

# Vegetarian Living

A healthy-living handbook for older vegetarians & vegans, or those who care for them

**Vegetarian**   
*...for Life*



[vegetarianforlife.org.uk](http://vegetarianforlife.org.uk)



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## WELCOME



Rose Elliot is the UK's leading vegetarian cook and writer. She has led the way in revolutionising vegetarian cooking and has helped to transform the image, taste and popularity of vegetarian food.

Welcome to *Vegetarian Living*, a handbook on healthy living for older vegetarians and vegans.

I love being the patron of Vegetarian for Life: it does such useful work for the older members of the vegetarian and vegan community. And this handbook is a wonderful extension of that work.

It's full of life-enhancing advice for making our later years enjoyable, while staying true to our vegetarian principles. These are principles of kindness: kindness to animals, to ourselves and to the environment.

*Vegetarian Living* has been written after lots of consultation – with the national vegetarian and vegan charities, nutrition and care professionals, 'age' charities and, of course, with older vegetarians and vegans themselves, as well as their families and carers.

So, whether you are an older vegetarian or vegan yourself, or someone involved with the care of older vegetarians, we hope you find this handbook really useful.

*Rose*



## INTRODUCTION

This handbook is packed with information and advice for older people who are vegetarian or vegan. It is aimed at:

- Older vegetarians and vegans
  - especially those well into their retirement years and who live independently including in retirement schemes
- Their families and friends
- And others involved with their support and care

There are many vegetarians living in the UK. A survey by the Food Standards Agency, published in January 2009, showed that around 3% of the population are completely vegetarian or vegan – that's nearly 2 million people – and a further 5% are 'partly vegetarian' – making around 5 million in total. *Vegetarian Living* may therefore also be useful for those involved in the operation of:

- Sheltered accommodation and retirement villages
- Supported accommodation
- Day centres and lunch clubs
- Home support and care services
- Charities for older people
- Councils who commission social care services for older people
- Hospitals







## GOOD REASONS FOR BEING VEGETARIAN OR VEGAN

It's worth listing the main reasons for being vegetarian or vegan. These are:

- Respect for animals and concern about their welfare
  - intensive farming methods can be very cruel
- Valuing good health and respecting our bodies
  - evidence shows that vegetarians may be healthier than meat-eaters
- Respect for the planet we live on
  - a typical vegetarian diet is kinder to the environment
- Ethical, spiritual or religious principles

In recent years, a huge body of scientific evidence has confirmed the health benefits of following a plant-based diet. Also we have become increasingly aware of the problems of global warming and sustainability, and the strong environmental justification for vegetarianism and veganism. Quite simply: vegetarians tread more lightly on the earth!

A Vegetarian Society 2007 publication *Why it's green to go vegetarian* is excellent. The full document and its references can be obtained direct from the Society. Here are a few 'highlights':

- A meat-based diet requires up to 3 times as many resources as a vegetarian diet
- A 2006 study showed plant-based diets are better for the environment than meat-based ones. A vegan organic diet has the smallest impact, whilst beef is the most damaging foodstuff
- Farmed animals produce more greenhouse gas emissions globally (18%) than the world's entire transport system (13.5%)
- Cows and sheep are responsible for 37% of the methane generated by human activity



## GOOD REASONS FOR BEING VEGETARIAN OR VEGAN

- Nitrous oxide is far more damaging to the climate than carbon dioxide and 65% of the nitrous oxide produced by human activity comes from livestock
- Farming accounts for 70% of all freshwater withdrawn from lakes, waterways and aquifers
- 30% of the earth's land surface (70% of its agricultural land) is used for farmed animals
- Livestock production is responsible for 70% of the Amazon deforestation – rainforest being cleared to create new pastures
- A typical diet requires up to 5 x the amount of land compared to a vegan diet and 2.5 x the amount compared to a vegetarian diet

Ever more research reports and government organisations reach similar conclusions. Just a few examples:

- The 2008 Cabinet Office report *Food Matters* concluded that a healthy, low-impact diet contains less meat and fewer dairy products
- A 2008 Food Climate Research Network (University of Surrey), report *Cooking up a storm* says that to achieve the UN target of an 80% reduction in carbon emissions by 2050, we must drastically change our diet
- A 2007 report *Our health, our environment* from the Stockholm Environment Institute concludes that livestock farming poses significant problems for the environment and that a 'best diet' is one that is healthy, vegetarian, local, and organic

There are lots of very good reasons for the vegetarian or vegan lifestyle. But, in summary, it's kinder: kinder to animals, kinder to the planet and kinder to ourselves.



## GETTING OLDER

What do we mean by 'older'? Passing the traditional retirement age of 60 or 65 is perhaps the first milestone. But we no longer think of ourselves as 'old' in our 60s. In the 21<sup>st</sup> century we may enjoy up to 40 or more retirement years. Although we hope this handbook will be helpful to all older vegetarians and vegans, it is focussed more on the needs of people in their 80s and 90s than those in their 60s.

With a little luck – and if we work at it – our retirement years can be active, exciting and full. 85 year olds are probably less physically active than when they were 65, but that doesn't mean that life has to be any the less full.

One important aim is to delay the need for expensive residential care for as long as possible. Unfortunately, in our ageing society, ever-more people end up suffering from dementia; often Alzheimer's disease. In *Vegetarian Living* we explore ways to make our later years more fulfilling and how to try to avoid, or delay, dementia.

The typical vegetarian or vegan is more likely to enjoy good health, and less likely to be obese than average – so our chosen lifestyle gives us better prospects for an active and enjoyable old age. But, how do we maximise those prospects?





## A POSITIVE APPROACH TO RETIREMENT

There is no one 'right' way to live our retirement years. And as we move from our 60s through to our 80s and beyond, change is inevitable, but because each of us is an individual, a personalised approach and 'choice' are important.

Some people retire in their 50s; others work full-time into their 70s or beyond. What's important is to be flexible, and open to change, viewing retirement as one of life's major opportunities.

