods.com)  
Products: Variety of natural products including grains, flours, pasta, beans, wheat-free foods, dairy substitutes



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**Mediterranean Delights**

30 Industrial Dr.  
Rockingham, VT 05101  
802-460-0033  
FAX 802-460-1124  
Website: [www.mediterraneandelights.com](http://www.mediterraneandelights.com)  
Products: Hummus, whole grain and tempeh salads

**Melissa's/World Variety Produce, Inc.**

PO Box 21127  
Los Angeles, California 90021  
(800) 588-0151  
Website: [www.melissas.com](http://www.melissas.com)  
Products: Wide variety of produce including organics, tropical, exotic, Asian, Latin, and more

**Mission Foods**

1159 Cottonwood Lane, Suite 200  
Irving, TX 75038  
972-232-5000  
Website: [www.missionfoods.com](http://www.missionfoods.com)  
Products: Flour and corn tortillas, tortilla chips and strips, taco shells, and tostadas

**Montana Flour and Grains, Inc.**

PO Box 517  
Fort Benton, MT 59442  
406-622-5436  
FAX: 406-622-5439  
Website: [www.montanafLOUR.com](http://www.montanafLOUR.com)  
Products: Organic whole wheat flour, hard red wheat berries, Kamut brand flour and grain

**Morinaga Nutritional Foods, Inc.**

441 West 205<sup>th</sup> St., Suite C102  
Torrance, CA 90501  
310-787-0200  
FAX: 310-787-2727  
Website: [www.morinu.com](http://www.morinu.com)  
Products: Mori-Nu Tofu

**Morningstar Farms**

c/o Kelloggs  
One Kellogg Square, PO Box 3599  
Battle Creek, MI 49016  
(269) 961-2000  
Website: [www.morningstarfarms.com](http://www.morningstarfarms.com)  
Products: Vegan burgers, Chick'n strips, BBQ Riblets, and Chick'n patties

**Muir Glen, Inc.**

Small Planet Foods  
PO Box 9452  
Minneapolis, MN 55440  
800-624-4123  
FAX: 763-764-8330  
Website: [www.muirglen.com](http://www.muirglen.com)  
Products: Organic canned tomato products

**Nasoya Foods, Inc.**

1 New England Way  
Ayer, MA 01432  
800-462-7600, 978-772-0880  
FAX: 978-773-6881  
E-mail: [nasoya@aol.com](mailto:nasoya@aol.com)  
Website: [www.nasoya.com](http://www.nasoya.com)  
Products: Tofu, flavored tofu, veggie dressings, mayonnaise

**Nationwide Natural Foods**

7083 Venture St.  
Delta, BC V4G 1H8 Canada  
604-952-4696  
Products: Natural foods distributor in Canada

**Natural Selection Foods**

1721 San Juan Hwy.  
San Juan Bautista, CA 95045  
888-624-1004  
Website: [www.nsfoods.com](http://www.nsfoods.com)  
Products: Bulk organic baby greens and salad mixes

**Natural Way Mills, Inc.**

24509 390th St. NE  
Middle River, MN 56737  
218-222-3677  
FAX: 218-222-3408  
Products: Organically grown whole grains, flours, cereals

**Nature's Best**

6 Pointe Dr., Suite 300  
Brea, CA 92821  
714-225-4600  
FAX: 714-255-4691  
E-mail: [tomecholds@naturesbest.net](mailto:tomecholds@naturesbest.net)  
Website: [www.naturesbest.net](http://www.naturesbest.net)  
Products: Natural foods distributor serving West Coast and Pacific Northwest

**ND Labs Inc.**

202 Merrick Rd.  
Lynbrook, NY 11563  
516-612-4900  
Website: [www.ndlabs.com](http://www.ndlabs.com)  
Products: Meat alternatives including supreme Cutlets

**Neshaminy Valley Natural Foods**

5 Louise Dr.  
Ivyland, PA 18974  
215-443-5545  
FAX: 215-443-7087  
Products: Natural foods distributor serving mid-Atlantic

**New Organics**

3990 Varsity Dr.  
Ann Arbor, MI 48108  
888-541-GROW, 734-677-5570

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FAX: 734-677-5574  
E-mail: [info@neworganics.com](mailto:info@neworganics.com)  
Website: [www.neworganics.com](http://www.neworganics.com)  
Products: Beans and grains

