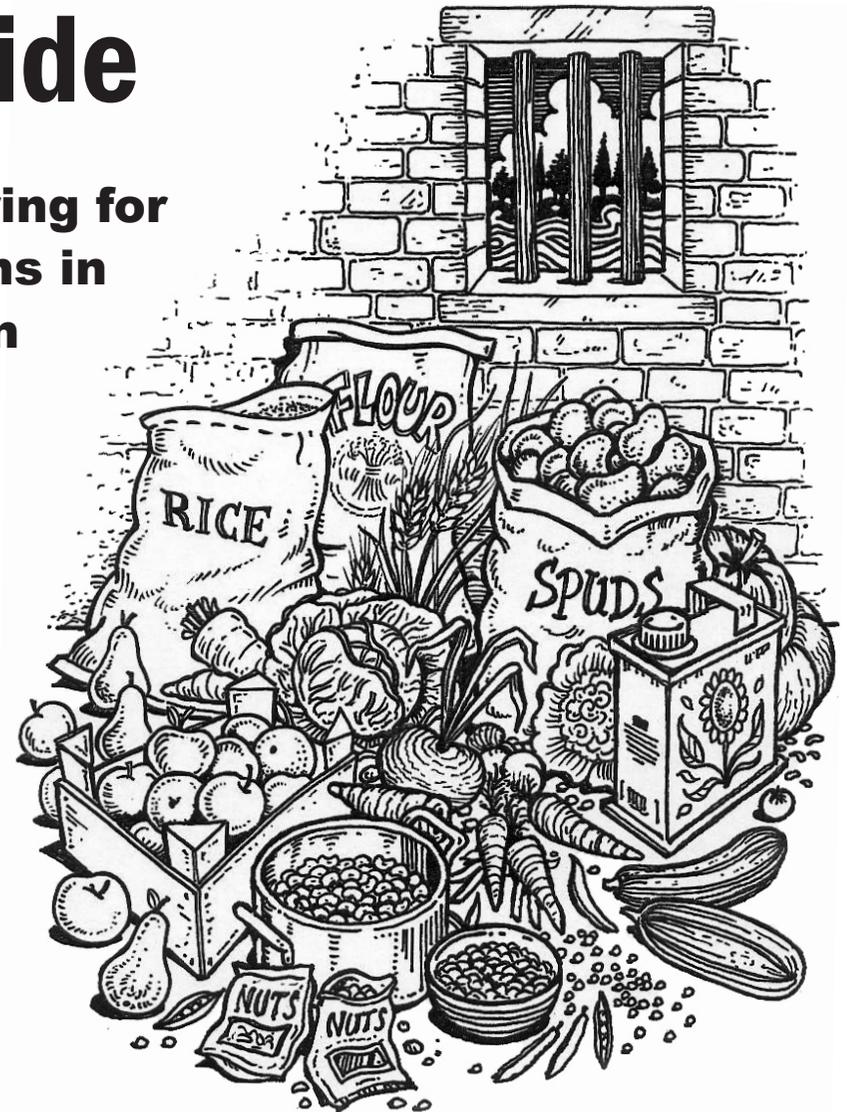


# Catering Information Guide

*This booklet has been produced by*  
**VPSG and The Vegan Society**

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**Catering for  
vegans in  
prison**



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## INTRODUCTION

Welcome to our handy guide to help you cater for vegan prisoners.

The information in this booklet should ensure that you have all the basic facts at your fingertips to offer an economical and nutritional vegan diet, as well as a varied and tasty menu choice.

## Definition of a Vegan

VEGANISM may be defined as a way of living that seeks to exclude, as far as possible and practicable, all forms of exploitation and cruelty to animals for food, clothing and any other purpose.

In dietary terms it refers to the practice of dispensing with all animal products, including meat, fish, poultry, eggs, animal milks, honey, and their derivatives. In terms of clothing, the wearing of such items as leather, suede, silk and wool, etc is not acceptable to vegans.

Abhorrence of the cruel practices inherent in an agricultural system based on the abuse of animals is probably the single most common reason for the adoption of veganism, but many people are also drawn to it for health, ecological, resource, spiritual and other reasons.

The above information was provided by The Vegan Society, which was formed in 1944.

The Vegan Society, Donald Watson House, 21 Hylton Street, Hockley, Birmingham, B18 6HJ  
[www.vegansociety.com](http://www.vegansociety.com)

## Practices in Catering

All work surfaces and chopping boards, utensils and all other kitchen equipment and facilities should be either kept separate from those used for non-vegan food preparation, or cleaned thoroughly before vegan food preparation.

