



Vegan News

San Diego



October, 2026

Vegan-News.org



Interview: Makeda "Dread" Cheatom of WorldBeat Center
Evolution Coffee • Halloween Candy Guide
Local News • Community Calendar

Vegan News *San Diego*

www.Vegan-News.org

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Vegan News San Diego is
published monthly. Volume 1,
issue 10, October, 2026

Mission Statement: Vegan News
San Diego seeks to support and
grow the local vegan community
by highlighting the work of local
restaurants, activist groups,
animal sanctuaries, diet and
nutrition classes, and vegan/
cruelty free businesses.

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From the Editor

We are honored to bring you an interview with Makeda “Dread” Cheatom, the founder of the first vegetarian restaurant in San Diego, as well as the Founder and Director of the WorldBeat Center in Balboa Park, home to the all-vegan OneWorldBeat Cafe.

Evolution Coffee is the focus of our monthly local restaurant spotlight, featuring an interview with EC’s founder and expert espresso brewer, James Victor Balmer.

It’s the Halloween season, and we have a trio of seasonal articles to mark the occasion: the more-than-you-ever-wanted-to-know Vegan Halloween Candy Guide, Halloween Tips for Vegan Kids, and a Crunchy Caramel Apples recipe.

With the cooler weather, October promises to be one of the busiest months of the year. Here’s a sampling of what’s in store: the Kind Hearted Campout (10/15-18), activism with DxEx (10/2 and 10/4), Vegan Justice (10/25), and protests at Merck every Wednesday, a Healthy Kids, Happy Planet! “Fun on the Farm” event for 6-12 year olds (10/7), the Vegan Spirituality Potluck in Encinitas (10/10), the Farm Animal Refuge Pumpkin Patch & Tour (10/10), a San Diego Vegan Family Meetups Halloween potluck (10/11), the Fright for Future haunted maze (10/16-18 and 10/23-25), BOO! By the Bay Halloween Carnival (10/24), Pebble Ranch Rescue’s “Sip & sWine” fundraiser, and several PlantDiego events and gatherings, including volunteering at Pebble Ranch Rescue (10/11), a meal at the Purple Mint + visiting Fright for Future (10/18), and the online “Let’s Beat Breast Cancer” class (10/15). Show up for what you can, and help build a stronger community!

Toward a vegan world,
Stephen White

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LOCAL NEWS



- San Diego [VegFest](#) was celebrated on September 26, bringing many vendors and speakers to Presidents Way Lawn in Balboa Park. Highlights of the event included the “Let’s Beat Breast Cancer Rally” led by PlantDiego, a talk by keynote speaker Dr. Joel Fuhrman, “Taking Veganism Mainstream” with Unchained founder Jane Velez-Mitchell, panel discussions, and performances by musicians CFGainz, Vanessa Dawson, Plant Based Papi, and Tes Kempner.
- At the end of VegFest, activists held a march in Balboa Park to demand the closure of Marshall BioResources (MBR), a commercial breeding facility holding nearly 20,000 beagles bred for lab experiments. The San Diego march coincided with the final day of a 14-day, 200-mile march in New York from Albany to the MBR breeding facility (see National/International News).
- Direct Action Everywhere - San Diego (DxE) is inviting the public to a gathering in Hillcrest on October 2nd, for a [banner drop](#) to mark Rose’s Law Week of Action. Rose was a chicken who was rescued from dire conditions at a factory farm in Petaluma, and inspired many activists to protest the cruel conditions that animals were enduring, and continue to suffer from. [Rose’s Law](#) is a proposed Animal Bill of Rights:
 1. The right to be free - not owned - or to have a guardian acting in their best interest.
 2. The right to not be exploited, abused, or killed by humans.
 3. The right to have their interests represented in court and protected by the law.
 4. The right to a protected home, habitat, or ecosystem.
 5. The right to be rescued from situations of distress and exploitation.The banner drop will take place Friday, October 2nd, from 3-4 pm. Participants will meet at 801 University Ave, San Diego, CA 92103, outside of Better Buzz coffee, and walk to the University Ave bridge over the 163 freeway to drop the Rose’s Law banner.
- Activism opportunity: Protests against the Merck pharmaceutical company, which purchased 54 dogs from Ridgman Farms, are taking place each Wednesday from 12 pm - 2 pm, at 3050 Science Park Road, La Jolla, CA, 92037. See [savethedogs.io](#) for more information.

- Eris Vegan Food Co. is hosting a [Halloween Craft Night](#) on Saturday, October 3 from 5-9 pm. In addition to Halloween-themed crafts, the event will include a live DJ set, scratch made food, a raffle. Admission is \$10.

- As part of Rose's Law Week of Action, [DxE San Diego](#) is holding a local Pigeon First Aid Action event at 4 pm on Sunday, October 4. Volunteers will provide food and water to pigeons in the downtown area, and learn how to rescue injured pigeons, removing string or debris caught on their feet, which can cause serious health problems. No experience is necessary. Attendees will meet in front of the cathedral at 4th Avenue and Beech Street and walk a short distance to the local pigeon flock.

- Healthy Kids, Happy Planet! is hosting a [Cool Beans — Fun on the Farm!](#) after school activity for children ages 6-12 at Coastal Roots Farm in Encinitas, on Wednesday, October 7, from 4-5:30. Students will learn about healthy food choices (focusing on beans for protein), and how food is grown at Coastal Roots Farm, followed by a snack-making activity.

- Healthy Kids, Happy Planet! has also created a series of cooking shows, "Cooking Cool Beans with Queen Bean and Friends." Each kid-friendly episode is 10-15 minutes long, and draws from the Cool Beans curriculum developed by founder and president Barbara Gates. Find them on the Healthy Kids, Happy Planet! [website](#), or on their [YouTube](#) channel.

- PlantDiego is offering several activities this month. The Healthy Food, Healthy Planet event on Tuesday, October 6 from 4-6 pm features Tracy Childs speaking with Paige Parsons Roache of Plant Based Treaty at The Plot in Oceanside; a volunteer gathering will be held at [Pebble Ranch Rescue](#) on Sunday, October 11, from 4 to 6 pm to care for the sanctuary's pigs; on Thursday, October 15 Tracy Childs will teach a free online [Let's Beat Breast Cancer](#) class from 4:30-6:30; on Sunday, October 18, a meal at [Purple Mint](#) in North Park at 3:30 pm will be followed by a 5 pm visit to the Fright for Future haunted maze in North Park; finally, PlantDiego is visiting the Pebble Ranch Rescue "[Sip & sWine](#)" fundraiser on Wednesday, October 28.

- The [Physicians Committee for Responsible Medicine](#) is suing the USDA over their changes to school meal programs, promoting more meat and full-fat dairy products, which is both unhealthy and costly. PCRM is looking for students, parents, food service directors, and others directly affected by the upcoming changes to school meals to join their lawsuit (no cost, minimal time commitment). E-mail Jill Eckart at jeckart@pcrm.org to learn more.

- A new documentary on alternatives to animal testing, [The New Gold Standard](#), is being screened in San Diego on October 7 at 6:30, at AMC Mission Valley 20. Those interested in attending are invited to e-mail thenewgoldstandardfilm@gmail.com.



- [Farm Animal Refuge](#) in Campo is holding a Pumpkin Patch & Tour event on Saturday, October 10, from 11am-2pm. In addition to meeting the sanctuary animals, guests will have a lunch of two grill station sides and a vegan brat or hotdog. Tickets are \$40.

- [Restaurants for Rescues](#) marked the new pairing of [Eris Vegan Food Co.](#) in Oceanside and [Franklin Farm Sanctuary](#) with a celebration at Eris on September 13. A [video](#) from the event includes comments from Patte Hughes of Restaurants for Rescues, Eris proprietor Scott Steele, Franklin Farms Sanctuary co-founder Spenser Koenig, and Antonella Forte, author of *Fred: A True Story*, written about a Franklin Farms pig.



Photo: Michael Klein

- The [Vegan Spirituality San Diego](#) is holding a vegan spirituality [potluck gathering](#) on Saturday, October 10, 2026, from 6-9 pm at a private home in Sunset Cliffs, featuring a discussion with Drs. Bella & Munish Chawla of Peaceful Planet Foundation. The previous potluck, held September 12 at the Fortuna Ranch Farm Sanctuary, featured guest [Lisa Levinson](#), Campaigns Director with In Defense of Animals, the founder of Vegan Spirituality, and co-founder of the Interfaith Vegan Coalition.

- [San Diego Vegan Family Meetups](#) is holding a Halloween Potluck and Trick or Treating meetup at Tecolote Shores on Sunday, October 11 at 11 am. Families are asked to bring a snack item to share and a bowl or bucket of Halloween candy/toys/etc. for the kids to go trick or treating. Check the group page for updates.

- Kind Heart Coalition's 2026 [Kind Hearted Campout](#) is almost here! The Campout runs from October 15-18 on Palomar Mountain, and includes all meals, a custom T-shirt, and events throughout the long weekend, including workshops, lectures, a dance party, yoga, games, and art projects. KHC has kindly offered the discount code "vegannews" to readers of *Vegan News San Diego*. See page 9 for more information.

