



HOW 7-ELEVEN BECAME MY UNEXPECTED SOURCE OF COMFORT AS A VEGAN TRAVELER IN THAILAND.

vegan • health • comfort



FINDING COMFORT IN THAILAND'S 7-ELEVENS

VICKY WONG



ON THE BUS RIDE TO AYUTTHAYA, I BECAME AWARE THAT 7-ELEVEN CONVENIENCE STORES ARE A CULTURAL PHENOMENON IN THAILAND, WITH THEIR ABUNDANT PRESENCE ALONG THE ROADSIDE. NEAR BOTH MY RESIDENCE AT THE RENO HOTEL BANGKOK AND MY CLASSROOM AT NAPLAB, THERE WERE AT LEAST TWO 7-ELEVENS WITHIN A SHORT WALKING DISTANCE (ABOUT 0.10 MILES OR 161 METERS). THESE STORES BECAME MY PRIMARY SOURCE FOR BOTTLED HERBAL DRINKS, SIMPLE VEGAN SNACKS, AND SMALL VEGAN MEALS—PROVIDING BOTH COMFORT AND A SENSE OF FOOD SAFETY.

THE UNFAMILIAR ELEMENT I IDENTIFIED WAS MY FREQUENT RELIANCE ON THESE CONVENIENCE STORES FOR FOOD, SPECIFICALLY SEEKING ENGLISH-LANGUAGE LABELS AND THE ABILITY TO PAY WITH A CREDIT CARD TO MEET MY VEGAN DIETARY NEEDS. I SELECTED THIS ELEMENT BECAUSE IT CONTRASTS WITH MY PERSONAL VALUES OF SUPPORTING LOCAL THAI BUSINESSES AND ENGAGING WITH TRADITIONAL STREET FOOD CULTURE. HOWEVER, MY DIETARY RESTRICTIONS—SUCH AS AVOIDING PORK SKEWERS (MOO PING หมูปิ้ง), GREEN PAPAYA SALAD (SOM TAM สาลี), AND CHICKEN IN YELLOW EGG CURRY (GAI PAD PONGALI ഗൈ പാദ പോങ്കൾ) —LEFT ME WITH LIMITED OPTIONS.

ADDITIONALLY, MY CONCERNs ABOUT FOOD SAFETY, SENSITIVITY TO LOCAL PROBIOTICS, TEMPERATURE CONTROL, AND FOOD PREPARATION METHODS (INCLUDING BOTH COOKED AND RAW ITEMS LIKE FRUITS AND DESSERTS) PUSHED ME TOWARD THE STERILE, PROCESSED, AND PACKAGED FOODS FOUND AT 7-ELEVEN. WHILE THIS WAS NOT MY FIRST TIME IN THAILAND, MY HEALTH CONCERNs AS A TRAVELER SHAPED THIS BEHAVIOR, MAKING ME REALIZE HOW MY DIETARY PREFERENCES AND NEEDS INFLUENCE MY ENGAGEMENT WITH LOCAL FOOD CULTURE—REVEALING A PERSONAL BIAS TOWARD PERCEIVED FOOD SAFETY AND FAMILIARITY.



7-ELEVEN NEAR RESIDENCE
RENO HOTEL BANGKOK

927 RAMA I RD,
WANG MAI, PATHUM WAN,
BANGKOK 10330



7-ELEVEN NEAR CLASSROOM
NAPLAB

759 SOI CHULA 6 BANTHADTONG RD.
WANG MAI, PATHUM WAN,
BANGKOK 10330

GOOGLE MAPS

[HTTPS://MAPS.APP.GOO.GL/DMBCJZG5PYBFKDER9](https://maps.app.goo.gl/dmBCJZG5PYBFKDER9)



Recommended Vegan Options

- ALLY'S PLANT PROTEIN CARAMEL MACCHIATO
- ALLY'S PLANT PROTEIN MATCHA
- DOI KHAM'S SAM GLER DRINK
- DOI KHAM'S WINTER MELON DRINK
- ETE'S DURIAN ICE CREAM
- ETE'S YOUNG COCONUT ICE CREAM
- EZYGO'S STIR-FRIED BASIL VEGETARIAN PROTEIN WITH RICE
- EZYGO'S VEGETARIAN STIR-FRIED GREEN BEAN AND CHILI WITH RICE
- FLOATING MARKET BRAND'S STERILIZED COCONUT NECTAR DRINK
- MALEE COCO'S 100% COCONUT WATER
- TOFUSAN'S BLACK AND WHITE SESAME SOYMILK
- TOFUSAN'S HIGH PROTEIN ORGANIC SOY MILK
- TOFUSAN'S HIGH PROTEIN ORGANIC SOY MILK WITH DARK CHOCOLATE FLAVOR
- VG FOR LOVE'S JUMBO BIG PAO
- VITAMILK'S SOYMILK
- VITAMILK'S THAI TEA SOYMILK

Link-Based Citations

- [HTTPS://WWW.7ELEVEN.CO.TH/](https://www.7eleven.co.th/)
- [HTTPS://HEALTHCAREINTHAILAND.COM/WP-CONTENT/UPLOADS/2023/03/VEGITARIAN-SYMBOL-1.JPG](https://HEALTHCAREINTHAILAND.COM/WP-CONTENT/UPLOADS/2023/03/VEGITARIAN-SYMBOL-1.JPG)