



# Celebrating Vegetarian and Veganism

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# Thank you

Thank you for choosing to download this resource. I am excited to share it with you and I hope it will inspire you to learn more about vegetarianism and veganism. Although we are launching this pack in celebration of National Vegetarian Week, the information is relevant and available to use at any time.

NAPA encourages an inclusive approach to activity and engagement. We support Activity Providers to develop their knowledge and skills in recognising difference and planning activities that are meaningful for every individual they support. This resource shares best practice and activity ideas related to providing activities for veg\*ns (vegetarians and vegans); we hope it will support Activity Providers in raising awareness about the specific considerations required to ensure an inclusive approach. Over the last decade there has been a significant increase in the number of people adopting a vegetarian or vegan lifestyle. For many people this goes far beyond diet, it's a way of life. It is important, therefore,

that Activity Providers have the necessary information to support them in developing individual activity plans which meet the needs of a diverse group of people. Whilst food is often the first step, it is important to recognise other issues of importance to vegetarians and vegans; the environment, beauty products, clothing materials and even activity supplies need to be considered, too.

Special thanks to Vegetarian for Life; their support, expertise, and sponsorship has enabled us to make this FREE resource available for all care and support services to download. Do visit their website where you will find a range of resources to support you in your practice – [Click Here](#).

**Thank you**



*Hilary*

**Hilary Woodhead**

Executive Director – NAPA

## NAPA Resources

NAPA specialises in providing professional development opportunities that support person-centred activity and engagement; this includes resources to support and develop practice.

It is very important to us that every practitioner and family carer has access to the resources they need to engage the people they support.

**All NAPA resources are therefore available either FREE of charge or at a very low cost.**

Here are some of the resources we provide free of charge:

**The NAPA Calendar**  
– An Activity for Every Day of the Year.  
[Click Here](#)



**Bits and Blogs** – Guest blogs and updates from Specialist Practitioners on issues relating to activity and engagement. [Click Here](#)

**FREE Resources** – Free publications focusing on a range of themes and topics to support the practice of Activity and Care Providers. [Click Here](#)

**Specialist Resources for Friends and Family** – Free resources created to support friends and family members in engaging their loved ones. [Click Here](#)



**NAPA News** – Weekly e-news sent to 10,000+ network subscribers. Subscribe to NAPA News FREE of charge and you will receive all the latest news about our services, projects, learning opportunities and resources such as our most popular blogs and videos, information, and support. [Subscribe Here](#)

**Vegetarian for Life** – The UK charity working on behalf of older vegans and vegetarians – is pleased to sponsor NAPA’s Celebrating Vegetarianism and Veganism Resource packed with ideas for a successful event.

This Resource is packed with inspiring ideas to help your planning and is a lovely way to make vegetarian or vegan (veg\*n) residents feel included and to celebrate their lifestyle choice. You’ll find hundreds more recipes on Vegetarian for Life’s website [\*\*Click here\*\*](#), along with many other useful publications [\*\*Click here\*\*](#), from Veganising classic dishes [\*\*Click here\*\*](#), through to Nutrition [\*\*Click here\*\*](#). And if this resource has breathed new life into your work, you could sign up for further training [\*\*Click here\*\*](#), or even funding [\*\*Click here\*\*](#) to run a bespoke activity (see the back page).

Dates for your Diary 2022/23 | Vegetarian for Life [\*\*Click here\*\*](#).  
**Amanda Woodvine** – Chief Executive, Vegetarian for Life



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# Ideas for activities for National Vegetarian Week



## Here are VfL's 10 Top Tips:

### 1. Host a vegetarian supper club

Plan and serve a three-course meal for the people you support.

Here's a suggested menu from VfL:

**Starter:** Carrot, Ginger & Orange Soup – [Click Here](#).

**Main:** Mushroom, Nut & Cranberry Wellington – [Click Here](#).

**Dessert:** Sticky Toffee Pudding – [Click Here](#).

### 2. Run a tasting session of veg\*n foods

For example vegan ice cream, vegan cheese, plant milks, faux meat products, tofu, or hummus and veggie dips. You could even make score cards and pick a winner at the end.



### 3. Experiment

Experiment and try some more unusual ingredients, such as banana blossom 'fish', jackfruit curry, or some tofu dishes. You might even use silken tofu to make a mousse, quiche, or scrambled tofu. Play 'guess the ingredient' first, inviting the people you support to suggest what you might make with it – a great way to start discussions and encourage veg\*n's to share their experiences. It's also a good sensory activity because people can see, touch, smell and taste the different food items.

### 4. Vegetarian picnic or BBQ

If the weather is looking good, why not host a vegetarian picnic or BBQ? Here are some recipe ideas for you to try:

- + Black Bean Burger – [Click Here](#)
- + Sandwich Platter – [Click Here](#)
- + Coronation Chicken Pastries – [Click Here](#)

### 5. Reminiscence

Whether vegetarian or not, many people have a favourite recipe or dish that just happens to be meat-free. Those that do consider themselves veg\*n will likely enjoy being able to reminisce and share with others why they follow this lifestyle. You could even print photos of common vegetarian products from years gone by or find old vegetarian cookbooks to get people talking.

Here's an example – [Click Here](#), of some products that one older vegetarian misses.

#### Some suggested questions/ conversation points:

- + What's your favourite meat-free dish?
- + What's your favourite meat-free food memory?
- + How long have you been vegetarian/vegan?
- + Why did you choose to reduce/ stop eating meat?
- + How have things changed since you became veg\*n?

## Ideas for activities for National Vegetarian Week (continued).

### 6. Cookery demo

Invite a VfL chef to deliver a virtual or in-person cookery demo. Caterer Training – [Click Here](#), for the people you support. They'll take the pressure off your chefs and Activity Providers, and plan and deliver a themed demo for you. Here's what recent participants have said:

"This was the first online event that I have attended. I thought it was brilliant, well presented, and the demonstrator was very likeable and did a great job."

"I've taken part in lots of video cook-alongs recently and have found them quite stressful. However, this one was really informative and easy to follow."