- [PETA](#) is calling upon the San Diego Police department to retire Ryder, a police dog, or "K-9" officer, who was burned in an encounter with a suspect. SDPD is also being encouraged to phase out their canine program, switching to newer technologies that don't put dogs at risk. Boston Dynamics has created a dog-like robot, [Spot](#), which can safely engage in many tasks that dogs are called upon to perform.

- [San Diego County Animal Services](#) is preparing for a big move, and is waiving pet adoption fees through October 12 so they can "[pack light](#)." If you've been considering a companion animal are are ready to care for one, this could be the time.

- [Fright for Future](#), a “haunted maze of true terrors” will run from Fri-Sun , October 16-18, (5 pm - 9 pm each day), and Fri-Sun, October 23-25 (5 pm - 9 pm each day), at the 37ECB public school, 3720 El Cajon Blvd, San Diego, CA 92105. The free haunted house-style event will feature 20 haunted attractions to “educate San Diegans about various animal rights, human rights and environmental issues in a fun and scary way.” Recommended for ages 10 and up.

- Viridian Productions is holding the [BOO! By the Bay Halloween Carnival](#) at the Naval Training Center Park at Liberty Station, on Saturday, October 24, from 11 am - 5 pm. The event will include food vendors and a marketplace, live entertainment, games, and a costume contest with prizes.



- [Vegan Justice](#) will be at the Grand Avenue Festival in Escondido on Sunday, October 25, from 9 am to 5 pm. Sign up for a 2-hour shift to share about veganism with the public, alongside two other local vegans.

- Pebble Ranch Rescue is holding their [Sip and sWine 2026](#) fundraiser at Trevi Hills Winery in Lakeside, on October 28 from 6-9 pm. The event will feature music by Bad Rabbit, plant-based appetizers and desserts, 1 drink ticket (wine or a non-alcoholic beverage), and 1 raffle ticket. A silent auction will also be held at the event. Tickets are \$49.

- Jessica Waite, co-owner of the Oceanside vegan restaurant [The Plot](#), has a podcast called [Feeding the \(R\)evolution](#). Episode 3 features a discussion with family medicine physicians Dr. Diane Coxey and Dr. Joseph Matista on their discovery of the health effects of a whole food, plant based diet.

- [Viridian Productions](#) made the sad announcement that they would need to wind down their monthly San Diego Sustainable Night Market at AleSmith Brewing Co. in Miramar, which has been running for the past two years. Over time the attendance and participation at the market was not sufficient to maintain the event. There will be two final night markets at AleSmith Brewing Co., on Friday, October 2 from 5–9 pm, and on Friday, November 6, from 5–9 pm, featuring the usual vegan food vendors and live music. While the closing of this market is unfortunate, it does bring with it the opportunity for a new vegan night market. Viridian Productions is seeking ideas for possible locations, and the days of the week and hours attendees would prefer.

Have a news tip? Get in touch! info@vegan-news.org

NATIONAL/WORLD NEWS

- Vegetarians and vegans performed well at this year's Emmy awards: vegetarian actor Noah Wyle won Outstanding Lead Actor in a Drama Series for medical drama series *The Pitt*. The show itself won for Outstanding Drama Series. Vegetarian actress Katherine LaNasa, who plays charge nurse Dana in *The Pitt*, was nominated for Outstanding Supporting Actress in a Drama Series. Other honorees included vegetarian actress Zendaya, who won Outstanding Lead Actress in a Drama Series for *Euphoria*, and *The Daily Show* with vegan host Jon Stewart, which was nominated for Outstanding Variety Series.
- The [March to Abolish Animal Testing](#) (MAAT), created by a large coalition of animal welfare organizations, took place in New York from September 12-26, beginning in Albany and ending at Marshall BioResources (MBR), a facility that houses about 40,000 animals slated for animal testing, including dogs, ferrets, cats, and pigs. With nearly 1,200 registered participants, the march continued to draw media attention to the horrors of animal testing.
- The Physicians Committee for Responsible Medicine (PCRM) is holding two [fundraisers](#) in October, featuring Dr. Neal Barnard and Director of Research Advocacy Ryan Merkley. They will be joined by Ocean Robbins in San Martin, on Saturday, October 10, and by Chef Tal Ronnen in Encino on Sunday, October 11.
- Austrian company Revo Foods has launched a long-awaited non-dairy version of cottage cheese, currently available in Europe. Called [Cottage Protein+](#), it's created from the unlikely source of fermented apricot kernels, with just three additional ingredients: water, salt, and fermentation cultures.
- Another long-elusive vegan food is being produced in small quantities. [Clever Fox Confections](#) creates a seasonal vegan candy corn. It's a bespoke item that's priced accordingly, and they sell out quickly. Pre-orders go live on multiple dates, with the next [order opportunities](#) opening on October 4 and October 11 at 6:00 pm Pacific Time.
- On September 9, Beyond Meat (also going by Beyond The Plant Protein Company) launched the [Phytosphere](#), "a portfolio of products designed to make it easier to access the superpowers of plants." The new website www.BeyondPlantProtein.com focuses on four product categories: a new vegan jerky bar called [Beyond Starcut](#), offered in three flavors: Asada Style, Classic Dill Flavor, and Spicy Southwest BBQ Style, with 17 grams of protein/3 grams of fiber per bar; [Beyond Starmatter](#) powders (Vanilla, Salted Caramel, Strawberry Banana, Plain, and Golden Latte) with 20 grams of protein/5 grams of fiber per serving; [Beyond Immerse](#) protein/electrolyte/antioxidant beverages; and [Center-of-Plate](#) offerings, including the new Beyond Veggie burger (Chipotle Black Bean or Spiced Chickpea) made from 10+ fruits and vegetables, Beyond Steak, Beyond Chicken, Beyond Sausage, Beyond Beef, and Beyond Ground Faba.

- Girl Scouts of the USA is introducing a new vegan cookie in 2027. Collaborating with vegan cookie maker Partake, the new cookie is called [Girl Scout Sparkables](#), described as “Allergy-friendly oatmeal chocolate chip cookies dotted with colorful sprinkles.” Girl Scouts is also debuting their first cookie for dogs, “Patch Pals,” but alas, it’s made with honey.
- A new documentary about online animal cruelty videos, *Cruelty for Clicks*, had its World Premiere in Hollywood at the TCL Chinese Theatre on September 12. The film was created by the animal welfare non-profit [Lady Freethinker](#) and vegan director Kirk W. Murray. An [interview](#) about the film with Nina Jackel, founder of Lady Freethinker, was broadcast on Fox 11 news in Los Angeles.
- Congress is considering bills to address animal testing in the U.S. If passed, the [Companion Animal Protection Against Cruel Testing \(COMPACT\) Act](#) (H.R. 10522), sponsored by Reps. Nick Langworthy (R-N.Y.) and Mark Pocan (D-Wis.), would prevent any research using live dogs and cats from receiving funding by the U.S. Department of Health and Human Services and any of its agencies, such as the National Institutes of Health. Another bill, the FDA Modernization Act 3.0 (H.R. 2821) would update FDA regulations so that they would require “nonclinical tests” instead of “animal” tests.
- WalletHub recently ranked the [top 100 vegan and vegetarian-friendly US cities](#), considering three factors: 1) Affordability, 2) Diversity, Accessibility & Quality and 3) Vegetarian Lifestyle. Seven California cities made the top ten, including Los Angeles at #2 and San Diego at #8. The full top ten includes: 1. Portland, OR, 2. Los Angeles, CA, 3. Austin, TX, 4. San Francisco, CA, 5. Oakland, CA, 6. Seattle, WA, 7. Orlando, FL, 8. San Diego, CA, 9. Madison, WI, 10. Tampa, FL.
- Beloved vegan food brand Yves Veggie Cuisine, known for their Veggie Ground Round and Ham, Bologna, and Turkey cold cuts, shut down in August, 2025. By January, 2026, Yves was purchased by the Canadian company [Maple Leaf Foods](#), and Yves products are now reappearing in Canadian stores. Maple Leaf Foods, which is primarily a meat producer, also owns the plant-based brands Field Roast/Chao Cheese, and LightLife.
- Plant milk brand Califia Farms has some new [seasonal flavors](#) for Fall. Pumpkin Spice Almond Latte, Pumpkin Spice Almond Creamer, Pumpkin Spice Oat Barista Blend, rice & almond milk Horchata, and Horchata Almond Creamer are available for a limited time.
- Daring, known for their vegan chicken products, has released a selection of high protein/high fiber “[skillet meals](#),” in six flavors: Lemon & Garlic Rotini, Mediterranean-Spiced Chickpeas & Veggies, Penne Pomodoro. Smoky Veggie Chili, Power Grains & Greens, and Teriyaki Veggie Stir-Fry. Each bag offers 2.5 servings. Most flavors will initially be exclusively available at Sprouts locations.

Kind Hearts
Save at Camp!
Discount Code:
vegannews

6TH ANNUAL KIND HEARTED CAMPOUT

October 15-18, 2026

An All-Inclusive Camping Adventure on Palomar Mountain with
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OB People's Deli • OneWorldBeat Cafe • Peace Pies • Plant Power • The Plot • The Purple Mint
Vegan Bistro • Roots UCSD • Sabor a Vida Cafe & Deli • Tacotarian • Thanh Tinh Chay Restaurant •
Trilogy Sanctuary • Uumbal • Val's Vegan Kitchen • Veggie Grill • Veganic Thai Cafe

San Diego Restaurants



Photo: José Luis Lepe

Evolution Coffee

Evolution Coffee was created by James Victor Balmer in 2025, alongside Evolution, Val's, and Donna Jean, and it might just be the only 100% vegan coffee establishment in San Diego.

