

Vegetarian and Vegan Resources

INFORMATION & SUPPORT FOR VEGETARIANS & VEGANS, AND FOR PEOPLE INTERESTED IN VEGETARIAN OR VEGAN EATING

Name	Website	Description	Address (click for Google Maps link)
VEGEAN/VEGETARIAN GROUPS AND EVENTS			
Cambridge Ontario Vegan Society	https://www.facebook.com/groups/1131829506926583/?ref=share	Non-profit group that offers information, resources, talks, and events about eating vegan. Non-vegans are welcome	n/a
Friendly Vegetarians and Vegans KW	https://www.facebook.com/FriendlyVegetariansVegansKW/	This group meets to eat vegan and vegetarian food. They welcome vegans, vegetarians, veg-transition, veg-curious, meat reducers and anyone who wants to have fun and make new friends.	n/a
KW Vegan Society	https://www.facebook.com/groups/359609380883632/?ref=share	Non-profit group serving Kitchener, Waterloo, Cambridge, Guelph and surrounding areas. They promote a vegan lifestyle, support for people interested in vegan diets, and blog posts about vegan shopping, restaurants, events and activism.	n/a
KW VegFest	https://kwvegfest.ca/	Annual event about veganism, health, zero-waste living and climate action. Speakers and fun opportunities to learn and connect.	n/a
Plantiful KW	https://plantifulkw.ca/eat/	Resource list of vegan and vegetarian restaurants; consulting services for restaurants and businesses	n/a
VEGEAN/VEGETARIAN RESTAURANTS & SHOPPING			
Copper Branch	Page not found Copper Branch (eatcopperbranch.com)	Vegan restaurant, 100% plant base. Whether already vegan, vegetarian, looking to a transition to a more plant-based diet, or simply trying to eat healthier, Copper Branch is a place to enjoy innovative, wholesome and ethical food that you can feel good about.	80 King St S #106, Waterloo, ON N2J 1P5
Odd Burger	https://oddburger.com/	Our mission is to disrupt the fast-food industry by offering delicious food made from scratch using plant-based, minimally processed and sustainable ingredients that are good for people and the planet.	75 King St S, Waterloo, ON N2J 1P2