

Vegan Prisoners Support Group

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To: Governors/Diversity Managers/Finance Managers and Prison Shops

VPSG/Vegan Society Awards 2011

Catering Awards

Winners of our Catering Awards need to follow our basic nutritional recommendations listed in our Catering Information Guide. This includes providing every week: 3½ L fortified soya milk (which should help towards providing Calcium and B12), 200g (7 oz) mixed nuts and seeds, 255g (9 oz) mixed dried fruit/raisins, 255g (9 oz) muesli with oats and 14-21 pieces of fruit (comprising 3 bananas/week and at least one citrus fruit/daily).

Our Special Awards are for personal effort, and our Visitor Centre Awards are for those prisons which ensure vegan items are available for purchase during visits.

Our TOP AWARD is our GOLD STAR-PLUS, and for a prison to receive one of these they need to not only provide a nutritionally balanced vegan diet, but offer equal opportunities for vegans in their Prison Shops and also their Visitors Centres. So well done HMP Bronzefield and HMP Coldingley!

GOLD STAR-PLUS

HMP Bronzefield

Catering Manager Jamie Gibson and team

HMP Bronzefield have been nominated once again, and now even provide a choice of two vegan meals daily. Their Prison Shop and Visitors Centre are well stocked with vegan products.

Popular lunchtime choices are mixed bean and olive salad, vegetable and pesto pasta and chickpea salsa.

Amongst the main meals are spinach and mushroom pasta, mixed bean stew, pesto bake, peanut, coconut and vegetable curry, chickpea curry, vegetable biryani and green lentil dhal. Fresh fruit and soya yoghurt is available every day.

The Prison Shop has three chocolate treats for sale: Organica Bars, Whizzers and Moo-free chocolate drops, and a well-stocked supply of vegan toiletries.

See Visitors Centre Awards for more about this year's Visitors Centre Awards.

GOLD STAR-PLUS

HMP Coldingley

Catering Manager Paul Rowling and team

HMP Coldingley is the first public prison to win our Top award for their efforts in providing their vegan prisoners with equal opportunities. The nominee's comments below outlines why this prison has won one of our Gold Star-Plus awards.

"I have nominated this prison for an

award as the food is very tasty, varied and healthy. I also appreciate all the time and effort taken to make sure I am provided with my nutritional requirements. I am also grateful for being able to purchase vegan products via mail-order and that the Visitors Centre has taken the trouble to make vegan products available for my visitors to purchase."

The menu choices include: homemade Cornish pasties, moussaka, nut roast, chickpea paella, bean and vegetable pilaf, lentil cutlets, bean and lentil patties, split pea pakoras, stuffed aubergine and brown rice risotto. They even make their own vegan mayonnaise.

Visitors Centre Awards



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chocolate Alpro soya drinks, and Alpro strawberry and vanilla desserts. They even managed to source a vegan cake for one of their prisoners this year!

Coldingley's Visitors Shop

has won another award this year as

they continue to stock a variety of vegan confectionary, such as the Organica range of goodies, Alpro soya drinks, fresh fruit and flapjacks.

Friends of Bronzefield wins yet another award. The nominee says: *"the visitors shop is fantastic and there is always a well-stocked variety of vegan goodies – Whizzers, chocolate buttons, Nakd bars, free-from chocolate bars, Organica chocolate, marzipan bars, and Doves Farm chocolate crisp bars. It makes visits great!"*

HMP Littlehey's Visitors Centre

has won one of our awards. They stock dairy-free chocolate bars, Swiss dark chocolate bars, and also Berry Cheeky, Coco Loco and Ginger Bread Nakd bars. They also stock strawberry and chocolate soya drinks.

The Downs Visitors Centre

has won another award this year as they continue to provide a variety of vegan goodies including dairy-free chocolate and white buttons, strawberry and

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Jackie's 2nd Award

Jackie Gourley's continued efforts to

ensure equal opportunities to vegan prisoners has earned her another award this year. Well done!

Jackie Gourley
Residential
Manager
HMP Downview



Equal Opportunities for Vegans in Prison

Equal opportunities for prisoners excludes discrimination towards minority groups.

The vegan diet is based on fruits, vegetables, nuts, seeds, pulses and cereals. The diet omits all animal products including meat, poultry, fish, sea creatures, invertebrates, eggs, animal milks, honey and royal jelly.

Human nutrient requirements can be met by a prison diet composed entirely of plant foods - with the exception of vitamin B12 and the mineral iodine, which should both be provided through supplements.

The updated Prison Service Instruction: PSI 44/2010 Catering – Meals for prisoners *'sets out the minimum practices and procedures that must take place in order to provide safe, acceptable meals*

for prisoners'. Also, NOMS 'has a responsibility to meet cultural, nutritional and diversity needs.'