When did you first start working with Evolution?

I'm friends with the OG owner of Evolution. His name is Mitch. Mitch is like a pioneer of vegan restaurants in San Diego. I worked for him in his restaurant in OB in 2002, called Eatopia. A vegan wrap, juice and shake shop.

In June, 2025 I offered to help build a drive-up in the back to help Evolution Fast Food because people miss the drive-thru. I wanted to initially do a driveup espresso service in the back. So I invested and got a sweet espresso machine and grinder and started learning and pulling shots in the back. By the time I was pulling kick-ass shots and making a menu, we decided to move me up front of the restaurants and be seen and share my drinks with the brunch crowd. I open at

9 am now and serve to a morning crew. House made milks and fresh beans. I can make vegan affogatos with Evolution soft serve. Espresso and matcha shakes too!

What is the range of drinks that you serve?

Espresso shots, Steamacano, Chicano, House Oat Latte, Cappuccino, an Espresso Shake, an Affogato (espresso poured over house-made oat milk, vanilla soft-serve), plus a Matcha Shake.

What's your best-selling drink?

Steamacano, a creamy iced espresso.

Where do you get your oat milk?

I make my own milk so I'm not throwing away cartons and Tetra Paks which are not recyclable. My grinder is a single dose grinder so no beans are sitting in a hopper getting stale. All the water I use is from Water Lady, which is the purest water around.

Has your equipment ever used dairy milk?

I'm proud to say that Evolution Coffee uses a new espresso machine which has never steamed cow's milk.

Do you ever offer any seasonal drinks?

In the future, for sure, there are more seasonal drinks.

How did you learn your craft?

When I purchased the commercial espresso machine and grinder I had never pulled espresso or made a latte. I got a great book and read it, bought everything, got it set up behind Evolution and started making drinks.

So I've learned everything about espresso with this machine, at Evolution. A coffee business born out of a vegan establishment. I also own a small [CBD company](#) that sells online. I used to sell at markets but got burned out after 7 years.

Evolution Coffee

Hours: Wednesday - Sunday, 9 am - 2 pm

2611 El Cajon Blvd, San Diego, CA 92104

Phone: (619) 866-9290

[Facebook](#) | [Clover online ordering](#)



Vegan Halloween Candy Guide

Vegans are used to giving up a certain amount of foods in daily life, but there are some that may be harder to do without — oftentimes these are treats and nostalgic foods. Fortunately there are more and more options for vegans, both in terms of alternative treats and copycat candies.

We've done our level best to identify truly vegan options, but check our work before indulging! Many non-vegan ingredients are easy to spot, like egg, honey, milk/whey, gelatin, and beeswax, but there are a couple to keep an eye out for: "confectioners glaze," derived from beetle secretions, is also called pharmaceutical glaze, or shellac; and "carmine color," which is made from...brace yourself...ground beetle. A couple of other potential issues to mention, depending on your strictness: sugar may be processed with bone char, and GMO ingredients and food color may have been tested on animals.

100% vegan companies are marked with a ★

Vegan Halloween Candy Multi-Packs/Individually Wrapped

Bebeto: Spooky Mix Trick-or-Treat Box fruit flavored snacks (45 pack)

ChocZero: Dark Chocolate Peanut Butter Ghosts (10 pack)

★free2b: Bag o' Treats Sunflower Butter Sun Cups (20 pack)

★Harken Sweets: Salted Caramel Halloween Candy Bars (15 pack)

★No Whey! Foods: Halloween Variety Pack - Bag of Terror (14 chocolate-covered pretzels), Milkless Minis (12 chocolate bars), Pea-NOT Reaper (8 chocolate skulls), bag of Choco NoNo's

★No Whey! Foods: Bag of Terror chocolate covered pretzels (14 pack)

- ★No Whey! Foods: Choco No-No's Minis (8 pack)
- ★No Whey! Foods: Milkless Minis (12 pack)
- ★No Whey! Foods: Pea-Not Reapers sun-butter filled chocolate skulls (8 pack)
- Reese's: Plant-Based Peanut Butter Cups
- ★Rule Breaker: Chocolate Brownie Junior (24 pack)
- Unreal: Dark Chocolate Coconut Bars (20 pack)
- Unreal: Dark Chocolate Peanut Butter Cups (20 pack)

NOTE: Unreal: Halloween Chocolates Variety Pack (26 count) is not fully vegan

- YumEarth: Gummy Fruits (20 pack)
- YumEarth: Halloween Candy variety pack - gummy fruits, lollipops, Giggles (50 pack)
- YumEarth: Variety Pack - Jelly Beans, Giggles, Chewys, Sour Littles (20 packs)
- YumEarth: Sour Littles (15 pack)
- YumEarth: Chewys fruit chews (15 pack)
- YumEarth: Giggles (15 pack)
- YumEarth: Organic Pops lollipops (60 pack)
- YumEarth: DuoPops (20 pops)

NOTE: YumEarth Gummy Bears (15 pack) is not vegan: gelatin.

Other Vegan Treat Multi-Packs

- Annie's (General Mills): Crispy Snack Bar (5 pack)
- Artisanal Treats: Peanut Butter Bites (8 pack)
- ★Blake's Seed Based: Crispy Treats (24 pack)
- Bobo's: Oatmeal Bars - Original, Chocolate Chip, Peanut Butter variety pack (12 pack)
- Bobo's: PB&Js - Strawberry & Raspberry or Strawberry & Grape variety pack (20 pack)
- Bobo's: Stuff'd Oat Bites - Strawberry, Apple Pie, Chocolate Chip variety pack (30 pack)
- ★GoodMallow: Crispy Rice Treats (8 pack)
- ★Made Good: Organic Granola Bites - Chocolate Chip, Mixed Berry (24 pack)
- ★Nature's Bakery (Mars, Inc.): Fig Bar variety pack (40 bars)
- Oreo Minis Sandwich Cookies - Oreos/Golden Oreos (30 pack)
- Oreo 2-cookie variety packs: Oreos, Golden Oreos, Double Stuf (60 pack)

Vegan No/Low Added Sugar Treat Multi-Packs

- Garden Veggie Straws (42 pack)
- Kirkland Signature Snacking Nuts Variety Pack (21 pack)
- Nature's Garden: Organic Trail Mix Snack Packs (24 pack)
- ★The Only Bean: Dry Roasted Edamame (10 pack)
- ★The Only Bean: Dry Roasted Edamame variety pack (45 pack)
- Planters: Salted Peanuts (48 pack)
- Skinny Pop Popcorn (28 pack)
- ★That's It. mini fruit bars (24 pack)

Vegan Candies General List

- ABBA-ZABA (Annabelle's Candy Co.)
- Airheads (Perfetti Van Melle)
- Annie's Organic Bunny Fruit Flavored Snacks (General Mills)

Atomic Fireball (Ferrara Candy Co.)
 Blow Pops (Charms)
 Boston Baked Beans (Ferrara Candy Co.)
 Bottlecaps (Ferrara Candy Co.)
 Butterscotch (Atkinson Candy Company)
 Charms Blow Pops/Charms Pop (Tootsie Roll Industries):
 Chick-O-Stick (Atkinson Candy Company)
 Chuckles jelly candy (Ferrara Candy Co.)
 Cinnamo Twists (Atkinson Candy Company)
 Cocomels (JJ's Sweets)
 Cracker Jack, original (Frito-Lay) **GMO**
 Crows Licorice Flavored Gumdrops (Tootsie Roll Industries)
 Dad's Root Beer Barrels (Roses Brands)
 Dark Chocolate Peanut Gems (Unreal)
 DOTS (Tootsie Roll Industries)
 Dum Dums lollipops (Spangler Candy Co.)
 DuoPops (Yum Earth)
 Everlasting Gobstopper jawbreaker (Ferrara Candy Co.)
 Fluffy Stuff cotton candy (Tootsie Roll Industries)
 Fruit By the Foot (Betty Crocker/General Mills) - GMO???
 Fruit Roll-Ups (Betty Crocker/General Mills) - GMO???
 Fruitie Tootie Twists (Atkinson Candy Company)
 Fun Dip (Ferrara Candy Co.)
 Goldenberg's Original Dark Chocolate Peanut Chews (Just Born) **NOT VEGAN: milk chocolate version**
 Gummi Worms (Sprouts)
 Gushers/Fruit Gushers (Betty Crocker/General Mills) - GMO???
 Hard candies (various): YumEarth
 Honey Twists (Atkinson Candy Company) - yes, despite the name, it's vegan!
 Jolly Rancher Hard Candy/Jolly Rancher Gummies (**NOT VEGAN: Jolly Rancher Chews/Fruit Chews**)
 Jujubes (Ferrara Candy Co.)
 Jujufruits (Ferrara Candy Co.)
 Laffy Taffy minis (Ferrara Candy Co.) **NOT VEGAN: grape/watermelon/cherry full size**
 Leman's Mint Footballs (Atkinson Candy Company)
 Lemonhead (Ferrara Candy Co.)
 Life Savers: Original 5 Flavors, Butter Rum, Wild Cherry, Wint O Green, Pep O Mint, (Mars) **GMO**
 Lollipops - YumEarth (Organic Pops), +++
 Marshmallow Crispy Rice Treats (Good Mallow)
 Mary Jane (Atkinson Candy Company)
 Mint Twists (Atkinson Candy Company)
 Neapolitan Coconut Bar (Atkinson Candy Company)
 Nerds, Big Chewy Nerds (Ferrara Candy Co.) **NOT VEGAN: Nerds Gummy Clusters, Nerds Rope**
 Nik-L-Nip (Concord Confections/Tootsie Roll Industries)
 Now and Later (Ferrara Candy Co.) **NOT VEGAN: chewy style**
 PEZ (PEZ International)
 Pickle Balls (Atkinson Candy Company)



