



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

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# Guide for Vegan Prisoners

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**Please keep this booklet safe during your sentence as the information might prove useful.**

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## INTRODUCTION

The aim of this booklet is to provide vegan prisoners with practical information to help ensure that their vegan requirements are provided, e.g. food, toiletries, shoes etc.

In addition, to give guidance on how to gain access to vegan supplements or herbal remedies.

There are various systems in place to provide equal opportunities to vegan prisoners, but these can sometimes be difficult to navigate without the relevant information.

## Definition of a Vegan

VEGANISM may be defined as a way of living which seeks to exclude, as far as possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or 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 would not be 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.

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## NOMS GUIDELINES ON THE CARE OF VEGANS

### Basic Beliefs

**1.1** 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.

**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 and 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 B<sub>12</sub>, 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 B<sub>12</sub>, 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.

## RECOMMENDED 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.

### STORAGE AND MEAL SERVICE

A vegan choice should be available at every meal and indicated as such.

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 be clearly labelled to avoid error.

Note: It is good practice that meals for vegans are 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 the non-vegan options to avoid cross contamination. Separate utensils must be used for preparation and serving. Establishments can purchase frozen oven-ready, prepared vegan meals available nationally from the contracted frozen food supplier. Additional funds are not available for this purpose.

## WEEKLY VEGAN PROVISIONS (VEGAN PACK)

It is recommended that the following are provided each week:

- 3½ litres fortified soya milk (in order to consume sufficient calcium and B<sub>12</sub>)
- 200g (7 oz) mixed nuts and seeds, consisting of 7 brazil nuts, plus walnuts, sunflower and pumpkin seeds (in order to provide selenium and 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/vegetables such as green leafy vegetables, red/green peppers, broccoli, beetroot, butternut squash, carrots, sweet potatoes, apples, oranges and kiwifruit.

### Selenium

It is important to include a 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. Consuming 2x250ml of fortified soya milk daily should help towards the daily calcium requirements of 700mg/day.

### Whole Grain vs Refined

Limit the use of refined grains. Over processed food should be used sparingly, as it will have lost much of its nutritional content.

### Hydrogenated Fat

It is recommended that products stating 'no hydrogenated fat' should be eaten 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 or pumpkin, are included in the diet on a regular basis.

### B12/Iodine

Consuming the recommended amounts of fortified soya milk will contribute towards vitamin B12 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 is recommended. (See details on page 9).

### Vitamin D

If sun exposure is limited, a supplement of Vitamin D2 should be considered (see page 9). Some of the daily requirements may be obtained from fortified soya milk and fortified margarines (unhydrogenated if possible).

*Note: D3 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 alternative. To counterbalance the high salt content of processed foods endeavour to eat foods containing potassium such as green leafy and root vegetables, fresh fruit, cereals and nuts.

## 5-A-DAY

To maintain a healthy vegan diet at least 5 portions of fruit and vegetables are required each day. Potatoes are a starchy food and so do not count. Fruit and vegetables provide some of the vitamins and minerals needed for good health and they are also high fibre foods. To ensure maximum absorption of vitamins, we recommend that some vegetables are eaten raw, as 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

Eating 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. Eating 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 with a little oil. 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.

## PROTEIN MAINSTAYS IN THE VEGAN DIET

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 '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 eaten unrefined.

### Beans and Lentils

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

**Black-eyed beans:** Good source of magnesium, iron and folate (vitamin B9).

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

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

**Butter/lima beans:** Excellent source of iron, potassium, and folate (vitamin B9).

**Cannellini beans:** An excellent source of the trace mineral molybdenum, the essential amino acid tryptophan, folate, manganese and iron.

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

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

**Green split peas:** Good source of thiamin (vitamin B1), folate (vitamin B9), phosphorus, copper, zinc and manganese. Lower in protein than other legumes.

**Haricot beans:** A very good source of phosphorus, magnesium, iron and copper and a good source of thiamine (vitamin B1).

