

Vegan Prisoners Support Group

www.vpsg.info

P.O. Box 194, Enfield, Middx EN1 4YL. 020 8363 5729

info@vpsg.info

News-sheet No:10 November 2008

Issued to: all Catering Managers

~ working with ~

VPSG/Vegan Society Awards - 2008

Prisons in the Private Sector

The standard of nominations for this year's joint award continued to be high: after much deliberation The Vegan Society and VPSG made their decisions on the joint awards.

Awarded our Gold Star-Plus HMP Lowdham Grange: Catering Manager Graeme Mann, Catering Staff and Prison Shop Staff

Our first **Gold Star-Plus** award has been awarded to HMP Lowdham Grange (a SERCO prison) for their commitment to ensure equal opportunities for vegans in all areas of their care. Their establishment has, for three consecutive years, provided a nutritionally balanced healthy option for this minority group. They have also ensured that vegans can purchase all their vegan requirements through their prison shop.

Well done HMP Lowdham Grange for winning our top award this year.

Catering: All the vegan meals are cooked by vegan prisoners who have at hand a variety of nuts, tofu, beans, lentils and wholegrains to

cook nutritionally balanced dishes and desserts. Some favourites are their in-house cooked vegan pies, wholemeal pasta dishes, quiche, vegetable stir-fry, brown rice risotto as well as dishes containing quinoa and millet.

Prison Shop: Vegan products are available through the prison shop. These include a variety of nuts, seeds, dried fruits, vegan chocolate, vegan biscuits, soya desserts, fortified soya milk, Nuttolene, braised tofu, and suitable toiletries, hygiene and bodycare products and even a vegan toilet cleaner!

In addition fresh fruit and vegetables are available for prisoners' purchase, including mangos and avocados.

Furthermore, individual orders of body care/hygiene products can be ordered via mail order from Honesty Limited, Lumford Mill, Bakewell, Derbyshire, DE45 1GS tel: 01629 814888. Honesty are one of the Prison Service's approved vegan mail-order companies.

continued on page 3



21 Hylton Street
Hockley
Birmingham
B18 6HJ

Tel: 0121 523 1730

Fax: 0121 523 1749

PO Stuart Head

HMP Whitemoor

'How I became involved with the Vegan Prisoners Support Group and our achievements over the last 7 years.'

My first contact with a vegan prisoner was in 1999 at Leicester prison. At the time I provided him with what I perceived was a reasonable vegan pack. It contained soya milk, peanuts, peanut butter, raisins, 14 pieces of fruit and a salad provided at all meals.

I can recall still feeling we were providing what was required for vegans even when I was at Pentonville prison. There were some vegan additions to the menus, but this was very limited.

continued on page 4

Prisons in the Public Sector

Gold Star Award Winner

Isle of Wight Prisons: Catering Manager David Clough and team

Isle of Wight Catering Team was nominated by one of their vegan prisoners again this year who felt that their continued efforts to ensure a nutritional and varied vegan option should be recognised with another award. This won them one of our three **Gold Star** awards.

The majority of vegan options are freshly prepared in-house and include tofu, vegan cheese and a variety of vegetables and fresh fruit. There is also a number of vegan desserts offered with soya cream or custard. The new winter menu offers vegetable paella, lentil tagine, mushroom stroganoff, vegetable korma, stuffed peppers, black-eyed beans/spinach, lasagne (using vegan cheese) and fassoulakia yahn!

They also provide healthy wholemeal baguettes and are currently catering for approximately 70 vegans.

continued overleaf

Contents

- 2008 VPSG/Vegan Society Awards
- Stuart Head, HMP Whitemoor
- 2009 Awards
- 5-a-day
- HMP Whatton
- Fortified Soya Milk vs Unfortified Soya Milk
- Recipes
- Current Vegan Lists
- Prison Shop - Equal Opportunities for Vegans

2009 Awards: Nominations

For a prison to qualify for nomination of one of our awards they need to not only provide the basic nutritional recommendations listed below, but also provide a healthy, varied vegan option:

- 5-a-day including 2-3 pieces of fruit and rainbow vegetables/dark green leafy vegetables
- 7oz mixed nuts/seeds weekly to consist of at least one brazil daily to provide selenium and some walnuts to provide omega 3
- 3½ litres fortified soya milk weekly
- a variety of pulses/beans
- tofu

Entrants will not only be judged on the overall nutritional content of their vegan options, but also their originality and use of wholegrains to ensure a tasty healthy balanced diet is provided.