*“The Private Estate are free to use whatever suppliers they so wish, including those contracted by NOMS. The Private Estate are contracted to provide a service. Anything outside of the contract will mean that they have to negotiate with NOMS for inclusion (if cost is incurred). Cost should not be the singular factor, only one of many considerations in providing acceptable and adequate meals.”*

NOMS - Catering Department

## NOMS GUIDELINES ON THE CARE OF VEGANS

### Basic Beliefs

**1.1** Veganism is not a religion but a philosophy whereby the use of animals for food, clothing or any other purpose is regarded as wholly unacceptable.

**1.2** The majority of vegans reject entirely anything which has its origins in the exploitation, suffering or death of any creature. An individual may lead a vegan lifestyle for one particular reason or for a combination of reasons, and this may result in some vegans being stricter than others in what they deem as acceptable or unacceptable. Vegan beliefs are followed by individuals within various faiths to varying degrees, and by individuals of no faith.

**1.3** Most vegans will not involve themselves, directly or indirectly, in anything whereby their lifestyle and beliefs are compromised or violated, either for themselves or for others. Throughout their lives, vegans will seek to sever all links with, and dependencies upon, the use or abuse of animals.

### Diet

**2.1** A vegan diet is based on fruits, vegetables, nuts, seeds, beans, pulses and grains. The diet omits all animal products including meat, poultry, fish, sea creatures, invertebrates, eggs, animal milks, honey and royal jelly. Vegans should not be required to handle such foodstuffs. Food/drink containing or made with any of the above or their derivatives should not be served. The Vegan Society can provide helpful information on a range of issues including how nutrients are obtained from a vegan diet.

**2.2** Human nutrient requirements, with the exception of B12, can be met by a diet composed entirely of plant foods, but to do so it must be carefully planned using a wide selection of foods. Fortified yeast extract is a good source of some of the B-vitamins, including vitamin B12, as is fortified soya milk.

### Purchase of Supplements and Herbal Remedies

**3.1** Herbal remedies and dietary supplements of vegetable or synthetic origin such as iodine (e.g. kelp tablets) may be requested through the prison shop or via mail order.

### Dress

**4.1** Clothing and footwear must be from non-animal (e.g. plant or synthetic) sources. The wearing of all animal fibres, skins and materials including wool, silk, leather and suede will not be accepted by vegan prisoners.

### Toiletries

**5.1** Toiletries containing any animal derived ingredients and where either the product or its ingredients have been tested on animals are totally unacceptable and are not permitted. Therefore, whenever toiletries suitable for vegans are required, establishments should make arrangements for such items to be stocked by prison retail, or ordered in as necessary.

**5.2** Vegans should not be expected to use inappropriate toiletries.

**5.3** Vegans should not be asked to handle or use substances that have involved animal testing of the product or its ingredients.

### Work

**6.1** Most vegan prisoners will not wish to be involved in any way in the care of animals on prison farms. Vegans usually choose not to engage in any sport, hobby, or trade that directly or indirectly causes stress, distress, suffering, or death to any creature.

**6.2** Vegans should not be expected to work in a butchery or handle anything of animal origin or content.

## 5-A-DAY

To maintain a healthy vegan diet at least five portions of fruit and vegetables are required each day. Potatoes are a starchy food and do not count. Fruit and vegetables provide some of the vitamins and minerals needed for good health and they are also high fibre foods. In order to ensure maximum absorption of vitamins, we recommend that some vegetables be provided raw, since heating destroys some vitamins.

### Fruit

Fresh fruit, dried fruit and fruit tinned in natural juices all contribute to the 5 a day total. A portion of fresh or tinned fruit would be 80g (3 oz). As dried fruit provides a more concentrated source of nutrients, 30g (1 oz) is sufficient for a portion.

## RAINBOW FOODS

Providing a wide variety of brightly coloured fruit and vegetables will ensure excellent sources of folate, vitamin C, carotenoids, and many other protective substances that contribute to good health.

While the less colourful fruits and vegetables, such as bananas and potatoes do not have the same benefits, they are still useful sources of potassium and other nutrients. However they are no substitute for brightly coloured fruits and vegetables, such as oranges or spring greens.

It is important that brightly coloured fruits and vegetables be a major part of the diet. Providing several different colours maximises health benefits. More information below:

### Green

Green leafy vegetables and broccoli have special characteristics, in particular high levels of vitamin K which may improve bone health. Other green vegetables include brussels sprouts, cabbage and kale.

