

Vegan Prisoners Support Group

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Issed to: all Catering Managers

~ working with ~

VPSG/Vegan Society Awards - 2007

Prisons in the Public Sector



Award winners David Clough, Bob Betts, Everton Cummings, Sandy Powell and Holly Hill

Well done to all prisons who won awards this year, as always the standard was very high, making the decision a tough one.

Head of Catering/Canteen Services Sandy Powell and Catering Manager Willy Sheekey and team HMP Winchester

Sandy Powell and Willy Sheekey & team won their **Excellent Overall**

Care of Vegans award by ensuring equal opportunities in both their dietary and prison shop requirements. This is our top award for prisons in the public sector.

Background: The nomination came from a VPSG test case at HMP Winchester who felt a real effort was being made

to try to ensure equal opportunities for vegans not only in their dietary requirements, but also in ensuring vegan mailorder requirements were available through the prison shop via Honesty Ltd and Goodness Direct.

He stated 'HMP Winchester has done an excellent job by providing vegan meals in a nutritional and imaginative way.' Food included tofu,

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Meeting with 3663

In April VPSG were invited to a meeting with Matthew McCabe [HMPS Procurement] and Douglas Thompson [3663] during which we were pleased to learn that Granovita soya desserts and wholemeal pasta are now on the listing. **We were also pleased to learn that Cheezly (vegan cheese) would be available from 1st May - good protein source for sandwiches, salads, etc. See details below.**

Additionally, the availability of the following products was discussed:

Tofu: good versatile protein source for use in salads, pies, flans and stir

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Prison Service/3663 Statement

The Prison Service Procurement Team and their Suppliers acknowledge the need to ensure the provision of good quality vegan approved products. The current range of products available on the iProcurement Site is reviewed on a monthly basis and we are actively sourcing new products from within the market place and hope to introduce more bespoke lines within the next few months

It is apparent that the analogue cheese product code 23063 currently available on the catalogue was suitable for vegetarians only and therefore we have sourced and introduced on 1 May 2008 an approved Cheezly Vegan Cheese 6 x 190 gram packs (Code 2698) at **£8.73** per case.

Please find enclosed the full range of 3663 branded and bespoke vegan products available on catalogue for you to purchase now.

Matthew McCabe, HMPS Procurement



White Cheddar Style Cheezly is available from 3663.

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Prisons in the Public Sector

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brown rice, millet, quinoa, beans, lentils and a variety of fresh fruit including lemons high in vitamin C. HMP Winchester also provided healthy hearty salads containing broccoli, spinach, celery, beetroot, red cabbage, beans and lentils.



Willy Sheekey (left) with his award presented by Jo-Ann Brown from the VPSG. Catering Officer Alan Cotton was also present

Dave Clough Head of Catering and staff Isle of Wight Prisons

David Clough and staff were nominated for their **Ongoing Excellent Care of Vegan Prisoners** award for the second year running as they maintained their high standards.

Background: Dave Clough and his team have over 100 vegans to cater for at three prisons and in fact they have also recently won a five star award from Environmental Health.

His catering staff certainly have their hands full with so many vegans to cater for, but endeavour to meet their needs. They were the first prison to provide regular vegan puddings.

The vegan option includes Tofutti vegan cheese, fresh fruit, broccoli, green beans and spinach. Favourites on the menu are Mediterranean mixed vegetables, mixed bean korma, ratatouille, roasted vegetable pizza, mixed bean goulash and bean and tomato casserole.

The puddings on offer include stewed apple and raisins, rhubarb crumble and custard, rice pudding, peaches and vegan cream, tapioca pudding, semolina pudding, pineapple crumble and pears with soya cream.

P/O Caterer Everton Cummings and team HMP Downview

Everton Cummings and team won another award for their **Ongoing Excellent Catering for Vegan Prisoners**

Background: Everton Cummings was nominated by vegan prisoners at HMP Downview for another award as he continues to try to ensure his vegans are offered equal opportunities

Everton ensures that VEG1 [which provides iodine in the vegan diet] is available. The nomination stated that he always tries to consider any vegan suggestions put to him and is happy to show new vegans around the kitchen in order to assure them that the products he uses are vegan friendly.

Cheezy [vegan cheese] is on the menu and favourites amongst the vegan options include tofu stir fries and roasted vegetables.