We don't pretend to be offering new advice. But, experience has shown us that some people do overlook the 'obvious' as they get older. So, we feel it's worth reminding you of a few ways to make the most of your retirement:

- Part-time work – try something new
- Consultancy – make the most of your skills and experience
- Voluntary work – 'put something back' – there are many opportunities
- Community involvement – be active in your neighbourhood
- Family & friends – take an interest in others and have an active social life
- Child care – be involved with children to keep younger
- Use the internet – email is a great way to keep in touch
- Learn computer / internet skills, if you don't already have them
- Day / evening classes – take art, music, languages or practical skills
- Adult education – follow courses at your local college or the Open University
- The University of the Third Age – provides educational, creative and leisure opportunities in a friendly environment
- Culture – go to theatres, concerts, galleries, and the cinema
- Take advantage of your free bus pass – for extra outings





## A POSITIVE APPROACH TO RETIREMENT

- Exercise your mind – keep abreast of current affairs; visit your library; read widely; join a book or bridge club; do crosswords, sudoku and other puzzles
- Exercise your body – keep your body active for better health in later years. Swimming, golf, tennis, table tennis and some gentler forms of exercise like yoga and Tai Chi are perfect for older people
- Walk or cycle regularly – take your bike to the shops; cancel your newspaper delivery and walk to the newsagents instead
- Combine fresh air and exercise – it makes you feel better
- Nature's own therapy – visit the park, the beach, the river or a nature reserve; walk in the hills. Walk your local 'patch' regularly and note the seasonal changes to the birds, insects and flowers
- Feed your garden birds – then just sit back and watch the fun
- Meditate – meditation is a life-enhancing tool for many





## FOOD & COOKERY

- Grow your own – gardening is one of life's most rewarding activities. If you don't have a garden, you may have a balcony or yard where you can grow salad leaves or herbs in pots; tomatoes or courgettes in grow bags. Grow herbs or cress in pots on the window sill
- Sprouting – is another way to provide your own food. Buy a simple sprouting kit and quickly produce highly nutritious sprouted alfalfa, lentils, beans etc
- Perhaps the single most life-affirming thing we can do every day is to prepare and cook our own food. In retirement it makes a lot of sense to spend time in the kitchen; the rewards are enormous
- If you are a novice, cookery may seem daunting, but the basic techniques are easy to master, and there are thousands of simple vegetarian and vegan recipes available.
- Why not consider a cookery course? (It's possible for VfL to organise cookery courses for groups of older people, in conjunction with the Cordon Vert Cookery School, either in Altrincham or out in the community. Please contact us if you're interested)

### **Convenience foods**

It's good to be involved in preparing our own food for as long as we can. But as we get older we may need to rely more on convenience foods, meals on wheels or home-delivered meals which are chilled or frozen.

If you have access to a large supermarket you will find a good range of vegetarian convenience foods. If you are less mobile or live in a rural location your choice may be more restricted. Smaller convenience stores usually have a limited veggie choice; and delis and health food shops usually stock some vegetarian and vegan ready-made foods.



## FOOD & COOKERY

Perhaps you can get a friend, family member or carer to venture further afield to a big store and stock your freezer up once in a while? Alternatively, with internet access you can use the home delivery services that all the supermarket groups now provide, or find the websites for more specialized home delivery services. Just search for 'vegetarian food' on the internet and you'll come up with a range of suppliers. Some food delivery services take phone orders too.

The WRVS is rolling out its chilled-meals delivery service, The Tasty Food Company. Wiltshire Farm Foods deliver frozen ready-made meals nationally. Both are members of the VfL-UK List, so offer good vegetarian choice; as does Withy Kitchen, another UK List member and a vegetarian specialist.

## HEALTHY EATING

### **Health benefits of a vegetarian diet**

Over recent years research has shown that vegetarians and vegans tend to be relatively healthy, possibly healthier than their meat-eating peers. Vegetarian diets are generally rich in fruits and vegetables, high in fibre and low in saturated fat (1), a diet encouraged by the Department of Health. The general population consumes too much saturated fat, salt and sugar, with intakes of vitamins and minerals below recommended levels (2,3). Studies consistently show that people who follow a plant-based diet have a lower risk of a number of diseases, including heart disease, hypertension, some cancers (4) and diabetes (5), whereas those who consume diets high in meat and fat and low in fibre, fruits and vegetables seem to be at greater risk (6). Surveys suggest that typical older vegetarians have a more nutrient-dense diet than meat eaters (7), benefit from being leaner than omnivores (7) and have good bowel regularity due to a high fibre diet (8). In short, a plant-based diet offers potential health benefits and can help to slow the ageing process.



## HEALTHY EATING

### **Fruit and vegetables – ‘5 A DAY’**

The Department of Health recommends that a minimum of 5 portions of fruit and vegetables should be eaten each day, because:

- They're packed with vitamins and minerals
- They help in maintaining a healthy weight
- They're an excellent source of fibre and antioxidants
- They help reduce the risk of heart disease, stroke and some cancers
- They taste delicious and there's so much variety to choose from

5 A DAY portions should include a variety of brightly coloured fruit and vegetables to get the maximum nutritional benefits. This is because they each contain different combinations of fibre, vitamins, minerals and other nutrients.



### **Vitamin and mineral supplements**

The body's ability to deal with nutrients changes with age. We get most of our vitamin D from the effect of sunlight on our skin but, as we age, our body's efficiency at this process is reduced. People over 65 are at risk of vitamin D deficiency if they rarely venture outside. Vitamin D is necessary for calcium absorption (important for bones), so if a person is not having regular exposure to sunlight, a daily supplement of 10mcg is recommended (9).





## HEALTHY EATING

Vegans, and vegetarians who eat limited dairy products, should include a source of vitamin B12 in their diet. Absorption of vitamin B12 decreases with age, so regular use of reliable B12 sources is important, e.g. eggs and milk products, fortified non-dairy milks, fortified yeast extracts and fortified cereals. The Vegan Society recommends a daily intake of 3mcg from food, or a supplement of 10mcg once a day, or 2000 mcg once a week.

B12 in fortified foods (such as breakfast cereals) is easier to absorb than the B12 in meat, poultry and fish sources, particularly for older people. The National Academy of Sciences in the US advises that adults aged over 50 obtain most of their B12 from supplements of fortified foods (10).

### References

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## SIMPLE TIPS TO SHARPEN WITS

The health charity, The Vegetarian & Vegan Foundation, suggests 10 Clever Reasons to Go Veggie. VVF's contact details are at the end of this handbook if you would like see the full version with research references. Here are the highlights:

### **1. Folic acid boosts brain power**

Research suggests that folic acid can help boost brain power in the over-50s. Good sources include broccoli, Brussels sprouts, peas, chick peas, reduced-salt yeast extract and brown rice. Vegetarians generally have higher folic acid intakes and vegans even higher.

### **2. Links between intelligence and vegetarianism**

Links between intelligence and the vegetarian diet were demonstrated when a team of vegetarians won the BBC's Test the Nation IQ battle. And recent research suggests that intelligent children are more likely to become vegetarians later in life.

