

# Vegan Prisoners Support Group

www.vpsg.info

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To: all HMPS Governors/Catering Managers/Prison Shops

## Burger Mix Trial

The second trial of Burger mix proved successful and over 30 prisons participated in the trials.

The results received so far were all favourable and indicated that they would purchase the Burger mix if readily available as it was popular due to it being a tasty and versatile product.

Discussions with HMPS Corby on the availability of this product will be included in the next news sheet. In the meantime prisons can purchase direct through Patrick at Veggies Catering and the product comes in 2 kilo, 5 kilo and 10 kilo sacks plus postage via e-mail: [pat@veggies.org.uk](mailto:pat@veggies.org.uk)

For the next six months VPSG are offering to reimburse any prison for the carriage of any orders of either the Burger mix or the Sosage mix. Just send an invoice to PO Box

194, Enfield EN1 4YL, marked for the attention of the Project Team.

## Your Comments

### HMP Bullingdon

The burger mix was a very welcome product in our kitchen at Bullingdon Community Prison. We found it much better than other TVPs and far tastier. Others sometimes tend to be very dry and taste like cardboard no matter what you do or add to it. We found it to be very versatile and not only good for burgers, nuggets etc., but also nice with sauces in a cottage pie or for pastry fillings. It stayed nice and moist even after cooking and we didn't really find the need to add lots of other flavourings.

If it were to become available through Central Contract and the price was

reasonable we would definitely buy this product.

Catherine Wilson  
Deputy Catering Manager

### HMP Highpoint/HMP Edmunds Hill

HMP Highpoint was pleased to be part of the burgermix trial which we found was very versatile and adapted to most vegan recipes.

We would certainly purchase this product if available through central contract and the price was competitive.

I would like to take this opportunity to thank the VPSG for the information they provide and the new products they are drawing to our attention.

Stuart Head  
Principle Catering Officer

## Butler Award to be Presented to Principle Catering Officer Head

VPSG were pleased to learn that Principle Catering Officer Stuart Head will be presented with the Butler Trust Award. This award will be presented to him at Buckingham Palace in March and is for his contribution towards enhancing the care of vegans within the Prison System.

This work entailed his tireless effort over many months in assisting the Vegan Prisoners Support Group to compile the information required for the Catering Information Pack.

We feel this award was well earned and we also feel that without his valuable input, this pack would not now be in place in prisons. We feel confident that this pack should enable prisons to be able to provide the specialist care required for this minority group.

Thank you Stuart for your invaluable input into our work. VPSG

## Did You Get Your Catering Information Pack?

Last year we sent a Catering Information Pack to every prison in the country, containing extensive information on catering for vegans.

It has come to our attention that a few of these packs never reached their destination within some prisons.

If you require a replacement pack, please contact the VPSG office and a further one will be despatched immediately.

You will also find information on vegan catering on our website: [www.vpsg.info](http://www.vpsg.info)

### Contents:

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- Butler Award to Prison Principal
- New Vegan Products for Prisons: Major Stocks, Quinova and Wicken Fen Nuggets
- Recipe
- Free Easter Offer
- Free Cookbook Offer
- Prison Shop/Bar Soap Update
- Your Questions



## Vegan Stocks and Marinades

CONCENTRATED  
*Stock Bases*

**Mari-Base**  
Quality MARINADES for Today's Chef

Tel - 01933 440711

Mushroom  
Roast Onion  
Vegetable  
Light Vegetable  
Mediterranean Vegetable

Tropical  
Fajita  
Thai  
Hot Tomato Oriental

Available through DBC

## Burgamix 'Meat'balls

150g Veggies burgamix  
2 small (or 1 larger)  
onion/s  
half a teaspoon black  
pepper

1.) Finely chop the onions, stir into the burgamix with pepper and then hydrate according to the instructions on packet. Leave to stand for 10-15 min.

2.) Form into flattened ball shapes about the size of two teaspoons. Fry gently on both sides with plenty of oil, turning halfway through.

3.) Pour a rich tomato pasta sauce over balls and cook for a few minutes longer. Serve on spaghetti.

## Free Offers for 2004!

### 50 Easter Packs

During Christmas 2003, VPSG was able to run a last-minute Christmas pack trial at two participating prisons. We provided free vegan Christmas packs for all vegans at the two prisons. These packs included healthy options like nuts and dried fruit, plus a few treats like chocolate, mince pies, soya cream and custard. The packs were well received.

In light of the favourable response we would like to now offer 50 vegan Easter packs to the first prisons that apply. It would be appreciated if these packs are only requested for genuine vegans.

To take part in the offer contact the VPSG office on 020 8363 5729 or via the PO Box.

### 50 Vegan Cook Books

50 copies of a new vegan cook book 'Green Harvest' available to the first 50 prisons that claim them:

#### Green Harvest

Contains over 160 recipes that provides a wealth of ideas for simple vegan meals, including easy recipes for simple soups, vegan sausage rolls, nut roast, etc. Many of the recipes could be used for the healthy option choice for all prisoners.

Many use ingredients that will already be in your kitchen, and are not expensive to produce. Either call the VPSG office on 020 8363 5729 or drop us a line c/o our PO Box to claim your copy.

**VEGGIES**  
Catering Campaign (Nottingham)

**Catering Managers Meeting**  
**10-11<sup>th</sup> February HMP Sudbury - Derby**

**ONE DAY ONLY SPECIAL OFFER**

10 kilo bag of Veggies burger mix for £40

Makes approximately 350+ burgers

Cost approx 11p per burger

To be collected on day

Samples of the burger provided in a bun available Wednesday lunchtime.



We recommend that you don't miss this offer!