Recipes are sent in advance. Buy your ingredients and cook the dishes on the day ready for the Zoom chat at 1pm. Talk cookery, recipes and more, and meet likeminded people from across the UK.

### 9. Accredited training

If you're reading this as a caterer, get ahead of the curve with VfL's accredited training – [Click Here](#). Topics include what veg\*ns eat; plant-based nutrition and fortification; meal planning; and how to cook with alternatives to meat and dairy. Each bite-sized module includes easy-to-follow recipe videos with some fantastic, tasty recipes. What's more, it is British Dietetic Association (BDA) accredited.



### 7. Novel activity

If you're after a novel activity, VfL runs a 'virtual vegan lunch club' on the fourth Tuesday of every month. It's open to vegetarians, vegans, and meat reducers, aged 65 and over. Each month follows a different theme, and upcoming events include:

- + Jubilee Garden Party 24 May
- + A taste of Italy 28 June

### 8. Veggie Pen & Phone-pals scheme

For individuals who are less tech savvy, but keen to get to know others, VfL runs a veggie pen – and phone-pals scheme – [Click Here](#). The scheme has already connected tens of like-minded people from across the UK, and many lasting friendships have been forged.

Alison from Central Lowlands of Scotland has been a member for a while and is pleased with how well it works for her: "I love it, I really do. It's the best thing I've done in a long, long time. I've now got a few people I speak to from the scheme and I'm delighted with how well it's been going.

### 10. Meat-free 101

Meat-free 101 training is another great option – a half-day introduction to anyone new to catering for veg\*ns, or those wanting fresh inspiration. An online version of this course was launched in May 2021.

#### What is a vegetarian?

Vegetarians don't eat fish, meat or chicken.

#### What is a vegan?

Veganism is a philosophy and way of living which seeks to exclude – as far as is possible and practicable – all forms of exploitation of, and cruelty to, animals for food, clothing, or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans, and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly from animals.

However, vegans and vegetarians do eat bread, pasta, rice, fruit and vegetables, nuts, beans, peas, lentils, and other pulses.

They can also eat meat, fish and dairy alternatives, which are often made from soya, almonds, coconuts, oats and nuts. Pretty much any dish can be made vegan!

#### What is veg\*nism/ a veg\*n?

Short hand term to describe vegetarians and vegans.

#### Why do people become vegetarian or vegan?

There are many reasons why people make this decision:

- + Concerns about animal cruelty and animal welfare
- + The pursuit of a healthier diet
- + Concerns about the environment
- + Spiritual and moral beliefs

#### Veg\*nism

Veg\*nism is more popular than ever and although both are widely associated with food, following a vegan lifestyle requires the exclusion of all forms of animal cruelty. This means using no leather products, wool, or silk, as well as avoiding products that are tested on animals and not supporting events where animals are used for entertainment e.g. circuses or horse riding. The decision to be vegetarian or vegan often reflects deeply held ethical, environmental, or religious convictions.



# We must consider the specific requirements of vegetarians and vegans

## According to Vegetarian for Life – vegetarian dishes must not contain:

- + 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. calf rennet in cheese
- + Battery or intensively produced eggs should be avoided wherever possible. Please consult individual residents regarding their opinion about eggs

## According to Vegetarian for Life – vegan dishes must not contain:

- + Anything on the vegetarian list above
- + Dairy products including cheese, milk, butter, cream, yoghurt, and whey
- + Eggs
- + Products with ingredients derived from eggs or dairy, e.g. albumen, casein, ghee, lactose, or whey
- + Honey
- + Shellac

## Common 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.



**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. Agave syrup can be a useful replacement.

**Milk and cream** – Milk and cream are acceptable to vegetarians, but not to vegans. Soya milk is readily available 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 and vegan versions are available.

**Toiletries** – The majority of vegetarians and vegans have adopted their lifestyle because of concern for animal suffering. If you provide soap, shampoo, and similar products, please try to ensure that they are animal-free and have not been tested on animals. Check out Vegetarian for Life's handy guide Veg\*nism: More Than Just a Diet – [Click Here](#).

**Kitchen hygiene** – Work surfaces, chopping boards, utensils and other equipment should either be kept separate from those used for non-vegetarian food preparation, or cleaned thoroughly beforehand. Cross contamination should also be avoided between vegetarian and vegan foods. Please ensure that fryers, grills, and griddles used for meat and fish are thoroughly cleaned. Fryers must be filled with fresh, uncontaminated oil before vegetarian or vegan food is cooked.

# Food inspired activities for vegetarians and vegans

NAPA encourages the provision of a healthy, nutritious, and balanced diet for people with care and support needs. We believe that the approach to nutrition must be based upon choice and quality and that mealtimes are a fundamental part of a person's day and an opportunity for social stimulation and engagement.

Every individual has the right to enjoy a varied and nutritious diet that meets their dietary requirements and provides choice and pleasure. Every individual should be consulted about their lifestyle choices, food preferences, cultural, religious or health needs.

Menus should be interesting and reviewed regularly.

We encourage providers to offer opportunities to participate in food preparation. Individuals should be given the opportunity to influence the menu choices and invited to provide feedback on the food provided. Every individual has the right to a positive mealtime experience which is unhurried, relaxed, pleasurable and meets their dietary requirements and preferences; a social occasion where support is available as required.

Food provides us with so many opportunities for activity and engagement from simple no cook recipes to baking or cooking whole meals. Food plays a large part in our lives. We all need it to live, and it is often the centre of many social activities. For some of us, food can be an even more significant part of daily life as other activities decrease and mealtimes and preparing food become key events of each day. When possible, try to incorporate a food element into your activities. For example, having tea and a chat with biscuits or cake, or mark a celebration with a special meal or appropriate snacks. This can encourage conversation and connection and stimulate interest in food. Some people may enjoy



carrying out simple, but familiar food preparation tasks such as shelling peas or peeling vegetables. These tasks can provide a sense of useful occupation and encourage movement. Food-based activities can really help to provide a sense of purpose and enjoyment.

