

VEGAN

GUIDE TO THE HOLIDAYS

PLANT-BASED RECIPES FOR ANY GATHERING

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FESTIVE VEGAN RECIPES FOR THE HOLIDAY TABLE

The holiday season is a wonderful opportunity to gather around the table and share delicious food with loved ones. From Thanksgiving feasts to Christmas dinners, Hanukkah celebrations, and Kwanzaa gatherings, each holiday comes with cherished flavors and traditions. This guide offers vegan recipes that capture the essence of each

occasion, making it easy to enjoy festive favorites without any animal products. Whether you're celebrating with vegan or non-vegan family members, these plant-based dishes are sure to impress and satisfy.

These recipes not only bring comfort and nostalgia to the table but also reflect the diversity and richness of holiday traditions. Each

dish has been thoughtfully crafted to highlight familiar flavors with a fresh, plant-based twist, ensuring that everyone has something special to enjoy. Make sure to check the vegan recipe blog compilation at the end of the guide!

Sweet Potato and Sage Cornbread Muffins from OneGreenPlanet

Yield: 12 Muffins

INGREDIENTS

- 6 oz corn flour (not cornmeal)
- 3 oz gluten-free all-purpose baking flour
- 3/4 tsp fine grain sea salt
- 1 Tbsp baking powder
- 1 Tbsp flax-meal (ground flax seed)
- 1 Tbsp minced fresh sage
- Several whole leaves for garnish (optional)
- 1 3/4 oz maple syrup
- 7 oz non-dairy milk
- 5 oz sweet potato purée
- 3 oz olive oil or melted coconut oil

DIRECTIONS

1. Preheat your oven to 350°F. Grease a 12-cup muffin tin and sprinkle the wells with some of the coarse cornmeal. Set the pan aside.
2. Whisk together the flours, salt, baking powder, and flax meal until well combined, then stir in the sage. Make sure the sage is evenly distributed within the dry ingredients.
3. In a separate bowl, whisk together the maple syrup, plant milk, sweet potato, and oil until smooth. Add the wet ingredients to the dry and stir or whisk until a thick batter forms.
4. Fill each muffin cup about 2/3 full of the batter. Once all of the batter has been divided out, tap the pan on the counter a few times to release any air bubbles, then gently smooth out the tops of the muffins if needed. Sprinkle the top of each muffin with some coarse cornmeal then top with a whole sage leaf, gently pressing it down to adhere it to the batter.
5. Bake the muffins for 20 to 25 minutes until the top of the muffin springs back when touched. Cool 5 to 10 minutes in the pan, then move to a cooling rack.

Jollof Rice: West African Rice with Harissa and Baharat from OneGreenPlanet

INGREDIENTS

- 4 Tbsp olive oil
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1 large onion, chopped
- 1 28-oz can whole plum tomatoes with juice or about 3 cups chopped tomatoes, puréed
- 2-3 bell peppers roasted with 3 garlic cloves and blended
- 2 Tbsp harissa paste
- 1 Tbsp baharat or Ras el hanout (optional)
- 1/2 Tbsp smoked paprika
- 2 cups brown basmati rice, rinsed (regular basmati or parboiled rice will work, too)
- 2 medium carrots, chopped
- 2-3 cups vegetable broth or water
- 1 tsp salt (omit or use less for broth with sodium)

DIRECTIONS

1. Heat olive oil in a large heavy-bottomed saucepan or Dutch oven over medium-high heat.
2. Add coriander and cumin when oil is hot, and fry, stirring occasionally until spices are fragrant, about 1-2 minutes.
3. Add onions and sauté for a few minutes until onions start to soften.
4. Add tomatoes, bell pepper mixture and harissa paste and cook, stirring frequently for about 5 minutes, the oil should get a slight reddish hue.
5. Stir in Baharat or Ras el hanout (if using) and smoked paprika.
6. Add rice, stir to coat completely and cook for 3-4 minutes, stirring intermittently.
7. Add carrots and vegetable broth (use 2-2 1/2 cups for firmer chewier rice and up to 3 cups if you prefer softer rice) and salt, stir, and bring to a boil. Check seasoning and add more salt if needed.
8. Lower heat, cover and cook until most of the liquid is absorbed, then stir rice again, reduce heat further, and keep covered tightly (use aluminum foil if necessary). Let the steam cook the rice the rest of the way, about 10-15 minutes until rice is cooked through and all the liquid is absorbed.
9. Fluff with a slotted ladle or fork and serve with your favorite sides.

