

# eBites

Autumn 2019

Published by Vegetarian for Life, the advocacy and educational charity working on behalf of older vegetarians and vegans

The care  
caterers going  
the extra mile  
for vegans &  
vegetarians

Lavish  
Parliament  
awards  
celebrate  
best in the  
business

PLUS:  
Win a  
brand new  
cookbook

We talk to VfL patron  
& queen of vegetarian cuisine,

## Rose Elliot

Respect for religious & philosophical  
beliefs while eating in care



appg

# Welcome

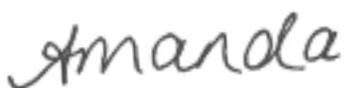
Now that the clocks have gone back, it's time to get cosy indoors and enjoy some hearty and warming recipes. So why not grab a cuppa and relax with this autumnal edition of eBites?

We recently spoke with Rose Elliot MBE, the cover star for this issue, who has penned over 50 vegetarian cookery books. Rose has shared some of her top tips and recipes ([see page 6](#)). She is also offering three lucky readers the chance to win one of her new cookery books. See below for your chance to win.

Last month, Vegetarian for Life held its annual Awards for Excellence in Vegetarian Care Catering at the Houses of Parliament. Read more about the inspirational winners from this lavish event on [page 4](#).

We'll return to Parliament next year, with the launch of an inquiry into respect for religious and philosophical beliefs while eating in care. If you have ever heard of a vegetarian or vegan with dementia being served meat while in care, please send us your evidence by 13 December. Find out more on [page 8](#).

I hope that you enjoy the issue.



Amanda Woodvine, Editor

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



83 Ducie Street, Manchester M1 2JQ  
Vegetarian for Life is a charity registered in England and Wales, number 1120687

Editor: Amanda Woodvine  
[news@vegetarianforlife.org.uk](mailto:news@vegetarianforlife.org.uk)

Features writer: Katie Butler  
Design: The Ethical Graphic Design Company Ltd

© Vegetarian for Life 2019. All rights reserved. No part of this magazine may be used, reproduced or copied without written permission of the publisher.

**CONTACT US** Submit articles and tell us what you'd like to read about.

 [VfLUK](https://www.facebook.com/VfLUK)

 [@VfL\\_UK](https://twitter.com/VfL_UK)

T: 0161 257 0887

E: [info@vegetarianforlife.org.uk](mailto:info@vegetarianforlife.org.uk)

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

## In this issue...

### **3** [VEGGIE MEALS TO YOUR DOOR](#)

New guide makes eating veggie at home easy

### **4** [VEGGIE HEROES](#)

2019 Awards for Excellence in Vegetarian Care Catering winners revealed

### **6** [ROSE ELLIOT](#)

The incredible vegan author shares her top tips

### **8** [RESPECT FOR PHILOSOPHICAL BELIEFS IN CARE](#)

Submit evidence to support our Parliamentary inquiry

## Reader exclusive

Queen of vegetarian cooking, Rose Elliot, has released her latest book, and three lucky winners will each receive a free copy.

Ms Elliot, who is a patron of Vegetarian for Life, has been creating tasty and nutrient-packed recipes for decades. The latest edition to her incredible back catalogue, titled *Rose Elliot's Complete Vegan*, is out now, priced at £17.50.

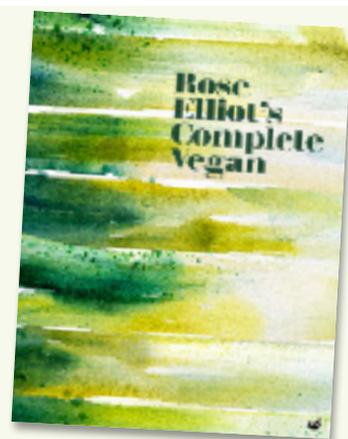
The clear, simple, and easy-to-follow recipes are perfect for those wanting to expand their plant-based cooking or try it for the first time.

We have three copies of the new book to give away.

For your chance to win, answer this question: Other than green, what is another popular colour variety of broccoli? A) Purple B) Blue C) Red

Email [info@vegetarianforlife.org.uk](mailto:info@vegetarianforlife.org.uk) with your answer by midday 13 December.

Terms and conditions: Three winners will be drawn at random from all entries received. One entry per household only. UK addresses only. There is no cash alternative.



# Veggie meals to your door

Delivered meals are a lifeline for those who are housebound or are unable to cook for health reasons

To mark this year's Meals on Wheels Week that took place earlier this month, Vegetarian for Life has created a comprehensive, easy-to-follow directory of those offering vegetarian and vegan meals as part of the crucial service.