### Orange

Carrots are an excellent source of beta-carotene. This is better absorbed if the carrots are cooked or juiced. Other orange fruits and vegetables include butternut squash, sweet potatoes, apricots and mangos.

### Orange / Yellow

These cousins to the orange family are rich in beta-cryptoxanthin, an antioxidant understood to protect cells from damage. Good sources include: carrots, mangos, oranges, peaches and tangerines.

### Red

Tomatoes are a good source of lycopene. This antioxidant is better absorbed from processed tomato products and cooked rather than raw tomatoes.

### Red / Purple

Foods include: aubergine, blackberries, blueberries, deep purple grapes, purple plums, red apples, red cabbage, red onions and strawberries.

### Yellow / Green

Foods include: celery, courgettes, green beans, green and yellow peppers, kale, kiwifruit, leeks, oranges, peas, romaine lettuce, spinach, spring greens and sweet corn.

### White / Green

Foods include: garlic, onions, celery, leeks and mushrooms.

## GUIDANCE FOR THE PROVISION OF VEGAN MEALS by NOMS / CATERING DEPARTMENT

### Identifying the Need

(a) Prisoners who have chosen a vegan way of life must be issued with a suitable vegan diet. Provided that the Governor is satisfied that the grounds are genuine, and subject to the policy and guidance contained in PSI 44/2010, together with the Directory and Guide on Religious Practices in NOMS, the normal diet may be varied accordingly.

(b) This requirement does not prevent other prisoners choosing the vegan choice from multi-choice pre-select menus.

### Understanding the Need

Veganism is not a religion, but a philosophy whereby the use of an animal for food, clothing or any other purpose is regarded as wholly unacceptable. It should not be misunderstood as relating to dietary needs only since it also covers clothing, hygiene, practices in the community and aspects of social functioning.

The majority of vegans are non-speciesist and reject entirely anything that has its origins in the exploitation, suffering or death of any creature. An individual may lead a vegan lifestyle for one particular reason or for a combination of reasons, and this may result in some vegans being stricter than others in what they deem as acceptable or unacceptable.

### Satisfying the Need

Vegan prisoners will require assurances from time to time that the meals provided do not contain unsuitable derivatives. A vegan diet omits all animal products

including animal flesh, fish, sea creatures, invertebrates, eggs, animal milks and their derivatives. Vegans do not consume honey nor royal jelly. Food/drink containing or made with any of the above or their derivatives should neither be offered nor served.

Some processed products and commodities are 'brought in'. Catering Managers should satisfy themselves that these products do not contain animal derivatives. Derivatives that contain any part of meat, poultry, fish, sea creatures, invertebrates, eggs, animal milks, honey or royal jelly are unacceptable.

With the exception of vitamin B<sub>12</sub> and iodine, vegan dietary requirements can be met from a diet composed entirely of plant foods, but it should be carefully planned using a wide selection of foods. Grains, vegetables, nuts, seeds, fresh and dried fruits, beans and pulses. TVP (textured vegetable protein) is also a good source of protein\*.

Vitamin B<sub>12</sub> does not occur naturally in the vegan diet so it is essential that a viable supplement be available. Fortified yeast extract is a good source of some of the B-vitamins, including B<sub>12</sub>, as is fortified soya milk.

### Delivering the Need

Vegan prisoners should be provided with an ordinary diet that is vegan, and with a suitable beverage, vegetables, fruit, nuts, seeds, soya margarine in lieu of dairy issue margarine and soya milk/soya yogurt in lieu of dairy products.

*\*It is recommended that the use of TVP be restricted to no more than three times a week. Other sources of protein are nuts, seeds, beans, pulses, peas, tofu and peanuts.*

## Example Menu Choices

**Breakfast:** muesli / cereal with fortified soya milk, bread rolls or toast, margarine, vegan fruit jam, fruit juice or fresh fruit.

Day	Lunch	Tea
Monday	Peanut Butter & Salad Sandwiches	Chilli Bean Cottage Pie
Tuesday	Veggie Burger & Salad in a Bun	Lentil Curry and Rice
Wednesday	Refried Beans & Salad in a Wrap	Walnut and Mushroom Pasties
Thursday	Jacket Potato & Baked Beans	Stuffed Pepper
Friday	Mixed Bean Salad	Chow Mein
Saturday	Carrot & Lentil Spread Sandwiches	Lentil and Tomato Pasties
Sunday	Nut Roast & Vegetables	Hummus and Salad

In addition, a choice of vegan desserts should be offered when it is part of the main meal for the rest of the prisoners; examples being fruit crumble, rice pudding, apricot or date slice, flapjacks and fruit pies. If the gap between the evening meal and breakfast exceeds fourteen hours and prisoners are locked up in the evening, establishments should provide an additional snack and hot drink for consumption later in the evening.