Cajun Tofu With Creamy Grits and Collard Greens from OneGreenPlanet

INGREDIENTS

For the Tofu:

- 2 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp oregano
- 1 Tbsp thyme
- 1 Tbsp black pepper
- 2 tsp cayenne pepper
- 1 Tbsp salt
- 2 Tbsp paprika
- 1 tsp red pepper flakes
- 1 14-oz block extra firm tofu

For the Grits:

- 1 cup old-fashioned grits
- 4 cups water
- 2 tsp salt
- 2 Tbsp vegan butter

For the Greens:

- 2 Tbsp olive oil
- 3 cups greens
- 4-6 cloves of garlic
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 450°F.
2. Press your tofu a bit to get some of the water out.
3. Cut it into small cubes.
4. Toss it in a bowl with the Cajun seasoning.
5. Place in a single layer on a prepared baking sheet. Bake at 450°F for 30-45 minutes until it's nice and crispy.
6. While the tofu is baking, start the grits, bring the water to a boil, add the grits, reduce it to a simmer, and cook covered for about 20 minutes.
7. Once you have the tofu and grits going, you can sauté the greens. Heat a sauté pan with the olive oil, add the garlic and greens. Cook on medium-high until the greens are wilted and cooked through.
8. Add salt and pepper to taste. Turn off heat.
9. Once the grits are done, add the salt and vegan butter and stir.
10. When everything is ready, serve it immediately.

World Animal Protection's Liz Q.'s Sweet Potatoes

INGREDIENTS

- 3 lbs of sweet potatoes
- 1 stick vegan butter or plant-based margarine
- 2 lb bag of light brown sugar (1 package)

DIRECTIONS

1. Bring a large pot of water to boil.
2. Peel and cut all sweet potatoes into small pieces. As you peel the potatoes, put them in cold water; otherwise, they will turn black.
3. Boil your cut sweet potatoes until they are halfway soft (approx. 30 mins).
4. In a saucepan over medium heat, melt your stick of vegan butter or margarine first, and then slowly add your bag of light brown sugar over the heat. It will begin to thicken. You may need to add water to thin it out gradually.
5. Keep stirring your sauce. Once it is 'watery,' pour your sauce over potatoes in a baking pan.
6. Bake for 1 hour at 350 degrees. You can do so covered or uncovered.



Latkes from Jeanne at World Animal Protection

INGREDIENTS

- 6 potatoes
- ½ cup egg substitute
- ½ cup of matzah meal
- One small yellow onion
- Pinch of salt
- Pinch of pepper
- Oil for frying

DIRECTIONS

1. Peel and grate potatoes, then place in a colander and set over a large bowl. Using your hands, squeeze out excess liquid from the potatoes. Pour out liquid and place potatoes in a separate bowl.
2. Grate/chop onion and add to potatoes along with egg substitute, matzah meal, salt, and pepper. Mix well.
3. Pour oil into frying pan, approx. 1 inch high. Heat oil until very hot. To test the heat, splash a little bit of water in the pan—if it sizzles, latkes are ready to make.
4. Take a heaping tablespoon of batter, gently place it in hot oil and slightly flatten in the pan.
5. Add a few more tablespoons into the pan without crowding the latkes (you need room to flip each one easily).
6. Fry until golden brown on edge then flip.
7. Cook other side until golden brown.
8. Serve and enjoy with apple sauce or plant-based sour cream.

