

Live Well Thrive Well March Resources

Erie County CHA/CHIP

[Community Health Assessment \(CHA\) & Community Health Improvement Plan \(CHIP\) | Erie County Dept of Health](#)

Recipes/tools

Forks over Knives is a website with recipes and tools to help people at every phase of their plant-based journeys: <https://www.forksoverknives.com/recipes/>

Buffalo Go Green provides fresh produce, food, and meals to communities in Buffalo. Learn about their mobile market, urban farms, teaching kitchen, and more: <https://buffalogogreen.org/>

The Academy of Nutrition and Dietetics has tons of plant-based diet resources: <https://www.eatright.org/health/wellness/vegetarian-and-plant-based>

Happy Cow shows you restaurants all around the world with plant-based options. Here is Buffalo's list: https://www.happycow.net/north_america/usa/new_york/buffalo/

Cookbooks

A cookbook focuses on "The Magic Eight" essential plant-based foods that Native people gave to the world: <https://redmesacuisine-seedtoplatesoiltoosky>

A cookbook of soul food favorites but plant-based, offers a unique look into the history and culture of soul food: <https://sweetpotatosoul.com/>

A cookbook of traditional Korean recipes with a plant-based interpretation: <https://thekoreanvegan.com/the-korean-vegan-cookbook/>

A cookbook of traditional Puerto Rican dishes, best for those just transitioning to a plant-based diet: <https://www.blackricanvegan.com/shop-cook-books>

A cookbook full of budget friendly, quick, and minimal effort meals: <https://www.simonandschuster.com/books/Plant-Based-on-a-Budget-Quick-Easy/Toni-Okamoto/9781637742495>

Podcasts/documentaries

Forks over Knives Documentary, free on their website: <https://www.forksoverknives.com/the-film/>

Sound Bites RD is a podcast led by a registered dietitian to help people digest food and nutrition information so they can make well informed decisions based on facts, not fear. <https://soundbitesrd.com/podcast/>

A short documentary about the book The China Study, this book examines the connection between nutrition and disease emphasizing plant-based foods. <https://youtu.be/DgJH50ifMxs?si=6RZXeuJJyhnR6Kk>



Eat Well Buffalo

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Resource List:

- American Cancer Society
- American Diabetes Association
- American Heart Association
- American Institute Cancer Research (AICR)
- Cancerdietitian.com
- ClevelandClinic.org
- Center for Science in Public Health- (CSPI.org) (Nutrition Action)
- CulinaryMedicine.org
- Eatright.org
- Environment Working Group (EWG.org)
- Forks Over Knives
- FullPlateLiving.org
- Harvard Health- The Nutrition Source
- MayoClinic.org
- NIH
- Nutritionfacts.org (Micheal Gregor, MD)
- nutrition.gov (USDA)
- Oldways
- Teachingkitchens.org

Recipes:

- EWB- Eat Well Buffalo
- Blue zone website and cookbooks
- Cookie and Kate
- Eating Well
- Love and Lemons