Establishments should ensure that throughout the catering cycle, beginning with meal preparation through to commodity delivery and meal service, extreme care is taken to the product to avoid cross-contamination with anything containing any form of animal product.

### Storage and Meal Service

Vegan choices should be clearly indicated as such on pre-select menus.

Vegan products should be stored in separate containers where facilities allow. If this is not possible, then products may be stored within the same facility in an isolated designated area on a higher, separated shelf clearly labelled for vegan products. Designated containers should be used. It is good practice that products are issued by persons who are not handling animal products. Separation of vegan food during preparation and service is a key requirement, thereby avoiding cross contamination with non-vegan products.

Vegan products should always be clearly labelled to avoid error.

Note: It is good practice for meals for vegans to be served in single-portion trays (i.e. tin foil or polystyrene and marked as such). A suitable diet stove should be used for the preparation of vegan dishes.

#### Hot cupboards and hot trolleys:

Vegan dishes should be placed in a separate compartment wherever possible, and in any event should be covered and marked 'vegan'. Vegan options should be stacked higher than non-vegan dishes to avoid cross contamination. Separate utensils must be used for preparation and serving. Establishments can purchase frozen oven-ready vegan meals available nationally from the contracted frozen food supplier. Additional funds are not available for this purpose.

## NUTRITIONAL REQUIREMENTS FOR A VEGAN DIET

Food Group	Daily amount <sup>1</sup>	What It provides	Suggestions
Vegetables	2+, 100g (4 oz)	vitamins, minerals, protein, fibre	broccoli, kale, spring greens, cabbage, spinach, carrots, peppers, tomatoes, pumpkin, butternut squash
Fruit	3+, large pieces <sup>2</sup>	vitamins, minerals, fibre, vitamin C to help absorb iron	include some citrus fruit
Nuts/Seeds	1-2, 30g (1 oz)	protein, oils, minerals, fibre, vitamins	almonds, walnuts, cashews, hazelnuts, sunflower seeds, pumpkin seeds, sesame seeds
Oils	as required for cooking and salad dressings	energy, oils	non-hydrogenated rapeseed oil
Wholegrains and root vegetables	2+, 115g (4 oz)	energy, protein, vitamins, fibre	pasta, oats, bread, rice, maize/ sweetcorn, barley, millet, buckwheat, bulgur wheat, potatoes, sweet potatoes, yams, parsnips
Pulses	1+, 115g (4 oz)	energy, protein, minerals, fibre	peas, lentils, chick peas, kidney beans, butter beans, soya products

As a general guide food from the above groups should be provided every day to provide a solid foundation for a vegan diet. Increased servings may be needed according to energy requirements. Any margarine used should be non-hydrogenated. Rapeseed oil is preferable to sunflower, safflower, soya or sesame oil since it provides a better balance of types of fat, including omega-3 fats.

Key Nutrient	Daily amount	Suggestions
Calcium	700-1200mg	An adequate intake of calcium should be assured by 3½ litres per week of fortified soya milk (containing at least 120mg/100ml) or an equivalent amount of other calcium rich foods: tofu prepared with calcium sulphate (check label for calcium content), green leafy vegetables, such as kale and spring greens, or a vegan calcium supplement. Remember that calcium from spinach is poorly absorbed.
Vitamin B <sub>12</sub>	3micrograms+	Provide fortified foods two or three times a day to supply at least 3 micrograms. Alternatively a daily B <sub>12</sub> tablet containing at least 10micrograms B <sub>12</sub> should be made available.
Iodine	150-500 micrograms	Iodine is important for good metabolism and thyroid function. Ideal intakes for adults lie between 150 and 500 micrograms a day. This can be achieved by making iodine supplements available for purchase.

<sup>1</sup> Daily amounts are given as number of servings, followed by serving size. For cooked foods serving sizes are given as cooked weights.

<sup>2</sup> Each piece of fruit should be around 100g (3½ oz), e.g. one orange, banana or apple. For smaller fruits a serving should be sufficient to make up 100g (3½ oz), e.g. 2 nectarines, or about thirty grapes.

