

VIDEO TRANSCRIPT:

The College Veggie: When a vegetarian dines out at restaurants, sometimes there can be discomfort between servers and non-vegetarians.

Nancy O'Connor: We're especially sensitive because we don't want to be *those* Americans, to go into a restaurant and be able to discreetly ask questions or negotiate our way through menus without turning people off—'oh, does that have meat in it?'—sometimes we would just choose to not eat the vegetable soup because we figured out that most of it has beef in it and why press a point?

TCV: Wil Kenney was a vegetarian for four years. He said there are strategies for vegetarians to avoid awkward situations at most restaurants.

WK: Honestly, if you're vegetarian and you're feeling hungry just go for the spaghetti with red sauce. If you can make it yourself without the, I think it's tomato paste that might have an animal byproduct in it, that's really easy, and you can usually ask them to make like a special little thing for you. Honestly if you just speak out at places like that, it's not that out of place. People aren't going to get mad, and if they do, just leave.

TCV: When cooking at home with a vegetarian, Kenney says to communicate.

WK: Always ask would be the central thing. Communication is key in everything, but if you just say 'hey, is it okay if I put this in there?' and if you think something's on the fence, I wouldn't spitball it.

TCV: This has been Emma LeGault with The College Veggie.