## NAPA's Top Ten Tips:

1. Enjoy being together, chatting and reminiscing; then eat what you have produced!
2. Decide what to prepare together – recipe books or cooking websites can be fun to look through
3. Do you each have a favourite recipe from childhood that you can recreate?
4. Choose something that is straightforward, with clear instructions
5. Consider storing ingredients in labelled bowls or jars to make them easy to identify
6. If you need any electrical equipment, set it up in advance
7. Consider using bright or contrasting colours of bowls and kitchen utensils so that they stand out. This can make the activity more inclusive

8. Make sure everyone involved feels included. Preparing food includes a variety of tasks – find a role for everyone e.g. kneading dough, whisking, mixing and stirring, passing ingredients, washing up
9. Smells can evoke emotions or memories that you can share and discuss, e.g. mealtimes when we were young, favourite cakes or treats, the price of sweets at the corner or tuck shop, fruit and vegetable picking
10. Food safety must always be considered but should not be a barrier to food-based activities. A thorough risk assessment is important and can support a comfortable and inclusive experience for all involved \* Be mindful when removing food from its original packaging and check for allergy and dietary requirements\*. Vegetarian Society Approved vegetarian and vegan trademarks are easily recognised symbols. The Vegetarian Society independently checks all ingredients, so whenever you see the trademarks displayed on products, you can be sure they are 100% vegetarian or 100% vegan. The easiest way to know if a product is vegetarian is to look for a label that says, 'Suitable for vegetarians' or if it is vegan, for a label which says 'Suitable for vegans' or a 'Certified' logo. Another simple way is to scan the 'Allergen Information'; if the product contains dairy or animal ingredients it would be stated under its allergen ingredients list.

# Beetroot, hummus and crispy chickpea sub sandwich

## You will need:

- + 300g pack cooked beetroot in water, drained, half sliced
- + 400g can chickpeas, drained
- + 3 tbsp vegan pesto
- + Olive oil
- + Splash of vinegar (white wine vinegar if you have it)
- + 2 large vegan ciabatta rolls, sliced in half
- + 2 large handfuls mixed rocket, watercress & spinach salad

## What you do:

- + Blitz the whole beetroot,  $\frac{3}{4}$  of the chickpeas, 2 tbsp pesto and 1 tbsp oil in a food processor with some seasoning until you have a thick, smooth hummus. Heat the ciabatta following the pack instructions.
- + Fry the remaining chickpeas in a little oil until crisp, then set aside. Toss the salad leaves with the remaining pesto and a splash of vinegar. Slice the rolls, then assemble the sandwiches with the hummus, beetroot slices, salad leaves and fried chickpeas.



100%  
VEGAN

# Vegan Pizza Pinwheels

## You will need:

- + Pitted olives
- + Peppers
- + Mushrooms
- + Pizza sauce (Homemade or store bought)
- + Vegan cheese
- + Vegan puff pastry

## What you do:

- + Finely chop vegetables
- + Add to sauce and combine

- + Roll out your pastry
- + Pour the sauce mix over the pastry and spread, leaving a 2cm gap around the edge
- + Roll the pastry up from one end to the other so it looks like a log
- + Cut the log into 2cm slices
- + Pop onto a baking tray and cook in the oven for 20mins at gas mark 6 or 200°C
- + Remove once golden and cool. Then serve and enjoy!



## Try Vegan Canapés Recipe

While enjoying the conversation, try some nibbles – food after all is the best conversation starter!

For more recipes from Vegetarian for Life – [Click Here](#).

[Click here](#) to discover NAPA Food based activities guidance.





# Cook, Chat and Eat Curry

Undhiyu is a mixed vegetable dish, similar to a stew or casserole and is perfect for the cold winter months.

You can enjoy preparing a selection of vegetables (homegrown if you have them.) Gather around a table and chat, while making this delicious curry!

This traditional curry can take a long time to make and needs a lot of ingredients! We have adapted the recipe for you below but for a more authentic experience, including traditional ingredients, [Click Here](#).

## You will need:

- + 2 medium potatoes, peeled and cut into 2cm chunks
- + 1 large carrot, peeled and sliced diagonally
- + ½ cauliflower, cut into small florets and halved
- + 3 tbsp sunflower or vegetable oil
- + 1 large onion, finely chopped
- + 1 tbsp medium curry powder
- + 1 x 227g tin chopped tomatoes
- + 300ml vegetable or stock (made with ½ cube), gluten-free if required
- + 100g frozen peas or two large handfuls young spinach leaves



## What you do:

- + Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for 2 minutes more. Drain in a colander and set aside.
- + Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds more, stirring.
- + Add the tomatoes to the onions and cook for 2-3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.

**Click here** to discover NAPA Food based activities guidance.



# Easy as Su-Sh-I

Have your residents ever tried Sushi?  
Do they know what Sushi is?



## Why not try this fun conversational activity!

Your residents will probably think of raw fish when they hear the word Sushi. However, Sushi has many forms that do not contain raw fish. In Japanese, the word Sushi means 'it's sour' and refers to the traditional practice of fermenting rice. Here are some fun Sushi recipes you could try with your residents. You can pick up a Sushi rolling mat and rice online or from a local supermarket.

### You will need:

- + Bamboo Sushi rolling mat
- + Sushi Rice
- + Selection of chopped veg (peppers, cucumber, carrot)
- + Nori Sheet (thin edible sheets of seaweed, sold next to the bamboo mats)

- + Thinly sliced flavoured or smoked Tofu, shallow fried or baked
- + Soy sauce or sesame seed oil for dipping (optional)
- + Bowl of water to keep washing hands as the rice will stick to you
- + Knife to cut the rolls

### What you do:

- + Cook the rice as per instruction on the packet and let it go cold before use.
- + Place your bamboo mat on a table.
- + Place your Nori sheet on top (the packet will have instructions on which side to use).
- + Take the cold rice and spread a thin layer across the sheet but leave a small gap around the edge.