Pixy Stix (Ferrara Candy Co.)
 PushPop (The Bazooka Companies)
 Rainbow Coconut Bar (Atkinson Candy Company)
 Rainbow Twists (Atkinson Candy Company)
 Razzles (Tootsie Roll Industries)
 Red Vines (American Licorice Co.)
 Reed's Cinnamon Hard Candy (Iconic Candy)
 Ring Pop (NOT VEGAN: gummy version)
 Skittles (The Wrigley Company/Mars Inc.) **NOT VEGAN: Skittles Gummies.** See also Giggles (Yum Earth)
 Smarties (Rockets in Canada, Fizzers in UK)
 Sophie Mae Peanut Brittle (Atkinson Candy Company)
 Sophie Mae Coconut Peanut Brittle (Atkinson Candy Company)
 Sour Littles (Yum Earth)
 Sour Patch Kids (**Mondelēz International†, not cruelty free**). See also Sour Littles (Yum Earth)
 Sour Punch sour straws (American Licorice Co.)
 Sour S'ghetti Gummi Candy (Haribo)
 Sour Strawberry Ropes (Joyride)
 Sour Watermelon Wedges (Joyride)
 Spree (Ferrara Candy Co.)
 Star Brites peppermint candy (Brach's)
 Swedish Fish (Swedish Fish) **NOT VEGAN: some versions contain beeswax.**
 SweeTarts (Ferrara Candy Co.)
 Torie & Howard Organic Hard Candy (American Licorice Co.)
 Tropical Fruit Chews (Sweet Haven Candy Co.)
 Twizzlers/cherry or licorice, Twizzlers Nibs (Y&S Candies/The Hershey Company)
 Vegobears Gummy Bears (Candy People)
 Wack-O-Wax Lips (Tootsie Roll Industries)
 Warheads (Impact Confections)
 Washington Cherry Balls (Atkinson Candy Company)
 Zebra Bars (Atkinson Candy Company)
 Zotz Fizz Candy (Andre Prost)

Vegan Gum

Big League Chew gum (Big League Chew Properties)
 Cry Baby sour gum (Tootsie Roll Industries)
 Dubble Bubble gum (Tootsie Roll Industries)
 Hubba Bubba gum (Wrigley Co./Mars, Inc.)

Non-Vegan Candies:

Big Hunk (Annabelle's Candy Co.): honey, egg whites
Bit-O-Honey (Pearson Candy Co.): honey, milk, egg whites
Black Forest gummy bears, fruit flavored snacks (Ferrara Candy Co./Ferrero SpA): gelatin.
Black Forest: Juicy Burst Fruit Flavored Snacks (Ferrara Candy Co./Ferrero SpA): gelatin. **VEGAN**
ALTERNATIVE: Annie's Organic Bunny Fruit Flavored Snacks (General Mills), Fruit Snacks (YumEarth)

Candy Corn (Brach's Confections/Ferrara Candy Co.): honey, gelatin
 Candy Corn (Jelly Belly): beeswax
 Charleston Chew (Tootsie Roll Industries): milk, egg
 Circus Peanuts (Brach's, Ferrara Candy Co./Ferrero SpA): gelatin
 Funables Fruity Snacks (Ferrera Candy Co./Ferrero SpA): gelatin. VEGAN ALTERNATIVE: Annie's
 Organic Bunny Flavored Snacks (General Mills), Fruit Snacks (Yum Earth)
 Goldenberg's Peanut Chews/Milk Chocolatey (Just Born): milk
 Goobers (Ferrera Candy Co./Ferrero SpA): milk, confectioners glaze/beetle secretions
 Good & Plenty (Hershey Foods/Highlander Partners): confectioners glaze/beetle secretions
 Gummi Bears (Haribo): gelatin. VEGAN ALTERNATIVE: Vegobears (Candy People)
 Gummi Worms (Albanese): gelatin. VEGAN ALTERNATIVE: Gummi Worms (Sprouts)
 Gummy Bears (YumEarth): gelatin. VEGAN ALTERNATIVE: Vegobears (Candy People)
 Gummy Crunchiez (Rotten): gelatin VEGAN ALTERNATIVE: Gummi Worms (Sprouts)
 Hi-Chew (Morinaga): gelatin
 Hot Tamales (Just Born): confectioners glaze/beetle secretions
 Jelly Belly (Jelly Belly Candy Company): beeswax. VEGAN ALTERNATIVE: Organic Jelly Beans
 (YumEarth)
 Junior Mints (Tootsie Roll Industries): gelatin, confectioners glaze/beetle secretions
 Laffy Taffy (Ferrara Candy Co./Ferrero SpA): grape/watermelon/cherry full size. VEGAN ALTERNATIVE:
 Small size Laffy Taffy
 M&Ms (Mars Inc.): milk. VEGAN ALTERNATIVE: Dark Chocolate Peanut Gems (Unreal),
 ★ No Whey! Foods: Choco No-No's
 Mamba Fruit Chews (Storck): gelatin
 Mike and Ike: Original Fruits (Just Born): confectioners glaze/beetle secretions
 Milk Duds (The Hershey Co./Highlander Partners): milk, confectioner's glaze/beetle secretions
 Nerds Gummy Clusters, Nerds Rope (Ferrara Candy Co./Ferrero SpA): gelatin
 Peeps (Just Born): gelatin VEGAN ALTERNATIVE: GoodMallow
 Pop Rocks (Pop Rocks Inc./Zeta Espacial): lactose (milk sugar)
 Raisinets milk chocolate/dark chocolate (Ferrara Candy Co./Ferrero SpA): milk
 Red Hots (Ferrara Candy Co./Ferrero SpA): confectioner's glaze/beetle secretions. VEGAN
 ALTERNATIVE: Atomic Fireball (Ferrara), Reed's Cinnamon Hard Candy (Iconic Candy)
 Rice Krispy Treats (Kellogg's): gelatin, natural & artificial flavors (milk) VEGAN ALTERNATIVE:
 GoodMallow: Crispy Rice Treats, Annie's (General Mills): Crispy Snack Bar
 Rocky Road (Annabelle's Candy Co.): gelatin, milk
 Runtz (Ferrara Candy Co./Ferrero SpA): carmine color
 Sour Gummy Worms (Smart Sweets): gelatin. VEGAN ALTERNATIVE: Gummi Worms (Sprouts)
 Sno-Caps (Ferrero Candy Co./Ferrero SpA): milk, confectioner's glaze/beetle secretions
 Starburst (The Wrigley Company/Mars, Inc.): gelatin. VEGAN ALTERNATIVE: Chewys Fruit Chews
 (Yum Earth)
 Sugar Babies/Sugar Daddy/Sugar Mama (Charms LLC/Tootsie Roll): milk, confectioner's glaze/
 beetle secretions
 Tootsie Pops (Tootsie Roll Industries): Condensed skim milk, whey
 Tootsie Rolls (Tootsie Roll Industries): milk/whey
 Trolli gummy candies (Ferrara Candy Co./Ferrero SpA): gelatin

Welch's Fruit Snacks (PIM Brands): gelatin. VEGAN ALTERNATIVE: Annie's Organic Bunny Fruit Flavored Snacks (General Mills), Fruit Snacks (Yum Earth)
Whoppers (Hershey): milk, whey, confectioner's glaze/beetle secretions
York peppermint patties (Hershey): milk fat, egg whites. VEGAN ALTERNATIVE: Mini Mint Cups (free2b), Chocolove: Dark Chocolate Mint Crème Bites

