

# Vegan Prisoners Support Group

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## Definition of a Vegan

VEGANISM may be defined as a way of living which seeks to exclude, as far as possible and practical, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.

**In dietary terms it refers to the practice of dispensing with all animal produce - including meat, fish, poultry, eggs, animal milks, honey, and their derivatives.** In terms of clothing, the wearing of such items as leather, suede etc would not be acceptable to vegans.

Abhorrence of the cruel practices inherent in an agricultural system based on the abuse of animals is probably the single most common reason for the adoption of veganism, but many people are drawn to it for health, ecological, resource, spiritual and other reasons.

The above information was obtained from the Vegan Society, which formed in 1944. For more information see their web site: [www.vegansociety.com](http://www.vegansociety.com)

## Definition of a Vegetarian

A vegetarian is someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits with or without the use of dairy products and eggs.

**A vegetarian does not eat any meat, poultry, game, fish, shellfish or crustacea, or slaughter by-products.**

The above information was provided by the Vegetarian Society of the United Kingdom. For more information see their web site: [www.vegsoc.org](http://www.vegsoc.org)

Our organisation can provide any advice or information on the care of vegans free of charge to any police station by contacting our 24 hour helpline 0208 363 5729.

This newsletter is the first issue in which we define the difference between a vegan and vegetarian.

In this edition we have listed the answers so far received to our questionnaire from the various Constabularies around the country and marked the ones where we are still awaiting a response. This information is also listed on our website [www.vpsg.info](http://www.vpsg.info)

We are planning to issue 3 newsletters each year and also add these to our website in order that police stations can refer to our ongoing research on the care of this minority group.

### Metropolitan Police Constabulary

Recently we had a meeting with Mr. Peter Stenning responsible for the Custody Suites in the Metropolitan Area. Our discussions outlined problematic areas of the care of vegans detained in custody and feel after this meeting that this minority group are well understood and will be properly cared for in any police station in the Metropolitan area in the future.

At the moment we are continuing to work with this Constabulary on issues surrounding the provision of personal hygiene products where required. Further details on this will be outlined in our next edition.

### Research To Date on Ambient Meals

Bunzl's, Provend and Blue Chip

Can confirm that the following are suitable for vegans;

- Vegetable Chilli
- Pillau Rice
- Wild and White Rice

Constabulary	Comments
<a href="#">Avon and Somerset</a>	No policy in place, but are willing to make reasonable arrangements when the need arises.
<a href="#">Bedfordshire</a>	Stated that all stations can cater for dietary, clothing and toiletry requirements of vegans held in custody. Toiletries are not in stock but will be purchased as required.
<a href="#">Cambridgeshire</a>	<i>- requested more information before answering the questionnaire</i>
<a href="#">Cheshire</a>	<i>- no reply</i>
<a href="#">City of London</a>	No vegan food or toiletries available. Clothing made from animal sources.
<a href="#">Cleveland</a>	<i>- no reply</i>
<a href="#">Cumbria</a>	<i>- no reply</i>
<a href="#">Derbyshire</a>	Can supply a vegan chilli meal. Toiletries and clothing can be provided when needed but are not in stock.
<a href="#">Devon and Cornwall</a>	There are six main custody units and 42 other locations where prisoners can be detained. The custody officer is researching the availability of vegan provisions and will forward a report.
<a href="#">Dorset</a>	The custody sergeant is currently researching and will contact VPSG with the results.
<a href="#">Durham</a>	No vegan meals, soya milk or toiletries held in stock but these may be provided by family or friends at the custody officer's discretion. No confirmation as to the suitability of their blankets for vegans.
<a href="#">Dyfed-Powys</a>	Nothing in stock at present, however vegans will be provided for as required.
<a href="#">Essex</a>	VPSG are meeting with the food services adviser in the near future to discuss the situation.
<a href="#">Gloucestershire</a>	No policy in place, however special purchases can be made as the situation requires.
<a href="#">Greater Manchester Police</a>	Food and drink suitable for vegans kept in stock. Toiletries and clothing can be provided by friends or relatives as far as is practicable.
<a href="#">Gwent</a>	Provide vegetarian meals only and no soya milk. Blankets contain wool. Policy to be reviewed.
<a href="#">Hampshire</a>	Vegan meals available. Toiletries on request as the situation requires. Blankets appear to be man made.
<a href="#">Hertfordshire</a>	Vegan meals available. Some custody suites will buy food and soya milk out of petty cash. Soap is vegan but the toothpaste is questionable. Blankets, mattresses etc are all man made.
<a href="#">Humberside</a>	No provisions made for vegans at all. Blankets are from an animal source. Police and criminal evidence act 1984 adhered to (special dietary needs to be met as the occasion arises).
<a href="#">Kent</a>	No vegan provisions. However Tonbridge Police Station will consider vegan food and toiletries being brought in from outside. They will also obtain vegan food from a local take away at their expense. Gravesend Police Station have an in-house chef so basic vegan food can be obtained.
<a href="#">Lancashire</a>	No provisions in stock but custody staff will use the local supermarket when necessary. Blankets are synthetic.
<a href="#">Leicestershire</a>	<i>- no reply</i>