- + Take the filling of your choice and put it down the middle of the sheet (only use one ingredient).
- + Now roll from one long edge to the other.
- + You should now have a Sushi roll. Take your knife and cut it into bite-size pieces, around 1cm thick.
- + You can now dip the Sushi into your dipping sauces and enjoy!.

### Remember:

To check for allergies before eating.

**Click here** to discover NAPA Food based activities guidance.

# Traditional Trinidad Corn Soup

Considered to be an after-party street food in Trinidad & Tobago, this soup is rich, creamy, utterly nourishing and delightfully filling. It will warm your soul and make you feel nice and cosy.

## You will need:

- + 1 carrot, large
- + 1 celery stalk
- + 6 ears corn, fresh
- + 2 cloves garlic
- + ½ cup green peppers
- + ¼ cup onion
- + ½ cup red peppers
- + 1 scotch bonnet chilli pepper
- + ¾ cup split peas, yellow
- + 2 sprigs thyme
- + 1 ½ cups coconut milk
- + 2 cups of stock
- + 1 cup of flour
- + Salt & pepper
- + Oils & vinegars
- + 2 tablespoons of oil
- + 3 ½ cups water
- + 2 leaves shado beni, chopped  
(If this isn't available, fresh coriander can be used instead)
- + 1 med tania (or sweet potato), diced



## What you do:

- + Cut 5 ears of corn into about 2-inch pieces and set aside.
- + Shave off corn kernels from the remaining corn cob.
- + Heat oil in a heavy bottom pan, over med-high heat.
- + Add onions, garlic, and celery to oil and sauté till onions are opaque.
- + Add split peas and shaved corn and stir well.
- + Add thyme to the pot and sauté for another 2 minutes.
- + Add 3 cups water, 2 cups stock, tania and shado beni to the pot, and bring to boil.
- + Lower stove to a low boil until split peas are cooked (about 30 minutes)

Note: add more water if split peas are not soft enough and more boil time is needed.

- + Once split peas are softened, use the back of a spoon to mash them up a bit.
- + Add coconut milk, scotch bonnet pepper, and 3 cups water and bring to a slow boil.
- + Make dumplings at this point and break into balls or roll into logs.
- + Add corn discs, dumplings, carrots, and peppers to the pot.

## For Dumplings:

- + Knead water and flour together.
  - + Shape into balls.
- Click here** to discover NAPA Food based activities guidance.



# Vegan bird cake

## You will need:

Equal quantities of:

- + Shredded vegetable suet
- + Shelled (NOT salted) peanuts – chopped
- + Bird seed, uncooked porridge oats, etc
- + Breadcrumbs (check ingredients are vegan)
- + Melted vegetable oil

## What you do:

- + Mix all the dry ingredients together in a large bowl then pour the melted oil in slowly so that the mixture is soft, but all the liquid is absorbed: if necessary, add more bread to soak up excess oil.
- + Fill empty vegan yoghurt pots, halved coconut shells or any other suitable container and place in the refrigerator to set.
- + Use the "bird cake" produced, on bird tables, in bird feeders, or hang up the coconut shells and yoghurt pots where they can be seen.
- + Some residents might like a plastic window feeder – cost about £3.00.

## Think:

- + This is a lovely activity for everyone to enjoy; some people may like to help make the cakes, others may enjoy watching the birds enjoy them.

**THIS DOES GET MESSY!! Some people don't mind, others do, so be careful.**

- + It is a nice social event that promotes conversation about birds, bird watching, seasons, what they fed birds as children – in the war, did they feed them at all?
- + Have some bird books around so any that can be seen may be able to be named.



# Seasonal Ingredients

Eating seasonally is often important to vegetarians, vegans and those following a plant-based diet. Examples based on UK seasonality.



## **Spring fruit:**

- + Blood oranges
- + Rhubarb
- + Elderflower
- + Alphonse mango
- + Apricots

## **Spring veg:**

- + Artichokes
- + Cauliflower
- + Celery
- + Asparagus
- + Wild leaf garlic
- + Radishes
- + Chicory
- + Hispi (Sweetheart) Cabbage
- + Jersey royal potatoes
- + Purple sprouting broccoli
- + Rocket

## **Spring herbs:**

- + Spring onion
- + Broad beans
- + Leeks
- + Morels (wild mushrooms)
- + Spinach
- + Peas

## **Spring herbs:**

- + Rosemary
- + Oregano
- + Tarragon
- + Chives
- + Basil
- + Chervil
- + Coriander
- + Marjoram
- + Bay
- + Flat leaf parsley
- + Thyme
- + Dill

## **Summer fruit:**

- + Strawberries
- + Cherries
- + Blackcurrants
- + Peaches
- + Plums
- + Blackberries
- + Rhubarb
- + Gooseberries
- + Melons
- + Grapes
- + Raspberries
- + Pears
- + Greengages
- + Elderflower
- + Figs
- + Damsons

## **Summer veg:**

- + Broad beans
- + Courgettes
- + Chard
- + Radishes
- + Runner beans
- + Peppers
- + Cucumbers
- + Rocket
- + Aubergines
- + Asparagus
- + Potatoes
- + Borlotti beans
- + Peas
- + Fennel
- + Sweetcorn
- + Samphire
- + Spring onions
- + Tomatoes

## Seasonal Ingredients (continued).



### Summer herbs:

- + Marjoram
- + Chives
- + Flat-leaf parsley
- + Thyme
- + Basil
- + Bay
- + Chervil
- + Tarragon
- + Mint
- + Sage
- + Coriander
- + Dill
- + Sage
- + Dill
- + Oregano
- + Rosemary

### Autumn fruit:

- + Apples
- + Blueberries
- + Blackberries
- + Piel de sapo Melon
- + Victoria plums
- + Cranberries
- + Grapes
- + Quince
- + Nectarines
- + Elderberries
- + Figs
- + Pears
- + Clementines

### Autumn veg:

- + Aubergines
- + Butternut squash
- + Leeks
- + Swede
- + Carrots
- + Celeriac
- + Cavalo nero
- + Celery
- + Pumpkin
- + Courgettes
- + Brussels sprouts
- + Fennel
- + Jerusalem artichokes
- + Parsnips
- + Rocket
- + Potatoes
- + Onions
- + Turnips