Catering Staff Sara Brown and Holly Hill HMP Onley

Both Sara Brown and Holly Hill were nominated for their **Excellent Catering for Vegan Prisoners**

Background: The prisoner that nominated Sara and Holly felt that every effort had always been made to ensure he was given equal opportunities.

They ensured that he was provided with mixed nuts and seeds and there always plenty of fruit and vegetables and even homemade muesli. He also felt that the meals were very tasty and there was a wide variety.

Catering Manager Bob Betts and team HMP North Sea Camp

Bob Betts and team were nominated for their **Excellent Catering for Vegan Prisoners**

Background: HMP North Sea Camp was nominated for one of our awards for all their efforts in ensuring equal opportunities for vegans.

The nominator said that he was always provided with all our recommendations as well as VEG1, vegan ice cream, soya yogurt, vegan cheese and even delicious vegan puddings.

Prisons in the Private Sector

Graeme Mann Catering Manager HMP Lowdham Grange



Ian Wilson (left) presents Graeme Mann's award. Duty Director Martin Oakes was also present.

For the second year running Graeme Mann won the award for the **Excellent Overall Care of Vegans** by ensuring equal opportunities in both the dietary and prison shop requirements of vegan prisoners. He was nominated by several prisoners for our top award in the private sector.

Background: The nominations stated that the food incorporates all our recommendations. It includes a variety of fresh fruit and vegetables, brown rice, pulses, pasta, whole-grains, nuts, seeds, tofu and healthy vegan desserts.

In addition, even with his busy schedule, Graeme always found time to help ensure that the prison shop provided equal opportunities for vegans via a Suma order; although this technically isn't his responsibility.

Prisons in the Private Sector

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Catering Manager Jamie Gibson HMP Bronzefield

Jamie Gibson won the award for the **Ongoing Excellent Care of Vegan Prisoners**. He also won an award in 2006 and was again nominated by two VPSG test cases to receive this year's award.

Background: The nomination outlined the benefits of being provided with daily raw food meals accompanied by a variety of braised or plain tofu, red quinoa, millet, brown rice, beans/lentils and wholemeal pasta.

Jamie Gibson was always receptive to the comments of the vegan pris-



Jamie Gibson with his award presented by Jo-Ann Brown from the VPSG

oners who nominated him and he is always receptive to any recommendations from the VPSG.

Meeting with 3663

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fries etc. Comes either as a chilled product, in a long life carton or tinned [i.e. Braised Tofu is ready to use straight from the tin]

Nuttolene: an easy to use protein source made from peanuts - requires no cooking - long shelf life as it is in a tin - easily sliced thinly for use in sandwiches, rolls or can be served with salads or hot vegetables.

Engevita Flakes (inactive yeast flakes): not only contains 11 vitamins but when added to a basic white sauce using vegan margarine makes an economical cheese type product making dishes such as lasagna. This product comes in a 125g pot and only approximately 1 tablespoon would need to be added to 1 litre of basic white sauce.

Let us know if you have a favourite vegan item you feel would make life easier in your kitchen as we have another meeting in June: remember your input is invaluable.

Jo-Ann

Importance of Beans/Lentils in the Vegan Diet

Beans and Lentils

Peas, beans and lentils, commonly known as pulses, are the seeds of plants belonging to the family Leguminosae, which derives its name from the characteristic pod or legume that protects the seeds while they are forming and ripening.

Pulses are valuable because they contain a higher percentage of protein than most other plant foods.

Not a nut but a legume - In spite of its common name, the peanut is a legume (or pulse) rather than a nut.

Peanuts are a valuable source of protein and also contain vitamin E, phosphorous, magnesium, copper, folate and fibre.

Nutrition

All pulses, except for soya beans, are very similar in nutritional content. They are rich in protein, carbohydrate and fibre and low in fat which is mostly of the unsaturated kind.

They are also important sources of some B vitamins. Canned beans are often used, which doesn't affect the protein content, eliminates the need for soaking and considerably reduces the cooking time compared with dried pulses.

A typical nutritional breakdown is that for haricot beans which are used to make baked beans.

Nutritional breakdown of 100g of dried haricot beans

21.4g protein, 1.6g fat, 45.5g carbohydrate, 6.7mg iron, 180mg calcium

The nutritional quality of the soya bean is superior to that of other pulses. It contains more protein and is a good source of iron and calcium.