<a href="#">Lincolnshire</a>	No provisions in stock but there is access to petty cash for vegan provisions when the need arises. Blankets are woollen.
<a href="#">Lothian and Borders</a>	- no reply
<a href="#">Merseyside</a>	- requested more information before answering the questionnaire
<a href="#">Norfolk</a>	Did not reply to the questionnaire but say that vegans will be dealt with on an individual basis.
<a href="#">North Wales</a>	No provisions in place but willing to buy from local suppliers if needed. Blankets are man made.
<a href="#">North Yorkshire</a>	No provisions in place but already contact the VPSG when as and when the need arises. Staff provide food and toiletries for vegan detainees.
<a href="#">Northamptonshire</a>	Pilau rice and vegetable chilli available. No soya milk or vegan toiletries in stock but custody staff will go and purchase these as the need arises. Blankets are synthetic.
<a href="#">Northumbria</a>	- no reply
<a href="#">Nottingham</a>	Vegan meals available. May consider a supplier for toiletries. Blankets are man made.
<a href="#">South Wales</a>	Vegan meals available. No toiletries of any kind in custody suites. Blankets are synthetic.
<a href="#">South Yorkshire</a>	- no reply
<a href="#">Staffordshire</a>	Vegan meals available. Staff will use local 24 hour supermarket when necessary. No vegan toiletries. Blankets at present contain wool but new type being researched.
<a href="#">Suffolk</a>	Researching suppliers of toiletries and clothing and will contact VPSG with results. No vegan meals in stock but will allow friends to bring meals in.
<a href="#">Surrey</a>	Willing to consider food and toiletries suppliers. Some vegan food possibly available.
<a href="#">Sussex</a>	All custody centres in Sussex are supplied by Reliance secure task management Ltd. Vegan meals available. Awaiting confirmation about the toiletries being vegan. Blankets are man made.
<a href="#">Thames Valley</a>	Awaiting reply from questionnaire forwarded to custody inspector.
<a href="#">Warwickshire</a>	Can provide white and wild rice with vegetable chilli which their supplier assures is vegan. No soya milk held in stock. No vegan toiletries. Blankets are wool but there is a limited supply of cotton ones. Food and toiletries brought in by VPSG or family or friends will be accepted as long as security is not compromised.
<a href="#">West Mercia</a>	- no reply
<a href="#">West Midlands</a>	Vegan meals available. Not known if toiletries are vegan. Blankets are man made.
<a href="#">West Yorkshire</a>	Vegan meals available. No vegan toiletries. Blankets are man made.
<a href="#">Wiltshire</a>	State that if a detainee asks when arrested meals and soya milk can be purchased for them. Blankets are man made.

This newsletter was despatched to all forty two Constabularies for the attention of the Chief Constables on 9<sup>th</sup> May 2005

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