**Mung beans:** 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:** 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:** *These beans must be boiled vigorously for at least ten minutes to remove dangerous toxins before reducing 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:** Good source of folate (vitamin B9), thiamin (vitamin B1), iron, copper, phosphorus, zinc, and manganese.

**Tofu:** 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):** Good source of iron and magnesium.

**Yellow split peas:** 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:** Good source of protein, calcium, dietary fibre, folate (vitamin B9), phosphorus, and is high in magnesium, manganese, copper, B vitamins, antioxidants and iron.

## THE IMPORTANCE OF NUTS AND SEEDS IN THE VEGAN DIET

Nuts and seeds offer an abundance of nutritional benefits and are an important part of a healthy vegan diet as 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

Contain riboflavin, copper, magnesium, potassium, and vitamin E, as well as zinc and calcium.

### Brazils

Good source of selenium (*one large brazil nut per day should fulfil the daily requirement*).

### Cashews

Contain copper, magnesium, phosphorus, and tryptophan (one of the essential amino acids that the body uses to synthesize the proteins it needs).

### Flaxseeds (linseed)

This highly nutritious seed is best known for the high levels of omega-3. It is also a good source of magnesium, phosphorus, copper and iron. Linseeds are best ground to ensure that optimum nutrition is received from the seed.

### Hazelnuts

Good source of omega-3 and vitamin E, B group vitamins, vitamin A, magnesium, iron and zinc.

### Pumpkin Seeds

Excellent source of beta-carotene (a precursor to vitamin A), selenium, magnesium, iron and zinc.

### Sesame Seeds

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

Walnuts supply copper and manganese and are full of linolenic acid, which can be converted to omega-3 fatty acids in the body.

## 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 eaten every day to provide a solid foundation for a vegan diet. Increased servings may be needed according to energy requirements. Any margarine consumed 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 can 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 (ask to see 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+	Eat fortified foods two or three times a day to get at least 3 micrograms. Alternatively take a daily B12 tablet containing at least 10micrograms B12.
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 taking an iodine supplement (see page 9).

<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 (3½oz), e.g. one orange, banana or apple. For smaller fruits a serving should be sufficient to make up 100g (3½oz), e.g. 2 nectarines, or about thirty grapes.

## KEEPING A RECORD OF YOUR DIET

Prisoner		No. Prison				
Date	Breakfast	Lunch	Dinner	Additional (e.g. Vegan Pack)	Comments/ Suggestions	
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

It is advisable that you keep a record of your diet for the first few weeks following your arrival at any prison, or at anytime that you feel that your diet is not nutritionally sound (*Diet Record Sheets are available from either the Vegan Society or the VPSG*).

Alternatively you could make your own Diet Record Sheet by ruling up a blank sheet of paper with a row for each day and additional columns for breakfast/lunch/dinner and additions and comments/suggestions (see *sample above*).

Keeping a Diet Record Sheet would enable you to keep an accurate record of your meals and which additional vegan provisions you are issued with (see page 3). It would also record if you are being provided with:

- 5 portions/daily of fruit and vegetables
- 1 portion/daily of beans or lentils

An accurate record means you have the information to hand if you need to have a meeting with the Catering Manager to discuss your diet, or alternatively if you need the help of the Vegan Society or VPSG to try to improve your diet.

If at any time you feel unwell and believe you require additional vitamins, these should be requested through your Healthcare Department or, alternatively, you could request access to supplements via mail order from Holland & Barrett (see page 11).

As it is important to consume an **iodine supplement** for the proper functioning of the thyroid gland, the following vegan supplement can be requested through the prison canteen:

Allsports Multivitamins Tabs with Iodine (Code M108915)  
If this is not available through your prison canteen, the Vegan Society produce VEG1, which contains iodine, vitamin B12 and selenium. However, bear in mind that you would need to obtain permission from the prison before you can order this supplement.



**Other vegan supplements:** If you are concerned about your vitamin C intake, the supplement C150 Vitamin Tabs 60's (Code M099896) can be requested through the prison canteen. You can also request access to vegan supplements via mail order from Holland & Barrett (see page 11).