There are five annual awards. Nomination forms and full details on how to apply will be included in our Spring newsletter. The prison must be nominated by either a prisoner, their Area Catering Manager, the VPSG or The Vegan Society.

Gold Star Award

Any prison being nominated for three consecutive years will be considered for one of our *Gold Star* awards. The recipients of this award will need to keep their standard high each year to hold on to their Gold Star award.

Gold Star-PLUS: our top award

Each year there will be only one *Gold Star-Plus* award. To be the recipient of this award (whether in the public or private sector) the establishment will not only need to be nominated for their culinary skills, but will also need to ensure equal opportunities are available through their Prison Shop for vegans.



Wayne Shooter's main course: vegetable tower with chickpea ravioli.

5-a-day

Two to three pieces of fruit can form part of the 5-a-day, but if only two are provided then the other three portions should be provided by any of the following:

Broccoli - 2 spears;
Cabbage green/red, cooked - 1 mugful;
Cabbage green/red, raw, sliced- 2 handfuls;
Carrots - 3 heaped tablespoons;
Cauliflower - 8 florets;
Tomatoes - 1 medium;
Peas - 3 tablespoons;
Spring Greens cooked - 1 mugful;
Sweetcorn - 1 cob;
(All the above are examples of one portion)

Three heaped tablespoons of chickpeas, kidney beans or lentils can also be counted as only one portion per day.

Potatoes do not count since they are a starchy food.

Well Done HMP Whatton!

Congratulations to Wayne Shooter, chef at HMP Whatton, finalist in The Vegan Catering Challenge organised by The Vegan Society. It took place on Monday 27 October 2008 and was open to all mainstream chefs.

VPSG/Vegan Society Awards - 2008

Prisons in the Public Sector

continued from front page

Gold Star Award Winner

HMP Downview: Catering Manager Everton Cummings and team

HMP Downview was nominated again this year for an award and they scooped a **Gold Star** award. Their vegan choice includes dishes containing nuts, tofu, Quinova, barley, plantain, okra and brown rice. In addition there are plenty of hearty bean and lentil dishes on the menu as well as stuffed peppers, cottage pies, vegetable pizzas and interesting vegan Caribbean dishes. Plenty of fresh fruit is available as the healthy option.

2nd Year Award Winner

HMP Winchester: Catering Manager Tim Smith, Officer Caterer Alan Cotton and team

This is HMP Winchester's second year to be nominated by a vegan prisoner as the vegan choice consists of a variety of healthy raw food: chopped red/green cabbage, beetroot, broccoli, courgette, sweetcorn, peppers, mushrooms, tomato, celery, onion and cucumber accompanied by either tofu, beans/lentil or quinoa and a choice of either pasta or jacket potato.

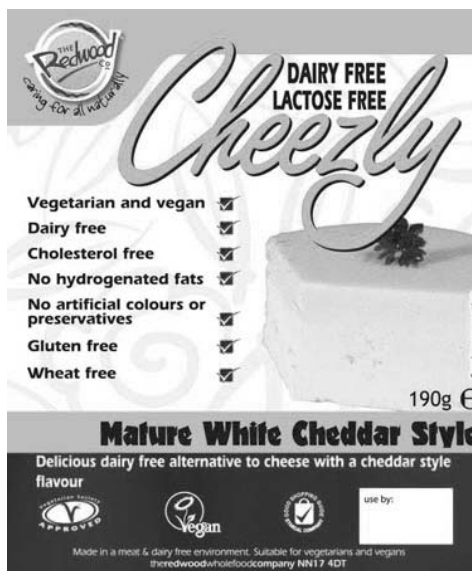
The fruit choice consists of apples, oranges and bananas. The dinner choice is always a good wholesome hot meal: vegetable stew and dumplings, shepherd's pie, stir fry

etc. Not all prisoners would choose the lunchtime raw meal and so there are also such choices as veggie burger, chips and beans.

1st Year Award Winner

HMP Grendon: Catering Manager Tim Mayhew

HMP Grendon was nominated by a prisoner: *"for their availability and understanding of the vegan diet"*. They include in their vegan option home-made soups, pecan nut roast, butternut squash roast, wholemeal pasta, brown rice, a variety of green and orange vegetables and fruit.