**Norpac Food Sales, Inc.**  
4350 S.W. Galewood St.  
Lake Oswego, OR 97035-0800  
Website: [www.norpac.com](http://www.norpac.com)  
Products: Pasta Perfect quick frozen, pre-cooked whole wheat pasta/vegetable blends, vegetarian chili

**Nutrilicious Natural Bakery**  
PO Box 566  
Wayne, IL 60184  
800-835-8097  
FAX: 847-289-0404  
Products: Vegan donuts and cookies including some made with spelt flour

**Pastene Companies, Ltd.**  
330 Turnpike St., Suite 100  
Canton, MA 02021  
781-830-8200  
Website: [www.pastene.com](http://www.pastene.com)  
Products: Italian foodservice items, vinegar, tomatoes, pasta, vegetables

**Phillips Mushroom Farms**  
1011 Kaolin Rd.  
Kennett Square, PA 19348  
610-925-0520  
Website: [www.phillipsmushroomfarms.com](http://www.phillipsmushroomfarms.com)  
Products: Mushrooms

**Pure Source Inc.**  
7018 Wellington Rd. 124 South  
Guelph, ON N1H 6J4 Canada  
800-265-7245  
Website: [www.puresource.ca](http://www.puresource.ca)  
Products: Natural foods distributor in Canada

**Pure Vegetarian**  
1110 N Old World Third St., Suite 600  
Milwaukee, WI 53203  
414-271-7873  
Website: [www.purevegetarian.net](http://www.purevegetarian.net)  
Products: Meat alternatives including "chicken" patties, citrus "beef," sliced baked "ham," etc.

**Purity Foods, Inc.**  
2871 W. Jolly Rd.  
Okemas, MI 48864  
800-99-SPELT, 517-351-9231  
FAX: 517-351-9391  
Website: [www.purityfoods.com](http://www.purityfoods.com)  
Products: Vita spelt pastas, organic flours, grains

**Quong Hop and Company**  
40 Airport Blvd.  
South San Francisco, CA 94080  
650-553-9900  
FAX: 650-952-3329  
Website: [www.quonghop.com](http://www.quonghop.com)  
Products: Tofu, baked tofu, tofu burgers, etc.

**Rainbow Natural Foods Distributing**  
4850 Moline St.  
Denver, CO 80239  
800-451-4520, 603-256-3000  
Products: Natural foods distributor serving West Coast and Pacific Northwest

**RC Fine Foods**  
PO Box 236  
Belle Mead, NJ 08502  
800-526-3953, 908-359-5500  
FAX: 908-359-6957  
Website: [www.rcfinefoods.com](http://www.rcfinefoods.com)  
Products: Vegetable soup mixes

**Sabra Dipping Company, LLC**  
718-go-sabra, 631-753-5370  
Website: [www.sabra.com](http://www.sabra.com)  
Products: Hummus and some vegan salads

**San-J International, Inc.**  
2880 Spouse Dr.  
Richmond, VA 23231  
800-446-5500, 804-226-8333  
FAX: 804-226-8383  
Website: [www.san-j.com](http://www.san-j.com)  
Products: Tamari, salad dressing

**Scenario International Company**  
14431 Ventura Blvd. #192  
Sherman Oaks, CA 91423  
800-400-7772  
FAX: 818-986-7417  
Website: [www.organic-gourmet.com](http://www.organic-gourmet.com)  
Products: The Organic Gourmet vegetable stock concentrates

**Shiloh Farms, Inc.**  
PO Box 97  
Sulphur Springs, AR 72768  
800-362-6832, 501-298-3297  
Website: [www.users.nwark.com/~shilohf/](http://www.users.nwark.com/~shilohf/)  
Products: Wide range of natural foods

**Sno Pac Foods, Inc.**  
521 W. Enterprise  
Caledonia, MN 55921  
800-533-2215  
FAX: 507-724-5285  
Website: [www.snopac.com](http://www.snopac.com)

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Products: Organic frozen vegetables