Vegan Challah Bread by Edgy_Vegan

INGREDIENTS

- 1 ¾ cups warm water
- 1 ½ Tbsp active dry yeast
- 1 Tbsp white sugar + ½ cup
- ½ cup vegan butter, softened or vegetable oil
- 10 Tbsp aquafaba + up to 10 Tbsp for wash
- 1 Tbsp salt
- 7½ to 8½ cups all-purpose flour
- Optional: sesame seeds

DIRECTIONS

1. In a large bowl or bowl of your stand mixer, combine 1 ¾ cups lukewarm water, yeast, and 1 tbsp sugar. Allow it to sit for 10 mins or until yeast bubbles and froths.
2. Whisk, or use the whisk attachment for your mixer, and mix in vegan butter or oil, and 10 tbsp aquafaba, 3 tbsp at a time.
3. Whisk in ½ cup of sugar and 1 tbsp salt.
4. Using your dough hook (or hands if you do not have a stand mixer) gradually add in flour 1 cup at a time, mixing between each addition, until dough holds together.
5. Knead dough until smooth. If you are using a stand mixer, do this with your dough hook. If you are doing this by hand, do this on a floured work surface.
6. Grease a large bowl with vegan butter or olive oil. Add dough, and cover with a wrap or damp dishcloth. Place in a warm place (I like to put it in my oven with the light on), and let it rise for 1 hour, or until it's almost doubled in size.
7. After it's doubled in size, punch down the dough, and cover again. Let rise for another half an hour.
8. This will make 2 loaves, so cut your dough in half. Next braid your Challah.

To make a 6-braid challah:

1. Take half the dough and form it into 6 balls.
2. With your hands, roll each ball into a strand.
3. Place the 6 strands in a row, and pinch the tops of the strands together.
4. Then, follow this video tutorial: <https://www.youtube.com/watch?reload=9&v=Tm76H25lLwQ>
5. Then place a large baking mat on top of baking sheet and grease the mat.
6. Place braided loaves on the greased baking mat with at least 2 inches in between.
7. Brush with 3 tbsp aquafaba or more as needed to cover completely and allow to rise for another hour.
8. Meanwhile, preheat oven to 375F.
9. When ready to bake, brush loaves with additional aquafaba and then leave as is, or sprinkle with sesame seeds.
10. Bake on middle rack for 30-35 mins, or until golden brown, turn halfway through for even baking.
11. Cool loaves on a wire cooling rack.



Baked Brie in Puff Pastry by Sam Turnbull

INGREDIENTS

- 1/3 cup raw cashews, softened if needed (see step 1)
- 2/3 cup water
- 1 Tbsp tapioca starch (also called tapioca flour)
- 1/2 tsp nutritional yeast
- 1 tsp apple cider vinegar
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 7 oz puff pastry, thawed (check to make sure it's vegan)
- 2 Tbsp cranberry sauce
- 3 Tbsp chopped walnuts or pecans
- 1 - 2 Tbsp aquafaba or plant-based milk



DIRECTIONS

Soften the cashews (optional):

1. Softening the cashews by boiling or soaking first helps them blend. With a high-powered blender, you may be able to skip this step, but otherwise, softening is important to get a smooth cheese. To boil the cashews, add them to a small pot, cover with water, and boil for about 10 minutes until the cashews are very tender. If soaking, add the cashews to a bowl and cover with water. Let soak for 4 hours or overnight until tender. Drain and rinse the cashews before using.

To make the vegan brie:

2. Add the cashews along with 2/3 cup of water, tapioca starch, nutritional yeast, vinegar, salt and garlic powder to a blender. Blend until completely smooth. It will be very watery.
3. Pour into a small saucepan and put over medium-high heat. Continually stir. The cheese will start forming clumps, keep stirring and it will continue clumping until the mixture turns from watery to a thicker melty cheese sauce. This takes 2 - 3 minutes.
4. Line a 4-inch spring form pan with parchment paper, or use a similar sized container lined with parchment paper or use a 4-inch silicon mold. Pour the cheese into the prepared mold and freeze overnight. This can be kept frozen until ready to use.

When ready to assemble:

5. Preheat your 400F (200C). Line an 8" x 8" baking pan with parchment paper (or use a similar-sized baking dish).
6. On a lightly floured surface, roll out one of the puff pastry to 1/8" thickness, making a square that's about 10" x 10". Spread the cranberry sauce in the middle of the puff pastry, making a circle about the same size as your vegan brie. Sprinkle the walnuts on top of the cranberry sauce. Then place the frozen un-wrapped brie on top. Placing the cranberry sauce on the bottom makes it easier to pinch the puff pastry closed without sauce escaping everywhere.
7. Gather the edges of the puff pastry and wrap around the brie. Pinch the pastry closed. Remove any excess pastry if needed. Optionally, you can use leftover pastry to make leaf shapes or other decorations. Once wrapped, brush the puff pastry with aquafaba or plant-based milk to help it get golden brown in the oven.
8. Carefully transfer the wrapped brie to the prepared baking pan and bake for 45 minutes or until the pastry is golden brown. Serve hot.