The use of Redwood's Cheezly (product code 2698) seems to be growing. It is appearing frequently in diet sheet records which is good news as vegan cheese is one of the popular protein mainstays of the vegan diet in and out of prison. It is available from 3663 and Lansdowne Fine Foods: see insert.

Winchester Trial Food

Many thanks and appreciation to SEO Paul King at Winchester Crown Court for supplying nutritional and tasty vegan lunches for several strict vegans on trial this year.

First Year Award Winner HMP Exeter: Catering Manager Gary Spilsbury and team

HMP Exeter was nominated this year as they have catered successfully for vegans even during the civilisation of the catering team and with the complications involved in being a local prison where the prisoner workforce can change every six to eight weeks.

Numerous healthy vegan dishes are available containing brown rice, green lentils, red lentils, barley, chickpeas and kidney beans.

They have also incorporated the vegan diet into the N.V.Q. training given to prisoners to raise awareness.

FORTIFIED SOYA MILK vs UNFORTIFIED

The importance of fortified soya milk in the vegan diet

It is essential, in order to ensure sufficient calcium and B12 in the vegan prison diet, to provide 3½ litres fortified soya milk per week. This is readily available from 3663 and the recommended daily issue is 2x250ml Alpro fortified sweetened soya milk, (code 82980, 250ml, case 15).

MIXED NUTS vs PEANUTS

Mixed nuts are required in order to help provide **selenium** and **omega 3** in the vegan prison diet. Peanuts are not a nut, but a legume. Whilst they have their own benefits in the vegan diet they do not provide either selenium or omega 3.

First Year Award Winner HMP Stafford: Catering Manager Barry Bramhall and team

HMP Stafford has been nominated this year as they provide a varied and interesting vegan diet. Their vegan dessert menu includes banana and pineapple fritters, baked apples, poached pears, fruit crumble and fruit filled pancakes. Vegan prisoners are also provided with vegan cheese, nuts and seeds and vegan flapjacks.

Wholemeal bread and baguettes are also on offer and a multi-choice vegan option which includes mushroom stroganoff (using soya milk of course), lentil and courgette dhal and rice, broccoli and cauliflower bake, black-eyed beans in spicy tomato sauce and rice to name a few of the dishes.

First Year Award Winner HMP Sudbury: Catering Manager Paul Welton/Deputy Catering Manager Craig Jones and team

HMP Sudbury was nominated this year by one of their prisoners as their vegan option includes nuts, tofu, veggie deli meat substitute, hummus, vegan cheese and soya desserts as well as a variety of fresh fruit and lots of healthy green vegetables which include broccoli, sprouts and cabbage.

The vegan choice also includes ratatouille, roasted vegetables and many dishes containing kidney beans, chick peas and lentils as well as choices containing water chestnuts.

Prisons in the Private Sector

continued from front page

Gold Star Award Winner HMP Bronzefield: Catering Manager Jamie Gibson and team

Bronzefield was nominated this year, for the third year running, by several prisoners. Prisoners can start the day with yeast extract on toast and cereal with a varied hot lunch. This is followed in the evening with a healthy raw food choice consisting of shredded cabbage, beetroot, tomatoes, cucumber and peppers, accompanied by a variety of protein sources such as braised tofu, nuttolen, quinoa, brown rice, millet, beans or lentils. There is always plenty of fruit available and soya yoghurts for dessert.

Several vegan prisoners at HMP Bronzefield have written asking if Trudi Cawley could be mentioned in our newsletter as Jamie's best supporting team member which we are more than happy to do.

Note: HMP Bronzefield (a KALYX prison) was the first prison to list Organica Chocolate and a limited number of specialist toiletry products for their vegans, in their prison shop. Vegan prisoners can also order a few hygiene, bodycare and make-up products from Honesty Limited. However, HMP Lowdham Grange's canteen sheet lists fruit and vegetables and a more flexible mail order from Honesty Cosmetics and this is why they were awarded the Gold-Star Plus.

Recipes

Sweetcorn Fritters by HMP Gartree

8 oz (225g) plain flour
8 oz (225g) chick pea flour
1 oz (30g) baking powder
1 bunch fresh coriander, if not available use powdered mixed herbs to taste
2 tbsp turmeric
2 tbsp chilli powder
5 lbs (2.4k) sweetcorn, steamed for 5 minutes
salt to taste

1. Make a batter with the flours, baking powder and water. Add herbs, spices and sweetcorn. Season to taste with salt.
2. Deep fry using small potato scoop as a measure. Serve with boiled rice, sweet chilli, spicy tomato or sweet & sour sauce. Serves 20.