### **3. Bolster your mood**

Shorter days and low light levels can trigger winter depression, or Seasonal Affective Disorder (SAD). Sufferers over-eat because they crave sweet or starchy foods, which are natural short-term mood improvers and cause the brain to produce serotonin – the chemical which is elevated by antidepressants. But, wholegrain bread, brown rice or rice cakes, pasta and fruit provide healthful carbohydrate, which increases natural serotonin production, with very little fat. Winter depression responds well to daylight, especially a generous amount of it early in the day, e.g. a 20-minute walk in the first morning light.

### **4. Cut dementia risk**

Research suggests that being obese can increase your risk of developing dementia. Vegetarians and vegans have a lower risk of being overweight or obese and replacing meat with a plant-based alternative may help with weight control.



## SIMPLE TIPS TO SHARPEN WITS

### **5. Get smart – lose the flab**

Weight loss might not only help cut dementia risk but also boost brain power. A recent study suggested this may be due to factors including the thickening and hardening of cerebral vessels because of obesity, or possibly the development of insulin resistance.

### **6. Juice may cut Alzheimer's risk**

Research suggests that drinking fruit and vegetable juices frequently may cut the risk of developing Alzheimer's disease. One study showed the risk for Alzheimer's was 76% lower among those who drank juice more than three times a week, compared with those who drank it less than once weekly.

### **7. Alzheimer's disease... good fat**

A research study showed that people who are genetically predisposed to Alzheimer's but eat omega-3 fatty acids may have a lower risk of Alzheimer's later in life. Omega-3s are a type of polyunsaturated fat. Good vegetarian sources include flaxseeds (linseeds), walnuts and their oils.

### **8. Alzheimer's disease... bad fat**

Another study showed that people with high cholesterol levels in mid-life are 50% more likely to develop Alzheimer's later in life than those with low cholesterol – and vegetarians tend to have lower cholesterol levels.

### **9. Calcium in dairy linked to dementia**

Scientists found that excess calcium in the diet can narrow the blood vessels in the brain, leading to tissue damage that may cause cognitive impairment, dementia, depression and strokes. The research suggests that calcium in dairy foods may be responsible.



## SIMPLE TIPS TO SHARPEN WITS

### **10. Alzheimer's and the link with meat**

Symptoms of Alzheimer's are very similar to the brain-destroying Creutzfeldt Jakob disease (vCJD), the human form of mad cow disease. A recent Canadian book claims that Alzheimer's may be caused by a rogue protein called a prion, in much the same way as vCJD, and that the source of vCJD and Alzheimer's is identical – meat! These conclusions are not universally accepted, but vegetarians will appreciate being on the right side of the risk profile.

The Oxford Project to Investigate Memory and Ageing (Optima) has brought together available advice into a recommended diet to avoid Alzheimer's. It is entirely vegan and contains no animal products at all.

## VEGETARIAN & VEGAN FOOD

### **The basics**

Some people misunderstand what vegetarians and vegans actually eat, or don't eat. The VfL Code of Good Practice includes the following useful background.

### **Vegetarian dishes must not contain the following:**

- animal flesh (meat, fish or shellfish)
- meat, fish, or bone stock, or stock cubes containing same
- animal carcass fats (including suet, lard or dripping)
- gelatine, gelatine-based jelly, or aspic (jelly made from meat stock)
- products with ingredients derived from slaughterhouse, e.g. lard, or calf rennet in cheese

Battery or intensively produced eggs should be avoided wherever possible.





## VEGETARIAN & VEGAN FOOD

### **Vegan dishes must not contain:**

- anything on the vegetarian list above
- dairy products including cheese, milk, butter, cream and yoghurt
- eggs
- honey

### **Stumbling blocks**

**Cheese** - Traditionally cheese was made using rennet, an enzyme extracted from the stomach of slaughtered calves. But today most UK cheese is vegetarian. If in doubt, please ask your supplier. Cheese products are never suitable for vegans. Vegan cheese-alternatives are available in some stores.

**Fats, Oils and Margarine** - Butter is suitable for vegetarians, but not for vegans. Other animal fats and fish oils, and products containing them, are unsuitable for either. There are many margarines suitable for both vegetarians and vegans – usually clearly indicated on the container.

**Gravies and stock** - Cubes or powders containing meat, poultry or fish extract are not acceptable. Please use vegetable stocks and stock cubes.

**Honey** - Royal jelly is not vegetarian. Honey is acceptable to vegetarians but not vegans.

**Milk and Cream** - Milk and cream are acceptable to vegetarians, but not to vegans. Soya milk is readily available in supermarkets and is good for most vegans. Rice, nut and oat milks are also available for those who do not like soya.

**Worcester sauce** - Usually contains anchovies, but vegetarian versions are available.



## VEGETARIAN & VEGAN FOOD

Vegetarians perhaps have a more restricted diet than meat-eaters, but the restrictions are willingly self-imposed and we feel that we gain far more than we lose. There is a really wide range of food available that does not involve cruelty to animals. Variety, in food, really is the spice of life. That's true for everybody. But we believe that a good vegetarian or vegan diet is far more life-affirming than eating animals.

### Balance & planning

It is important for everyone to have a diet with a reasonable balance of protein, carbohydrate, fat and fibre, and with good vitamin and mineral content. In a typical week try to ensure that you include a good mixture of:

Root vegetables	Bread
Green vegetables	Rice & pasta
Other vegetables	Pulses (beans, lentils etc)
Salads	Meat substitutes - tofu, soya protein & Quorn™*
Fruit – fresh & dried	Cheese*, milk* & other dairy products*
Nuts & seeds	<i>*not suitable for vegans</i>





## VEGETARIAN & VEGAN FOOD

Dairy and soya products provide complete protein, whereas nuts, seeds and pulses when eaten on their own do not. These need to be combined with grains to complete the necessary amino acid profiles. But you don't need to worry because the combining tends to occur naturally in a varied diet. For example, beans on toast, chilli beans and rice, houmous and baked potato, veggie bolognese and pasta, and lentil soup with wholemeal bread. And it can be done over a period of 24 hours, so porridge or toast in the morning and chick peas or lentils in the evening count as making up complete protein.

The Vegetarian Society publishes *The Plate of Good Health* showing how much food should come from each group for a well-balanced vegetarian diet.