## VEGAN ESSENTIALS

It is recommended that the following be provided each week:

- 3½ litres fortified soya milk (in order to provide sufficient calcium and B<sub>12</sub>)
- 200g (7 oz) mixed nuts and seeds (consisting of 1 brazil nut or 100g sunflower seeds/day to provide selenium, and 6 walnut halves/day to provide omega-3)
- 250g (9 oz) mixed dried fruit (raisins, dates, prunes etc)
- 250g (9 oz) oats (for use as a muesli base)
- 14-21 pieces of fruit (including 3 bananas/week and at least one citrus fruit/day)

## BASIC GUIDELINES FOR A VEGAN DIET

### Rainbow Fruit/Vegetables

The 5-a-day should include plenty of strongly coloured fruit and vegetables such as green leafy vegetables, red/green peppers, broccoli, beetroot, butternut squash, carrots, sweet potatoes, apples, oranges and kiwifruit.

### Selenium

It is essential to include one brazil nut or 100g (3½ oz) sunflower seeds a day to ensure a good selenium intake.

### Essential Fatty Acids

It is essential to include a good source of omega-3 (e.g. 6 walnut halves daily).

### Magnesium and Calcium

Good sources of magnesium are bananas, prunes, almonds and cashew nuts.

Good sources of calcium are fortified soya milk, spring greens, kale, broccoli, almonds, sesame seeds and tahini. Providing 2x250ml of fortified soya milk daily will help to meet the daily calcium requirements of 700mg/day.

### Whole Grain vs Refined

Limit the use of refined grains. Over-processed food should be used sparingly, since it will have lost much of its nutritional content. Whole grains should be considered where possible, owing to the health benefits.

### Hydrogenated Fat

It is recommended that products stating 'no hydrogenated fat' should be used where possible.

### Seeds

Seeds are a concentrated source of nutrients including calcium, iron, zinc, vitamin E, copper, phosphorus and magnesium. It is recommended that seeds such as sunflower, sesame and pumpkin, be included in the diet on a regular basis.

### B12/Iodine

Providing the recommended amounts of fortified soya milk will contribute towards vitamin B<sub>12</sub> intake.

Iodine is required for proper functioning of the thyroid gland. As it is impracticable for this to be provided in the prison diet, an iodine supplement should be available.

### Vitamin D

If sun exposure is limited a Vitamin D<sub>2</sub> supplement should be available. Some of the daily requirements may be obtained from fortified soya milk and fortified margarines (non-hydrogenated if possible).

*Note: D<sub>3</sub> is not vegan.*

### Textured Vegetable Protein

It is important to limit the use of TVP (soya mince) to two or three times per week. Other sources of protein are nuts, seeds, beans, lentils, peas, tofu and peanuts.

### Salt Reduction

Limit the use of salt or use a low-sodium substitute. To counterbalance the high salt content of processed food, include foods containing potassium, such as green leafy and root vegetables, fresh fruit, cereals and nuts.

## NUTS AND SEEDS

Nuts and seeds offer an abundance of nutritional benefits and are an important part of a healthy vegan diet. They are a good source of vitamins, minerals, protein, essential fatty acids and fibre. The daily requirement is one to two servings. A recommended serving would be 30g (1oz).

**Almonds** are high in riboflavin, copper, magnesium, potassium, and vitamin E. They also contain zinc and are a rich source of calcium.

**Brazils** are a good source of B vitamins, selenium and calcium. Note: one large brazil nut per day should fulfil the daily requirement of selenium.

**Cashews** are a good source of copper, magnesium, phosphorus, and tryptophan (one of the essential amino acids that the body uses to synthesize the proteins it needs).

**Flaxseed (linseed)** is highly nutritious and is best

known for high levels of omega-3, but is also a good source of magnesium, phosphorus, copper and iron. It is recommended that linseeds be ground to ensure that optimum nutrition is obtained.

**Hazelnuts** are a good source of omega-3, vitamin E, B group vitamins, vitamin A, magnesium, iron and zinc.

**Pumpkin seeds** are an excellent source of beta-carotene (a precursor to vitamin A), selenium, magnesium, iron and zinc.