Many thanks to HMP Gartree for this recipe.

Cottage Pie with a Twist

by Stuart Head, HMP Whitemoor

1. Prepare soya mince with onion and mixed vegetables. Thicken with vegan gravy mix. Cool in a blast chiller or fridge.
2. The twist. Top with mashed carrot, swede and parsnip. Cook through the oven as normal.

Many thanks to Stuart Head for this recipe.

PO Stuart Head

continued from front page

The advice in the PSO5000 didn't cover the total requirement and therefore gave a limited view of what the perception of a vegan was. My colleagues and I thought that vegans didn't eat meat, eggs or cow's milk and lived on nuts and salad - how wrong I was.

Our first meeting

The first time I came across the VPSG was in 2001 when at Highpoint and Edmunds Hill I had a phone call late one Friday afternoon from Jo-Ann Brown. She wanted to speak to me about two strict vegans who had recently arrived. I was interested in learning how to cater properly for them and the other vegans there so I took the time to chat.

During our conversation I realised that here was a source of knowledge at my fingertips on a specialist subject. I was eager for information which would give me the ability to provide a fair service for this minority group. I had no real clue of how or what to do for them to ensure I met their nutritional requirements and overcome those request complaints that seemed to take up so much of the day.

Upping the standard

The two girls in question then came to my office and I was able to glean more information of what they ate and what they required. This, linked to the information already provided to me by the VPSG, helped me to understand their specialist needs.

The VPSG as part of their study pro-

vided me with additional supplements to help in providing the service deserved, although I remember thinking at the time that this was going to be something to do with an undercover report. I was extremely sceptical as to who I was dealing with and why I was under the spotlight.

Building trust

After a few weeks the trust built up and my knowledge improved to a point where I could put ideas into place and help to provide a good service to all the vegans at my prison. This was aided by the fact that I was in charge of the in-house canteen.

Catering Information Pack (CIP): the seeds are sown

The VPSG asked me what I felt was needed to ensure Catering Managers would be able to cater for a strict vegan whatever prison they arrived at, without them calling each one individually to offer help/advice. I suggested an information pack which would provide a base from which all Catering Managers could work and provide the service needed, without the vast cost of buying processed foods and pre-packed boxes.

Slowly the VPSG and I started to plough through mounds of nutrition information to put it into an easily accessible form. I must confess it was an arduous task which we couldn't have accomplished without the help of the three nutritional advisors, the final approval of Alan Tuckwood and of course not forgetting the help and patience of my wife Yvette, as all this was done at home in my own time.

The final touches

The pack was finally enhanced with some illustrations by Liz Cook. I remember breathing a sigh of relief as it was sent off to the printers and then dispatched to all prisons.

When the pack hit the desks of Catering Managers I received a call from the VPSG to let me know they were inundated with calls from prisons for answers to all those questions they wanted answers to on their new helpline.

Dealing with non-genuine vegans

I think we have all had to deal with those prisoners claiming to be vegans for the extra soya milk etc. (so necessary for strict vegans), but I found monitoring their meal selection and their prison shop purchases an easy way to sort them out from the strict ethical vegans.

Butler Trust Award

For the time and ideas I put into the CIP I received the Butler Trust Award and this has given an old caterer of many years the stimulation to improve what I offer to the service and my customers on a daily basis.

The latest CIP and Prison News sheets are now produced jointly by the VPSG/Vegan Society, which means the information we now have to hand is a world apart from the box of food that barely covered the needs of the vegan 19 years ago along with fruit and salad.

P.O. Stuart Head
HMP Whitemoor
October 2008

Prison Shop - Equal Opportunities for Vegans

Vegan prisoners currently have very limited access to vegan products through prison shops in the public sector.

This is a concern that we first highlighted in 1994 to Aramark and which we featured in earlier prison news sheets: see issues 1-4, May 2003-October 2004, available for viewing on www.vpsg.info.

However, although we have attended numerous meetings with different teams at Prison HQ since 2002, our recommendations were still not installed before the previous prison shop contract expired, due to various 'operational difficulties'.

Update November 2008 DHL/Booker awarded prison shop contract

At a meeting with HMPS procurement and DHL/Booker recently we were advised that the 'new model' prison shop contract, recently awarded to DHL/Booker, will finally see

equal opportunities in place for vegan prisoners in the public sector.