# FOOD FOR OLDER VEGETARIANS

## The ageing process

The ageing process gradually changes our bodies:

- **Appetite** – We may become less active and have smaller appetites. There is often a gradual decline in smell and taste – senses which trigger the body for food – so hunger isn't felt so acutely. But, it's important to eat enough to cover energy and nutritional requirements. Fortunately a nutrient-dense diet is easier to achieve for older vegetarians than for meat-eaters
- **Teeth** – Some older people have dentures or missing teeth, perhaps making 'al dente' vegetables or seeds difficult
- **Digestion** – Vegetarians often have more robust digestive systems than meat-eaters. But some foods become more difficult to digest as we get older e.g. radish, raw cabbage, beans and cucumber skin
- **Fibre** – Constipation can be a problem for many older people, but vegetarians tend to suffer less than meat-eaters, because a balanced vegetarian diet contains plenty of fibre
- **Fluid** – Alongside a high fibre diet it is important to ensure a plentiful intake of fluid

**Communication** – It is important to communicate your individual food preferences, and any food intolerances or medical restrictions, to anyone involved in your food provision.

**Presentation** – Attractive, appetising-looking meals counter reduced appetites. A mix of colour tells the body to be hungry, so ingredients or garnishes like parsley, tomatoes, strawberries or mint help. And, of course, not all vegetables are green. A huge pile of food can be off-putting – so don't overfill plates.





## FOOD FOR OLDER VEGETARIANS

### **A few tips for when you're busy**

- Keep it simple. Some vegetarian dishes require soaking of beans etc, and this can be fiddly, but remember – most beans are available in cans
- There is an ever-increasing range of ready-made vegetarian or vegan meals. They are not always promoted as 'vegetarian' because supermarkets are targetting the growing number of 'meat-reducers' and healthy eaters
- Some vegetarians avoid 'alternatives' to meat – preferring food that does not 'pretend' to be something else. But be open-minded, because some of these products are very good
- Make full use of your freezer. Freeze extra portions to save time on another day

**Fresh and seasonal** - Try to use seasonal produce, especially if it's local. Seasonal produce tends to correspond to what the body wants, e.g. salads when it's hot. When you have a ready-made dish, choose a fresh vegetable or salad to go with it.

**Dairy over-load** - Dairy products have nutritional value, but also a high degree of saturated fat, so should not be eaten to excess. Therefore: don't use cheese as your regular main source of protein; use skimmed or semi-skimmed milk to reduce fat intake; and remember the alternatives, like nuts, pulses, tofu and soya milk.

**The wonderful soya bean!** - Soya foods offer a wide range of nutritional and health benefits. They are a particularly good source of protein as soya contains the eight essential amino acids which the body needs. Soya products provide a rich source of polyunsaturated fatty acids (including the 'good' fats, omega-3) and are free of cholesterol. Soya milk contains less saturated fat and more unsaturated essential fatty acids – which can lower cholesterol levels – than cow's milk.



## FOOD FOR OLDER VEGETARIANS

Soya products provide an excellent source of disease-busting antioxidants, B vitamins (including folate) and iron. Calcium-fortified soya products, like soya milk and tofu, provide a valuable source of this important mineral without the saturated animal fat, animal protein (casein) and cholesterol found in dairy products. Many soya foods also contain valuable fibre.

Tofu is superb for protein value and digestibility. It absorbs flavours around it and can take on 'meaty' or 'creamy' qualities, and can be added to vegetable dishes to boost protein or liquidised into soups.

**Drinks** - Many older people find sleeping difficult, so too much caffeine from tea or coffee is best avoided. Decaffeinated alternatives are readily available and there are lots of good fruit and herbal teas. Don't forget to drink plenty of water. Liquid intake is very important for older people as it's possible to become dehydrated without even feeling thirsty.

**Breakfast Ideas** - Breakfast can be made more interesting by including:

- Instead of 'regular' branded cereals – granola, good quality mueslis, porridge, millet porridge, yoghurt (soya or dairy) with fruit and/or cereal, oat flake and fruit mixes soaked overnight
- Instead of fruit juice – grapefruit, prunes, fruit salads, dried fruit compote
- Instead of scrambled egg – scrambled tofu (recipe on VfL website)

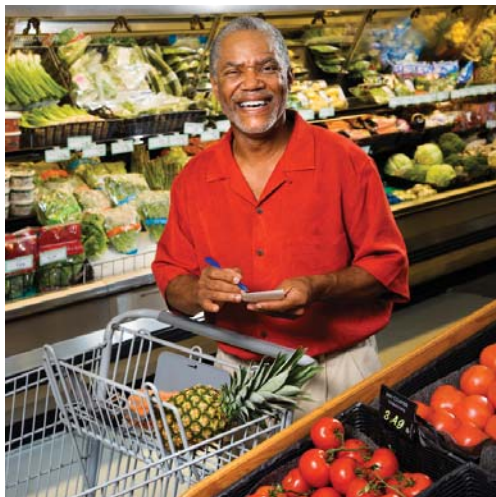
**Salads** - The possibilities for salad are endless, and many combinations are tasty and highly nutritious. Supermarkets offer a wide variety of different leaves. Add leaves from your garden or your own sprouted seeds and beans for a nutritious boost. Salads are easy to prepare and should be a regular feature of a good diet. They should be based on raw foods, but can also include cooked vegetables, pasta and grains. Sprinkle salads with seeds and dried fruit to add variety and extra calories if needed. No two salads need be the same.



## FOOD FOR OLDER VEGETARIANS

**Soups** - Especially in the winter, soups are a good alternative to salads. There are hundreds of vegetarian and vegan soup recipes, but this is another area where you can be creative and experiment with different variations. Follow a recipe or try substituting or adding ingredients; make a soup 'creamy' by liquidising it (hand-held stick blenders are inexpensive and easy to use), or leave it as cooked for a 'hearty' version. You won't go far wrong if you:

- gently fry a chopped onion until golden
- add a mixture of chopped vegetables – cut into bigger or smaller pieces depending on how easily they cook – (e.g. leeks, carrots, swede, celery, parsnips, potato, celeriac)
- add a little water and continue to steam fry for a few more minutes
- add the liquid: this can be vegetable stock; a mixture of canned tomatoes and stock; or tomato juice
- also add tomato puree, herbs, spices, a bay leaf or two, and salt and pepper, stir well and bring to boil
- simmer for 45 – 60 minutes (taste to check when ready)
- when adding the liquid and seasoning you can also add lentils, macaroni or a dry 'broth' mixture
- alternatively, when the soup is ready, you can add canned beans or other legumes and continue to simmer for a few more minutes to heat through





## EASY RECIPES FOR ONE

Cooking for one is often the reality for many older people. These 'no-fuss' recipes are very easy to make. The ingredient quantities are for one serving, but it's easy to double the quantities if you are cooking for two.