## 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.

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

**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

## ANIMAL AND VEGAN INGREDIENTS

**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.

## TOILETRIES

In 2004 our recommendation for the basic prison issue toiletries to be suitable for all now means that (except for the bar soap) the toothpaste, shower gel, deodorant, shave creme, hair and body wash and shampoo are now suitable for vegans. If in doubt an up-dated list can be obtained from either the Vegan Society or the VPSG.

If however, you arrive at a prison that does not provide vegan toiletries as the prison issue, we recommend that you make an application to your Diversity Manager or

## PRISON RETAIL (CANTEEN)

Canteen sheets are usually issued on a weekly basis in order for prisoners to order food/toiletries and other requirements. The amount you are permitted to spend will vary from prison to prison.

Prison Retail should make every effort to stock food, toiletries and other items for which there is a demand. To ensure equal opportunities, they also need to cater for their vegan population even if they are in the minority. Therefore, when you request items which are not available on your local canteen sheets, but are on the full National Product List\*, NOMS should make every effort to meet your needs where possible. However, some prisons might prefer to add Honesty Cosmetics and Holland & Barrett to their Facilities List. This needs to be arranged through the prison's Finance Department. The help of either your Diversity Manager or Residential Governor will be required. Once this has been arranged you can then purchase your requirements via a cash disbursement from prisoners' monies.

Note: Most prisons have a team of prisoners who decide what is stocked on the local canteen sheets, so your first port of call might be to find out who they are

Residential Governor to request access to a mail order from Honesty Cosmetics, Lumford Mill, Bakewell, Derbyshire, DE45 1GS Tel: 01629 814888 [www.honestycosmetics.co.uk](http://www.honestycosmetics.co.uk)



Our research: Both Honesty and H&B were NOMS approved in 2009

and ask to see the full canteen listing in order to discuss your requirements being added.

*\*For more info on the NPL see FAQ page 14*

## Holland & Barrett mail order

If a decision is made at your prison not to add sufficient vegan items from the National Product List (NPL) to the local canteen sheet, in order to ensure equal opportunities we recommend you make a request to be able to order from Holland & Barrett (H&B) by mail order. H&B have a good selection of nuts, seeds, flapjacks, tea bags and supplements.

Discuss this with your Diversity Manager or Residential Governor, who should be able to arrange to have H&B added to the Facilities list.

**Notes:** Our research shows that due to the ordering procedure, it can take three months or more to have items added to local listings.

Our research further shows that mail orders for either H&B or Honesty are usually permitted every three months.

## FOOTWEAR

Prisons should provide you with vegan footwear so we recommend you speak to your Diversity Manager or Residential Governor when footwear is required.

Alternatively seek permission to be able to order vegan footwear by mail order from either:

- **Vegetarian Shoes**, 12, Gardner Street, Brighton BN1 1UP  
Tel: 01273 685685
- **Ethical Wares**, Caegwyn, Temple Bar, Felinfach, Ceredigion, Wales SA48 7SA  
Tel: 01570 471155

## RESOLVING GRIEVANCES

If you have a grievance there are various ways of trying to resolve the issue, as outlined below.

### Take Steps to Stop Grievances Occurring

It is recommended that you consider trying to build a working relationship with your Wing/Landing Officers, Senior Officers or Catering Manager and kitchen staff. This can make it easier to address issues arising before they reach the stage where you need to put in a complaint.

### Details of any Grievance/ Complaint

Keep an accurate note of any applications, discussions and commitments in a diary. Keeping accurate information will help if you decide to put in a complaint and/or seek the help of outside organisations.

### Internal Resolution

First try to resolve the problem by speaking to a relevant member of the staff, i.e. Wing/Landing Officers, Senior Officers or Catering Manager. If you wish to speak to an officer who is not usually readily available, you may need to request a meeting.

If this is not successful then approach your Personal Officer, Diversity Manager or Residential Governor. They are in

effect the first step in any process of complaint or request you may wish to make. Your Personal Officer will also be the one to monitor your progress through your sentence and complete paperwork concerning such things as Home Detention Curfews (HDC).