An estimated 350,000 older people in the UK are vegetarian or vegan. While most of these are in glowing health and still cook for themselves, others may be more vulnerable.

Vegetarian for Life's 2019 survey suggests that around 7,000 older vegetarians and vegans live in care homes. Others rely on community meals services, such as 'meals on wheels', as a lifeline to living independently.

'Veggie Meals to Your Door' is packed with tips and ideas for those who want to cook but find it harder because of age or disability.

For example, Gill, a friend of Vegetarian for Life, said: "Since I've been ill I have found it very hard to deal with cooking our meals and managing around the house. I have always cooked from scratch, which usually involves quite a bit of washing up and clearing away. So I have been trying to find quicker, easier ways of doing things and cooking with fewer ingredients".

The guide includes a range of tips from people like Gill, and top 10 kitchen gadgets to help people carry on cooking for themselves. Advice includes decluttering

the kitchen so you have what you need to hand, placing the most frequently used items within easy reach, but also having some easy cook options such as ready-meals or pre-prepared meals in the freezer, or tinned soup in the cupboard.

Vegetarian for Life knows how important it is for people to remain independent in their own homes, so with the guide, we wanted to highlight many different options for people to continue to do so.

A range of dishes, including main meals, sides, soups, smoothies and desserts can now be delivered straight to your door. These are often hand-prepared, with well-considered ingredients, and developed by experienced chefs. Dishes are available with inspiration from around the globe. Some are delivered as hot, ready-to-eat meals, while others may arrive chilled or frozen.

Some of the dishes on offer are incredible, and it goes to show just how much things have progressed for those with dietary requirements such as vegan and gluten free in recent years.

For a free copy of the guide, contact [info@vegetarianforlife.org.uk](mailto:info@vegetarianforlife.org.uk) or call Vegetarian for Life on 0161 257 0887.





## Awards recognise work of inspirational staff who are trailblazing the way for better veggie care catering

Dedicated workers in the care sector have been recognised at a lavish celebration in the Houses of Parliament

October saw the fourth annual Vegetarian for Life Awards for Excellence in Vegetarian Care Catering – and the nominees and winners certainly didn't disappoint with accounts of incredible service for their residents.

The four categories: Veggie Care Chef, Veggie Wholesaler, The Beulah Charity Trust Special Recognition Award and Most Innovative Veggie Dish had stiff competition but only one winner could be chosen for each category.

Champa Mistry, of Birchwood Grange care home in Wembley, took the title of Care Chef of the Year for her recipes that have been passed down through generations to create beautiful and colourful dishes such as Champa's favourite, khadi.

Speaking at the awards, she said: "It's absolutely fantastic to have won. I am so proud of the whole team I work with, but it has been a team effort. They have always

supported and encouraged me so I couldn't be happier. I will continue to create vegetarian dishes and even after 24 years working at the care home I am still inspired to create more dishes for residents."

Brakes were crowned Veggie Wholesaler of the Year for their extensive range of vegan products including salted caramel cake, burgers, mayonnaise, and ice creams available to care homes across the country.

Cathy Amos, head of marketing collected the award on behalf of the company.

She said: "It's really exciting to have won the award. Our head office

Above left: Champa Mistry  
Above: Cathy Amos  
Below: Phillip Meyer



buying teams have vegetarian and vegan very high on their list when looking at new product development but we want to make sure that the products are great, and we have been really impressed with the vegan foods. We will be continuing to look at vegan products and hopefully have even more products in the future.”

The Beulah Charity Trust Special Recognition Award went to Manav Seva Community Services, for the incredible vegetarian ‘meals on wheels’ service they offer to those who may not be able to leave their homes.

Kalpana Joshi, one of the main founders of the Leicester-based company was thrilled to have won – but said there are still bigger plans for the future.

She said: “I am really excited that we have won the award. We started in 2014 so this is such a great way to mark our five-year anniversary. I can’t tell you how good it feels to have been recognised for the work we do. But we want to do even more in the future. We want to expand and hopefully one day if we get the funding, we would like to be able to offer free meals for those struggling financially. We love what we do and want to do bigger and better things in the future.”

Head chef Phillip Meyer, of Pemberley House care home in Basingstoke, won the title of Most Innovative Veggie Dish for his

vegan creation of a baked lemon tart with chocolate swirls – showing there are so many flavours and textures that can be created using plant-based ingredients.