Plant-Based Ingredient Swaps

Traditional holiday recipes often rely on ingredients like butter, eggs, dairy, and meat to achieve rich flavors and textures.

But with a few simple swaps, you can recreate all the holiday favorites with plant-based ingredients that are just as delicious.

In this section, we'll explore swaps for common cooking staples that are easily accessible at grocery chains like Kroger, Target, Walmart, Safeway, and more!

These ingredients make it easier to adapt family recipes or try something new, keeping all the holiday comfort with none of the animal products.

Please note: product availability depends on the store and your region. Some items may not be available.

Please check the ingredients and nutrition information for any allergen concerns.



Cow Alternatives

- Impossible Ground Beef or Light Ground Beef
- Beyond Ground Beef and Steak Tips
- Jack and Annie's Meatballs
- Trader Joe's Meatless Meatballs
- 365 by Whole Foods Plant-Based Ground



Chicken Swaps

- Daring Original Plant Chicken Pieces (or other varieties)
- Gardein Ultimate Plant-Based Chick'n Strips
- Meati Cutlets

Turkey Alternatives

- Gardein Lightly Breaded Turk'y Cutlets
- Gardein Savory Stuff Turk'y
- Quorn Meatless Turkey-Style Roast
- Field Roast Celebration Roast
- Tofurkey Roast & Wild Rice Stuffing
- Trader Joe's Breaded Turkey-less Stuffed Roast



Swap Your Pig Roast

- Field Road Sage & Garlic Roast
- Field Roast Hazelnut & Cranberry Roast
- Tofurky Ham Style Roast with Glaze

Egg Alternatives

- Just Egg Liquid Replacer
- Bob's Red Mill Egg Replacer
- Kroger's Simple Truth Organic Egg Replacer
- Applesauce (1/4c of applesauce per egg)



Milk Swaps

- Almond Milk
 - Almond Breeze, Califia Farms, Silk, Trader Joe's
- Oat Milk
 - Oatly, Califia Farms, Planet Oat, Chobani, Elmhurst, Forager Project, Silk
- Soy Milk
 - Silk, Trader Joe's
- Cashew Milk
 - Silk, Elmhurst, Malk, Forager Project
- Pea Protein Milk
 - Ripple
- Coconut Milk
 - So Delicious, Silk, Trader Joe's
- Don't forget store brands!
 - Many stores like Kroger, Walmart, Target and more have their own non-dairy milk alternatives.



Butter Alternatives

- Country Crock Plant-Based Butter
- Earth Balance (original, soy-free, sticks or spreadable)
- Miyoko's Creamery (European Style, Unsalted, and Oatmilk)
- Violife Plant Butter
- Can't Believe It's Not Butter - Vegan
- Melt Organic Cold-Pressed Plant Butter
- Kite Hill European Style Plant Butter
- Trader Joe's Plant-Based Buttery Spread



Whipping Cream Alternatives

- Trader Joe's Vegan Cream
- Country Crock Plant Cream
- Reddi-wip Nondairy Whipped Cream (Almond & Coconut)
- Oatly Whippable Cream
- Califia Farms Heavy Whip



Swap Your Nog

- Elmhurst 1925 Oat Nog
- Califia Farms Holiday NogSilk
- So-Delicious Coconut Holiday Nog
- Almond Breeze Almondmilk Nog



Slice That Cheese

CREAM CHEESE

- [Kitehill Cream Cheese](#)
- [Tofutti Cream Cheese](#)
- [Philadelphia Plant-Based Cream Cheese](#)
- [Violife Cream Cheese](#)
- Plus more from [Oatly](#), [Follow Your Heart](#), [Daiya](#), [Trader Joe's](#), and [Kroger's Simple Truth](#)



SHREDDED CHEESE

- [Daiya Shredded Cheeze Varieties](#)
- [Follow Your Heart Varieties](#)
- [Violife Varieties](#)
- [Chao Creamery Original & Mexican Style Chao Shreds](#)
- Plus more from [Vegan](#), [Good Planet](#), and [Simple Truth](#)



