

eBites

Winter 2023

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

Wonderful
warming
recipes for
winter

Get
switched
on with a
VfL grant

Interview
with Endeavour
and Heartbeat
actor Carol Royle

WIN a £50 Amazon voucher
courtesy of Bullseye Food Packaging



Welcome

As another busy year comes to a close, read about VfL's latest exciting news. We've partnered with the Care Inspectorate to launch new guidance to ensure exemplary care for older veg*ns. We also recap on this year's illustrious awards for veggie care catering excellence, held in the Houses of Parliament (see [page 3](#)).

Cold weather is coming and our warming recipes are perfect for heating you from the inside ([page 4](#)). You can also read our interview with vegan Endeavour and Heartbeat actor Carol Royle ([page 6](#)).

We are looking forward to everything coming up in 2024 and thank you for supporting us on our journey.

From all at VfL, we wish you a very merry Christmas.

Amanda Woodvine
Chief Executive

Amanda

Welcome to all our new featured supplier members. Full contact details can be found under the suppliers directory at vegetarianforlife.org.uk



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



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

Editor: Michelle Harris
news@vegetarianforlife.org.uk
Design: Ethical Graphic Design
Cover photo: Nick James

© Vegetarian for Life 2023. 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](#)
 [@VfL_UK](#)
T: 0161 257 0887
E: info@vegetarianforlife.org.uk
W: vegetarianforlife.org.uk

In this issue...

3 [GOOD CARE FOR VEG*NS](#)

New guidance aims to improve the quality of care for veg*ns

4 [WINTER WARMERS](#)

Wonderful warming recipes for winter

6 [VEGAN ROYLE-TY](#)

We catch up with Endeavour and Heartbeat actor Carol Royle

7 [YOUR WISHES GRANTED](#)

Get switched on with a VfL grant

Reader exclusive

Having been supplying planet-friendly food packaging since 2009, Bullseye Food Packaging have been championing sustainability in the sector for nearly 15 years. They are delighted to have joined so many other like-minded suppliers in partnership with VfL. From their fibre-based meal trays to fully compostable takeaway consumables, every item in the Bullseye range combines both sustainability and usability. As the world continues to move away from unsustainable packaging materials such as plastic and foil, Bullseye are proud to have led the way on this issue for so long.

Bullseye has kindly offered one lucky

winner a £50 Amazon gift voucher, and a runner-up will receive a £20 voucher.

For your chance to win, answer this following question: What is the minimum spend on Bullseye's online shop to receive free delivery? A) £100 B) £150 C) £200

Email info@vegetarianforlife.org.uk with your answer by midday on 28/02/24. Hint – you can find the answer by visiting Bullseye's online shop at bfpuk.com/shop

Terms & Conditions: To view Bullseye's full range or to arrange a no-obligation discussion about your requirements please visit their website at www.bfpuk.com. The winners will be drawn at random from all entries received. One entry per household. UK addresses only. There is no cash alternative.

WIN!



New guidance aims to improve the quality of care for veg*ns

VfL and the Care Inspectorate have collaborated to produce new guidance on good care for vegans and vegetarians.

Launched earlier this year to mark National Older Veg*ns Day, the self-evaluation tool and guidance are based on the Scottish Government's Health and Social Care Standards.

The Health and Social Care Standards set out what people should expect when using health, social care or social work services in Scotland. The standards have been developed to make these services better for everyone so that every person is treated with respect and dignity, and their human rights are upheld.

Heather Edwards, Allied Health Professions Consultant at the Care Inspectorate, explained: "The Care Inspectorate's Health and Social Care Improvement Team have been delighted to work with VfL on this resource. The quality illustration gives a clear guide to service providers and their staff on what good care looks like for people who are vegan and vegetarian experiencing care to meet their dietary and lifestyle needs. This tool is a great way to help a service self-evaluate their care and support for vegans and vegetarians and make any identified improvements."

Dr Kim Stringer, VfL's Director (Scotland), added: "Veganism or vegetarianism can be a large part of someone's identity and more than just their diet. A vegan or vegetarian may have lived this way for decades of their life and their right to follow dietary practice in line with religious or philosophical beliefs is fundamental and enshrined in law."

