

# Vegan Prisoners Support Group

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~ working with ~

## VPSG/Vegan Society Awards - 2006

### Prisons in the Public Sector

*Note: In order to be nominated for our awards a prison needed to be following the basic nutritional recommendations listed in our Catering Information Pack which includes the weekly provision of 3½ litres fortified soya milk /nuts /grains, beans and pulses and a variety of coloured vegetables & fruit. Many prisons have not only fulfilled this requirement, but endeavour to offer like-for-like for their vegans.*

*Therefore, looking through the nominations for the awards it was a difficult decision, as so many Catering Managers are excelling in their care of this minority group. However, after much deliberation our two top awards have been awarded [in alphabetical order] to HMP Morton Hall/Mike Saint and HMP Nottingham/Phil Marshall which are both well earned. The following prisons were very close behind and will receive our Highly Commended Award: Everton Cummings/HMP Downview, David Clough/Isle of Wight Catering, Dave Rankin/HMP Moorland [Closed].*

The following paragraphs show the high standard in place:

#### HMP Morton Hall - Catering Manager Mike Saint

Mike Saint tries to ensure that any strict vegan is catered for on a like-to-like basis.

He provides a nutritional and inventive diet; he also provides 5-a-day and amongst the vegan options are tofu dishes, asparagus soup, ratoutille, green lentil dhal, nut & carrot salad, spicy bean stew and moussaka. In addi-

tion to the 3½ litres of fortified soya milk, the weekly packs contain Scheese, mixed nuts, seeds, soya yoghurts and rice cakes as well as even a vegan chocolate bar - which would be a real treat as prisoners are still at the moment unable to buy such items through most prison shops. Well done Mike - you've certainly set an excellent example for equal opportunities for vegans.

#### HMP Nottingham - Catering Manager Phil Marshall

Phil Marshall is a very conscientious Catering Manager who strives hard to ensure equal opportunities and a nutritional sound diet is provided to any vegan who arrives at his prison. The vegan diet offers 5-a-day including a variety of different coloured vegetables, as well as a variety of fruit with many in-house cooked dishes, in order to ensure plenty of vitamins and minerals are provided in the daily diet.

In addition to the 3½ litres of fortified soya milk/week, mixed nuts, peanut butter, marmite, flapjacks, vegan desserts are issued, as well as ensuring an Iodine supplement is available. There is also a multi-choice system available to vegans. Phil also has input into our ongoing work for equal opportunities for vegans and he and his staff fully deserve this award for the efforts they make in catering for this minority group.

*continued overleaf*

### Last Year's Award Winners

Last year's award winners Wayne Hodges HMP Rochester/HMP Cookham Wood and Stuart Head now at HMP

Whitemoor offered to stand aside in

order to open the opportunity to other prisons. However, both Wayne and Stuart are still offering a high standard of care for this minority group as you will read below:

#### Stuart Head - HMP Whitemoor

Stuart Head continues with his input into our work to ensure equal opportunities for vegans and his ideas are still very much an important part of our work progress - all done in his own time [*when he isn't on the golf course that is*]. Since his arrival at HMP Whitemoor the dietary requirements of vegans has been completely revised with the help of his staff. Now as well as offering 5-a-day, there are a variety of interesting and healthy vegan options available, including nuts, pulses, beans, brown rice and a variety of fruit and vegan puddings featuring regularly on the menu choices. With the Festive Season in mind his vegans will also be provided with Cranberries and Ginger as well as Soya Yoghurts and Scheese. Stuart feels that an iodine supplement should be available through Healthcare Departments and continues to work on this issue.

#### Wayne Hodges - HMP Rochester and HMP Cookham Wood

Wayne continues to forge ahead with his care of vegans with the aid of Linda in his kitchens at HMP Rochester. They continue to cook quite a number of their nutritional and tasty vegan dishes in-house which include tofu,

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#### THANKS

The high standard of catering for vegans couldn't have been achieved without the help and support of Alan Tuckwood who has been our guiding light over the past 11 years.