SOFT AND SPREADABLE

- [Treeline Herb Garlic French-Style Cashew Cheese](#)
- [Boursin® Dairy-Free Cheese](#)
- [Kitehill Spreadable Cheese](#)
- [The Laughing Cow Plant-Based Original and Garlic Cheese Wedges](#)
- [Miyoko's Sundried Tomato Plant-Based Spread](#)



BLOCKS AND SLICES

- [Violife Parmesan Cheese Block and Slices](#)
- [Miyoko's Cultured Mozzarella and Pepper Jack & Cheddar Slices](#)
- [Chao Creamery Blocks and Slices](#)
- [Nuts for Cheese Varieties](#)
- Plus more from [Daiya](#), [Kraft x Not Co.](#), [Good Planet Foods](#), [Darë](#), and [Follow Your Heart](#)



Plant-Based Side Swaps

Not all holiday favorites need to be made from scratch, and thankfully, there are plenty of pre-cooked or mostly assembled vegan options for a stress-free holiday spread.

From vegan mashed potatoes to stuffing, this section covers quick and easy swaps for traditional holiday dishes.

Whether you're hosting or attending a gathering, these pre-made or nearly finished vegan alternatives will help you enjoy classic flavors and traditions without compromising on taste or convenience.

All of the products featured in this section have been chosen for their relative ease of access in major grocery chains like Walmart, Kroger, Target, and more.

Please note: product availability depends on the store and your region. Some items may not be available.

Please check the ingredients and nutrition information for any allergen concerns.



Make that Mash

- Idahoan Dairy-Free Mashed Potatoes
- Idahoan Original Mashed Potatoes (use vegan butter and milk)



Get Stuffed

- Pepperidge Farm Classic Stuffing Mix (swap in vegan butter)
- Stovetop Stuffing Mix for Pork is vegan friendly
- Sprouts Vegan Sourdough Stuffing
- Sprouts Plant-Based Cornbread Stuffing

Mac for Days

- Daiya Boxed or Deluxe Varieties
- Annie's Vegan Shells
- Field Roast Chao Creamery's Mac and Chao
- Goodles Vegan Is Believin'
- Kraft x NotCo Vegan Original and White Cheddar
- BetterGoods Plant-Based Macaroni and Cheeze
- Banza Vegan Cheddar and White Cheddar Shells
- Amy's Kitchen Vegan (and Gluten Free) Rice Mac and Cheeze



TIPS & TRICKS FOR DISCUSSIONS AT HOLIDAY GATHERINGS

If you're presently preparing for joyful gatherings with family and friends, we at World Animal Protection know how food can bring people together but can also make for awkward and difficult conversations. We've highlighted a few tips to help you navigate the holidays with compassion and a side of animal advocacy.

ESTABLISH BOUNDARIES AHEAD OF TIME

Some of us may be okay discussing our reasons for going plant-based in detail at the dinner table, and others may prefer avoiding the topic altogether. Whichever category you fall into, decide what your boundaries will be before the party and prepare yourself to stick to them in the moment.

Holidays bring people together, which can sometimes mean fielding well-meaning but uncomfortable or even dismissive comments about your plant-based lifestyle. Here are some [helpful scripts and talking points](#) to navigate common questions and remarks. The key? Keep it light, relatable, and open for real conversation.

RESPONDING TO COMMON QUESTIONS AND COMMENTS

1. "Why don't you eat 'real food'?"

- Response: "Much of the food we all eat regularly, like fruits and vegetables, grains and legumes, don't come from animals. For me, eating plant-based makes me feel good and keeps me healthy. Plus, there are so many delicious non-animal foods and innovative vegan dishes now—I'd love to share them with you!"



- Alternate Talking Point: "Plant-based food has so many creative flavors and options. You might be surprised how tasty (and familiar) they are if you try them!"

2. "Plants have feelings too, you know!"

- Response: (Smile) "I appreciate your concern for all living things. For me, it's about reducing suffering where I can. Animals on factory farms are kept in crowded, filthy conditions, spending their lives in fear. Some animals like chickens and pigs are forced to go through mutilating procedures without pain medication. That's not a food system I support."
- Alternate Talking Point: "That's a funny thought! I just try to make choices that align with my values."