This new guide is available on VfL's website vegetarianforlife.org.uk/resources/publications/good-care-for-vegetarians-and-vegans or order a paper copy from our shop (£9.95 + P&P) by calling 0161 257 0887. It is also on the Care Inspectorate's website careinspectorate.com

VfL has a range of guides, all free to read online or to buy for a small fee, on many helpful topics, including: food fortification, texture-modified, baking, cooking for one, cooking on a budget, self-advocacy support, nutritional information, and recipes galore.



Awards for Care Catering Excellence

As you may know, every year since 2016, VfL has been hosting illustrious Awards for Excellence in Vegetarian and Vegan Care Catering. The awards recognise individuals and businesses who have responded creatively and spiritedly to the challenge of catering for vegans and vegetarians in care settings. With growing numbers of vegans, vegetarians and meat-reducers being supported by the care sector, it's no surprise that news of the awards has care establishments and professional chefs clampering to be nominated.

Since their inception, the awards have been getting bigger and better every year. In 2022, we added a fifth category for Hospital Caterer of the Year. With this award, VfL acknowledges the special effort made by hospital catering teams to provide a wide range of delicious and nutritious vegan and vegetarian meals for patients.

At our most recent event, 12 stars in vegan and vegetarian care catering were honoured in a ceremony held in the Houses of Parliament. The theme was 'Sustainability in the Care Sector', and proceedings commenced with inspiring talks and workshops on how care catering can be environmentally sustainable.

Amanda Woodvine, Chief Executive of VfL, said: "It was really inspiring to hear the difference that people are making in care and hospital settings, and VfL's honour to celebrate their achievements. We had a record number of entries for this year's awards. One entrant even fought off competition to reach the finals not once but twice in the same category for his innovative vegan dishes. This is an outstanding achievement, and unheard of to date!"

For details of the 2023 Awards winners, visit vegetarianforlife.org.uk/veggiehero



Winter warmers

Now is the season to hunker down at home and stay warm. These comforting and nostalgic favourites will help heat you up from the inside.

Spiced vegetable soup

Serves 12, Vegan – eat some and freeze the rest!

- 200g/7oz pearl barley
- 4 tbsp vegetable oil
- 1 tsp brown mustard seeds
- 2 tsp cumin seeds
- 4 green chillies, deseeded and finely chopped
- 2 bay leaves
- 1 tsp ground turmeric
- 2 large onions, chopped
- 4 garlic cloves, finely chopped
- 2 parsnips, cut into chunks
- 400g/14oz butternut squash, cut into chunks
- 400g/14oz sweet potato, cut into chunks
- 2 tsp paprika
- 2 tsp ground coriander
- 400g/14oz red lentils
- 4 large tomatoes, chopped
- 3.3 litres of water
- Small bunch coriander, chopped
- 1 tsp lemon juice
- Salt to taste

- 1** Rinse the pearl barley and cook following packet instructions. When it is tender, drain and set aside.
- 2** Heat the oil in a deep, heavy-bottomed pan. Fry the mustard seeds, cumin seeds, chillies, bay, and turmeric until fragrant and the seeds start to crackle.
- 3** Add in the onion and garlic, then cook for 5–8 minutes until soft.
- 4** Stir in the parsnip, butternut squash, and sweet potato, and mix thoroughly, making sure the vegetables are fully coated with the oil and spices. Sprinkle in the paprika, ground coriander and seasoning, and stir well.
- 5** Add the lentils, cooked pearl barley, tomatoes and 3.3 litres of water. Bring to the boil, then turn down and simmer until the vegetables are tender. When the lentils are almost cooked, stir in the chopped coriander, lemon juice and salt.

Lancashire hot pot

Serves 6, Vegan

- 750g/1lb 10oz potatoes, sliced
- 1 tbsp olive oil
- 1 large onion, finely sliced
- 2 garlic cloves, chopped
- 400g/14oz carrots, sliced
- 300g/10½oz vegan Quorn chunks
- 400g/14oz can of flageolet beans, drained and rinsed
- 500ml/18fl oz vegetable stock
- ½ tsp mixed herbs
- 1 tbsp vegan gravy granules
- 100g/3½oz peas
- Salt and pepper

- 1 Place the potatoes into a large pan of boiling water and simmer until almost cooked. Drain and set to one side.
- 2 In a large saucepan gently sauté the onions for 5 minutes. Add the garlic and carrots and continue to cook for another 5 minutes.
- 3 Add the vegan Quorn chunks, flageolet beans, vegetable stock, and mixed herbs. Simmer for 5 minutes, then add the gravy powder and peas.
- 4 Place your filling into a heatproof casserole dish and top with the cooked sliced potato. Drizzle over a little olive oil and season with salt and pepper. Place your hot pot under a warm grill for 5–10 minutes or until golden brown.