Dairy Chocolate Bars and Treats

Almond Joy (The Hershey Company): Lactose, whey, skim milk, hydrolyzed milk protein
Andes Chocolate Mints (Tootsie Roll Industries): Nonfat milk, milk protein concentrate
Baby Ruth (Ferrara Candy Co./Ferrero SpA): Nonfat milk, dairy product solids
Butterfinger (Ferrara Candy Co./Ferrero SpA): Nonfat milk, milk
Caramel Apple Pops (Tootsie Roll Industries): Dry whole milk, whey
Caramello (Cadbury/The Hershey Company): Milk, skim milk
Cella's Dark Chocolate Cherries (Tootsie Roll Industries): Milk
Charleston Chew (Tootsie Roll Industries): Nonfat milk solids, egg albumen
Chunky (Ferrara Candy Co./Ferrero SpA): Milk
Clark Bar (Boyer Candy Co./Consolidated Brands): Milk powder
Crunch (Nestlé, lic. in US to Ferrara Candy Co./Ferrero SpA): Nonfat milk, milk fat, lactose
5th Avenue (The Hershey Company): Skim milk, whey, lactose (milk), milk fat
Heath (The Hershey Company): Dairy butter, lactose, reduced protein whey, skim milk
Hershey's Milk Chocolate bar (The Hershey Company): Milk, skim milk, milk fat
Kit Kat (Nestlé lic. in US to H. B. Reese Candy Co./The Hershey Company): Lactose, skim milk, milk fat
Milky Way (Mars, Inc.): Skim milk, lactose, milkfat, egg whites
Mr. Goodbar (The Hershey Company): Lactose, reduced protein whey, skim milk
Mounds (The Hershey Company): Milkfat, hydrolyzed milk protein
Oh Henry! (Ferrero SpA in USA, The Hershey Company in Canada): Nonfat milk, dairy product solids
100 Grand (Ferrara Candy Company/Ferrero SpA): Nonfat milk, milkfat, lactose
Payday (The Hershey Company): Skim milk
Reese's Peanut Butter Cups (The Hershey Company): Skim milk, milk fat, lactose
Rolo (The Hershey Company in USA, Nestlé outside US): Skim milk, lactose, reduced protein whey
Snickers (Mars, Inc.): Skim milk, milkfat, lactose, egg whites
3 Musketeers (Mars, Inc.): Skim milk, egg whites
Twix (Mars, Inc.): Skim milk, lactose, milk fat
Whatchamacallit (The Hershey Company): Lactose, skim milk, reduced protein whey, dairy butter



Halloween Tips for Vegan Kids

- If you have a grade school child, consider asking your child's teacher about how Halloween is celebrated at the school and in the classroom, and if appropriate, offer to provide vegan candies for your child to receive at school activities.
- Have a stash of your own vegan candy at home so you can "trade" your child for any non-vegan candies from classroom activities or trick or treating.
- If your child trick or treats with a group that includes non-vegan children, after trick or treating, see if your child can trade their non-vegan candies.
- Parties at non-vegan households are inevitably complicated. Consider volunteering to host a Halloween party for your child's friends, so you can offer vegan candies, cupcakes, pizza, etc. Be sure to ask parents of guests about any food allergies, especially if using any products that contain nuts (e.g., cashew-based cheese, etc.).
- Whether it's for a party or just having fun with your child, find fun vegan Halloween recipes online. Check out [The Stingy Vegan](#) (60+ recipes), [Minimalist Baker](#) (66 recipes), [Vegan Runner Eats](#) (53 recipes), and [25 Favorite Fall Vegan Baking Recipes](#) by The Carrot Underground.

Halloween Activities for Kids and Families

Healthy Kids, Happy Planet! is hosting a [Cool Beans — Fun on the Farm!](#) after school activity for children ages 6-12 at Coastal Roots Farm in Encinitas, on Wednesday, October 7, from 4-5:30. Students will learn about healthy food choices (focusing on beans for protein), and how food is grown at Coastal Roots Farm, followed by a snack-making activity.

- [San Diego Vegan Family Meetups](#) is holding a Halloween Potluck and Trick or Treating meetup at Tecolote Shores on Sunday, October 11 at 11 am. Families are asked to bring a snack item to share and a bowl or bucket of Halloween candy/toys/etc. for the kids to go trick or treating. Check the group page for updates.
- If your child is older (at least 10) and likes scarier activities, you might consider [Fright for Future](#), a "haunted maze of true terrors." The free haunted house-style event will feature 20 haunted attractions to "educate San Diegans about various animal rights, human rights and environmental issues in a fun and scary way." The event runs Fri-Sun, October 16-18, (5pm - 9pm each day), and Fri-Sun, October 23-25 (5pm - 9pm each day), at the 37ECB public school, 3720 El Cajon Blvd, San Diego, CA 92105.
- [BOO! By the Bay Halloween Carnival](#) will be held at the Naval Training Center Park at Liberty Station, on Saturday, October 24, from 11 am - 5 pm. The event will include food vendors and a marketplace, live entertainment, games, and a costume contest with prizes.

Vegan Recipes



Crunchy Caramel Apples

Caramel Apples are a classic treat at Fall celebrations, and it turns out the standard recipes aren't hard to veganize. This recipe uses a canned vegan condensed milk, such as Nature's Charm (available at Sprouts), and makes a crunchy-shell candy apple.

Ingredients

4 medium apples
4 wooden popsicle sticks for handles
1 cup brown sugar
7 oz. condensed milk
1/2 cup light corn syrup
1/2 cup butter
1 teaspoon vanilla extract
Optional: decorations such as chocolate shavings, chopped peanuts, sprinkles, etc.

Directions

Prep: Wash and dry apples, and gently push a popsicle stick about 2" into the bottom of each apple, through the core. Line a cookie sheet with parchment paper.

In a medium saucepan, stir together the brown sugar, butter, condensed milk, and corn syrup over medium-high heat. Allow to come to a boil, reduce the heat slightly, and continue to boil for 20 minutes, stirring constantly.

Remove from heat. Immediately stir in the vanilla extract, taking care, as the caramel will still be hot. Dip each apple in the caramel sauce, twirling and using a spoon if needed to coat the apple. This caramel is crunchy when it dries, so try not to make it too thick, especially at the bottom. Shoot for the apple on the left in the photo above.

Carefully place the apples on the prepared baking sheet. If desired, immediately decorate the dipped apples with chocolate shavings, chopped peanuts, sprinkles, etc. Cool for at least an hour.



Interview: Makeda “Dread” Cheatom, WorldBeat Center and OneWorldBeat Cafe

Makeda “Dread” Cheatom has been a champion of inclusivity, spirituality, and multiculturalism since the 1970s. Since founding San Diego’s first vegetarian restaurant, The Prophet, in 1971, her varied career includes work as a concert organizer, radio DJ, and the founder of the WorldBeat Center in Balboa Park, which features the fully vegan OneWorldBeat Cafe.

What was your early life like?

I grew up in the black community, and I didn't like to eat animals, because they were my best friends as a kid. That's all I grew up with, my parents were doing something else, and people didn't pay attention to me, so animals were really important. I would adopt these animals. At the fair in those days, you threw a penny or a nickel in a saucer, and you would win a little chicken or a little duck. I would take an injured one home, and nurse it back to health, and those were my best friends.

One day, my mother killed my favorite duck that used to meet me when I came home from school. Everybody's eating it, and when I found that out, I tried to die. I lay there, and I just tried to die, you know? Then I knew that I didn't want to eat meat.

As a teenager I met Maharishi Mahesh Yogi. I started meditating, and cooking vegetarian meals. Everybody would meet at [Transcendental Meditation advocate] Beulah Smith's house, we would take a ferry over to her house in Coronado. We started meditating, our consciousness was changing.

I would be the cook for everybody. I went to culinary school and food service management, and I would win different prizes, but I made the dishes out of vegetables. So everybody would come over to eat, and they said, "You need to open up a vegetarian restaurant."

You founded The Prophet Vegetarian Restaurant and International Cultural Center in 1971, which was open until 1985. A 1981 story in the [San Diego Reader](#) describes the many challenges involved in opening and running the restaurant.

We were young, it took us a couple years to open it. We didn't have very much money, and here's these hippie kids, putting up a restaurant together. I would try to get a loan, I went to the Small Business Administration, and they weren't going to give any money. So finally, I still opened it without any money. My brothers would say, "Why don't you turn that into a barbecue restaurant? You guys are so crazy." And everybody laughed at us.

We were all different...we were white, black, Japanese, Native American, and we thought we were so cool, because we were all different nationalities, in San Diego at that time, different races, working together, and we were proud of ourselves, you know?

We opened The Prophet, and it was very famous at that time. We met Dr. Bronner, Dr. Ann Wigmore, Raychel Solomon. We were with Swami Satchidananda, he brought yoga to the West, Muktananda, a lot of us meditated. So we met a lot of different people. A lot of people ate in the restaurant and encouraged us at that time...they really were happy that we started the first vegetarian restaurant. Dick Gregory was a mainstay, Gloria Swanson, William Duffy.

Some accounts also mention George Harrison, Dick Van Dyke, and Dyan Cannon visiting The Prophet?

And [South African trumpeter] Hugh Masakela, The Doors' drummer John Densmore.

The Prophet was a Birkenstock store, it was an herb store, too. Then we had yoga, but I got threatened for doing yoga at the center, 'cause they thought yoga was Communist. They thought Kwanzaa was a communist holiday. They tried to burn down the restaurant, they broke the glass. Many organizations were thinking that being a vegetarian or doing yoga was really weird.

After meeting Bob Marley, you worked to introduce reggae music to San Diego, through your work as a DJ on the 91X radio show Reggae Makossa with co-host Demaja Le, and through organizing annual Bob Marley Day Festival concerts, now called [Tribute to the Reggae Legends](#). As of 2026 you've held an amazing 45 festivals.

Rastafarians were early vegans. That's what Ital food is, veganism. They call it Ital, that's "natural."