# VPSG/Vegan Society Awards - 2006

## Prisons in the Public Sector

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### HMP Downview - Catering Manager Everton Cummings

Everton always strives to ensure a well balanced and varied vegan diet is on offer. The vegan option includes tofu, quinoa, nuts, brown rice, pulses, eibly and a variety of grains, as well as providing amongst his 5-a-day a selection of rainbow vegetables and fruit in order to provide sufficient vitamins/minerals and antioxidants.

In addition to the 3½ litres of fortified soya milk/week, fortified yeast extract, dried fruits, nuts and plenty of fruit are provided in order to ensure a nutritionally sound diet. Everton is currently in talks with Healthcare regarding the provision of a suitable Iodine supplement and/or considering issuing VEG1 [which contains an Iodine source] with the weekly pack for strict vegans.

### Isle of Wight Catering - Head of Catering David Clough

David and his team provide meals to the three prisons on the Isle of Wight

and to our knowledge were the first prison to offer a daily vegan pudding (see page 3), plus fruit as well as ensuring the vegan diet is nutritionally sound.

In addition to the varied healthy vegan option which includes 5-a-day and a variety of pulses and grains, he provides 3½ litres of fortified soya milk/week, peanut butter, mixed nuts and fruit juice. He is also in discussions with his Healthcare Department regarding the provision of Iodine in the form of a suitable kelp supplement for any strict vegan at any of his establishments.

### HMP Moorland [Closed] - Catering Manager Dave Rankin

Dave and his staff work extremely hard to try to provide a well balanced vegan diet and even attempts to tailor the diet for any strict vegans. The vegan option, as well as providing the 3½ litres fortified soya milk/week, regularly includes brown rice, the 5-a-day incorporates a variety of vegetables and fruit to balance the nutritional value. In addition dried fruits, soya desserts, mixed nuts, marmite

and peanuts are provided. He also endeavours to provide such items as pumpkin, sunflower and linseeds and an Iodine supplement in the form of VEG1. Dave also participates in our nutritional study of vegans and he often calls our office to be kept up-to-date on vegan issues.

### Other Nominations

The following prisons [in alphabetical order] were also nominated for this year's award - unfortunately it is impossible to present awards to every prison, but there is always next year:

- HMP Ashwell - Catering Manager Keith Giannasi
- HMP Birmingham - Catering Manager Grahame Rogers
- HMP Kingston - Catering Manager Vince Wiseman
- HMP The Mount - Catering Manager Dawn Bradford
- HMP Wayland - Catering Manager Richard Stone
- HMP Woodhill - Catering Manager Keith Gilmore

## Prisons in the Private Sector

The standard of care over the past year has risen dramatically at some prisons in the private sector:

### HMP Bronzefield - Catering Manager Jamie Gibson

Jamie Gibson works hard to incorporate our recommendations to ensure vegans have a varied and nutritionally sound diet.

The vegan options include a variety of pulses and beans, brown rice, and also quinoa and millet amongst their grain dishes and a variety of pulses and beans are regularly available.

Stuffed aubergines, courgettes and pine nuts, stuffed peppers, nut balls and ratatouille are just a

few of the choices.

A variety of fresh fruit is available and most days there is a fresh salad which includes a variety of rainbow vegetables and nuts. The 3½ litres fortified soya milk/week, mixed nuts and fruit are issued separately. He has therefore earned his award for his efforts in catering for vegans.

### Other Nominations

Another Kalyx prison was amongst the private prisons nominated and they were **HMP Peterborough - Catering Manager Robert Richardson**, but we only had one award - maybe next year?

## All Round Award

### HMP Lowdham Grange [Serco] - Catering Manager Graeme Mann and Prison Shops David Lee

A very progressive prison which provides a nutritionally sound and varied vegan diet which regularly includes brown rice, tofu, whole lentils and even soya flour to enhance the vegan dishes.

They fulfil the 5-a-day and 3½ litres fortified soya milk/week recommendations and provide a variety of different coloured fruit and vegetables. In addition they also provide an individual budget for other essential vegan requirements, such as

nuts, seeds, and Iodine supplements etc. In our opinion HMP Lowdham Grange have not only ensured equal opportunities for vegans in their dietary requirements, but also ensured equal opportunities are offered in their prison shop by adopting individual requirements via a direct Suma order.