### Autumn herbs:

- + Basil
- + Chives
- + Flat-leaf parsley
- + Sage
- + Mint
- + Marjoram
- + Thyme
- + Bay
- + Oregano
- + Rosemary

### Winter fruit:

- + Pomegranates
- + Clementines
- + Blood oranges
- + Quince
- + Cranberries
- + Rhubarb

### Winter veg:

- + Artichokes
- + Leeks
- + Potatoes
- + Brussel sprouts
- + Butternut squash
- + Cauliflower
- + Celeriac
- + Chicory
- + Swedes
- + Cavolo nero
- + Cabbage
- + Celery
- + Watercress
- + Spinach
- + Kale
- + Broccoli
- + Turnips
- + Jerusalem artichokes
- + Parsnips
- + Onions

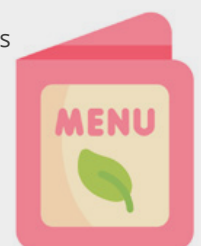
### Winter herbs:

- + Bay
- + Rosemary
- + Sage

The base ingredients are grains, pulses and veggies, all of which can be bought cheaply.

### Store cupboard staples include:

- + Chickpeas
- + Lentils
- + Brown rice
- + Potatoes
- + Sweet potatoes
- + Egg free pasta
- + Oats
- + Tinned tomatoes
- + Vegetable oil
- + Onions
- + Garlic
- + Frozen peas
- + Frozen fruit
- + Popcorn
- + Nuts and seeds
- + Tofu
- + Coconut milk
- + Dark chocolate (check if vegan or vegetarian)
- + Vegetable stock
- + Herbs and spices



# Planting Herbs

If you have a patio, a balcony, or even a windowsill in your setting then you can grow your own food.



Fresh herbs are expensive and don't last very long, so investing in a few plants and pinching off leaves when you need them is economical and good fun! If you have a garden or access to an allotment, then the possibilities are endless! Why not find out which fruits and vegetables grow well in your climate then plant, grow and eat them together?

- + Identify a space with easy access, a good mix of sun coverage and shade throughout the day, if possible shielded from too much wind.
- + Clear your chosen plot from debris. Trees, shrubs and other woody plants such as brambles are best carefully cut down and dug out (you may need assistance with this.)
- + When you have cleared the plot, then the soil can be broken up.
- + You may need to add some new soil depending on the soil quality.
- + Now you are ready to start planting!



**Here are some easy to grow vegetables – always follow the instructions on the seed packets and store in a safe place.**

You can also visit your local garden centre and buy plant plugs (plant plugs are ready grown seedlings).

This will give you a good start with your plot.

Enjoy making some delicious meals with your fresh home grown veg!

**Lettuce** – Loose-leaf lettuce can be great to cut and keeps growing. Just sow the seed in rows, 4-6 inches wide. Then take what you need when you need to, but do not remove the full lettuce.

**Runner beans** – The easiest vegetables to grow and they look great, too. Runner beans will quickly climb up sticks, trellises or hedges; they need very little attention. Once grown pick them every day, you will have a continuous supply. Try not to let them get too long as they become stringy.

**Radishes** – Sow directly into the ground, thin out the leaves, crop, then eat! One of the quickest, friendliest crops. They also look like little red jewels in the soil.

**Spring onions** – Sow directly into the soil. Spring onions do not usually cause too many issues – but keep an eye out for slugs as they can cause damage.

**Beetroot** – Another easy to grow root vegetable. Sow them as you would carrots. While you are waiting to harvest the beetroot, pick some of the leaves and enjoy them in salads and stir-fries. Beetroot is extremely nutritious and easy to grow. Find our more [Here](#).

# Garden Club

The benefits of garden-related activities are abounding. Many care settings now provide specially designed 'memory gardens' for residents living with dementia. Staff can provide outdoor or indoor garden activities in a supportive and caring atmosphere via an engaging Garden Club.

## You will need:

- + An outdoor area (cemented or tiled for easy cleaning), free of sound distractions such as noisy TVs and people talking
- + A few large tables covered with plastic or old newspapers
- + Some tools, seedlings, plant cuttings, potting mixture, plastic pots, a bag of sand and a water hose close by
- + A group of enthusiastic residents and staff members who have an interest in gardening

## Things to do in the Garden Club:

- + Plant seedlings of cherry tomatoes in pots
- + Plant herbs in raised beds or in pots
- + Plant flowers, whatever is in season
- + Re-pot plants
- + Plant vegetables that are in season
- + Tidy up pots



## Think!

This may appeal to most of your residents and maybe some staff might also like to get involved. Many will have kept their own garden for years and will be very knowledgeable and will appreciate being asked or consulted. Some may like to watch from a distance and that is fine, too.





# Which Seed Grows Which leaf?

Charles Darwin was an English scientist best known for his Theory of Evolution, which attempted to explain the similarities and differences found in the natural world. Charles spent his life researching species on earth and his findings revolutionised our view of nature.

In 1880, while conducting The Darwin Experiments, Charles Darwin and his son Francis, discovered that phototropic stimulus is detected at the tip of the plant.

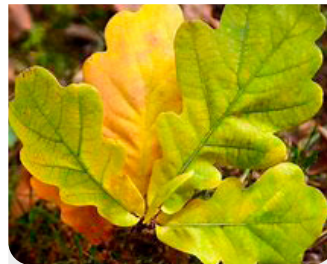
Why not try and discover if you can tell which seed belongs to which leaf in this picture quiz?!



1. Which Leaf?



2. Which Leaf?



A. Which Seed?



B. Which Seed?



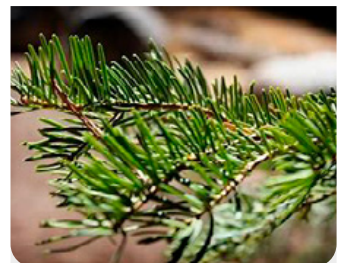
3. Which Leaf?