Meeting Bob Marley was incredible. He is the Martin Luther King, Jr. of reggae music. Peter Tosh is the Malcolm X of reggae, because he's more militant.

Bob Marley talked to anyone. He would come in and just give money out to people, people would line up when Bob came home. Bob Marley was a prophet of reggae music.



I knew his mother. Cedella Booker was like my mother, she called me her child. I would come up at Nine Mile and see her, and she's the only one that let me in to where he was, and I would go in there and sit with Bob, I sat there on a rock where he wrote some of his music.

Bob Marley and Peter Tosh are heroes. And reggae music, music is our weapon for the future. We should not censor music, and that's what's going on now. We should not censor the press, and that's what's going on. And we should not change food charts that represent meat over vegetables and good food.

In 1993 you founded the WorldBeat Center in Balboa Park, “a nonprofit multi-cultural arts organization that is dedicated to promoting, preserving, and celebrating the African Diaspora & Indigenous cultures of the world.” I understand there were some challenges to manage before you opened your doors.

There's always challenges. You know, suffering brings wisdom...you don't get to the next level without being introduced to the polar opposites. And that's what the universe is, it's polar opposites. It's the Yin, it's the Yang, it's the good, it's the bad, suffering and enlightened. They're on the same level.

I'm happy that we went through some of the challenges that we went through, so I know to constantly be kind and have compassion. If I didn't have these things, it wouldn't have driven me to continue to keep loving our brothers and sisters, no matter who they are and what color they are. I learn every day, I'm humbled every day. And so these sacrifices continue to make me humble, you know...Sometimes I forget. (Laughs)

For those who don't know about the Center, could you say a little bit about what you offer?

The WorldBeat Center is incredible because it's a branch of The Prophet. The WorldBeat Center is its own entity in one way, but we always have the base of the Prophet International Vegetarian Restaurant. I'm the grown up Prophet now, a lot of people are gone and passed, and The WorldBeat Center is here to bring the same thing, love, but through music, art, and culture. And we have food, 'cause they bug me to, I wasn't going to.

The Prophet had concerts, because we got the old Adams Avenue Theater, so we had all the concerts there, Toots & the Maytals, Dennis Brown, really famous artists, of yesterday and today. I continued with the music and classes at the WorldBeat Center.

We teach children drumming, and meditation, and birding. We started working with Cornell Lab of Ornithology, I got to be a co-principal investigator for the first time. And it's so wonderful for us to teach BIPOC people, people of color, about birding. Our ancestors used science, the Native Americans used science. Harriet Tubman was a naturalist, she used the Barred Owl. The enslaved Africans would use the sound of the Barred Owl, they would communicate with bird calls.



The OneWorldBeat Cafe, open Friday through Sunday, is right inside the WorldBeat Center, with a 100% vegan menu. You have some amazing dishes — how was your menu developed?

A lot of those recipes came from my mom. My mother is from Texas, and they're really good cooks. My whole family comes from a traditional line of African American cooks.

I still cook, so I'm still head chef. I've been in this a long time. In the days of The Prophet, we used to go to Escondido to get organic produce. Some farmers in Valley Center grew all our food. I like to cook with good food.

All the seasonings and everything comes from my mom, it's how you season your food. If I'm doing gumbo, I'm doing it with filé. Filé is very expensive right now, sassafras leaves, but you need that filé in the gumbo. My herbs are organic. We're gonna start having herbs for sale here. All these forgotten foods should be known. That's why we're gonna put a herb store in here — because people can't afford pharmaceuticals — so they know how to take care of their bodies. Your body is a temple.

What are some favorite items on your menu?

We have vegan ice cream. I love to have Mexican food, so there are cheezy bean burritos and eggy ranchero burritos. Jamaican patties, are really popular, because they're "grab and go" and they're very inexpensive, \$5.50 for a patty. Gumbo is my mom's recipe, I used to have that at The Prophet. Collard greens, coconut curry and peanuts, which is more African flavor, Jamaican curry, which is a jerk curry, and rasta burgers, which are made out of shiitake mushrooms.



And then we have the ethnobotany salad, which is grown in the garden. We've got gotu kola we put in the salad, cat's claw/uño de gato we put in the salad, you know, all fresh herbs.

Now we have a lot of people of color. You gotta cook a certain way to bring people of color. You have to know how to bring a meat eater in. That sounds terrible, but...they eat it and they go, "Man..."

We're introducing some new things, chicken burgers, cauliflower wings. We're gonna be adding some more tacos and tamales. I grew up in Logan Heights, and grew up with Mexican food. We're gonna have fish soon, it's that coconut flesh, we'll be using that. We're getting ready to have soft serve, vegan soft serve.

We have a farm now, so we grow our food, and I'm building an educational center of herbs in our garden here. We have moringa trees. Moringa will save the world. I'm dealing with forgotten foods, like collard greens, purslane, spirulina, chorella. And we should know how to

eat weeds, like stinging nettle. So we're bringing back other ways to eat, like moringa, putting spirulina and chlorella in your smoothies. We want people to know how to eat inexpensively too, and grow their own food.

We're working with Habitat for Humanity, teaching people how to make raised beds, with wheels on them, so they can have it at their condo, on the patio, whatever, just teaching people how to eat to live. Because if more people eat a vegetarian diet, the world would be in a better place for climate. A lot of people in the Amazon have lost their lives, a lot of Mayans and indigenous people, because of chopping down trees, so McDonald's could have hamburgers and beef.

We want people of color also to join us, because they're often on dialysis, or they have high blood pressure. Eating that much meat is not really not in our diet, as melanated people. We ate more beans and grains, and millet was our staple. We want to see people get back to millet, it has more protein, calcium, potassium, magnesium. There are political, commercial reasons that we don't eat our traditional diets.

You were depicted in a [mural](#) in the East Village in 2020, among many other [honors](#) you've received. What was that recognition like for you?

Well, as a DJ, me and Demaja Le, we were at 91X for about 20 years. And we did the Bob Marley Day festivals, and so I'm known as a DJ. The public voted for two artists, and put me up in the East Village. They just painted over it. But no one ever sprayed over it, no tags.

It's nice to grow up in a community. I was at the Adams Avenue Theater, with my young starting reggae bands, and I got so much love. You know, the community, they were like, "Makeda, I was a kid, and I listened to you." I was at the sPARK Awards, and some guy came up, he goes, "I was 15, and I was listening to you," and he brought his mother and father over, he's a big guy on executive boards, and said "if wasn't for you, I wouldn't be eating a vegetarian diet."

You have been at the center of so many important projects for our community. What is your main focus right now?

Climate and nature based solutions. Also, I did a [Passport to Wellness](#) event. I'm back to healing the community. I brought in different healers, BIPOC, people of color. And they were able to address trauma in some of the people in the community. Some of the families that live in East County and Fallbrook, a lot of the kids were facing racism in schools. The kids and the mothers came down to our Passport to Wellness, and they were able to address the trauma.

I feel there's only one race, and that's the human race, actually. My project continues as the same project: to bring people together, as one, and then healing them, both stress and the body. Carrying on the vision of Dr. Gloria Benish, and Dr. Bronner, and Dr. Alvenia Fulton, and

Dr. Sabi, all these ancestors of health, to continue their work, and hope, bringing health and wellness.

So that's where I'm at right now, to feed people and have them grow their own food. I work for a seed company also, it's called Baker Creek.

When I was getting the WorldBeat Center started, it was a struggle. But I was on the radio. I couldn't get grants, but I was already a radio personality. I was a radio personality because of vegetarianism. Because they wouldn't recognize my restaurant, I had to take on matters my own self. And that's what the second day of Kwanzaa is, self-determination, Kujichagulia. We have to have that self determination to keep forward, and not really look for other people to do it for us. I've always been that way. I've never looked for aid from anyone.

We have to get back to where we were in the 60s almost, getting land, and living on land, and, and having that self determination. Steve Gaskin in Haight-Ashbury used to have a Monday Night Class, and they finally bought land at the sea. Him and Ina May delivered so many babies and took care of so many children on that land. So we have to get back to the land. That's one of my goals, to have people come and live off the land.

When we're younger, it's "tune in and drop out." But this is, tune in and come back as a Bodhisattva, come back to save the Earth. And be a part of that vision that our ancestors of health and wellness and activism have left for us to continue. The struggle continues.

My last words are, "Love wins." We keep loving each other, we keep being compassionate with each other, we will move forward together, because the kingdom of God is within. And that's why we got to meditate, and take care of our consciousness, and be together and unify. No matter what color, we're one people, and there's one world.

We are deeply grateful for Makeda Cheatom's many contributions to San Diego, especially for her pioneering achievements for the local vegetarian and vegan communities. The long-running success of The Prophet restaurant demonstrated that a vegetarian restaurant could thrive in San Diego, and the vegan menu at the OneWorldBeat Cafe continues to realize her vision of nonviolence and love, while making delicious, affordable food available to the community.