3. "A little meat won't kill you."

- Response: "True, but I've found that sticking with plant-based foods makes me feel great and lines up with my values. Plus, it gives me peace of mind knowing I'm making a positive impact."



- Alternate Talking Point: "I hear you! For me, even a small reduction in meat makes a difference for the billions of animals cruelly slaughtered for food each year. Plus, it's exciting to find delicious plant-based alternatives."

4. "I could never give up meat—don't you miss it?"

- Response: "I used to feel the same way! Once I explored more plant-based recipes, I didn't miss it as much. There's actually a lot of satisfying food I enjoy."
- Alternate Talking Point: "There are so many amazing flavors to explore! I focus on what I enjoy, and that keeps me satisfied."

5. "This whole vegan thing is a fad."

- Response: "I can see how it might seem that way. Actually, more people are exploring plant-based eating to help their health and the environment. It's become a lasting change for me personally!"
- Alternate Talking Point: "Plant-based eating isn't new—many cultures have thrived on it for centuries. It just feels like a good fit for me right now."

RESPONDING TO RUDE OR DISMISSIVE REMARKS

6. "You're just doing it for attention."

- Response: "I eat this way because it feels right for me."
- Alternate Talking Point: "It's a personal choice aligned with my values, not a statement about others. We all have things we're passionate about—food just happens to be one of mine."

7. "How do you get any protein?"

- Response: "There are tons of plant-based protein options, like beans, lentils, and nuts. I get plenty, and I'm happy to share some recipe ideas!"

- Alternate Talking Point: "Great question! Actually, a lot of common foods have protein, and I feel really energized by them."

8. "Are you trying to make us feel bad?"

- Response: "Not at all! This is what works for me, and I'd never want anyone to feel judged. I'm here to enjoy the holiday and the food, just like everyone else."
- Alternate Talking Point: "I think everyone makes choices that feel right for them. I'm just here to enjoy our time together and eat good food."

GENERAL CONVERSATION TIPS

- Redirect to Curiosity: If someone seems genuinely interested (even if a bit blunt), focus on the benefits of plant-based eating you love (taste, health, or variety).
- Deflect with Humor: When comments feel like jabs, humor can ease the tension. A light laugh or a playful answer can show you're comfortable with your choice.
- Keep it Positive: Talk about what you gain from plant-based eating rather than what's "missing," highlighting new recipes, energy, or even how it's sparked creativity in the kitchen.
- Offer to Share: Bringing plant-based dishes to the gathering lets others try new foods without pressure.
- Respectfully Excuse Yourself: Remove yourself from conversations in which you feel unsafe or disrespected.

A photograph of an airport terminal interior. In the foreground, there are rows of empty, dark-colored airport-style seats. In the background, a large window looks out onto a tarmac where a white commercial airplane is parked. The sky is overcast.

VEGAN AND VEGETARIAN DINING IN MAJOR AIRPORTS

Traveling while eating a vegan or vegetarian diet can present some challenges, especially when it comes to finding meal options in airports.

Fortunately, many major airports now have diverse dining options, including vegan-friendly spots that can help make your journey more enjoyable.

We've highlighted five major U.S. airports that offer dining directories so you can check ahead and plan your meals.

Los Angeles International Airport (LAX)

LAX has [a range of options](#) for vegan travelers, from casual grab-and-go spots to sit-down restaurants with plant-based dishes.

Hot Tip! By filtering through vegan & vegetarian

cuisine on LAX Order Now, a mobile ordering service, you can [view a list of dining options](#).

New York JFK Airport (JFK)

JFK offers several plant-based and vegan-friendly options, making it easier to find a satisfying meal. While the [JFK dining guide](#) doesn't show menus or offerings, [a recent blog by Beet x Beet](#) lays out the vegan and vegetarian selections throughout the airport.

San Francisco International Airport (SFO)

Known for its commitment to healthy and sustainable dining, SFO offers plenty of vegan options. The [SFO dining directory](#) doesn't provide menus, but after using [goVegn](#), we found that

Mission Bar & Grill and The Plant Cafe Organic has vegan options. Additionally, we recommend Amy's Drive-Thru if you're looking for classic burgers and milkshakes with a vegan twist.