**Sesame seeds** are a good source of vitamin B, zinc, magnesium and calcium. Tahini or sesame butter is a useful form.

**Sunflower seeds** are the richest seed source of vitamin E and an excellent source of vitamin B, copper and magnesium.

**Walnuts** supply copper and manganese and are full of linolenic acid, which can be converted to omega-3 fatty acids in the body. *(Six walnut halves a day should provide the daily requirement).*

## BEANS, LENTILS AND GRAINS (PROTEIN MAINSTAYS)

All varieties of beans and lentils are rich sources of protein, fibre, carbohydrates and the essential amino acid lysine. Most grains are deficient in lysine, which is why the combination of 'rice and beans' makes a complete protein. Many beans also contain folic acid. Grains provide important sources of dietary fibre, plant protein and phytochemicals. They also fortify the vegan diet with important vitamins and minerals.

**Whole Grain vs Refined:** A good number of nutrients and much of the fibre is lost from grains when they are refined. Therefore we recommend that a percentage of grains are served unrefined.

### Beans and Lentils

**Aduki beans** contain iron, potassium, manganese, magnesium, zinc, copper and thiamin (vitamin B1).

**Black-eyed beans** are a good source of magnesium, iron and folate (vitamin B9).

**Broad beans** are a good source of beta-carotene (vitamin A), vitamin C, potassium, magnesium, copper, phosphorus, zinc, thiamine (vitamin B1), riboflavin (vitamin B2) and iron.

**Brown lentils** are a good source of folate (vitamin B9), thiamin (vitamin B1), iron, copper, phosphorus, zinc, and manganese.

**Butter/lima beans** are an excellent source of iron, potassium, and folate (vitamin B9).

**Cannellini beans** are an excellent source of the trace mineral molybdenum, the essential amino acid tryptophan, folate,

manganese and iron.

**Chick peas** are a good source of iron, selenium, zinc, folate (vitamin B9), manganese and some calcium and vitamin C.

**Green lentils** are a good source of folate (vitamin B9), thiamin (vitamin B1), iron, copper, phosphorus, zinc, and manganese.

**Green split peas** are a good source of thiamin (vitamin B1), folate (vitamin

B9), phosphorus, copper, zinc and manganese, but they are lower in protein than other legumes.

**Haricot beans** are a very good source of phosphorus, magnesium, iron and copper and a good source of thiamin (vitamin B1).

**Mung beans** are high in dietary fibre, vitamin C, vitamin K, riboflavin (vitamin B2), folate (vitamin B9), copper, manganese, thiamin (vitamin B1), niacin (vitamin B3), vitamin B6, pantothenic acid, iron, magnesium, potassium and phosphorus.

**Peanuts** are a legume, not a nut. They are a good protein source and also contain

vitamin E, B group vitamins, folate (vitamin B9), copper, phosphorus and magnesium. Peanut butter is a nutritious and versatile form.

**Red kidney beans** *must be boiled vigorously for at least ten minutes to remove dangerous toxins* before reducing the heat for the rest of the cooking period. Good source of folate (vitamin B9), manganese, thiamin (vitamin B1), phosphorus, iron, copper, magnesium, potassium, vitamin K, vitamin B6, pantothenic acid, riboflavin (vitamin B2) and niacin (vitamin B3).

**Red lentils** are a good source of folate (vitamin B9), thiamin (vitamin B1), iron, copper, phosphorus, zinc, and manganese.

**Tofu** is made from soya beans and brands manufactured using calcium chloride are a good source of calcium. It also contains iron, zinc, phosphorus, potassium, sodium and vitamins B and E.

**Textured vegetable protein (TVP)** is a good source of iron and magnesium.

**Yellow split peas** are a good source of folate (vitamin B9), thiamin (vitamin B1), iron, copper, phosphorus, zinc, and manganese.

### Grains

**Barley** contains dietary fibre, manganese, selenium, phosphorus, copper, and the amino acid tryptophan.

**Brown rice** contains vitamins B1 and B6, protein, zinc, iron, fibre, phosphorus, magnesium and manganese.

**Oats** contain carbohydrates, dietary fibre, thiamin (vitamin B1), potassium and vitamin B6. Whole oats contain magnesium, potassium, calcium, iron, zinc, phosphorus, sodium, riboflavin (vitamin B2) and

niacin (vitamin B3).

**Quinoa** is a good source of protein, calcium, dietary fibre, folate (vitamin B9), phosphorus, and is high in magnesium, manganese, copper, B vitamins, antioxidants and iron.