Serving suggestion Green beans and pickled cabbage.

CHEF'S TIP By pre-cooking the potatoes and then finishing them off under the grill you save time and still end up with a beautifully golden topping. If your grill is not large enough, simply bake in the oven at 180°C/350°F/gas mark 4 for 20 minutes.



Nutty apple crumble

Serves 4, Vegan

- 8 eating apples
- 3 tbsp coconut oil
- ½ cup maple syrup
- 1 tsp cinnamon
- ¼ tsp ground cardamom
- 1 tsp grated ginger
- 1 cup ground almonds
- 1½ cups oats
- 2 tbsp crushed walnuts
- Dairy-free coconut yoghurt, to serve

- 1 Peel the apples and remove the core, cutting them into bite-sized pieces.
- 2 Put the apples into a saucepan with 2 tbsp of water. Cook gently on a medium heat for about 8–10 minutes until soft but still retaining bite.
- 3 Transfer to a baking dish.
- 4 Melt the coconut oil in a saucepan. Add the maple syrup, cinnamon, cardamom and ginger. Pour this over the oat/nut mixture and stir well until all the dry ingredients are coated with the coconut oil mix.
- 5 Distribute the topping mixture over the apples.
- 6 Sprinkle the walnuts evenly on top of the crumble and bake until golden (20–30 minutes).
- 7 Serve with dairy-free coconut yoghurt.



When and why did you start your vegetarian/vegan journey?

"I was at drama school in 1973 and I had just got back home late at night after a rehearsal. My father, also an actor, Derek Royle, was sitting in 'his' chair watching the end of 'I Claudius'. After the programme there was a news item about 'beef mountains'; the farmer was shooting calves and throwing them onto a huge pile – they were 'superfluous'.

I turned to my father, a steadfast meat-eater, and said I would never eat meat again.

My little sister (actress Amanda Royle who is also a psychotherapist) had become a vegetarian at the age of about 9.

"In those days it was difficult to get veggie food, so you had to cook from scratch. My only excuse to remaining a vegetarian for so many years before becoming a vegan is that times were tough then... people wanted to do battle with you, including family members. When you have children and you are a first-generation vegetarian, you have to read and read and read, like you do about everything as a first time mother.

"Then about 9 years ago, my daughter, now grown up, decided to become a vegan; I decided to become one too. I was able not to be a hypocrite anymore because the times were changing; there was a positive zeitgeist afoot and the youth were taking the batons from people like me, running with them and making their voices heard. It had become a political movement including not only the sentience of the creatures, whom we should respect for their right to life, but re climate

Vegan Royle-ty

Viewers will be familiar with her as Lady Patricia Brewster in *Heartbeat* and Mrs Bright in *Endeavour*, among other roles, without realising that actor Carole Royle is also a committed and inspiring vegan. Passionately compassionate, she is also patron of four charities (Animal Free Research UK, Safer Medicines Trust, Animal Aid and Friends of the Animals) as well as having affiliations with several other furry-friendly organisations.

change too. This made the arguments less easy for people to have with you. Not to say that some don't still try – they do – but the choices of food etc now makes it easier for those who want this kind of life.

"One evening, before we had children, we took my father-in-law out for a birthday dinner at one of Prue Leith's restaurants. However, there was nothing for my husband and I on the menu – we had a salad I suppose. I wrote to Prue and told her how I admired her and used and adapted her books but that there was nothing for a vegetarian to eat on her menu.

"A couple of days later there was a ring on the doorbell and a delivery person was standing there with a yard of mint chocolates. They were from Prue Leith with a letter apologising and saying that from now on she would make sure that there was a vegetarian menu in all her restaurants, and now this is common practice – and there are vegan options too. I told Pret that they

should have soya coffee too, and Carluccio's... it takes time and you have to keep hammering on doors, but these inroads are becoming much more prevalent."