We know it is not an easy task, but



communication between prisoners and staff will help to simplify matters, as well as making the Catering staff sensitive of the vegan dietary needs

in relation to the nutritional aspect, and also the importance of separate preparation areas, storage and serving of vegan food.

Since 2009, prisoners have been able to order through mail order companies such as Holland & Barrett (nuts, seeds, toiletries), Honesty Cosmetics (toiletries and cleaning products), Vegetarian Shoes (shoes made with natural and synthetic materials), and recently, through Naturally Good Foods (nuts, seeds, dried fruit, confectionary, as well as toiletries and cleaning products).

Note: Mail orders for these approved companies are usually arranged through Finance, via a cash disbursement from Prisoners Monies.

Another Opportunity for Providing Equal Opportunities to Vegans

Vegans at HMP Coldingley have been able to order from Naturally Good Foods (NGF) for several months now, and the system is working extremely well with no problems so far encountered.

This company has an excellent range of nutritional food such as nuts, seeds and dried fruit. In addition, they provide toiletries and cleaning products, so their vegan prisoners can just put forward one mail order instead of two which they have to do when ordering from both Holland & Barrett and Honesty Ltd.

To simplify ordering they have a strict

vegan designated as a representative to arrange the orders. Once they collect the orders from their vegan prisoners, they are checked and approved by one of the Governors to ensure all the items ordered are acceptable.

The order is then placed, and when the items are received, they are issued to the prisoners.

NOTE: This, of course, does not replace vegan items being ordered on canteen sheets if they are available, but many prisons only have a few vegans, and to add all the vegan items onto the canteen list for a few, means fewer products for the non-vegan prisoners from which to choose.

Vegan Protein Powder

The requirements of vegan prisoners are being acknowledged more widely than ever before, and VPSG has worked together with NOMS on the key issues to offer equal opportunities with regards to nutritional needs, clothing and toiletries. However, one area that still needs addressing is the provision of vegan protein powder. Many of the vegans in prison are fitness enthusiasts and in line with their non-vegan prisoners, would like a supply of protein powder. To date, none of these are suitable for vegans.

For prisons catering for vegan fitness enthusiasts, a mail order is easily arranged from www.myprotein.com/uk for Pea Protein Isolate.

There is a drop down box once Pea Protein has been searched for, and it is available in 1kg or 2.5 kg sizes.

Alternatively, if Holland & Barrett is added to local facilities lists, a mail order can then be arranged through Finance via a cash disbursement through prisoner's monies. The code for this product is 091551, Braham and Murray - Natural Hemp Protein Powder - Strawberry Flavour (Free from Herbicides, Pesticides, Additives and Preservatives).

Choices at The Verne



A prisoner recently wrote:

"I would like to highlight the difference the Catering Manager Mr. Charlton and his staff have made to my visits. Prior to coming to The Verne I had spent 4 years having visits with only at best a piece of fruit to eat. Since being at this prison Mr. Charlton has ensured that my visitors and myself are catered for, which is so appreciated. We are able to purchase vegan snacks, soya milk and freshly made nuttolene salad or veggie*

sausage and tomato baguettes. When I phone my children to confirm they are coming to see me, one of the first things mentioned is 'do the prison know we are coming so they don't forget to make our baguettes'. It brings a bit of normality and warmth to the visit as we share food together."

*nuttolene – is a sliceable vegan product which can be either cooked or eaten straight from the tin.

3663 Vegan Products



Code: 97366 Carex original antibac hand wash. Supplied by Jeyes. 250ml



Code: 98937 Toothpaste. Supplied by Mulberry. 50ml



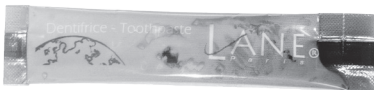
Code: 04397 Shaving cr me. Supplied by GFL. 10ml



Code: 98965 Shaving gel. Supplied by Mulberry. 175ml



Code: 04568 Hair and body wash. Supplied by GFL. 100ml



Code: 98524 Toothpaste sachets. Supplied by Brushaway. 1,5ml



Code: 06784 Shower gel sachets. Supplied by GFL. 7ml



Code: 97996 Ice blue pampered roll on deodorant. Supplied by MPM consumer products. 50ml



Code: 98949 Shampoo sachet. Supplied by Mulberry. 10ml



Iodine, an Essential Mineral

Iodine is a very important mineral. It enables the thyroid gland, one of the largest endocrine glands found in the neck, to produce the thyroid hormones T3 (triiodothyronine) and T4 (thyroxine), which regulate our metabolism.

When the levels of thyroid hormones fall, everything in our body is seriously affected: liver, kidneys, muscles, skin, heart, digestive system, endocrine system, reproductive system, including our brain (mental retardation).

Vegans obtain iodine from seaweed which is impracticable to provide in the prison kitchen. It is therefore important for prisons to ensure that vegan prisoners can purchase the following supplement through their canteen sheets: M/Vit Tabs with Iodine (M108915).