WorldBeat Center: Hours vary, see website for schedule

OneWorldBeat Cafe: Fri-Sun, 11 am - 6 pm

2100 Park Blvd, San Diego, CA 92101

(619) 230-1190

[Website](#) | [Instagram](#) | [YouTube](#)

Vegan Food in the Wild



*Yum Earth
and Unreal
Halloween Treats,
Sprouts*

*Harken Sweets,
Peanut & Caramel
Chocolatey Candy Bars*

100% vegan company

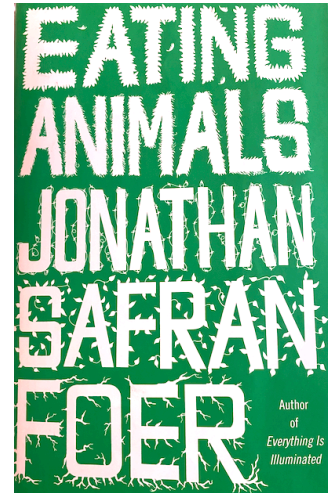


Book: *Eating Animals* (2009) by Jonathan Safran Foer

There is also a [documentary](#) based on the book

(see the [trailer](#) here)

Eating Animals (2009) is Jonathan Safran Foer's third book. Foer is known as a novelist, but for this book he considered the question of whether his child should eat meat, a genuine question when his son was born.



The book looks critically at industrialized animal agriculture, and unflinchingly considers the major three lenses of veganism: animal welfare, environmental impact, and human health, noting the problems in all three domains, as well as the disconnect between our values and actions. Foer believes there is often awareness of the problems with animal agriculture, and discusses the role of consumers “forgetting,” engaging in willing avoidance, colluding with those who own factory farms, who will not allow anyone to see how their “products” are produced.

Creative tactics are sometimes employed: Five pages of the words “Speechless / Influence” are repeated over and over, before readers are hit with, “On average, Americans eat the equivalent of 21,000 entire animals in a lifetime — one animal for every letter on the last five pages.”

Though a number of people have gone vegan after reading the book — it led [Natalie Portman](#), a longtime vegetarian, to become vegan — Foer is not staunchly vegan himself.

Eating Animals was a New York Times bestseller, and Foer appeared on the [Ellen show](#) in 2009 to discuss the book, as well as having an [extended discussion](#) about his work with the London-based Royal Society of Arts in 2011.

A 2018 documentary, also titled *Eating Animals*, was directed by Christopher Dillon Quinn and narrated by Foer and Natalie Portman.

Local Resources

VeganDiego, San Diego County's Vegan Directory www.vegandiego.com

A comprehensive listing of vegan restaurants, markets, food services, businesses, and organizations.

San Diego Vegans Facebook group www.facebook.com/groups/sdvegans

With 14,000 members, this is one of the best sources of information on the local vegan community.

San Diego Vegans Meetup group www.meetup.com/sandiegovegans

An inclusive group that meets regularly to connect local vegans.

PlantDiego www.plantdiego.com

A San Diego nonprofit vegan social support and education group, which offers monthly gatherings focused on whole food plant based eating and health.

San Diego Vegan Activists www.facebook.com/sandiegoveganactivists

A source for local protest and advocacy opportunities.

Vegan in San Diego veganinsandiego.com

Website featuring a listing of vegan restaurants, pop ups, and businesses.

Sustainable Market/Night Market events www.viridianproductions.com

Vegan and sustainable festivals and pop-up markets, including the San Diego Sustainable Night Market, North Park Sustainable Market, Vista Sustainable Night Market, and annual San Diego EarthFest and Oceanside Vegan Food Festival. See website for dates and locations.

San Diego Vegan Market, Grantville www.veganrestaurantsd.com

Groceries, snacks, drinks, personal care, cleaning supplies, freshly made deli sandwiches.

Thousand Petal Lotus vegan market, Vista www.thousandpetallotusvista.com

Groceries, snacks, drinks, vitamins, personal care, gifts.

Natural Foods Stores: • Chains: [Baron's Market](#), [Jimbo's](#), [Manolo Farmers Market](#), [Mother's Nutritional Center](#), [Sprouts Farmer's Market](#), [Trader Joe's](#), [Whole Foods Market](#) (owned by Amazon)

• Independent Markets: [Cardiff Seaside Market](#) (Cardiff), [Frazier Farms](#) (La Mesa, Oceanside, Vista), [Jensen's Foods](#) (Point Loma), [Keil's](#) (San Carlos), [Lazy Acres Market](#) (Encinitas, Mission Hills), [Ramona Family Naturals](#), [San Diego Farmers Outlet](#) (Grantville), [Stehly Farms Market](#) (Kensington, Valley Center), [Windmill Farms](#) (Del Cerro)

Local Activism Opportunities

[Action for Animals \(XFA\)](#) group, [Action for Animals](#) app, [BAAL \(Bold Activists for Animal Liberation\)](#) group, [Direct Action Everywhere \(DxE\)](#) group, [Kind Heart Coalition](#) group, [Strategic Action for Animals \(SXFA\)](#) group, [Vegan Justice](#) group + San Diego Vegan Activists ([Instagram](#) [Facebook](#)) pages

National/World Resources

VEGAN FOOD FINDERS

Happy Cow vegan/vegetarian restaurant finder www.happycow.net

Veggl vegan food options at restaurant chains veggl.com

VEGAN ALCOHOL

Barnivore: www.barnivore.com

VEGAN PRODUCT FINDERS/CHECKERS

Vegan Product Checkers: [Double Check Vegan](#) app, [Is It Vegan?](#) barcode app, [Vegan Verify](#) barcode app, [WhatsVegan](#) ingredient label scan app, [Conscious Bunny](#) free website, [Is It Vegan?](#) free website, [Logical Harmony Animal Ingredient List](#)

CRUELTY FREE PRODUCT CHECKERS

Cruelty Cutter app: cruelty-cutter.org

CRUELTY FREE PRODUCTS

Leaping Bunny cruelty free certification: www.leapingbunny.org

PETA cruelty free certification: crueltyfree.peta.org/product-type

Cruelty-Free Kitty: www.crueltyfreekitty.com

Ethical Elephant: ethicalelephant.com

VEGAN ORGANIZATIONS

The Vegan Society: Birmingham, England | www.vegansociety.com

The American Vegan Society, Malaga NJ: americanvegan.org

The Vegetarian Resource Group: www.vrg.org

Vegan Outreach: Sacramento, CA | veganoutreach.org

Viva! The Vegan Charity: Bristol, England | viva.org.uk

Vkind (products, companies and services): www.vkind.com

VEGAN and CRUELTY FREE ONLINE COMMUNITIES

Reddit/Vegan: www.reddit.com/r/vegan

Reddit/Cruelty Free: www.reddit.com/r/crueltyfree

VEGAN CERTIFICATIONS

Vegan Society, Vegan Action/Vegan Awareness Foundation, American Vegetarian Association, BeVeg, V-Label International, VegeCert vegecert.com

VEGAN HOUSING

VegVisits: vegvisits.com

CRUELTY FREE INVESTING

Cruelty Free Investing: crueltyfreeinvesting.org

ACTIVISM OPPORTUNITIES

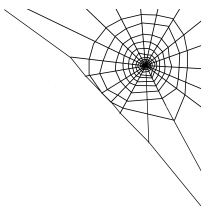
PCRM Actions: www.pcrm.org/take-action

PETA Action Center: www.peta.org/actioncenter

VegMediaWatch: vegmediawatch.org

Factory Farm Watch: FactoryFarmWatch.org

OCTOBER COMMUNITY CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coming in November: • Farm Animal Refuge's Fall Open House, Sat, Nov 7, 11 am - 2 pm • Vegan Spirituality San Diego, Brunch Gathering at SAHH Sanctuary, Saturday, Nov 14, 10 am - 1 pm • San Diego Super Adoption, Saturday, Nov 14, 12-4 pm • PlantDiego's ThanksLiving celebration - Gratitude Food Fest, Sun, Nov 22nd, 1-3 pm at the Balboa Park Club				1 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for \$85 Wed-Thu 5-9 pm	2 San Diego Sustainable Night Market, Miramar 5-9 pm DxE San Diego: Rose's Law Banner Drop, Hillcrest, 3-4 pm	
4 DxE San Diego: Pigeon First Aid Action, Downtown, 4 pm	5 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	6 Healthy Food, Healthy Planet with Tracy Childs of PlantDiego & Paige Parsons Roache of Plant Based Treaty at The Plot, Oceanside, 4-6 pm	7 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Healthy Kids, Happy Planet! Fun on the Farm after school activity for 6-12 year olds, Encinitas, 4-5:30 pm	8 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for \$85 Wed-Thu 5-9 pm	9	10 North Park Halloween Party , North Park, 12-4pm Vegan Spirituality Potluck Sunset Cliffs, 6-9 pm Farm Animal Refuge: Pumpkin Patch & Tour , Campo, 11am-2pm
11 SD Vegan Family Meetups: Halloween Potluck/ Trick or Treating, Tecolote Shores, 11 am PlantDiego: help at Pebble Ranch Rescue , Lakeside 4-6 pm	12 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri →	13 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	14 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian: Dorado tacos \$1.99	15 Kind Heart Coalition: Kind Hearted Campout, Palomar Mountain, Day 1 PlantDiego: Let's Beat Breast Cancer class , online, 4:30-6:30	16 Kind Heart Coalition: Kind Hearted Campout, Palomar Mountain, Day 2 Fright for Future haunted maze, Normal Heights, 5-9 pm	17 Kind Heart Coalition: Kind Hearted Campout, Palomar Mountain, Day 3 Fright for Future haunted maze, Normal Heights, 5-9 pm
18 Kind Heart Coalition , Day 4 PlantDiego: Purple Mint/Fright for Future North Park, 3:30 pm/5 pm Fright for Future Normal Heights, 5-9 pm	19 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri → Vegan Meditation 6-6:30 pm (online)	20 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	21 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Donna Jean: Entree, Dessert + Drink for \$35 Wed-Thu 5-9 pm Tacotarian: Dorado tacos \$1.99	22 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for \$85 Wed-Thu 5-9 pm	23 Fright for Future haunted maze, Normal Heights, 5-9 pm	24 BOO! By the Bay Halloween Carnival , Liberty Station, 11 am - 5 pm Fright for Future haunted maze, Normal Heights, 5-9 pm
25 Vegan Justice: Grand Avenue Festival, Escondido, 9-5 pm Fright for Future haunted maze, Normal Heights, 5-9 pm	26 Eris special: All-In Lunch (sandwich + a drink for \$12), 12-2 pm Mon-Fri	27 Tacotarian special: Taco Tuesday, tacos \$1 off Maya's Cookies \$2 chocolate chip cookies Tue-Wed 4-5 pm	28 Save the Dogs protest at Merck: 3050 Science Park Rd, 11:45-2 pm Pebble Ranch Rescue Sip & sWine fundraiser, Trevi Hills Winery, Lakeside, 6-9 pm	29 Donna Jean date night special: 1 pizza, 1 pasta, 1 salad, 1 bottle of wine for \$85 Wed-Thu 5-9 pm	30	31 HALLOWEEN 