### Request/Complaint Forms

These forms are to be completed when other channels of complaint have failed. These (if not readily available) should be issued to you within 7 days of applying and a reply should be received usually within 3 days of completion.

Once your reply is received, if you are not happy with the response, the next step is to fill in an appeal about your complaint and then appeal to the Governor.

If you try to resolve the problem internally, initially with a written complaint, you are more likely to be eligible for legal aid in the event that you need to take the complaint further.

### External Resolution

The next step is to put a written complaint with the Ombudsman.

The Prisons and Probation Ombudsman  
Ashley House  
2 Monck Street  
London SW1P 2BQ  
Tel: 020 7035 2876

This must be done within one month of receiving your final response. You can also request that the Prison Ombudsman investigates your complaint if the Prison Service does not reply to you within the six week maximum deadline.

The problem should be put in writing. If you require assistance, you can speak in confidence to the Independent Monitoring Board. The Independent Monitoring Board are entirely independent of the prison establishment and have a wealth of experience on prison and prisoner issues.

The following group also gives advice:

The Prisoners' Advice Service (PAS) provide legal advice and information to prisoners in England and Wales regarding their rights, the application of the Prison Rules and conditions of imprisonment.

PAS (Prisoners' Advice Service) take up prisoners' complaints about their treatment inside prison by providing free advice and assistance on an individual and confidential basis. They take legal action where appropriate and have solicitors on-hand to advise.

PAS  
P.O. Box 46199  
London  
EC1M 4XA  
Tel: 020 7253 3323 / 0845 430 8923

### Using the Vegan Society/ VPSG

Although vegan prisoners are free to contact the Vegan Society or the VPSG for help/advice, you should be aware that time taken up with individual matters means that these organisations run less efficiently in their effort to forward the overall care of vegans detained in prison. It is suggested that you should first use the establishment's channels of complaint before calling on outside help.

If you have a problem you are unable to

sort out through the normal channels within the prison, then contact either the Vegan Society or the Vegan Prisoners Support Group, who work closely together on the care of vegans in prison.

If it is a diet related problem, then ensure that you can provide an accurate diary of events (*using the information in 'Keeping a Record of your Diet' on page 9*).

The Vegan Society  
Donald Watson House  
21 Hylton Street  
Hockley  
Birmingham  
B18 6HJ  
Tel: 0121 523 1730

VPSG  
P.O. Box 194  
Enfield  
Middlesex  
EN1 4YL

Note: Membership of the Vegan Society is not a requirement to obtain their assistance, so membership is optional.

Always remember that we are unable to make representations on the following:

- Taste of food or personal food preferences.
- Food provided which you are allergic or intolerant to such as spices, onions, tomatoes etc. In such cases, we would recommend that you consider making an application to discuss this with your Catering Manager who may refer you to the Healthcare Department or the Prison Doctor, who may be able to assist by providing a written declaration confirming you are unable to tolerate the food in question.
- Substitution of one meal for another with an acceptable alternative.
- Timing of the issue of additional vegan supplements (*See page 3*).



## FREQUENTLY ASKED QUESTIONS

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

Drinking 2x250ml of fortified soya milk daily should help towards your daily calcium and B12 requirements.

### ***How can I obtain B12 as a vegan? Do I need to consume a certain amount each day?***

Drinking fortified soya milk will contribute to your B12 intake. Vitamin B12 is best absorbed in small amounts. If you obtain it from fortified foods, you should eat two or more servings over the day, to make a total of 3 micrograms. If you are using a daily supplement, it should be at least 10 micrograms. If you are using a weekly supplement, you should take 2,000 micrograms.

### ***My Catering Manager says quorn is vegan.***

No - all varieties of Quorn currently contain eggs.

### ***How do I obtain Essential Fatty Acids from a vegan diet?***

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

### ***If peanuts are provided as the nut allowance, are they 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 we need brazil nuts?***

Brazil nuts provide selenium in the vegan diet. At least one brazil nut a day is recommended. Alternatively eat 100g (3½ oz) sunflower seeds.