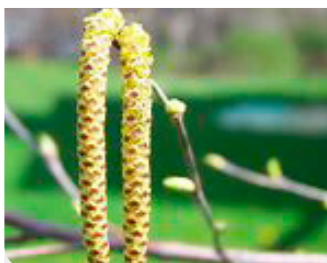
4. Which Leaf?



C. Which Seed?



D. Which Seed?



5. Which Leaf?



E. Which Seed?

Answers: Oak 1 A / Conker 2 B / Pine 4 D / Birch 5 E / Ash Tree 3 C

# Let's Compost!

What kinds of things can you compost? Anything you put in your compost bin should be natural, such as fruit and vegetable peel, coffee grounds, paper, garden clippings, and even tea bags, because compost is used to nurture plants and fortify the soil.

There are numerous advantages to composting.

It saves money and resources and can enhance your soil while also lowering your environmental impact. This will be a fantastic garden project for your garden club.

## You will need:

- + Spade or rake
- + Strong wooden pallets (four)
- + Sturdy wooden stakes (six)
- + Sledgehammer + Bow saw
- + Strong wire



## What can be composted:

- + Grass cuttings
- + Soft prunings
- + Annual plant and weed remains before they have set seed
- + Fruit and vegetable scraps
- + Old cut flowers
- + Tea bags and coffee grounds
- + Cardboard (torn up)
- + Newspaper
- + Paper bags and crunched up paper
- + Straw



## What you do:

- + Clear the space where you'll put the compost bin and, if necessary, use a shovel or a rake to level the ground. The bin must be placed on bare soil rather than paving.
- + To make the back edge of the compost bin, stand a pallet on its long edge. Push a stake through the two layers of the pallet at each end, driving it firmly into the ground – about 20-30cm deep – with a mallet.
- + To build the sides, place the next two pallets at right angles to the first, butting the corners tightly together to prevent compost from overflowing through the gaps.
- + Wire the pallets together at each corner to keep the superstructure steady. With a bow saw, trim the stakes' tops.
- + To build a gate, wire the last pallet to the front of the right-side pallet; you'll need to open it to get to the compost.
- + Now it's made, let's start to fill it – you will be surprised at what can go into the compost bin!

## Top tip:

Cover your bin with carpet to keep it warm – this will help to speed up the composting process. And check that it is moist – you may need to water it lightly in warm weather.

We would love to see how you get on – email photographs to [communications@napa-activities.co.uk](mailto:communications@napa-activities.co.uk)

# Creative Writing

Use a photograph to stimulate conversation and create a story. Use this photograph to inspire a story in celebration of Vegetarian Week



Here are some suggested questions to prompt your conversation:

- + Did you go fruit picking as a child?
- + Did the fruit get eaten before the end of the day?
- + What types of fruit did you pick?
- + Who did you go with?
- + What other memories do you have of fruit picking?

You can use the questions as conversation starters. Write down the answers and memories as they are shared. Use the notes to form the basis of the story and ask for other ideas. Read the story out loud and edit it together, letting the story evolve.

**Take your time!**

# Art activities for vegetarians and vegans

We believe Arts and Crafts improve wellbeing, but what do we mean by an art or a craft?

The list is endless but here are a few examples: painting, printing, marbling, string painting, calligraphy, stencilling, silk painting, paint effects, glass painting, decoupage, collage, making cards, quilling, candle making, frame making, needlecrafts, cross-stitch, patchwork, quilting, tapestry, knitting, crochet, rug making, pottery, papier mâché, salt dough modelling, textiles, wall hangings, collages, wax rubbing, weaving, basketry, stool and tray making, woodwork. Art supplies have traditionally used many ingredients from slaughtered or trapped animals. For example, paints, mediums, and even papers may contain bone char, gelatine, ox gall, rabbit collagen, eggs, carmine or shellac. Natural paintbrushes are made from the hair of sables, pigs, and squirrels.

The first step is knowing what animal derivatives to look for in art and craft supplies. Below are the most common ones:

- + **Hair** – from squirrels, hogs, goats, ponies and camels are usually used in paint brushes.
- + **Cochineal** – comes from lac, a secretion from scale insects. The scales are mostly from the female cochineal insect and contain carmine acid. This acid is used in the production of carmine dye, which gives some shades of “red dye”, including scarlet and crimson.
- + **Gelatine** – made from boiling pigs’ or cows’ tendons, skin, bones and ligaments in water. It is often used in sizing canvas and paper.
- + **Bone charcoal** – for making dense black. Bones from animals, mostly pigs and cows, are heated and ground to char. The end product of this is the bone charcoal.



We all have a creative side that we can express in many ways. Why not celebrate vegetarianism and veganism by trying this creative activity which involves both getting outdoors to collect materials and painting, inspired by the items you find?

**Berries** – Use blackberries for purple – berries can be found in most wooded areas in the brambles. Pick them, mash with water and sieve.

**Mud** – Muddy brown – using warm water in a bowl, add some dry mud to make brown paint!

**Dandelions** – Dandelions for yellow – collect some other yellow flowers as well as dandelions and rub onto the paper for a vibrant yellow colour.

## Top Tip:

Can you think of other natural paints you could experiment with in the garden, maybe beetroot and onion skins from the veg patch?

**Rosehips** – Rosehips for red – soak the rosehips in boiling water for a couple of hours to soften first and remove the seeds. Then mash and sieve.

**Grass** – Pick grass for green – collect some grass and soak in boiling water overnight. Then, strain the next morning.

- + **Rabbit skin glue** – for sizing for wood panels and canvases for oil paintings, as well as a glue when making some books. It is also referred to as hide glue. It is produced by boiling rabbit collagen, a protein from the connective tissues of the animal’s body.
- + **Beeswax** – comes from honeybees, from the Apis genus. Hive worker bees use this wax to create cells that act as storage for honey and protection for larval and pupal. Beeswax has been used for many years as a waterproof and lubricant agent, in cosmetics and candle making – **Click Here**. In art and craft, it is used to enhance the smoothness in crayons and pencils.
- + **Casein** – common in pencils. It is an adhesive binder that uses cows’ milk proteins. Fun fact: Ancient Egyptians used Casein to fix pigments in their wall paintings.
- + **Honey** – a preservative that enhances smoothness and colour vibrancy. It is produced by honeybees and other insects in the Hymenoptera – **Click Here**, order like wasps and sawflies.