**Soy Boy**

345 Paul Rd.  
Rochester, NY 14624  
585-235-8970

FAX: 585-235-3753  
E-mail: soyboy@rochester.rr.com  
Website: www.soyboy.com

Products: Organic tofu and tempeh and tofu ravioli

**Spice of Life**

15445 Ventura Blvd., Suite 115  
Sherman Oaks, CA 91403  
337-436-6748

Website: spice-of-life.com

Products: Mock meats and jerky

**SunOrganic Farm**

411 S. Las Posas Rd.  
San Marcos, CA 92078  
888-269-9888

FAX: 760-510-9996

Website: www.sunorganic.com

Products: Dried peas and beans, dried fruit, nuts, nut butters, grains, oils, pasta

**SunOpta Grains and Foods Group**

PO Box 128

Hope, MN 56046

800-297-5997, 507-451-6030

FAX: 507-451-8201

Website: www.sunopta.com/foods/

Products: Sweet beans (soybeans), soy milk

**Tabatchnicks Fine Foods, Inc.**

1230 Hamilton St.  
Somerset, NJ 08873

732-247-6668

FAX: 732-247-6555

Website: www.tabatchnick.com

Products: Wide range of vegan soups

**Tanimura and Antle, Inc.**

PO Box 4070  
Salinas, CA 93912  
800-772-4542

Website: www.taproduce.com

Products: Pre-chopped salad mixes and vegetables

**Taree International Corporation**

715 14th St. East  
Saskatoon  
Saskatchewan, Canada S7N 0P6  
306-242-1976

FAX: 306-242-4221

E-mail: nanson1@admin.usask.ca

Products: Soups, desserts, sauces, gravy, cereals

**Texas Health Distributors**

840 Interchange Blvd.  
Austin, TX 78721-3627  
512-385-2399

Products: Natural foods distributor serving South and Southwest

**Tofu Shop Specialty Foods, Inc.**

65 Frank Martin Ct.  
Arcata, CA 95521  
707-822-7401

FAX: 707-822-7401

Website: www.tofushop.com

Products: Tofu spreads and dips, tofu, baked tofu, soy milk

**Tofutti Brands Inc.**

50 Jackson Dr.  
Cranford, NJ 07016  
908-272-2400

FAX: 908-272-9492

Website: www.tofutti.com

Products: Soy frozen desserts, vegan cheese, soy "cream cheese," and soy sour cream

**Tone's Brothers Inc.**

2301 SE Tones Dr.  
Ankeny, IA 50021  
800-247-5251

Website: www.tones.com

Products: Some salt free seasonings

**Tribe Mediterranean Foods, Inc.**

110 Prince Henry Dr.  
Taunton, MA 02780

Website: www.tribehummus.com

Products: Hummus

**Tumaro's Gourmet Tortillas**

5300 Santa Monica Blvd., Suite 311  
Los Angeles, CA 90029  
323-464-6317

FAX: 323-464-6299

Website: [www.tumaros.com](http://www.tumaros.com)

E-mail: info@tumaros.com

Products: plain and flavored vegan tortilla wraps

**Turtle Island Foods**

PO Box 176  
601 Industrial Avenue  
Hood River, OR 97031  
800-508-8100

FAX: 541-386-7754

Website: www.tofurky.com

Products: Vegan deli slices, franks, Beer Brats, Italian Sausage, Kielbasa, stuffed Tofurky rolls, unstuffed Tofurky chubs, tempeh, and pizza

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**United Natural Foods Inc.**

313 Iron Horse Way  
Providence, RI 02908  
401-528-8634

Website: [unfi.com](http://unfi.com)

Products: Natural foods distributor

**U.S. Mills, Inc.**

200 Reservoir St.  
Needham, MA 02194  
781-444-0440

FAX: 781-444-3411

Products: Assorted cereal products, custom/special order products with minimum quantity requirements

**Van's International Foods, Inc.**

3285 East Vernon Avenue  
Vernon, CA 90058  
323-585-5581

FAX: 323-585-4084

Website: [www.vansfoods.com](http://www.vansfoods.com)

Products: waffles

**Veggie Land**

222 New Rd.  
Parsippany, NJ 07054  
973-808-1540

FAX: 973-882-3030

Website: [www.veggieland.com](http://www.veggieland.com)

Products: Vegan burger, "meatballs," vegan "chicken" patties and nuggets

**Vermont Cereal Company**

PO Box 211, 24 Pleasant St.  
Randolph, VT 05060

FAX: 802-728-0071

Products: Organic cereals

**Westbrae Natural Foods, Inc.**

The Hain Celestial Group, Inc.  
4600 Sleepytime Dr.  
Boulder, CO 80301

800-434-4246

Website: [www.westbrae.com](http://www.westbrae.com)