**Reserve your burger mix by contacting Jo-Ann at VPSG on 0208 363 5729**



**New Meat-Free Alternative!**

**Quinova** is a unique new organic meat free, nutritious alternative now available to Her Majesty's Prisons throughout the UK. This new food is currently being sold in Health Food and Organic shops to health conscious consumers who have already discovered the nutritional characteristics of quinoa and are seeking ways to ingest more of this amazing allergy-free grain.

**Quinova** is made from organic quinoa grain imported from the high Andes. To make Quinova, Anglesey Natural Foods have adapted traditional fermentation techniques which have a 2,000 year old history in Indonesia. The result is a new product which is sold in both Mince and Chunks formats. The fermentation improves the digestibility and flavour of the grain and makes its use more convenient and versatile but still retains the incredible nutritional properties of quinoa.

**Why is Quinova so good for you?**

**Quinova** is made using quinoa grain which is recognised as the most nutritious of all the grains.

**Quinova** is approved by the Soil Association, Vegetarian Society, Vegan Society and the Coeliac Society.

**Quinova** provides a complete protein that has an ideal balance of all eight amino acids. This provides the body with more useable protein than meat gram for gram.

**Quinova** is a rich source of carbohydrates and minerals.

**Quinova** is low in saturated fats and contains only a trace of sodium.

**Quinova** has high levels of calcium and B vitamins.

**Quinova** contains very high levels of iron which is important for healthy blood and protection against anaemia which is often a concern for those following a Vegetarian or Vegan diet.

**Quinova** becomes the nutritious base for virtually any meal preparation. Chunks could make, for example, a great meat free base for stir fries and curries and Mince could be used for the tasty meat free base for Lasagne, Chilli or Cottage Pie.

**For more information about Quinova visit [www.quinova.co.uk](http://www.quinova.co.uk), alternatively email Tania at: [tania.foodservicedirect@btconnect.com](mailto:tania.foodservicedirect@btconnect.com) or telephone 07887 690 186.**

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**Prison Shop Update**

After our Meeting at Corby with The Prison Shops Team early last year and after, at their request, considerable research was constantly provided by our Researcher, coupled with recommendations from our Project Team on suitable vegan products for inclusion on Canteen Sheets, this issue still remains unresolved and vegans remain disadvantaged in this area. Full Report in April News Sheet No. 4 [also see note below]

**Vegan Bar Soap/ Washing Powder Update**

Frequent assurances were given that a suitable vegan bar soap and washing powder would join the prison issue hygiene products. However, almost a year later this issue still remains outstanding, and neither a vegan bar soap or washing powder is provided to this minority group.

Note: Our Project Team is finalising a report for the new Director General of the Prison Service on both these concerns. A copy will be available for viewing on our website [www.vpsg.info](http://www.vpsg.info) in February 2004.



**Vegan Nuggets**

Four delicious flavours

**Mushroom and Tarragon**

**Tomato and Garlic**

**Country Herb**

**Med Roasted Vegetable**

Oven cook in minutes from frozen.

Ideal with pasta.

Wicken Fen products are sold by leading hotel chains and supermarkets.

**Any queries email Tania at :**

**[tania.foodservicedirect@btconnect.com](mailto:tania.foodservicedirect@btconnect.com)**

**or telephone 07887 690 186**

# Your Questions

**Question: Is E631 suitable for vegans?**

**Answer: Not Always**

This E number is Sodium 5'-Inosinate and is often derived from animal muscle, but can also be derived from mushrooms. This means that each individual item would need to be confirmed via the manufacturer whether it was suitable for vegans or not.

**Question: We no longer provide yeast extract to prisoners to provide B<sup>12</sup> as it could be used to make alcoholic drinks. How else can B<sup>12</sup> be provided?**

**Answer: Yeast extract is still the easiest source of B<sup>12</sup> and upon contacting Alan Tuckwood's department received the following reply...**

"I 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.

With this in mind I am content that the present level of provision in supporting vitamin supplements (B<sup>12</sup>) for Vegans is sufficient"

Alan Tuckwood's department also included a letter from the Technical department at Bestfood's, who produce marmite:

"MARMITE YEAST EXTRACT  
ALCOHOLIC FERMENTATION

There is a commonly held belief that Marmite Yeast Extract can be used to produce an alcoholic drink. There is no factual basis for this belief, which we can only assume, has arisen because of the brand's long association with the beer brewing industry.

Marmite 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 Marmite Yeast Extract are such that there is no residual alcohol in the final product. It would not be possible to distil alcohol from our product.

To produce alcohol by fermentation, two things are required - live yeast cells and a source of carbohydrate, preferably in the form of simple sugars. Marmite Yeast Extract contains no living yeast cells in a form, which could generate alcoholic fermentation, and its carbohydrate content consists largely of complex carbohydrates with a very low sugar content.

To produce alcohol from our product by fermentation would require the addition of live yeast and sugar, but these materials could be used on their own anyway to produce alcohol. Combining Marmite Yeast extract with live yeast and sugar would not give a better result, but would introduce a brown colouration and a salty flavour - both of which could be removed by distillation.

Roger Lawrence"

**Question: 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?**

**Answer: No**

Under the Home Office Guidelines on providing for vegans, there is no requirement for vegans to provide a membership card. Anyone who claims to be vegan should be considered so unless it becomes obvious that they are not following a vegan diet.

Bear in mind that even vegans make mistakes and may take a non-vegan product because they believe it is vegan. Conversely, it has been known for a vegan to be penalised for eating a product she or he knew to be vegan, because the prison officer thought it was not suitable (e.g. Walkers beef and onion crisps, at the time confirmed vegan by the manufacturer). If clarification of any item is required VPSG can conduct any research on any item, if contacted. This service is provided free of charge.

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*Enclosed is a free nutritional laminate.  
We hope you will display it in a prominent place in your catering area.*