## COOKING AND SOAKING TIMES FOR PULSES

Dried beans	Soaking time	Cooking time
Aduki beans	60 minutes (hot soaking)	45 - 60 minutes
Black-eyed beans	overnight	60 - 90 minutes
Broad beans, fresh	none	5 - 8 minutes
Brown lentils	none	30 - 45 minutes
Butter / lima beans	overnight	60 - 90 minutes
Chick peas	overnight	60 - 90 minutes
Green lentils	none	30 - 45 minutes
Green split peas	none	45 - 60 minutes
Mung beans	overnight	45 - 60 minutes
Red kidney beans	overnight	60 - 90 minutes
Red lentils	none	15 - 20 minutes
Yellow split peas	none	45 - 60 minutes

## FREQUENTLY ASKED QUESTIONS

### ***Do I need to provide 2x250ml cartons of fortified soya milk daily?***

Yes. In order to provide sufficient calcium in the vegan diet (i.e. 700mg/day) 2 x 250ml/day of fortified soya milk is required. This should also provide daily B12 requirements.

### ***How can I provide B12 to vegans? Does a certain amount need to be provided each day?***

Issuing 3½ litres/week of fortified soya milk should provide sufficient B12.

### ***Is Quorn suitable for vegans?***

No. All varieties of Quorn currently contain eggs.

### ***Can you suggest any 'easy to prepare' puddings for vegans?***

Flapjacks, date or apricot slices, scones, rock cakes, chocolate cake, fruit cake, shortbread, bread pudding, apple crumble and cookies can all easily be made suitable for vegans by replacing the dairy in recipes with soya milk and/or vegan margarine.

### ***How do I provide Essential Fatty Acids in the vegan diet?***

Essential Fatty Acids can be provided by using nuts such as walnuts and almonds. The recommended allowance is 30-55g (1-2 oz) daily.

### ***If I provide peanuts as the nut allowance, is it sufficient?***

No, they are a legume, not a nut. The nut allowance should include some true nuts, such as walnuts and almonds.

However, peanuts still have an important part to play in the vegan diet and are not only a good source of protein and fibre, but contain essential minerals such as copper, phosphorus and magnesium. 30g (1 oz) of peanuts provides 16% of the daily need of Vitamin E.

### ***Why do vegans need brazil nuts?***

Brazil nuts are a good source of selenium in the vegan diet. One brazil nut a day should satisfy daily requirements. Alternatively provide 100g (3½ oz) sunflower seeds.

### ***Is synthetic cheese suitable for vegans?***

We cannot confirm that any of the synthetic cheeses currently on the market are suitable for vegans because, although it is stated they are dairy free, they can contain fish oils. Cheezly, Sheeze and Tofutti are all vegan.

### ***Do vegans or vegetarians ever eat fish?***

No. Neither vegans nor vegetarians eat fish. A fish is strictly defined as a 'cold-blooded, water-dwelling animal' and as vegans and vegetarians do not eat animals, fish does not form any part of their diet.

### ***We have been informed that yeast extract could be used to make alcoholic drinks, so no longer supply it. Can you confirm that this is the case?***

Fortified yeast extract is still one of the easiest sources of B12 and upon contacting NOMS we received the following reply...

*"We have written to Catering Managers informing them that they should continue to issue yeast extract as a supplement and to continue its use in the preparation of meals."*

NOMS attached the following information from the manufacturers of Marmite:

*"There is a commonly held belief that yeast extract can be used to produce an alcoholic drink. There is no factual basis for this belief ..." "Yeast extract is produced from the spent yeast, which arises as a by-product from the beer-brewing industry. The purification and extraction processes required to convert spent yeast into yeast extract are such that there is no residual alcohol in the final product. It would not be possible to distil alcohol from this product."*

Note: It is not advisable to rely on providing all the B12 requirements from this source, due to the high salt content.

### ***What do I do if I find a prisoner who receives vegan extras consuming or buying non-vegan items from the prison shop?***

If prisoners claiming to be vegan purchase or consume non-vegan items, we recommend that they be asked to read and sign a Declaration Form (available from the Vegan Society/VPSG). If they disregard stated guidelines, weekly supplements such as soya milk/nuts/seeds could be withdrawn. The vegan option should still be offered if they still wish.

However, if any given prisoner expresses a wish to become vegan in future, and adheres to the vegan diet for a period of one month, we recommend to reinstate the supplements.

### ***Is E471 suitable for vegans?***

E471 can be animal or non-animal based. Check with the manufacturer or contact the The Vegan Society or VPSG who can research the item(s) to ascertain if suitable for vegans or not.

### ***What is the importance of iodine in the vegan diet and how do I provide it?***

Iodine is required in order to ensure proper functioning of the thyroid gland and can be found in small, but variable amounts in many foods and in larger amounts in seaweeds such as kelp.