Products: Wide range of natural foods including organic pasta, beans, vegetables, miso, and condiments

**White Wave, Inc.**

1990 North 57 Court  
Boulder, CO 80301  
303-443-3470

FAX: 303-443-3952

Website: [www.whitewave.com](http://www.whitewave.com)

Products: Rice and soy milk, tofu, baked tofu, seitan, soy yogurt

**Wholesome Sweeteners**

8016 Highway 90-A  
Sugar Land, TX 77478  
800-680-1896

Website: [www.wholesomesweeteners.com](http://www.wholesomesweeteners.com)

Products: Organic sugar, molasses, agave

**World Variety Produce, Inc.**

PO Box 21127  
Los Angeles, CA 90021  
800-588-0151, 323-588-0151  
FAX: 323-588-9774

Website: [www.melissas.com](http://www.melissas.com)

Products: Natural foods under the brand name Melissa's

**Yves Veggie Cuisine**

Consumer Relations  
The Hain Celestial Group  
4600 Sleepytime Dr.  
Boulder, CO 80301  
800-434-4246

Website: [www.yvesveggie.com](http://www.yvesveggie.com)

Products: Vegan hot dogs, burgers, deli slices, Canadian bacon, and pepperoni

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## RESOURCES

**The Vegetarian Resource Group (VRG)** is a non-profit organization devoted to educating the public about vegetarianism. VRG publishes a quarterly **Vegetarian Journal**, books, and handouts. In addition, the group hosts events and sponsors an annual essay contest for children. Call (410) 366-8343 to obtain the group's publication list. Also check out our website at: [www.vrg.org](http://www.vrg.org). To join and receive *Vegetarian Journal* send \$20 (\$32 Canada and Mexico and \$42 to other foreign countries) to The Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203.

## PUBLICATIONS

**Food Not Bombs** Food Not Bombs, PO Box 424, Arroyo Seco, NM 87514; 800-884-1136. This 128-page book includes 30 vegan recipes for feeding 100 people.

**Good Medicine** PCRM, 5100 Wisconsin Ave., NW, Suite 404, Washington, D.C. 20015; 202-686-2210. Quarterly publication and the **Gold Plan**, a program for institutions promoting healthy eating. Website: [www.pcrm.org](http://www.pcrm.org); e-mail: [pcrm@pcrm.org](mailto:pcrm@pcrm.org)

**Nutrition Action Healthletter and Healthwise Quantity Cookbook**, Center for Science in the Public Interest, 1875 Connecticut Ave. NW, Suite 300, Washington, D.C. 20009; 202-332-9110; Fax: 202-265-4954; E-mail: [csp@cspinet.org](mailto:csp@cspinet.org)

**Position of The American Dietetic Association: Vegetarian Diets in the Journal of The American Dietetic Association**, July 2009, Volume 109, Number 7. (copies available from *The Vegetarian Resource Group* website)

**Loma Linda University Diet Manual**, Vegetarian Nutrition Resource Center, SAHP, Nutrition & Dietetics, Loma Linda, CA 92350. Includes a vegetarian meal plan and tested recipes from Adventist Hospital Chefs. Meal plans for specific medical conditions.

**Vegan in Volume**, Includes recipes serving 25 suitable for catered events, college food services, restaurants, parties in your own home, weddings, etc. The Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203; 410-366-8343. Website: [www.vrg.org](http://www.vrg.org)

**Vegetarian Cooking for 100** American Vegan Society, 56 Dinshah Lane, PO Box 369, Malaga, NJ 08328; 856-694-2887

**Vegetarian Journal's Foodservice Update** Articles featuring healthy tips and recipes for Institutions. Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203; 410-366-8343. Website: [www.vrg.org](http://www.vrg.org)

**The Vegetarian Resource Group's Quantity Recipes Packet** Includes 28 vegan recipes with nutritional analysis, "Tips for Introducing Vegetarian Food into Institutions," a list of suppliers of vegetarian foods available in bulk, and more. Vegetarian Resource Group, PO Box 1463, Baltimore, MD 21203; 410-366-8343. Website: [www.vrg.org](http://www.vrg.org)