Speaking at the awards, he said: “It’s great to have won and especially at an event here at the Houses of Parliament. I love architecture so to have won here is extra special. I really do love and enjoy what I do so it’s great to be acknowledged for my passion.”

Choosing a winner for each category was difficult, because the judges were impressed with the dedication and care that all nominees give to their vegetarian and vegan residents. Care homes such as these seem to be going the extra mile when serving plant-based meals.

Each and every awards finalist proved why they were at the awards. Vegetarian for Life congratulates everyone for their efforts and dedication to providing better vegan and vegetarian foods for the people in their care.

Below from left:  
Rajeshkumar Joshi,  
Kalpana Joshi, Rajinikant  
Raikundalia

*“It’s absolutely fantastic to have won. I am so proud of the whole team I work with, but it has been a team effort.”*



# Rose Elliot:

## Decades of experience and knowledge poured into brand new vegan cookbook

She is the queen of vegetarian cooking – and with more than 55 recipe books to her name, she has inspired a generation and been the centre of family mealtimes for years.

Vegetarian since childhood, Rose is renowned for her take on vegetarian cooking. Now on her road to veganism, her latest recipe instalment delves into plant-based cooking. We caught up with the inventive cook to ask about what led her to creating the new book, and tips on her favourite staple meals to eat at home.

### WELCOME ROSE. TELL US ABOUT THE NEW BOOK?

It's called Rose Elliot's Complete Vegan and it's a lovely chunky book with a nice clear layout and lots of colour photos. I wanted to write a vegan book that pulled everything together – a 'go to' volume with all the information one needs – ingredients, techniques, 'doing without the dairy', being a 'healthy vegan', and of course lots of delicious, easy recipes. I hope I have succeeded – my three dear daughters, all vegetarian from birth (and the subjects of my vegetarian mother and baby books) have also contributed some of their favourite recipes.

### WHAT DO YOU THINK HAS BEEN THE REASON FOR THE RECENT RISE IN PLANT-BASED LIVING?

I think the awareness of the damage that intensive animal-rearing can have on the environment, and the inability of it to feed the growing population of the world has reached a kind of 'tipping point'. Social media has also had its part to play in spreading the message – as well as the constant work that Vegetarian for Life has

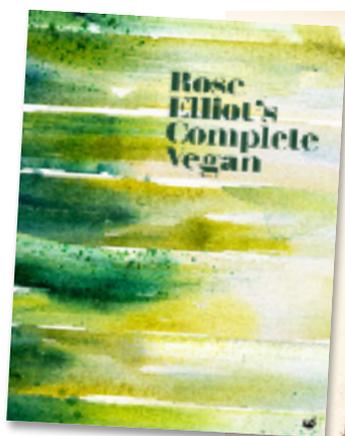
been doing so patiently and devotedly all these years. I take my hat off to you.

### YOU'RE A PATRON OF VEGETARIAN FOR LIFE. WHAT MADE YOU WANT TO GET INVOLVED?

I find it disturbing to think of the very real trauma that a vegetarian or vegan can suffer through poor understanding by carers of their dietary needs, especially when they have to go into care. As a patron of Vegetarian for Life, and still having vivid

### Rose's go-to recipes:

- Lentil soup – made with split orange lentils, onion, maybe a little carrot, vegetable stock.
- A platter of roasted veggies with melty vegan cheese, hummus, or firm tofu.
- Nut roast – with several options in the new book as well as overleaf.



## Rose's golden rules if transitioning to plant-based eating:

- Follow your inner prompting, but don't be too hard on yourself.
- It's tempting to dive straight in and become vegan overnight, but this can lead to 'lapses' and feelings of failure and guilt. I think as you get used to making and eating vegan food, you'll enjoy it more and more.

memories of the very difficult time my little sister and I had over the lunches served in our primary school – we were the only vegetarians in the school and felt like strange objects of curiosity – I have much sympathy towards this.

### HOW WOULD YOU FEEL IF YOU WERE UNABLE TO COMMUNICATE YOUR VEGAN IDENTITY LATER IN LIFE?

Very worried and uncomfortable. I experienced this a little a few years ago when my dear husband had to go into a care home because of the very incapacitating form of dementia (Lewy Body) that he developed. The chef there was very understanding and as I visited my husband there every day I was able to keep my eye on the situation, but I think the more information we can give to such institutions the better. I think that the current swing towards the vegetarian/vegan way of life will help too, because of the growth in demand for these diets.