However, as it is impracticable for seaweed to be cooked in the prison kitchen daily, we recommend that a vegan supplement containing approximately 150 micrograms of Iodine (e.g. kelp) be made available through Healthcare, or for purchase through prison shops or alternatively, arrangements made for it to be ordered via mail-order.

### ***I have been told that unless vegans provide a Vegan Society membership card, we do not have to provide them with vegan food. Is this the case?***

No. NOMS states there is no requirement for vegans to produce a Vegan Society membership card. Anyone who claims to be vegan should be regarded as such, unless it becomes obvious that they are not following a vegan diet. Always bear in mind that even vegans make mistakes owing to inadequate labelling on some products. They may consume a non-vegan product because they believe it is vegan. If clarification is required, The Vegan Society or VPSG will research any item free of charge.

## ANIMAL INGREDIENTS

**Albumen:** White part of the egg. It's a thickening agent that gives cosmetics the consistency for being applied to the skin or hair.

**Beeswax (E901):** Obtained from the honeycomb of bees. In lipsticks and many other cosmetics, especially face creams, lotions, mascaras, eye creams and shadows, makeup bases, nail whiteners, etc. Also in making candles, crayons and polishes.

**Carmine or Cochineal (E120):** Red pigment from the crushed female cochineal insect. In cosmetics, shampoos, red apple sauce and other foods.

**Casein:** Found in milk and all products associated with milk, such as ice cream, yogurt, butter and cheese.

**Collagen:** It's a group of naturally occurring proteins found in animals, especially in the flesh and connective tissues of mammals.

**Gelatine (E441):** Comes from boiling animal skin and bone. Used as an Emulsifier / Gelling Agent.

**Guanine:** Crystalline material obtained from fish scales. In cosmetics and personal care products: bath products, cleansing products, fragrances, hair conditioners, lipsticks, nail products, shampoos.

**Honey:** Bees are farmed and manipulated, and the honey they produce for themselves is taken from them. The queen bee is usually killed every year and a new queen introduced to the colony. The queen may have her wings clipped to prevent her from flying; this is to stop the bees carrying out their natural instinct to swarm.

**Keratin:** From the ground-up horns, hoofs, feathers, quills and hair of various creatures. In hair rinses, shampoos and permanent wave solutions.

**Lactose:** Milk Sugar. Milk of mammals. In foods, tablets, cosmetics, baked goods and shampoos.

**Lanolin (E913):** It's derived from sheep wool, a natural fatty wax that the sheep produces to waterproof its wool coat. Used in cosmetics.

**Propolis:** It's a resinous substance collected from various plants by bees and used in the construction of their hives. In toothpastes, shampoos, deodorants, supplements.

**Royal Jelly:** Secretion of the throat glands of the honeybee workers that is fed to the larvae in a colony and to all queens' larvae.

**Shellac (E904):** Obtained from the bodies of the female scale insect Tachardia lacca. Used as varnish, as a coating on wood and plaster, in electrical insulation, in sealing wax.

**Tallow:** Rendered beef or sheep fat. In wax paper, crayons, margarines, paints, rubber, lubricants, candles, soaps, shampoos, lipsticks, shaving creams.

**Vitamin A (retinol):** Derived from fish-liver oil or egg yolk. In shampoos, shaving soaps, creams, food supplement.

**Vitamin D3:** It is derived from lanolin (from sheep) or fish. Used to fortify milk, dairy products and breakfast cereals.

**Whey:** From milk. In cakes, cookies, candies, cheese.

## ANIMAL AND VEGAN INGREDIENTS - Check with manufacturer

**Glycerine:** It can be animal, vegetable or synthetic. It is commonly animal based, or a blend of animal and vegetable oils.

**Lethitine (E322):** Obtained from eggs, nerve tissue, blood, milk and soybeans (when stated soy lecithin). In eye creams, lipsticks, hand creams, soaps, shampoos, other cosmetics, candies, other foods and medicines.

**Mono- and diglycerides (E471):** It can be from animal fat or plant origin. In margarines, cake mixes, confectionaries, foods, peanut butter, non-dairy coffee creamer, cosmetics, etc.

**Oleyl alcohol or Oleic Acid:** Obtained from various animal and vegetable fats and oils, is usually obtained commercially from inedible tallow, and sometimes synthesized

from petroleum. In foods, soft soaps, bar soaps, permanent wave solutions, shampoos, creams, nail polish, lipsticks, liquid makeup, many other skin preparations.