Deals & Discounts

RESTAURANTS

[Ben & Esther's Vegan Delicatessen](#) (Rolando): Rewards program offers points with purchase

[Chani's Donuts](#) (Kearny Mesa): Free sample donut

[Donna Jean](#) (North Park): Weeknight Dinner Special: Entree, Dessert + Drink for \$35 Wed-Thu, 10% off, valid Wednesday and Thursday, coupon in [VeganDiego](#)

[Eris Vegan Food Co.](#) (Oceanside): The All-In Lunch (sandwich + a drink for \$12), Monday-Friday, 12-2 pm "Buy one, get ones" on Tuesday nights for loyalty program members

[Evolution Fast Food](#) (North Park): Free soft serve with purchase of a sandwich or burger, coupon in [VeganDiego](#)

[Gorilla Eats Sushi](#) (College Area, in SDSU at Aztec Food Hub): 10% off cash "call in for pickup" orders

[Ike's Love and Sandwiches](#) (Hillcrest, Midway, Poway, Sorrento Valley): Omni shop with many vegan options With app, free sandwich on birthday month, periodic specials and offers

[Maya's Cookies](#) (Grantville, San Marcos): \$2 chocolate chip cookies Tuesdays & Wednesdays 4-5 pm

[Nibble Chocolate](#) (Old Town's Fiesta de Reyes): 10% off coupon in [VeganDiego](#)

[Phattie's Bake Shop](#) (Point Loma): Rewards program, 1 point for every \$2 spent

[Plant-Power Fast Food](#) (Encinitas, Escondido, Ocean Beach, UCSD): Rewards program offers points with purchase to redeem for products + birthday surprise

[The Purple Mint Vegan Restaurant](#) (City Heights): Free birthday surprise at www.purplemintbirthdayclub.com VIP program offers secret menus, special offers/discounts, loyalty rewards

[Rayluca Chocolate](#) (Mira Mesa): For online orders, use code "LOVE15" for 15% off.

[Tacotarian](#) (North Park): Tuesdays: \$1 off tacos, Wednesdays: Dorado tacos \$1.99

[Veggie Grill](#) (Carlsbad): Rewards Program offers points with purchase, periodic offers, free birthday entree

MARKETS

[Sprouts Farmers Market](#): Frequent Buyer program - purchases earn cash rewards, digital coupons

[Thousand Petal Lotus](#) (Vista): Low priced Rebel Cheese, buy one, get \$1 off second cheese

FOOD PREP SERVICES

[Vibrant Fork](#) is offering a 15% discount on their entrees and desserts to readers of Vegan News San Diego. To claim the discount, enter code VN15 at checkout. Home delivery is available within their service area.

ENTERTAINMENT

Vegan T-Shirt of the Month

Attack of the Vegan Zombies

"Graaaains!"

Vegan Horror Movies

Believe it or not, there is a small vegan/vegetarian horror movie genre.

- [The Herd](#) short (2014) - depicts women enduring the suffering ordinarily experienced by dairy cows.
- *Raw*, original French title *Grave* (2016) - a vegetarian veterinarian student develops a taste for human flesh after being forced to eat meat.
- *Honeydew* (2020) - a stranded vegan couple eats meat offered by a farmer, leading to hallucinations and cravings.

Vegan/Vegetarian Character:

Frankenstein's Monster,
Frankenstein novel (1818)

At an 1816 gathering in Switzerland, Mary Shelley, her husband, poet/philosopher Percy Bysshe Shelley, and poet Lord Byron (all of them vegetarian) passed the time by telling ghost stories one rainy week. Mary Shelley's story later became the 1818 novel *Frankenstein; or, The Modern Prometheus*. Frankenstein's monster describes his diet to Dr. Victor Frankenstein: "My food is not that of man. I do not destroy the lamb and the kid to glut my appetite; acorns and berries afford me sufficient nourishment."

"The quantity of nutritious vegetable matter, consumed in fattening the carcase of an ox, would afford ten times the sustenance if gathered immediately from the bosom of the earth." - Percy Bysshe Shelley, "A Vindication of Natural Diet", 1813 philosophical essay

Vegans in the News

The new DC Studios series [Lanterns](#), streaming on Hulu, features a vegan co-lead character, **John Stewart**, played by Aaron Pierre. The fifth episode threw a curve though; in a flash-forward, Stewart says he's no longer vegan (but fans have [theories](#) about this). On September 22, **Alicia Keyes** closed out the [Vogue World](#) fashion event in Milan with a performance of Donna Summer's "[I Feel Love](#)." High profile vegan actor **Woody Harrelson** co-stars with Matthew McConaughey in the new Apple TV comedy *Brothers*, depicting a fictionalized version of the actors' families. The show is produced by Paramount Television Studios, and has received mixed reviews. NFL defensive tackle **DaQuan Jones**, formerly of the Buffalo Bills, signed with the [New England Patriots](#) on September 12.

Healthy Food, Healthy Planet



Oct. 6
4 pm
at The Plot

Join Paige and Tracy in Oceanside!

Join for light plant based bites and good conversation. Learn how to live healthy for you and the planet.





Cool Beans—Fun on the Farm!

Kids will get to learn about eating for the planet & growing food, and make a healthy & sustainable snack made with beans & farm fresh produce!
Ages 6-12 welcome.

Wednesday, October 7th 4-5:30pm
Coastal Roots Farm
441 Saxony Rd, Encinitas, CA 92024

Register for this free event now at <https://luma.com/0z3caavx>
Spots are limited!



SAN DIEGO CLIMATE!   **Healthy Kids Happy Planet!**



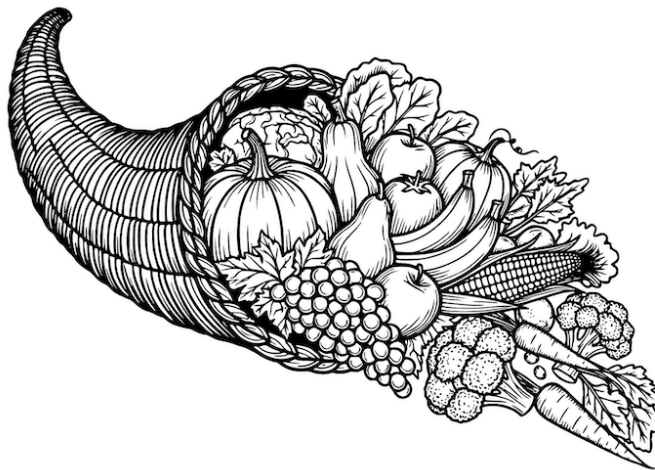
FRIGHT FOR FUTURE

HAUNTED MAZE OF TRUE TERRORS

OCTOBER
16 - 18 & 23 - 25
SAN DIEGO, CA



NEXT MONTH



November is the season of ~~Thanksgiving~~ ThanksLiving, and there will be plenty of community events to enjoy. Here's a preview:

- Farm Animal Refuge's Fall Open House, Saturday, Nov 7, 11 am - 2 pm
- Vegan Spirituality San Diego Brunch Gathering at the Saving Animals, Healing Hearts Sanctuary, Saturday, Nov 14, 10 am - 1 pm
- San Diego Super Adoption, Saturday, Nov 14, 12 - 4 pm
- Sale Ranch Animal Sanctuary's Graceliving gathering, Saturday, Nov 21, 3 - 7 pm
- PlantDiego's ThanksLiving celebration - Gratitude Food Fest, Sunday, Nov 22nd, 1 - 3 pm at the Balboa Park Club

— Next issue out November 1 —

Vegan News

San Diego