Toiletries/hygiene products on the National Product List suitable for vegans

Code: M099904 K/fisher T/Paste. 100ml



Code: M093375 Faith/Nat A/Vera Soap. 100g



Code: M095774 Bio-D Nat Wash Up Lqd. 1L



Code: M108645 T Maine Stick Deodorant. 64g



Code: M095945 F/Nature A/Vera Cond. 400ml



Code: M093406 Suma G/Fruit A/Vera Shamp. 500ml



Code: M095775 Bio-D NonBio Wash Pdr. 2kg

Vegan Items on The National Product List

Toiletries & Health Dental			
M099904	K/fisher T/Paste 100ml	Tube, Non Fluoride	Non-Food
Toiletries & Health Soap			
M093375	Faith/Nat A/Vera Soap	Cellophane/ Paper	Non-Food
Toiletries & Health Deodorant			
M108645	T Maine Stick Deodorant	Plastic	Non-Food
Toiletries & Health Shampoo & Conditioner			
M095945	F/Nature A/Vera Cond 400ml	Plastic	Non-Food
M093406	Suma G/Fruit A/ Vera Shamp 500ml	Plastic	Non-Food
Toiletries & Health Vitamins			
M108915	M/Vit Tabs with Iodine	Plastic	Non-Food
M099896	C150 Vitamin Tabs 60's	Plastic	Non-Food
Supplements			
M094723	Creatine Monohydrate 120g	Plastic	Ambient
UHT Milks			
M092831	Alpro Soya Sweetd 250ml	Carton	Ambient
Soft Drinks Yogurt/ Flavoured Milk			
M104753	Alpro Soya Choc	Carton	Ambient
Confectionery Block			
M124723	MooFree Chocolate 100g	Plastic & Card	Ambient
Nuts			
M072348	KP Salted P/Nuts 50g	Plastic	Ambient
M124887	KP Salted P/Nuts 500g	Plastic	Ambient
M122524	Roast Salted Cashew 75g	Plastic	Ambient
M103583	Fruit & Nut Mix 350g	Plastic	Ambient
M103584	Peanuts & Raisins 400g	0	Ambient
M101672	Tropical Fruit & Nut 350g	Plastic	Ambient
M103569	Brazil Kernels 125g	Plastic	Ambient
M103582	Almonds 150g	0	Ambient
Others			
M190231	Soft Pitted Dates 250g	Plastic	Ambient
Bakery & Cake			
M106424	Plain Pitta Bread 6's	0	Ambient
M093652	Fruit Flapjack	0	Ambient
Chilled			
M096015	Suma Soya Spread 500g	Plastic	Chilled

M092844	Cheezly White Ched	Plastic	Chilled
Fruit & Vegetables			
M100729	Banana	0	Produce
M111539	Apple Green 2's	0	Produce
M111544	Apples Red 2's	0	Produce
M124436	Orange Medium	0	Produce
M120837	Mix Seedless Grape Pack	0	Produce
M098837	Pear	0	Produce
M097203	Kiwi Fruit	0	Produce
M097149	Lemon	0	Produce
M111982	Grapefruit	0	Produce
M112933	Tomatoes Pack	0	Produce
M111529	Cooking Onions 500g	0	Produce
M120855	Mushrooms 250g	0	Produce
M103072	White Potatoes 2kg	0	Produce
M111557	Carrots 500g	0	Produce
M111524	Iceberg Lettuce	0	Produce
M113463	Cucumber	0	Produce
M097482	Garlic	0	Produce
M113623	Mixed Peppers 2s	0	Produce
M098054	Fresh Ginger 250g	0	Produce
M114279	Sweet Potatoes	0	Produce
Groceries Tinned meats & Others			
M103657	Granovita Nut Luncheon	Tin	Ambient
Groceries Desserts			
M111673	Soya Dessert Chocolate	0	Ambient
Groceries Homebaking			
M189811	Whitworths Apricots 250g	Plastic bag	Ambient
M581355	Whitworths Raisins 375g	Plastic bag	Ambient
M581470	Sultanas 375g	Plastic bag	Ambient
Household			
M095775	Bio-D NonBio Wash Pdr 2kg	Plastic Bag	Non-Food
M095774	Bio-D Nat Wash Up Lqd 1 ltr	Plastic	Non-Food
Frozen Vegetables			
M108283	Economy Mixed Veg 680g	0	Frozen
M108273	Economy Cauliflower 680g	0	Frozen
M108265	Economy Garden Peas 680g	0	Frozen
M105219	Frozen broccoli 450g	0	Frozen
M035737	Economy Leaf Spinach 1kg	0	Frozen
M424110	Economy Farmhouse Veg 1kg	0	Frozen
M120313	Diced Mixed Peppers 1kg	0	Frozen