Therefore, their commitment to ensure vegans equal opportunities in all areas has earned them a combined award for excellence. ***This is the first time this particular award has been given to any prison.***

# Catering Conference - April 2006

The Vegan Prisoners Support Group and Vegan Society were invited to the National Catering Conference for prisons in the public sector. This took place in April and what better topic than celebrating diversity? The work of the VPSG featured in the programme along with the work of other minority groups.

We spent time networking with various catering managers and found this extremely useful. We also attended the relevant seminars, and watched the cookery workshops with interest.

We became aware that catering managers would like more information on catering for vegans. With this in mind we are producing our first prison cook book which will be out in the new year.

All in all it was a great two days and we look forward to the next conference.

## Celebrating Diversity - a Vegan Society Perspective by Roz Raha

When the VPSG invited me to come along, I was delighted. It gave me the chance to network and discuss vegan issues with Catering Managers.

All of the vegan information packs went: I wished we had produced more! And I hope that those who took copies of The Vegan magazine, the 'Why Vegan?' booklet and other information resources had the chance to read them; because understanding the reasons why some people choose to become vegan helps in understanding vegan needs.



The Vegan Society's next challenge is to help hospitals, schools and care homes provide the excellent standard of food that is provided to vegan prisoners.

Thanks again to all of the Catering Managers who came to talk to us.

## Vegan Puddings Taking Off

Well done to David Clough (the Catering Manager for HMP Albany, HMP Camp Hill and HMP Parkhurst) for his wonderful summer sweets menu, which is below and has been in place since April. They have won a well-deserved commendation in the VPSG/Vegan Society prison awards for best vegan catering.

### Summer Vegan Sweet Menu 2006

Week 1	Week 2
<p><b>Monday</b> <i>Fruit Cocktail + Soya Cream Topping and Apple(2)</i></p> <p><b>Tuesday</b> <i>Semolina Pudding and Orange(2)</i></p> <p><b>Wednesday</b> <i>Baked Stuffed Apple and Banana(2)</i></p> <p><b>Thursday</b> <i>Rhubarb Crumble &amp; Soya Custard and Banana(2)</i></p> <p><b>Friday</b> <i>Rice Pudding and Apple(2)</i></p> <p><b>Saturday</b> <i>Peaches + Soya Cream Topping and Orange(2)</i></p> <p><b>Sunday</b> <i>Apple Crumble &amp; Soya Custard and Banana(2)</i></p>	<p><b>Monday</b> <i>Apple Pie &amp; Soya Custard and Orange(2)</i></p> <p><b>Tuesday</b> <i>Fruit Cocktail +Soya Cream Topping and Apple(2)</i></p> <p><b>Wednesday</b> <i>Tapioca Pudding and Pear(2)</i></p> <p><b>Thursday</b> <i>Pineapple Crumble &amp; Soya Custard and Orange(2)</i></p> <p><b>Friday</b> <i>Rice Pudding and Pear(2)</i></p> <p><b>Saturday</b> <i>Pears + Soya Cream Topping and Apple(2)</i></p> <p><b>Sunday</b> <i>Mixed Fruit Crumble &amp; Soya Custard and Banana(2)</i></p>

## N.H Case and Yearsleys Vegan Items

The following are currently vegan and include some new items

### N.H Case

Suitable vegan items are Vegetable Pie, Vegetarian Sausage, Breaded Vegetarian Finger, Findus Falafel Nuggets, Nasigoreng Patties, Noodle Patties and Plain Tortilla Wraps. Also some prisons stock their Vegan Halal Veg Meals.

### Harry Yearsley

Suitable vegan items are Realeat Sausages, Vegetable Patties, Vegetable Samosas, Thai Noodle Burger and Cranberry Apple Grill.

## DBC Ravioli and Yearsleys Bean Burger are not vegan!

Please note that DBC ravioli is not suitable for vegans as it contains egg albumen (as there is less than 2% DBC do not have to declare it on the packaging).

Yearsley have reformulated their bean burger and it is no longer vegan.

## Prison Cook Book

The prison cook book is well on it's way to completion, your free copy will be in the post in 2-3 months time.