We would love to see how you get on – email photographs to [communications@napa-activities.co.uk](mailto:communications@napa-activities.co.uk)

# Celebrating Veganism

Veganism has been around for many years, but the popularity of a vegan diet is only recently growing within homes and business across the planet and in the last 3 years it has become the new diet of choice.

We now have an abundance of options from non-dairy products to meat alternatives and vegan sweet treats which look, taste, and smell the same as conventional options. What better way to celebrate veganism, than to hold a fun tasting session with conversation?



## Expand vegan knowledge:

Print off information supporting the benefits of a vegan diet – the individuals you support may have lived grown up on a partly vegan diet, when meat was an expensive outlay for any household. [Click Here](#) for more information on veganism.

## Make a vegan beauty product

Veganism is not just a diet but also a way of life, of not using animal products within your daily living. Have a conversation about what possible animal products animal products we use each day. [Click Here](#) for a list of non-vegan products we use in our houses.



# Washing and dressing activities of daily living

## Getting ready and morning routines can set the mood for the rest of the day.

The people you support may need help with ensuring that everyday activities including washing, bathing, dressing and personal grooming are fulfilled and that these essential daily activities are as meaningful as possible.

Getting dressed is a very personal daily activity and choosing what we wear is often an expression of our identity.

### Here are some of our top tips to help you make this important start to the day, a meaningful experience:

- + Review the individual's care plan and life story to remind yourself about the person's likes and dislikes. Consider ways to integrate reminiscence into your approach
- + Providing plenty of time when getting ready for the day can make the experience far more meaningful. Rushing a person can cause distress and anxiety, so keep a slow, steady pace
- + Encourage choice and independence and do not comment if you don't agree with their choices. Some of the people you support may respond to a gentle reminder of the order in which to dress
- + Create an inviting environment; is the room warm enough? Do you need to turn on a light or draw the curtains? Play some music?
- + Offer support, if the person usually styles their hair, wears make-up, aftershave or perfume but needs some help
- + Outfits, accessories, or make-up chosen may have religious, cultural or sentimental importance to the person and be an important part of their identity



- + Be aware of making assumptions about what they should wear
- + It is important to support the person to express their identity through choices about their appearance
- + Photographs are a good point of reference; reminisce about how the person liked to wear their hair, make-up, clothes or accessories
- + Personal grooming such as manicures or pedicures, massage or hair appointments can be relaxing, and people may enjoy this as a social and pleasurable activity

For vegetarians and vegans, it is essential that beauty products and toiletries contains zero animal products. All the ingredients must be plant-based or synthetic without the involvement of animals. For more guidance, read Vegetarian for Life's free guide, Veg\*nism: More Than Just a Diet – [Click Here](#).



### Here is a list of the most common, non-vegan cosmetic and toiletry ingredients to look out for:

**Lanolin** is derived from sheep's wool and is commonly used in moisturising products.

**Gelatine** is a by-product of animal slaughter and should always be avoided by vegans.

**Collagen** is made by boiling animal components and you'll find it in many anti-ageing products.

**Glycerine** is found in both animal and plant fats; if a product has glycerine in it, look for a 'vegan' logo on the packaging.

**Keratin** comes from animal horns, nails and hair and is often used in shampoo and conditioners.

**Cochineal** is a red pigment that comes from crushed beetles, so look out for this in lipstick.

**Squalene** originates in the livers of sharks and is often used in moisturisers and foundations.

**Guanine** is derived from fish scales and is used to add shimmer effect to powders.

**Silk powder** isn't vegan as it's spun by insects, but you'll find it in many makeup and skincare products.

You can find more information here Veg\*nism: More Than Just a Diet – [Click Here](#).

# Vegan Bath Bombs

This recipe will turn your bath into a fragrant Jacuzzi.



## You will need:

- + 80g sodium bicarbonate
- + 15ml citric acid
- + 10 drops essential oil\* of your choice

\*Some essential oils should be avoided during pregnancy or by those with asthma, epilepsy, or with other health conditions. Please check with your care manager before using ANY essential oil. Bear in mind that you need to be aware about yourself and the staff helping you as well.

## What you do:

- + Mix the sodium bicarbonate and citric acid together on a plate.
- + Sprinkle the sodium bicarbonate mixture with the essential oil. This powder can be sprinkled into the bath or moulded by compression into a solid block. (We used 35mm film cases).
- + Add the powder just before you step into the bath.

## Think!

In the interest of best practice, please check that any residents that may wish to use these products when they have made them, can safely do so.



# Lemon & Sugar Vegan Foot Scrub

## You will need:

- + 8 tbsp white sugar
- + 1 tbsp olive oil
- + 1 lemon
- + A mixing bowl
- + A grater
- + Mason jar or similar for storage

## What you do:

- + In a bowl, mix together the olive oil and the juice from half of the lemon.
- + Gradually spoon in your white sugar and mix together until you have your preferred scrub consistency.
- + Grate the zest from the lemon and mix into the scrub.
- + Mix well and store in a Mason jar. Decorate with ribbons, string, and tags if you wish – the scrub makes a great homemade gift!
- + To use, scoop up the scrub with your fingers and massage into your feet to exfoliate and refresh. Rinse thoroughly, pat dry, and finish by rubbing in some moisturiser.

## Think!

Check for allergies before using this.