### 'WORLD'S BEST' PORRIDGE

(Vegan - Serves 1)

This porridge is a highly nutritious start to the day. The secret lies in soaking the oatmeal or oat flakes and dried fruit overnight. The seeds give a perfect mix of omega oils.

½ measure\* of oatmeal or 1 measure\* of oat flakes

1 measure\* of soya milk

2 dried apricots – chopped

Small handful of dried cranberries

Small handful of raisins

1 to 1½ measures\* of boiled water (depending on how 'runny' you like your porridge)

Sprinkle each of pumpkin seeds, sunflower seeds and cracked linseed (flaxseed)

(If required: honey or brown sugar, to taste – but not honey for vegans)

\* Approx 150 ml – a ramekin dish is perfect as a quick measure



1. Put the oatmeal, apricots, cranberries and raisins in a microwave-proof dish; add the soya milk; mix with a whisk and leave to soak overnight.

2. The following morning: add the just-boiled water to the oatmeal mix and stir with a whisk.

3. Cover and microwave on high power for 3 - 4 minutes.

4. Leave to stand for 1 minute; then add the seeds and stir thoroughly.

5. For the sweet-toothed: stir in brown sugar to taste. (Or honey if not vegan).

6. Garnish with fresh fruit to add variety.





## EASY RECIPES FOR ONE

### COUSCOUS SALAD

(Vegan - Serves 1)

You can vary this recipe by substituting bulgar wheat for the couscous and by using different combinations of the other ingredients, e.g. chopped cucumber and mint instead of tomato and parsley.

55g / 2oz couscous

1 spring onion – chopped

¼ red pepper – chopped

½ small tin of sweetcorn (or chick peas or beans)

1 tbsp olive oil

1 small tomato

570 ml / 1 pint water

Chopped parsley, brown sugar, lemon juice and soy sauce

1. Put couscous in a bowl, cover with boiling water, add a couple of drops of soy sauce, cover and leave to stand until the water has been absorbed and the couscous is cool.

2. Mix olive oil with a little brown sugar, lemon juice and seasoning to make vinaigrette, add to couscous together with other ingredients and mix well.

### STUFFED BAKED AVOCADO

(Can be vegan - Serves 1)

1 medium / large avocado

¼ small onion – chopped

1oz / 30g pine kernels

¾oz / 20g fresh breadcrumbs

1oz / 30g Red Leicester cheese – grated or equivalent vegan melting cheese

1 tbsp olive oil

Salt & pepper to taste

1. Mix breadcrumbs and grated cheese in a bowl.
2. Scoop flesh from avocados (leaving sufficient to line the skin).
3. Cut flesh into small pieces and put to one side.
4. Stir fry onion lightly in the oil, then add avocado and fry lightly.
5. Add pine kernels and continue to fry for about 2 minutes, to toast the kernels.
6. Season mixture, put into avocado shells, and top with breadcrumb and cheese mixture.
7. Bake at 180° C / 350° F / Gas Mark 4 for 30 minutes.



## EASY RECIPES FOR ONE

### BAKED CELERIAC

(Can be vegan - Serves 1)

This is a really tasty but very simple dish. It can be served as a light meal or with oven chips and salad for a more substantial one.

2 slices of celeriac – approx  
2½cm / 1 inch thick

Grated cheddar cheese or vegan  
cheese – enough to form small  
pile on each celeriac slice

Vegetable oil

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Trim skin from around edges of celeriac slices.
3. Place on lightly oiled baking tray and bake for approx 30 minutes.
4. Pile the grated cheese onto the celeriac slices for about the last 8 minutes of baking.

### AVOCADO POACHED EGG

(Serves 1)

1 small ripe avocado  
1 free-range egg  
1 slice bread  
Extra virgin olive oil

1. Lightly toast a slice of favourite bread and drizzle with oil.
2. Peel and slice the avocado and arrange on toast.
3. Poach egg and serve on top of the bed of avocado on toast.

### EGG CURRY - OR SAVOURY TOFU CURRY

(Tofu version is vegan - Serves 1)  
Serve with rice or naan bread.

2 eggs – hard boiled – or half a pack of Cauldron marinated tofu pieces

½ tsp curry powder (or less to taste)

1 tbsp butter – or vegan margarine, e.g. 'Pure' or 'Vitalite'

1 large tomato – skinned and chopped

½ small onion – finely sliced  
Coriander leaves - chopped

1. Gently fry the onion in the butter in a saucepan.
2. Stir in the tomato, coriander and salt, if required, and simmer gently until sauce begins to thicken a little.
3. Halve the eggs, add to pan and heat through thoroughly – or add tofu pieces and heat through.



## EASY RECIPES FOR ONE

### BAKED SWEET POTATO WITH CINAMMON

(Can be vegan\* - Serves 1)

1 large sweet potato – scrubbed  
4 tbsp natural yoghurt (\*or natural vegan yoghurt)  
Cinnamon

1. Prick sweet potato skin in a few places and either:
  - bake in oven at 200°C / 400°F / Gas Mark 6 for around 1 hour, or
  - wrap in kitchen paper and microwave at full power for about 6 minutes, turning once, until soft. (Oven-baking produces a better result, but microwaving is very quick and nearly as good.)
2. Half the sweet potato long-ways, spoon the yogurt on top and sprinkle generously with cinnamon.
3. Serve with salad.

### NOODLE STIR FRY

(Vegan - Serves 1)

1 portion of noodles  
4 tbsp vegetable oil  
1 clove garlic – chopped



1 cm / ½ inch piece of root ginger – chopped  
2 spring onions – chopped  
110g / 4oz tofu – diced  
½ pepper (red, yellow or green) – chopped  
½ carrot – cut into thin strips  
55g / 2oz mushrooms – chopped  
110g / 4oz bean sprouts  
Soy sauce

1. Cook noodles according to instructions. This recipe works well with rice or egg noodles.
2. Stir-fry the onion, garlic and ginger in 2 tbsp oil in a wok for about 1 minute.
3. Add the diced tofu and continue to stir-fry for about another 2 minutes – keeping the tofu moving to avoid burning. Remove from wok.
4. Stir-fry the pepper, carrot, mushrooms and bean sprouts in the remaining oil for about 2 minutes.
5. Return the tofu mix to the wok, together with the cooked noodles, mix together and stir-fry for 1-2 minutes.
6. Sprinkle with soy sauce to taste.