Chicago O'Hare International Airport (ORD)

ORD has expanded its vegan offerings over the years, with plant-based options in multiple terminals. Check the [O'Hare dining guide](#) for locations and offerings, with the vegan/vegetarian filter turned on!

Hartsfield-Jackson Atlanta International Airport (ATL)

As one of the world's busiest airports, ATL also provides numerous vegan choices. Use the [ATL dining directory](#) to find plant-based options. First, click on "Dine" on the left-hand side of the screen, and then scroll down until you can select "Vegan/Vegetarian."

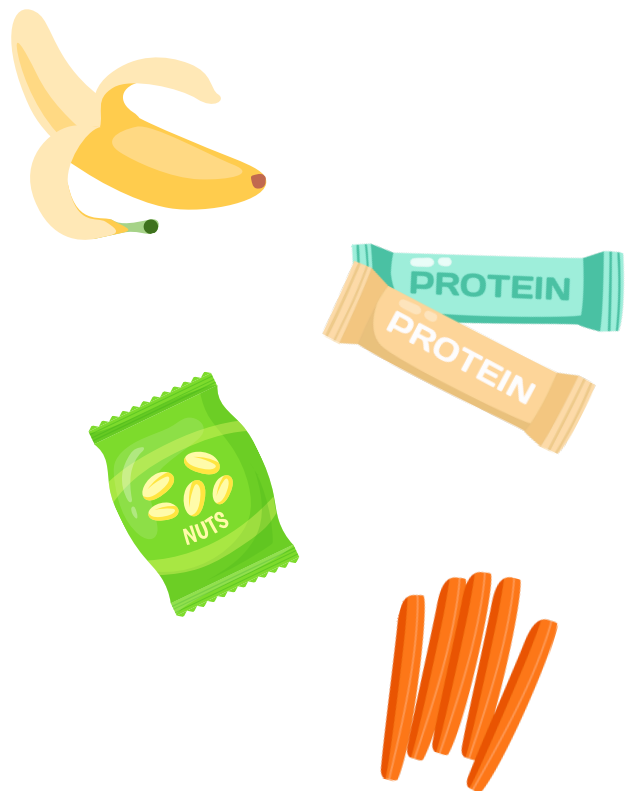
Other Airports

If your travel plans don't take you through one of these airports, we recommend looking up the dining directory for your specific location or doing a Google or Reddit search. Many airports have made their full list of dining options accessible online, making it easier to find vegan-friendly spots in advance.

If your airport's dining options aren't as vegan-friendly as you'd hoped, packing your own snacks or small meals is always a smart choice.

A few travel-friendly vegan snacks to consider include mixed nuts, dried fruit, hummus and veggie packs, protein bars, or even a delicious sandwich or salad - just make sure your salad dressing is in a travel-sized container with your liquids!

These options not only provide peace of mind but also help keep you energized and satisfied throughout your journey. Bringing your own food is especially helpful on longer flights or train rides, where plant-based meal choices can be limited.



WRAPPING UP



As we wrap up this Vegan's Guide to the Holidays, we hope you feel inspired to celebrate the season with compassion and creativity.

Whether you're cooking up plant-based versions of traditional dishes, navigating family conversations, or exploring new vegan-friendly recipes, every choice you make can have a positive impact on animals, the planet, and your health.

The holidays are the perfect time to share your values with loved ones and spread the message of kindness.

MORE RECIPES, TIPS, AND INSPO

- [4 Ways to Discuss Plant-Based Eating At Holiday Gatherings](#)
- [8 Plant-Based Recipes for Each Night of Hanukkah](#)
- [15 Plant-Based Holiday Recipes](#)
- [21 Plant-Based Holiday Desserts](#)
- [5 Reasons to Ditch Ham This Holiday Season](#)
- [11 Best Dairy-Free Cheeses You Can Buy Right Now](#)

LOOKING FOR OTHER WAYS TO SHARE YOUR PASSION FOR ANIMALS THIS HOLIDAY SEASON?

Share the [Plant-Powered Changemakers](#) sign-up page with your friends and family to help grow a compassionate, plant-based community.

[Sponsor a turkey](#) with our partner sanctuary, Luv'n Arms, and make a meaningful difference in the life of a rescued turkey this holiday season.