## The Iodine Issue

Iodine is an important trace mineral essential to human life. The average adult requires 140mg/daily for the proper functioning of the thyroid gland and it is required by the body for the synthesis of the thyroid hormones and to bind cell membranes. It would be impracticable to provide this amount in the prison kitchen unless seaweeds were to be cooked and served daily in the correct amount.

### Iodine deficiency in the vegan diet - Goitre

The most common cause for goitre in the world is iodine deficiency (E01), which causes goitre in a widespread way in an iodine deficient diet.

In order to avoid thyroid disease such as goitre, making supplements containing kelp available essential.

### How to ensure your vegan prisoners do not get an Iodine Deficiency

Either arrange for a vegan kelp supplement to be issued daily through your Healthcare Department or take advantage of the Special Offer of VEG 1 details below:

### Veg1 multi-vitamin special offer to prisons!

VEG1 is a new multivitamin available from the Vegan Society which provides Vitamin B2, B6, B12, D, Folic Acid, Iodine and Selenium.

Special price to prisons is £3.00 per tub plus postage. Each tub contains 90 tablets which is a three month supply. If you would like to take advantage of this offer contact The Vegan Society on 01424 448 831



### Update on HMP Rye Hill -

#### Catering Manager Jonathan Roberts

Several visits were made to HMP Rye Hill [a GSL prison] since one of our test cases arrived and we were recently informed by Ian Wilson their ACM that our recommendations have been taken on board.

We have since heard that there are eight happy vegans now munching their way through delicious salads containing grated carrot, beetroot, peppers, broccoli, cauliflower, bean shoots and nuts each lunchtime and that some inventive evening meals are now being provided. Keep up the good work - if this standard continues there may be an award next year?

### Last Year's Award Winners

*continued from front page*

nuts, seeds, wholegrains and their famous chocolate and raspberry vegan cake [which will appear in our new cookbook shortly]. The varied vegan options show the extent of their culinary skills. Even their grab bags are filled with tasty healthy fillings such as: Scheese, Tofutti Spread [both vegan cheese alternatives], Vegan Garlic Sausage. Home-made Houmous, Roasted Vegetables, Peanut Butter/Banana and Realeat Sausages to name a few and even accompanied by a vegan yoghurt. Wayne also felt, as it was impracticable to include iodine in the diet, that a supplement should be provided by the prison and arranged for an Iodine source to be available through the Healthcare Department.

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## HMP Birmingham 1996-2006

Earlier this year three of our test cases arrived at HMP Birmingham - at first when I was handed the file I wasn't happy about dealing with this prison as my last contact was firmly imprinted in my mind.

I was taking the emergency calls over Xmas in 1996 when I received a call from two prisoners asking for advice/help on Xmas day. They informed me they had just been offered a cold corn on the cob and vegetables for their dinner. I telephoned the prison and was quite surprised at the response I received from Mr. Green the Catering Manager [now long retired]. His comment was he wasn't at all concerned and was not prepared to do anything about it as he was on his way home to enjoy his Xmas dinner with all the trimmings!

So when I picked up the telephoned to call the new Catering Manager I wondered what type of reception I would receive, but after just a few minutes I realised there was certainly a difference in the way the Catering Department was now run under Steve Yates [now retired too].

From the start he was happy to discuss the requirements of these three

lads and was not only receptive, but determined that they would be catered for properly. I remember thinking what a distance we have travelled regarding the care of this minority group.

During my call I explained these three prisoners had agreed to be part of our study on this minority group in prison and he agreed to allow them to participate in our nutritional trials. So in went our packs of nutritional items mixed nuts, pumpkin, sesame, sunflower seeds and dried fruits which are some of the mainstays of a vegan diet outside prison, together with our questionnaires.

During the many pleasant conversations we had over the next few months or so we discussed the ongoing 'iodine' issue and offered trials of VEG1. However, Steve said he felt he should be providing all the nutritional requirements within his budget, so HMP Birmingham became the first prison to order VEG1 from The Vegan Society - well done Steve we only have praise for your efforts in ensuring equal rights for vegans and if you read this, hope you are having an enjoyable retirement. Jo-Ann Brown