This Year’s Awards

Nominations for this year’s awards are invited. Please note all completed Nomination Form needs to be accompanied by a copy of the prison’s current menu sheets and received at the VPSG Office by the latest the 1st September 2009. Winners of this year’s awards will be announced in October 2009.

A nomination form is enclosed with this news sheet. In order to qualify the nutritional requirements underneath need to be provided.

3 ½ litres/week of fortified soya milk
7 oz/week mixed nuts/seeds
[e.g. 1 brazil, 6 walnut halves, plus sunflower/pumpkin seeds daily]
2+ grains/daily [preferably wholegrains] and root vegetables
[e.g. including any of the following - pasta, oats, bread, rice, corn, millet, buckwheat, barley, bulgar wheat, potatoes, sweet potatoes, yam, parsnips, butternut squash etc]
1+ portion pulses/daily
[e.g. chickpeas, lentils, kidney beans, peas, soya products]

Plus 5-a-day
2-3 pieces of fruit/daily
[e.g. apples, oranges, bananas]
2+ portions vegetables/daily
[e.g. cabbage, cauliflower, spring greens, broccoli, carrots, sweetcorn, peas, tomatoes, beetroot, celery, etc]

Get in Touch!

Don’t forget both VPSG and the Vegan society are available to answer any questions you have on the vegan diet. Either call Jo-Ann at the VPSG on 0208 363 5729 or Verity at the Vegan society on 0121 523 1736 as we are both here to help.

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Recipe of the Year Award 2009

We are inviting Catering Managers to submit their most popular vegan recipe to win our Recipe of the Year Award. A photo of the winner together with their recipe will be included in our next newsletter later this year.

The prize will not only be a plaque for the winner to proudly display, but in addition a 15 kilo sack of Red Quinoa, a healthy wholefood grain which is not only nutritional, but easy to cook and very tasty too.

The recipe needs to contain a protein source, be inventive, tasty and obviously a healthy dish. Recipes to be submitted by 1st August either by e-mail to jo-ann.brown@vpsg.info faxed to 0209 363 5729 or alternatively sent to PO Box 194 Enfield, Middx EN1 4YL.

About Quinoa: It is a seed related to leafy green vegetables. It's often used as a grain, but unlike grains, it is considered a complete protein source. It also provides fibre, iron, magnesium, phosphorus, and is gluten-free.

Many people recommend that you pre-soak quinoa for 15 to 30 minutes to bring out the nutty flavour. To cook just add two parts water to one part quinoa. The seeds swell to about two to four times their original size. Bring it to a boil, cover, and turn the heat down to simmer and cook for 20 minutes.

When you remove it from the heat, allow it to sit with the cover on for five minutes and then fluff with a fork. You will see the seeds become slightly transparent and display a little white thread that curls around them. It is normally served just as it is.

Fortified Soya Milk

It is essential in order to ensure sufficient calcium and B12 in the vegan prison diet, to provide 3 ½ litres of fortified soya milk each week. Available from 3663 code 82980 in 250ml cartons in cases of 15.

Iodine – Essential Mineral in Vegan Diet

The average adult requires 150-300mg daily. While ideal intakes of iodine can be achieved by careful use of seaweed our research shows it is impracticable to cook this in the prison kitchen and unpalatable to most.

Therefore it is important to ensure an iodine [kelp] supplement is available for prisoner purchase through the prison shop.

Iodine – Essential Mineral in Vegan Diet

Prison Guidelines state "3.1 Herbal remedies, dietary or food supplements of a vegetable or synthetic origin such as Iodine[kelp] may be requested through the prison shop. The assistance of the Catering manager may be therefore requested by strict ethical vegans in this area.

Wholegrains

As grains lose nutrients when refined, we therefore continue to recommend that a percentage of the grains offered in the vegan diet are wholegrains.

Importance of Nut/Seeds in the Vegan Diet

Sunflower Seeds are the richest seed source of vitamin E and excellent course of copper and magnesium.

Pumpkin Seeds are an excellent source of iron and zinc.

Brazilis – just one a day should provide sufficient Selenium

Walnuts provide copper, manganese and are full of linolenic acid which converts to omega-3 fatty acids in the body. Walnuts also contain omega-6.

Almonds are high in riboflavin, copper, magnesium and vitamin E as well as zinc and calcium.

Remember peanuts are NOT A NUT, but a legume, although still very useful in the vegan diet as they provide protein as well as vitamin E, folate, fibre, phosphorus and magnesium.

Sandwich Fillings

We continue to recommend Granose Nut Luncheon be added to 3663 listing as it sliceable and nutritious.