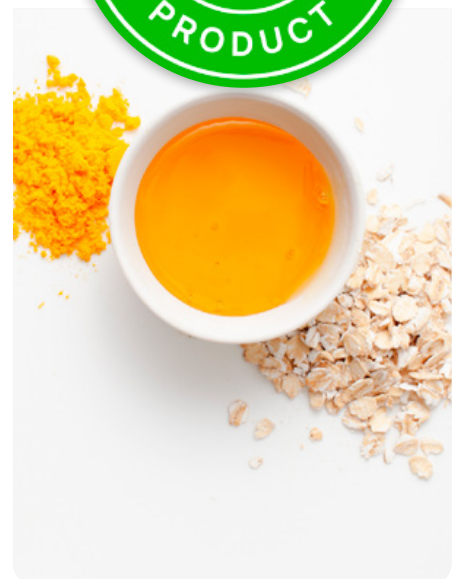
# Coffee, Cocoa, and Oatmeal Face Mask

## You will need:

- + 1 tablespoon ground coffee beans
- + 1 tablespoon cocoa powder
- + 1 tablespoon ground oatmeal
- + Coconut milk (enough to prepare a paste)

## What you do:

- + Add all the dry ingredients to a glass bowl.
- + Add coconut milk to the bowl. Adjust the quantity to give it a paste-like consistency.
- + Use a cosmetic brush to apply the face mask.
- + Leave it for at least 20 minutes or until it dries.
- + Wash your face with lukewarm water.
- + Follow up with a light moisturiser.





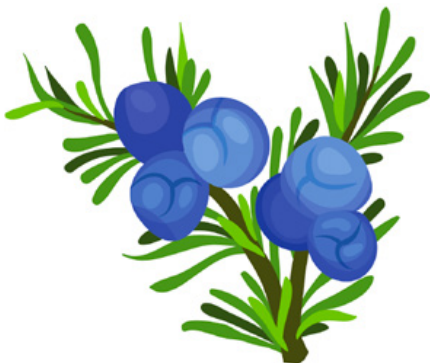
# Aromatherapy



## The best way to use oils:

Chamomile and lavender provide relief from joints swollen by rheumatism and arthritis. Aromatic massages and rubs containing black pepper, cypress or juniper can promote circulation and reduce the risk of varicose veins and oedema.

Beauty care should not be neglected either; rose and geranium promote skin growth, giving skin a more vital appearance. An aromatherapy massage can give much needed contact, especially if given by a close relative.



## Suitable essential oils:

**Rosemary** – Invigorating and analgesic, you can use rosemary oil in a vaporiser to improve concentration and memory.

**Cypress** – This essential oil helps to boost circulation, providing welcome relief for varicose veins as well as haemorrhoids, also swollen feet and ankles.

**Eucalyptus** – Eucalyptus essential oil's renowned antiseptic properties are most helpful for fighting colds and flu.

**Geranium** – Geranium oil is gently uplifting for low times.

**Rose** – Promoting skin cell regeneration, rose is an excellent beauty oil that improves the complexion and helps to soften lines on facial skin.

**Chamomile** – As well as anti-inflammatory relief from rheumatic aches and pains, chamomile oil provides help when treating insomnia or restlessness.

**Juniper** – This essential oil is detoxifying and can be used for arthritic and rheumatic conditions.

## Safety:

Always check with the doctor before starting any aromatherapy with older people as it may interact with a medication or illness.

More information and guidance can be found **Here**.

Check all ingredients to ensure oils don't have additional non-vegan components.

# Herbal bath and a cuppa!

Did you know that herbs can also be used in a nice soothing bath and some can be used to make a relaxing cuppa?

## Here are a few suggestions:

- + **Lavender bath** – Add 40g of dried lavender flowers to a bath, either on their own or mixed with some Epsom Salts.
- + **Lavender tea** – Place 1 tbsp of fresh or dried buds into a cup or tea ball. Pour boiling water into the cup, allow to steep for 10 minutes, strain and then enjoy!
- + **Basil bath** – Put 2 tbsp of fresh basil into a warm bath for a soothing escape.
- + **Basil tea** – Put 2 tbsp of fresh basil into a cup of boiling water, allow to steep for 7-10 minutes, then strain and enjoy.
- + **Rosemary bath** – Add rosemary to your bath to ease muscle pain. Lie back and enjoy.
- + **Rosemary tea** – Put 1 tsp of leaves into a cup of boiling water and let them steep for at least 5 minutes. The rosemary in this tea would also be nice if paired with lavender and thyme.



## Dressing and fashion-based activities need to be animal friendly

### The following materials are not vegan:

- + Silk
- + Wool
- + Down
- + Shearling
- + Mohair
- + Cashmere
- + Leather
- + Suede
- + Exotic skins e.g. snakeskin
- + Feathers
- + Furs
- + Angora
- + Alpaca

### The following materials are vegan:

- + 100% cotton
- + Pineapple leaf fibres
- + Nylon
- + Polyester
- + Acrylic
- + Econyl
- + Tencel
- + Hemp
- + Bamboo



## Think:

If a person is unable to have a bath, then you could use these ideas to support someone to wash by using a bowl rather than the bath.

The aroma will still be relaxing and soothing.



# Celebrate National Vegetarian Week with a grant of up to £1,000!

To mark **National Vegetarian Week**, Vegetarian for Life has launched a new fund to help support older vegans and vegetarians living in care.



The Vegetarian for Life **Show You Care Award** is open to any UK care setting that supports one or more older vegans and vegetarians. Awards of between £25 and £1,000 are available. We hope to support initiatives that will enhance the quality of life of older vegans and vegetarians.

So how about hosting a themed event based around veganism or vegetarianism – perhaps even **'Meat-Free Mondays'**?

Could you connect with a local caterer to provide an **afternoon tea** or **takeaway of vegan/veggie food**?

Or perhaps you could develop a **life story book** around an individual's veganism/vegetarianism? You could use it to connect with their interests, previous activities, or activism.

The award is open to all proposals, both big and small – and we've made it really easy to apply.



For further information and an application form, please visit [Here](#), email [Here](#), or call the charity on **0161 257 0887**.

**Vegetarian  
for Life** 

0161 257 0887 | [vforlife.org.uk](http://vforlife.org.uk) |  [vfluk](https://www.facebook.com/vfluk)  [@VfL\\_UK](https://twitter.com/VfL_UK)

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