## ORGANIZATIONS

**American Dried Bean Board** 4502 Avenue I, Scottsbluff, NE 69361; 308-632-1258. Website: [www.nebraskadrybean.com](http://www.nebraskadrybean.com)

**American Soybean Association** 12125 Woodcrest Executive Dr., Suite 100, St. Louis, MO 63141-9200; 314-576-1770

**Center for Science in the Public Interest** 1875 Connecticut Ave. NW, Suite 300, Washington, D.C. 20009. Nonprofit, educational organization devoted to consumer issues. Publishes *Nutrition Action Healthletter*. 202-332-9110; Fax: 202-265-4954. E-mail: [cspi@cspinet.org](mailto:cspi@cspinet.org)

**Idaho Bean Commission** 821 W. State St., Boise, ID 83702; 208-334-2442. Many quantity vegetarian recipes available.

**Michigan Bean Commission** 1031 South US 27, Saint Johns, MI 48879; 517-224-1361. Vegetarian Recipe leaflet. Website: [www.michiganbean.com](http://www.michiganbean.com)

**New York Coalition for Healthy School Food** (607) 272-1154 or email [amie@healthyschoolfood.org](mailto:amie@healthyschoolfood.org)

**Physicians Committee for Responsible Medicine (PCRM)**, 5100 Wisconsin Ave., NW, Suite 404, Washington, D.C. 20015; 202-

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686-2210 Publishes *Good Medicine* and offers the *Gold Plan*, a cafeteria-based, nutrition education program. Website: [www.pcrm.org](http://www.pcrm.org)  
E-mail: [pcrm@pcrm.org](mailto:pcrm@pcrm.org)

**South Dakota Soybean Council** 5000 S. Broadband Lane, Suite 100, Sioux Falls, SD 57108; 605-330-9942.

**SoyInfo Center** PO Box 234, Lafayette, CA 94549, 925-283-2991. Produces VegeScan, the world's largest computerized bibliographic database on vegetarianism and veganism, and SoyaScan, which contains over 50,000 records.

**USA Dry Pea & Lentil Council** 2780 West Pullman Rd., Moscow, Idaho 83843; 208-882-3023. Website: [www.pea-lentil.com](http://www.pea-lentil.com)

**Vegetarian Resource Group** PO Box 1463, Baltimore, MD 21203; 410-366-8343, Website: [www.vrg.org](http://www.vrg.org); E-mail: [vrg@vrg.org](mailto:vrg@vrg.org)  
Non-profit organization, with various publications, dedicated to educating the public about vegetarianism.

### CONSULTANTS

**Eco-Cuisine** PO Box 17878, Boulder, CO 80308; 303-402-0289. Website: [www.eco-cuisine.org](http://www.eco-cuisine.org)

### TRADE GROUPS

**School Nutrition** 120 Waterfront St., Suite 300, National Harbor, MD 20745; Annual Conference. Website: [www.schoolnutrition.org](http://www.schoolnutrition.org)

**National Association of College and University Food Services (NACUFS)** 2525 Jolly Rd., Suite 280, Okemos, MI 48864; 517-332-2494. Annual Conference. Website: [www.nacufs.org](http://www.nacufs.org)

**National Restaurant Association** 1200 17<sup>th</sup> St., NW, Washington, D.C. 20036. Annual Meeting. Website: [www.restaurant.org](http://www.restaurant.org)

**New Hope Natural Meida** Natural Products Expos East, West, and Europe, 1401 Pearl St., Boulder, CO 80302; 303-939-8440.  
Website: [www.newhope.com](http://www.newhope.com)

### PROFESSIONAL COOKING SCHOOLS AND TEACHING CHEFS

**The Culinary Institute of America** 1946 Campus Dr., Hyde Park, NY 12538; 914-452-9600. Website: [www.ciachef.edu](http://www.ciachef.edu)

**The Institute for Culinary Awakening** Chef Al Chase, E-mail: [chefal@chefal.org](mailto:chefal@chefal.org)

**The Natural Gourmet Institute** 48 W. 21st St., New York, NY 10010; 212-645-5170.

**Natural Kitchen Cooking School** PO Box 373, Princeton, NJ 08542; 866-306-6527.

**Vegan Culinary Academy** Box 294, Agwin, CA 94508; 707-965-2076.

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