## EASY RECIPES FOR ONE

### VEGETABLE STEW

(Vegan - Serves 1)

This is a simple vegetable stew, but for more nutritional value you can add beans.

- 1 tbsp vegetable oil
  - 1 small onion – sliced
  - 1 potato
  - 1 stick celery
  - 1 carrot
  - 1 small piece of swede
  - 1 parsnip
  - 55g / 2oz mushrooms – sliced
  - Few florets cauliflower
  - 150ml / ¼ pint vegetable stock
  - 1 tbsp tomato puree
  - ¼ tsp yeast extract
  - 1 bay leaf
  - ½ tsp mixed herbs
- If required: ½ can of drained and rinsed beans or small can of baked beans

1. Sauté onion in oil in saucepan until just starting to turn brown.
2. Heat up the stock, dissolve the yeast extract and then stir in the tomato puree.
3. Peel and chop other vegetables and add with mushrooms to saucepan together with the stock and herbs.

4. Bring to boil, cover and simmer gently until tender (approx 20 – 30 mins) If including beans, add these to the pan for the last 5 minutes, stirring well.

5. Season and serve with crusty bread or mashed potato.

### SPANISH OMELETTE

(Serves 1)

- ½ onion – finely sliced
- 1 small boiled potato – diced
- 1 large tomato – skinned and chopped
- ¼ red pepper – diced
- 2 tsp olive oil
- 2 eggs
- 1 tsp water
- ½ tsp dried mixed herbs

1. Gently fry onion and potato in small omelette pan, with frequent turning, until golden brown.
2. Add tomato and pepper and fry for further 2 to 3 mins.
3. Lightly beat eggs with water and herbs and season.
4. Pour over vegetables in omelette pan and cook gently until omelette has firmed on bottom.
5. Brown under grill for 1 to 2 minutes until top just set and slide unfolded onto plate.





## EASY RECIPES FOR ONE

### OVEN POTATOES & ONIONS (OR LEEKS)

(Vegan - Serves 1)

2 potatoes  
1½ tbsp vegetable oil  
1 tsp rosemary  
1 small onion or leek – sliced

1. Slice potatoes thinly (without peeling).
2. 'Grease' bottom of oven dish with ½ tbsp oil.
3. Layer the bottom of the dish with half of the onion or leek.
4. Add the potato slices in layers, with rosemary sprinkled between layers.
5. Pour remaining oil over potatoes.
6. Spread remaining onion / leek in final layer over top.
7. Cover with foil and bake at 240°C / 475°F / Gas Mark 9 for approx 45 minutes.

### Vegetarian & Vegan Foundation's NUTTY BANANA SPREAD

(Vegan - Serves 1)

A delicious, creamy spread that is filling and nutritious.

½ large banana  
20g / ¾oz sunflower seeds  
1 tsp nut or seed butter (peanut, almond, cashew etc)  
1 tsp raisins, dried cranberries or currants

1. Mash banana well.
2. Stir in remaining ingredients.
3. If you prefer a completely smooth spread, blend everything together.
4. Serve at once on bread, toast, rice or oatcakes – or a gluten-free alternative.





## EASY RECIPES FOR ONE

### BAKED APPLE

(Can be vegan\* - Serves 1)

- 1 cooking apple
- 1 tsp golden syrup
- ½ tsp lemon peel – grated
- Knob butter (\*or vegan margarine)
- 1 tbsp warm water

1. Remove core from apple to about  $\frac{2}{3}$  of the way down (from top).
2. Score a line around apple with sharp knife about  $\frac{1}{3}$  of way down from top.
3. Mix syrup with lemon peel and spoon into cavity in apple, with apple standing in small baking dish, and top with knob of butter or margarine.
4. Put warm water into dish and bake at 180° C / 350° F / Gas Mark 4 for around 45 minutes until tender, basting a couple of times during the baking.
5. Serve with cream, soya cream\*, natural yoghurt, natural vegan yoghurt\*, or custard.



### BANANA YOGHURT

(Can be vegan\* - Serves 1)

This is delicious, nutritious and very easy to eat, making it excellent for someone who is under the weather or disinterested in food.

- 1 banana
- 3 tbsp live yoghurt
- 1 tsp honey
- 1 tbsp soft fruit (e.g. strawberries, peaches, or plums) or soaked dried fruit (e.g. apricots or prunes)

1. Mash the banana thoroughly, add the yoghurt and honey and mix well.
2. Mash the other soft fruit, or chop the dried fruit, and add this to the yoghurt.

\* Use soya yoghurt and maple syrup instead of live yoghurt and honey to make this vegan.



## RECIPES FOR MORE THAN ONE

There is no need to restrict yourself to 'Recipes for One'. Many recipes can be adapted by reducing quantities in the correct proportions. And sensible use of the fridge and freezer usually means that you can avoid waste.

Allow hot dishes to cool before storing them in the fridge or freezer, and make sure the food is piping hot if you reheat it the following day. But the majority of dishes are suitable for freezing, and this may be the better approach if you don't like to eat the same meal two days running. Remember to label freezer containers with contents and date; to use within, say, a month; and to take food out of the freezer in plenty of time to thaw before heating.

We only have space for a few examples in this handbook, but the VfL Recipe Service features many dishes suitable for use on more than one day. It also lists recommended vegetarian and vegan cookery books and gives links to other recipe sources. If you don't have internet access we'll be happy to send recipes through the post.





## RECIPES FOR MORE THAN ONE

### **Vegetarian & Vegan Foundation's POTATO & WATERCRESS SOUP**

(Vegan - Serves 4)

An easy soup which is very good served with crusty wholemeal bread and a mixed bean salad. You can easily halve the quantities – or make it all and freeze some for another day. Add a tin of white beans (e.g. butterbeans or white haricot) to the soup for extra goodness and flavour.

1 tsp olive oil

1 onion, peeled and chopped

900ml / 1¾ pints vegan stock

1 bunch/packet watercress – about 110g / 4oz in weight

700g / 1½ lbs potatoes, peeled and diced

2-3 tbsp dairy-free milk

Salt & black pepper

To serve: 3-4 tbsp plain non-dairy yoghurt

1. In a large saucepan, sauté onion in the oil.
2. Turn down heat and cover – cook for 5 minutes until the onion is translucent but not brown.
3. Add a little stock if necessary to prevent sticking.
4. Add the potatoes, and cook, covered for 5-10 minutes.
5. Stir from time to time, adding a little stock to prevent sticking.
6. Stir in rest of stock and bring to the boil.
7. Cover pan and leave to simmer on a low heat for about 20-25 minutes or until the potatoes are cooked.
8. Reserve some watercress sprigs for garnish then add rest of watercress to the soup.
9. Add non-dairy milk to soup and then blend everything thoroughly.
10. Season to taste and serve hot in bowls, each with a swirl of yoghurt and watercress garnish.