### ***Can I get vegan cheese in prison?***

Cheezly is currently available on the full National Product List. You can apply to your Prison Canteen Team for them to consider adding it to your local listing. Catering Managers should also be able to purchase this from their supplier.

### ***What is the National Product List?***

The National Product List contains a list of products from which the local Prison Retail Team chooses products they feel will be popular purchases.

### ***My catering manager is under the impression that some vegans and vegetarians eat fish?***

Neither vegans nor vegetarians eat fish. Fish is strictly defined as a 'cold-blooded, water-dwelling animal' and neither vegans nor vegetarians eat animals. However, pescetarians or pesco-vegetarians eat fish, but exclude meat from their diet.

### ***My Catering Manager says they can't issue yeast extract as it could be used to make alcoholic drinks.***

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 to use the product in the preparation of meals."*

The following is a statement 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: Manufacturers of yeast extract state *"it is unadvisable to rely on fortified yeast extract for all your B12 requirements due to the high salt content."*

### ***The Catering Manager stopped one of the vegan prisoners supplements because he purchased a non-vegan item for one of his cell mates. Can they do that?***

Any prisoner claiming to be vegan and purchasing or consuming non-vegan items will be seen to be disregarding the declaration which clearly states: 'if you are seen eating or purchasing non-vegan food, your supplements may be stopped.' (These are the weekly supplements such as soya milk/nuts/seeds).

### ***Is E471 suitable for us?***

If you are unsure contact either the Vegan Society or VPSG who will then research the item to check whether it is vegan or not.

### ***What is the importance of iodine in the vegan diet and how can I obtain 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, we realise it is unlikely seaweed (iodine source) will be cooked in the prison kitchen on a daily basis as it is unpalatable to most. We therefore recommend an iodine supplement should be available through the prison canteen (M/Vit Tabs with Iodine), or alternatively from Holland & Barrett.

Alternatively, request permission to obtain this supplement from either the Vegan Society or Holland and Barrett.

***I have been told that unless I provide a Vegan Society membership card, I do not have to be provided with a vegan pack. Is this the case?***

No. NOMS now states there is no requirement for vegans to produce a Vegan Society membership card. Anyone who claims to be vegan should be considered so, unless it becomes obvious that they are not following a vegan diet.

***Can you suggest puddings that the catering staff could prepare 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 much protein do we need daily?***

On average a male adult requires 55g/2 oz protein daily and a female adult requires 45g/1½ oz. Protein is not usually a cause for concern.

A varied diet based on plant foods including some peas, beans or lentils should meet protein needs.

Combining grains with beans in individual meals is not necessary, but including some peas, beans or lentils most days is a good idea as they are both rich in protein and high in the amino acid lysine which is low in many grains, nuts and seeds.

***Worried about whether you are receiving a healthy vegan diet?***

VPSG and the Vegan Society work closely together in their efforts to ensure a nutritionally balanced diet is provided to vegans in prison. We have provided every prison with a copy of our Catering Information Guide'. However if you feel your diet is not nutritionally sound, follow the instructions on Page 9.

***How can I get vegan food in court?***

When you attend court whilst in prison, you will probably be held in a cell where the question of being provided with vegan food may arise.

Our information is that some People Escort Courier Services (PECS) do not always have any vegan pre-packaged food available.

However, you are entitled to be fed in line with your requirements as part of their Duty of Care. If you are experiencing problems, your solicitor may be able to assist you.

***What is the procedure I should follow to be able to order from Honesty or Holland & Barrett?***

It differs from prison to prison, but usually the Diversity Manager or Residential Governor should be able to assist you gain permission to place such orders. All permitted mail order companies need to be added to the approved Facilities List held in the Finance Department. Once approval is obtained, then a mail order can be arranged via a cash disbursement through prisoners' monies.

***There is no vegan body building protein available on the retail sheet. What do you suggest?***

Some prisons permit a mail order from My Protein who stock Pea Protein Isolate. You would however, need to seek the assistance of either your Diversity Manager or Residential Governor ([www.myprotein.com/uk](http://www.myprotein.com/uk) Tel: 0845 094 9889).