What is your favourite go-to recipe?

"Spaghetti bolognese. Pine-nut roast with herb stuffing is our Christmas go-to (Rose Elliot). And lots of chowders."

What is a typical day of food like for you?

"Smoothie for breakfast, sometimes a couple of the 'La Boulangerie' vegan croissants with coffee. Maybe a sandwich for lunch with my second and last coffee of the day, or carrots and houmous with water biscuits. Dinner is any number of options, and these days those are multiple."

What would you say to the 'older person' thinking of going vegetarian/vegan?

"I would talk to them about what might be stopping them from doing it... the benefits to their energy, fewer animal fats in their bodies, the feeling you have through

living a 'kind' life. I would also direct them to films that inform and are revelations for those who might not have understood the realities of the factory farm and the abattoir. I have been an executive producer on a film called 'Mercy'."

Anything else you would like to add?

"As well as my family and my career, this movement has been the most important thing in my life and I firmly believe, without a doubt in my mind, that, although not in my lifetime, the vegan life, the kind life, will be the evolved human race... this is what we are fighting for and this is what I know will come to pass. I believe people will look back on the horrors of the past and today, and feel a guilt at how we once behaved towards those of whom we should have been the guardians."

For more information, go to: carolroyle.co.uk

Search for 'Carol Royle' on Facebook

✉@CarolRoyle2 📺 carolroyle

Your wishes granted

The VfL grant scheme aims to help older vegans and vegetarians who are in financial need to be as independent as possible. From mobility scooters to new flooring, everyone's needs are different. In these increasingly techy times, some people use their grant to buy important gadgets.

Margaret has been vegetarian for 30 years and is in excellent health: "I cook Middle Eastern food, in particular, Cypriot, Lebanese and Syrian dishes and some Indian recipes. My favourite is Pourgouri, which is Cypriot but I use the Lebanese version; bulgur wheat, onions, tomatoes and veg stock cubes – eaten with Greek yoghurt."

When an engineer told her that her TV had to be replaced, Margaret turned to VfL for help (after hearing about our scheme via the Edinburgh organisation Turn2Us). She says: "I had not returned to evening classes or done much socialising post-Covid and was keen to get a new TV before the winter. This would give me something to watch in the evenings, especially once the garden did not require my time and attention."

And she is very happy with the result: "I supplied information on the TV of my choice and was overwhelmed with the result. They assisted me by ordering it, and arranged delivery and installation to suit me. I am totally delighted and very thankful indeed. My favourite programmes are Bake Off, Masterchef and Strictly for fun, and Martin Lewis for financial information. I would encourage others to apply for a grant."



To be eligible you must be able to provide evidence that you:

- Are aged 60 or over.
- Are in financial need.
- Have been a practising vegan or vegetarian for at least a year.

For more information, go to

vforlife.org.uk/resources/grants or call 0161 257 0887.

Shop... for life

Ideal Christmas or New Year gifts for you, your family and your friends! Treat yourself and be proud of your dietary choices as well as raising funds for our charity



Unisex Cotton T-Shirt
'V for Life' (multiple colours available) £15.00



Unisex Sweatshirt
'The Vegan One' (multiple colours available) £19.99



Unisex Sweatshirt 'The Vegetarian One' (multiple colours available) £19.99



Unisex Sweatshirt 'V for Life' Small Logo (multiple colours available) £19.99



Unisex Sweatshirt Vegetarian for Life Logo (multiple colours available) £20.00



Unisex Sweatshirt Vegan Definition (multiple colours available) £19.99

V for Life Beanie
(multiple colours available) £15.00



Mug 'V for Life' £9.99
Mug 'The Vegan One' £9.99
Mug 'The Vegetarian One' £9.99
Mug Vegan Definition £9.99



Pin Badge 'Vegan' £3.95
Pin Badge 'Vegetarian' £3.95



Silicone Wristband:
'Vegan for Life' (green) £2.95
'Vegetarian for Life' (lilac) £2.95

Order our merchandise and paper copies of our guides online at vforlife.org.uk/shop or call 0161 257 0887