## RECIPES FOR MORE THAN ONE

### Rose Elliot's CHUNKY OVEN-BAKED RATATOUILLE

(Vegan – Serves 4)

This is a substantial ratatouille, to which you can add beans for protein.

- 1 large red onion
- 1 large courgette
- 1 large aubergine
- 2 red and 2 golden peppers, seeded
- 450g / 1lb small tomatoes  
or large cherry tomatoes
- 4 garlic cloves, chopped
- 3 tbsp olive oil
- Several sprigs of fresh basil



Pre-heat the oven to 240°C/475°F/Gas Mark 9

1. Cut all the vegetables into chunky pieces.
2. Put the vegetables, tomatoes and garlic in a roasting tray or large shallow casserole dish, sprinkle with the oil and some salt and pepper; then mix with your hands so that they all get coated.
3. Put into the oven and cook, uncovered, for 30-40 minutes, until the vegetables are browned at the edges, tender and smelling gorgeous.
4. If you wish, add a drained can of red or white beans 10 minutes before the end of the cooking time.
5. Tear the basil over the top and serve.

**SPICY RATATOUILLE** Stir 1-2 tsp of cumin seeds and/or crushed coriander seeds in with the vegetables, and leave out the basil

**JUICY RATATOUILLE** Use a 425g can of tomatoes in juice (organic, if possible) instead of the fresh tomatoes, adding them about 20 minutes before the end of the cooking time



## RECIPES FOR MORE THAN ONE

### **Rose Elliot's PASTA WITH CHERRY TOMATOES AND ASPARAGUS**

(Vegan - Serves 4)

This is such an easy pasta dish. The 'sauce' makes itself under the grill while you cook the pasta.

300g / 10oz cherry tomatoes,  
stems removed  
175g / 6oz asparagus tips  
2 tbsp olive oil  
225g / 8oz pasta, e.g. fettucine  
Few sprigs basil



1. Put a big saucepan of water on the stove to heat for the pasta. Set the grill to high.
2. Place the tomatoes in a single layer in a grill pan. Brush the asparagus tips with half the olive oil, then cut the spears in half and put these in the grill pan, too. Put under grill.
3. When the water comes to a rolling boil, add the pasta and cook for about 12 minutes, or according to directions on packet, but bite a piece a minute or so before the packet says it will be ready to make sure you get it nice and 'al dente'.
4. Drain in a colander, then return to pan with rest of the olive oil and salt and pepper to taste.
5. While the pasta is cooking, keep an eye on the asparagus and tomatoes; the tomatoes need to be on the point of collapse and the asparagus just tender to the point of a knife and perhaps tinged brown in places.
6. Add the tomatoes and asparagus to the pasta, tear in some basil and serve.



## RECIPES FOR MORE THAN ONE

### VEGAN SHEPHERD'S PIE

(Serves 4)

700g / 1½lb floury potatoes  
100g / 4oz brown lentils  
100g / 4oz soya mince  
1 onion, diced  
2 carrots, diced  
¼ swede, diced  
100g / 4oz peas (frozen or tinned)  
200ml / 0.35 pint stock  
2 tbsp tomato ketchup  
1 tbsp soy sauce  
1 bay leaf  
2 tsp thyme  
1 tsp sage  
1 tsp dried parsley / 2 tbsp fresh parsley  
1 heaped tbsp soya margarine  
100ml / 0.175 pint soya milk



1. Boil chopped, peeled potatoes until well done – about 25-30 minutes. Mash with margarine and milk, adding enough milk to achieve a fairly soft consistency. Season to taste.
2. Rinse lentils, cover with cold water, and add bay leaf. Bring to boil and simmer until cooked through - about 20-25 minutes.
3. Sauté onion in a little oil. Add dried herbs, carrots and swede. Cook on a low heat for 5 minutes.
4. Add soy mince and stock, ketchup and soy sauce. Cook further 10 mins, then add peas and cooked lentils (drained of any excess cooking liquid) and cook another 5 mins.
5. Check vegetables cooked through and adjust seasoning to taste.
6. Place mix into oven dish and top with the potato. Bake at 200°C / 400°F / Gas Mark 6 for about 35-45 mins, until potato browned.



## RECIPES FOR MORE THAN ONE

### EASY NUT ROAST

(Vegan - Serves 4)

150g / 5oz chopped mixed nuts  
 75g / 3oz wholemeal breadcrumbs  
 (ensuring bread is vegan – usually is)  
 Small onion – chopped  
 1 tbsp soy sauce, ½ tsp dried thyme  
 2 tbsp vegan margarine  
 1 tsp olive oil, 1 tsp yeast extract  
 150 ml / ¼ pint hot water

1. Grind the nuts finely and mix in a bowl with crumbs, onion, soy sauce, thyme, margarine and oil.
2. Dissolve the yeast extract in the water, and add to the mixture.
3. Mix well and press into a greased loaf tin.
4. Bake at 190° C / 375° F / Gas Mark 5 for 30 – 40 minutes.

### Vegetarian & Vegan Foundation's VEGAN CHEEZY SAUCE

(Serves 2-3)

This super-quick, vegan 'cheese' sauce is great with pasta (macaroni or penne); potatoes and greens, baked potatoes, or with stuffed savoury pancakes.

90ml/3fl oz water + 1 tbsp  
 3 tbsp tahini (sesame paste)  
 1 tbsp nutritional yeast flakes

(sold in good health stores)

½ tbsp fresh lemon juice  
 1 small shallot or ¼ small red onion, finely chopped  
 ½ tsp yeast extract or more if using low-salt variety

1. Combine all ingredients and blend until smooth.
2. Heat gently, without boiling, before pouring over food.

### Vegetarian & Vegan Foundation's AVOCADO DIP (GUACOMOLE)

(Vegan - Serves 2)

This rich and nutritious dip makes an excellent starter or sandwich filling. Try serving it with chunks of raw vegetables, e.g. celery, cucumber, carrot, red pepper, or wholemeal pitta bread strips or rice cakes.