Our recommendations continue to be more than realistic and are as follows:

Basic vegan hygiene/bodycare products listed on canteen sheets amongst the many choices already available to non-vegan prisoners i.e. a vegan bar soap, shampoo, conditioner, moisturiser, deodorant and toothpaste.

In addition we recommend a vegan chocolate bar, sweet and savoury vegan biscuit, protein source such as Nuttolene or braised tofu, vegan spread, cheese alternative, soya yoghurt, flavoured soya drink and fortified soya milk. Finally we recommend that there should be healthy items available – suitable for all – such as mixed nuts and seeds, dried fruit, fresh fruit and fresh vegetables. No great demands, just basic healthy alternatives to the many counterparts readily available for non-vegan

prisoners.

Other hygiene/bodycare products such as lip balm, sun cream lotion, hair colourants and make-up which non-vegan prisoners have taken so much for granted – and vegans have had to be without for so many years – can easily be made available through Honesty Limited, an approved vegan mail order company already on a number of Facilities Lists at progressive prisons.

We are hopeful that this coming year should finally see the 'equal opportunity' policy the Prison Service is committed to put in place with the assistance of Vincent Godfrey's team.

Test case feedback

Our test cases around the country will be providing us with information on the new prison shop additions. Update in February's prison news sheet.



New Ongoing Product

- Blended and set fruit/with added diced fruit in 4 exciting flavours.
- Fully **Vegan** / ideal for varying menus.
- Healthy option
- Can be served in frozen state or ambient.
- Fully pasteurised.

285123 Strawberry & Apple
285124 Lime & Apple
285125 Raspberry & Apple
285126 Mango & Peach

96 x 1

FRUIT SETS

Promotional

Price

12p



Current Vegan Lists

Harry Yearsley (updated 7.11.2008)

Wicken Fen sage and apple grill
Wicken Fen carrot and coriander grill
Wicken Fen spicy bean burger (code 200082)
Wicken Fen tomato and garlic sausage
Wicken Fen meat-free veg sausage
Ciabatta sandwich
Onion bhajis
Strawberry and apple fruit set
Lime and apple fruit set
Raspberry and apple fruit set
Mango and apple fruit set

For Xmas only

Orange and apricot grill
Cranberry and apple grill
Individually wrapped carrot cake
Individually wrapped cherry stollen cake
Individually wrapped lemon cake

British Bakeries (updated 9.10.2008)

Mothers Pride white medium sliced 800g
Mothers Pride white thick sliced 800g
Mothers Pride brown medium sliced 800g
Hovis soft white medium 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 soft white 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
Hovis golden wholemeal rolls x 6
Hovis soft white thick 800g
Plain Wrap multigrain baps x 4

3663 (updated 10.10.2008)

Cooking and baking fat (code 04031 or 04032)
Baking and Spreading (code 04036)
Sun Spread (code 04051 or 04054)
Sun Light Spread (code 04089)
Cheezy mature white cheddar style (code 2698)

The above is a small selection of 3663's vegan range

N.H. Case (updated 7.11.2008)

Breaded vegetarian burger
Vegetarian sausage
Vegetable pie
Mixed ready meals and rice (code 0849)
Plain tortilla wraps
Findus falafel nuggets
Nasigorengge patties
Noodle patties
14 inch deep pan pizza base
Medway frozen unbaked all-veg puff pastry

Lansdowne Fine Foods (updated 11.2008)

Mixed bean pasty
Vegetable and nut en crouete
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 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
Chestnut and apricot strudel
Soya yoghurt

Details from:

Lansdowne Fine Foods Ltd.,
2, Waterdyke Avenue, Southwick,
West Sussex, BN42 4DF
Tel/Fax 01273 594130
e-mail npr.smith@virgin.net

HMP Breakfast Packs (updated 13.10.2008)

Breakfast pack 4 is for prisoners who choose the vegan diet. Cereals that are suitable for vegans are packed for HMP. They include frosted flakes, branflakes, wheat biscuits and cornflakes.

Strawberry, raspberry and blackcurrant jams are suitable, as is marmalade. The tea bags are confirmed as heat-sealed therefore no glue is used. The whitener/powdered milk is NOT included in the 'Vegan' pack as it is unsuitable for the vegan diet. Soya milk is issued in lieu.