### WHAT DO YOU THINK CAN BE DONE TO ENSURE A VEGAN IDENTITY IS PROTECTED LATER IN LIFE?

The rapid growth of the vegetarian/vegan ways of life – our way of life – will inevitably help with this, but I think it is something that we can encourage. Supporting and promoting Vegetarian for Life would I am sure help, because the more people who know of it, and the more it is mentioned, the better, so that both patients and carers are familiar with it, talk about it, and use its resources. There is certainly 'strength in numbers'.



## Celebration White Nut Roast with Herb Stuffing

Here is the answer to the question people always ask vegetarians and vegans: 'What on earth do you eat for Christmas dinner?' As far as I'm concerned, it's a really delicious nut roast. My daughter loves it so much that she chose it for the main course at her wedding reception.

Serves 6 Ready in 1 hour 45 minutes

- Vegan butter, or vegan spread, for greasing and topping
- Salt and freshly ground black pepper, to taste
- 8–10 tbsp water or vegetable stock (bouillon)
- Grated nutmeg, to taste

For the white nut mixture:

- 40g (1½oz/3 tbsp) vegan butter or vegan spread
- 1½ tbsp olive oil
- 2 onions, finely chopped
- 300g (10½oz/2½ cups) cashews, finely ground
- 175g (6oz/3 cups) soft white breadcrumbs

For the green stuffing mixture:

- 175g (6oz/3 cups) soft white breadcrumbs
- Grated zest and juice of 1 lemon
- 2 tsp dried Herbes de Provence
- 6 tbsp chopped flat-leaf parsley
- 50g (2oz/3½ tbsp) vegan butter or vegan spread

- 1 Preheat the oven to 180°C/350°F/gas mark 4. Grease and line a 900g (2lb) loaf tin (pan) with baking paper.
- 2 To make the white nut mixture, melt the butter/spread and oil in a large saucepan over a low-medium heat and cook the onions for 10–15 minutes until they are soft and tender. Remove from the heat, then stir in all the other ingredients. Season with salt and pepper and set aside.
- 3 To make the green stuffing mixture, simply blend all the ingredients together in a food processor, then season.
- 4 To assemble, put half of the white mixture into the tin, then top with the green stuffing mixture, ensuring the white layer is covered. Spread the rest of the white mixture on top and press down lightly. Dot the surface of the loaf with vegan butter and top with baking paper.
- 5 Bake for 45 minutes, then remove the paper and bake for a further 15 minutes, until golden brown.



# Respect for religious and philosophical beliefs while eating in care

## Inquiry launched through the All-Party Parliamentary Group on Vegetarianism and Veganism

How would you feel if you had to enter care? Would you be fed foods that aligned with your ethical and philosophical beliefs? If you have cognitive losses or capacity issues, would your choices be respected?

At Vegetarian for Life we believe that our choices should be respected throughout our lives, but unfortunately this isn't always the case. Vegetarians fed meat, and vegans being fed dairy are just some examples that we have heard of taking place in care settings.

So as part of the All-Party Parliamentary Group for Vegetarianism and Veganism we have launched an inquiry and will be taking it to the Houses of Parliament.

The inquiry will investigate cases of individuals being fed in a way that contradicts their beliefs when they have capacity issues or cognitive losses, such as dementia.

Actor Paul Higgins, who is vegan, is just one of many people supporting the campaign.

But we need your help.

We need to gather as much evidence as we can of this happening to effect change.

Has this happened to someone to you or someone you know? Anyone with evidence of this is urged to submit their details to help ensure this doesn't happen to others.

This is one of the most important

campaigns that Vegetarian for Life has ever undertaken. We need to ensure that our philosophical or religious ways of living and eating are upheld for our entire lives, even if cognitive losses mean that we have forgotten.

We have heard from relatives of family members where this has happened and it's devastating. We need to look after our loved ones and ensure they are able to live the rest of their lives in the way they would have wanted. That's why we need your help and your accounts of this happening. The more evidence we get, the more chance we have to make real, long-lasting change. Please tell us your experiences and together we can make a change.

Please submit evidence to [inquiry@vegetarianforlife.org.uk](mailto:inquiry@vegetarianforlife.org.uk) or by calling Yasmine on 0161 257 0887 by Friday 13 December 2019.

The evidence that we receive may be made public either as part of the oral evidence sessions, in the final report, or in campaign material. If you wish for the whole, or parts of, your submission to remain private, please note this clearly in your submission. Submissions from persons and organisations will be published unless specifically requested otherwise. Where a person or organisation has stated that they wish for their written evidence to be anonymous, it will be published under the title anonymous.