1 medium, ripe avocado  
 ½ tbsp tahini (sesame seed paste)  
 2 tsp olive oil, 2 tsp lemon juice  
 1 small garlic clove, crushed  
 Black pepper, Paprika

1. Peel the avocado and mash it with the lemon juice until smooth.
2. Add the tahini, olive oil and garlic and season with black pepper.
3. Mix very well, transfer to a serving dish and sprinkle with paprika.





## HOUSING & CARE

In their later years, most people end up making one or more changes to their housing situation.

### **Down-sizing & re-location**

First may come 'down-sizing' to a smaller home with less maintenance worries, or to release capital to supplement a pension. Some people re-locate to be nearer family, or to move to a different environment, including overseas. Never rush into this. Property laws in other countries can be a legal minefield. A move away from your established network of contacts can prove to be disappointing, and somewhere you love to spend holidays may not be so attractive 365 days a year.

### **Retirement schemes**

Government policy is designed to keep people living independently for as long as possible. This may be in your own 'normal' home or, perhaps, as you get older, in a development designed for older people, a retirement scheme, a retirement village or sheltered accommodation. Depending on the scheme, flats can be bought, part-bought through shared ownership schemes (often operated by housing associations), or rented as 'social housing' through local authorities, or housing associations. The Housing Department of your council can provide local information. Retirement schemes usually have some limited support, such as a visiting or resident warden or house manager, and possibly 'call' alarm facilities. The burden of maintenance is lifted from the individual, and buildings insurance and communal gardening are also organised centrally and paid for via service charges. Larger schemes have on-site restaurants and some have excellent leisure facilities.

### **Support for independent living**

There are many ways in which you can retain your independent lifestyle. For example, you can:

- Arrange home care, possibly with help via Social Services – see below
- Social Services also provide specialist rehabilitation and enablement services for people recently discharged from hospital, and all sorts of useful equipment



## HOUSING & CARE

- Use a 'call' alarm service
- Get meals-on-wheels or use a home delivery service
- Attend day centres or lunch clubs. Transport is often available
- See if you are eligible for 'Attendance Allowance' to help towards the costs of care. This state benefit is not means-tested

Sources of detailed information include the 'Age' and 'Care' charities, Citizens Advice Bureaux, and local authority Social Services Departments. Your local Age Concern, for example, can explain your options and the help that you may be eligible for from Social Services. The following web link to the Government website gives a good introduction:

<http://www.direct.gov.uk/en/Over50s/HomeAndCommunity/StayingInYourHome/index.htm>

### **Home Care services**

Firms which provide home care services are registered with and inspected by the Care Quality Commission. They provide care assistants to help with anything from shopping and domestic chores through to personal care - to enable frail older people to remain at home. Your local Social Services help desk can advise about funding and the options open to you. This may include Social Services making arrangements for you or providing financial support to enable you to employ help directly. Some care providers can arrange staff to live in and be available 24 hours a day. The Quality Care Commission will supply details of providers in your area.

### **Supported living**

Some older people need more support than in a typical retirement scheme, but less than in a care home. There are many variations on the extra support and services available and the descriptions of such schemes. Terms like 'assisted living', 'supported living' and 'extra care' are typical. Such schemes are, again, available privately, through housing associations and charities, or local authorities.

### **Care homes**

Ultimately, you may need the much greater level of support that can only be provided by a residential care home or a nursing home. Most of us want to avoid such a move altogether, if we can, or at least delay it for as long as possible. It is better to retain our independence for longer and, of course, care homes are expensive.



## HOUSING & CARE

### Catering and the VfL – UK List

VfL works hard to persuade care homes and retirement complexes to cater properly for vegetarians. In 2008 we published our guide *Catering for older vegetarians and vegans* and distributed it throughout the UK; we organise catering courses with the Cordon Vert Cookery School; we publish the VfL Code of Good Practice; and we operate the VfL – UK List. Care homes which agree to follow the VfL Code can become members of the VfL – UK List. The List has well over 200 members – throughout the UK – and is available via our website, or by mail, for anyone looking for a care home.

### The ‘Vegan Fund’ and the ‘Vegetarian Fund’

These funds award modest grants to, respectively, individual older vegans or vegetarians in financial need, to help with independent living. E.g. for smaller-scale disabled adaptations (grab handles, ramps etc) or for respite care (so the individual can move into a care home for a short period to allow a break for their carers). The funds are coordinated through the VfL office on behalf of the Vegetarian Housing Association (VHA). Please contact us for further information.

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  - Carol Gilligan (Residential Care Home Manager)
  - Christine Heron (Specialist in Health / Social Care)
  - Sandra Hood (Bsc Hons, RD – Dietitian)
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- The charities we work in partnership with:
  - Age Concern England & Help the Aged (Age UK), Vegan Society, Vegetarian & Vegan Foundation, Vegetarian Society, and WRVS



## USEFUL CONTACTS

- The Vegetarian Society UK Parkdale, Dunham Rd, Altrincham, Cheshire WA14 4QB 0161 925 2000 [www.vegsoc.org](http://www.vegsoc.org)
- The Vegan Society 21 Hylton St, Hockley, Birmingham B18 6HJ 0121 523 1730 / 0845 4588244 [www.vegansociety.com](http://www.vegansociety.com)
- Vegetarian & Vegan Foundation 8 York Court, Wilder St, Bristol BS2 8QH 0117 944 1000 [www.vegetarian.org.uk](http://www.vegetarian.org.uk)
- International Vegetarian Union [www.ivu.org](http://www.ivu.org)
- Cordon Vert Cookery School – as Vegetarian Society UK. (Cordon Vert offers a wide range of cookery courses on vegetarian and vegan cuisine – including courses for professional cooks)
- WRVS Garden House, Milton Hill, Steventon, Abingdon OX13 6AD 01235 442900 [www.wrvs.org.uk](http://www.wrvs.org.uk)
- Age Concern / Help the Aged  
Age Concern 0800 00 99 66 [www.ageconcern.org.uk](http://www.ageconcern.org.uk)  
[www.ageconcernscotland.org.uk](http://www.ageconcernscotland.org.uk) [www.accymru.org.uk](http://www.accymru.org.uk)  
Help the Aged 020 7278 1114 [www.helptheaged.org.uk](http://www.helptheaged.org.uk)



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Vegetarian for Life is an advocacy and educational charity working on behalf of older vegetarians and vegans throughout the United Kingdom.

If you would like to make a donation to VfL or consider leaving a legacy to fund our work, please contact the office.

All contributions will be very gratefully received.

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