Nutritional breakdown of 100g of dried soya beans

35.9g protein, 18.6g fat, 15.8g carbohydrate, 9.7mg iron, 240mg calcium

Dried soya beans are lengthy to prepare because they need at least 12 hours soaking and 4 hours cooking time, boiling for the first hour, but nowadays a large number of soya based foods including tofu and textured vegetable protein (soya mince or chunks) are available.

However, we recommend that soya products are not solely relied upon and that TVP/soya protein is not used more than 3-4 times per week. Instead use a variety of beans and lentils such as kidney, butter, pinto, aduki and berlotti beans as well as green, brown and red lentils.

THIS YEARS AWARDS

Nominations for this year's award are enclosed. The deadline is 1st September 2008.

A nomination form is enclosed with this news sheet. Once completed it requires a copy of your current menu sheet, together with the list of supplements and a nominee.

For more information call Jo-Ann on 0208 363 5729 or Clare on 0121 523 1735

HM Prison Bronzefield

Cheers and thanks to staff of the 'Friends of Bronzefield' tuck shop in the visitors hall for providing a 'vegan box' of goodies which is much appreciated by vegan inmates (and visitors)!

Current Vegan Lists

N.H Case

Suitable vegan items are:

Breaded Vegetarian Burger
Vegetarian Sausage
Vegetable Pie
Mixed Ready Meals & Rice (code 0849)
Plain Tortilla Wraps
Findus Falafel Nuggets
Nasigoreng Pattie
Noodle Pattie
14 inch Deep Pan Pizza Base
Medway frozen unbaked all-veg puff pastry.

(updated 14.4.2008 except pastry updated 23.8.2007)

British Bakeries

Suitable vegan items are:

Mothers Pride white medium sliced 800g
Mothers Pride white thick sliced 800g
Mothers Pride brown medium sliced 800g
Hovis white sq. cut medium sliced 800g
Hovis white medium sliced 800g
Hovis white thick sliced 800g
Hovis wholemeal farmhouse 800g
Hovis wholemeal seed granary 800g
Hovis wholemeal medium sliced 800g
Hovis wholemeal thick sliced 800g
Hovis wheatgerm brown medium sliced 800g

Mothers Pride white fingers rolls x 12
Mothers Pride fruited teacakes x 4
Mothers Pride crumpets x 8
Mothers Pride hot cross buns x 4

Mothers Pride white medium stay fresher 800g
Mothers Pride best of both medium 800g
Hovis white sq. cut extra thick sliced 800g
Hovis original granary medium sliced 800g
Hovis original granary thick sliced 800g

Mothers Pride derby scones x 6
Family Value sliced burger buns x 12
Family Value soft white rolls x 12
Mothers Pride white baps x 12
Plain Wrap 5 inch white baps x 4
Mothers Pride large white baps x 4
Hovis golden wholemeal rolls x 6

Hovis white square cut toast 800g
Plain Wrap multigrain baps x 4

(updated 8.4.2008)

Harry Yearsley

Suitable vegan items are:

Wicken Fen Thai Noodle Burger
Wicken Fen Sage & Apple Grill
Wicken Fen Carrot & Coriander Grills
Wicken Fen Spicy Bean Burger [must be code 200082 as they have two versions, one of which is not vegan]
Wicken Fen Tomato & Garlic Sausages
Wicken Fen Meatfree Veg Sausage
Large Ciabatta Sandwich
Daloon Vegetable Samosas

(updated 2.4.2008)

Lansdowne Fine Foods

Suitable vegan items are:

Mixed bean pasty
Vegetable and nut en croute
Chestnut and apple strudel
Lentil and cashew nut in pastry
Spinach and walnut in pastry
Soya based sausage
Sausages
Burgers

Dry nut roast mix (rehydrate to 1.6 times the dry weight)
Cashew nut mix

White cheddar style cheezly
Red cheddar style cheezly
White cheddar with bacon style pieces
Cheddar style with cranberries
Garlic and parsley style cheezly
Melting cheezly (Mozzarella, gouda, edam)
'Cheating' chicken, turkey, ham, garlic sausage
'Cheating' pepperoni, beef, chorizo
Streaky style vegetarian rashers (uncooked)
Vegetarian mince
Chicken style pieces
Soya yoghurt

Details from:
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