A close-up photograph of a basket filled with fresh, bright orange citrus fruits, likely tangerines or mandarins, with several green leaves interspersed among them.

# Institutional catering: challenges faced by vegans and vegetarians

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# Aim: understand the institutional catering challenges faced by vegans and vegetarians

Learning objectives:

- Explain why it is important that institutions can meet the nutritional needs of vegans and vegetarians
- Describe some of the challenges in care catering settings
- Describe issues relating to other catering settings

## Setting the scene

- Around 3% of the British population eat a vegetarian or vegan diet
- Over half a million people eat a vegan diet, and the prevalence of veganism is increasing rapidly
- Around 14% of vegans are older than 65 years
- One out of four UK care homes care for at least one vegetarian or vegan resident
- Two fully vegetarian care homes in UK

# Protected beliefs and care catering

- Human rights legislation
- Equality and diversity
- “When a person has specific dietary requirements relating to moral or ethical beliefs, such as vegetarianism, these requirements must be fully considered and met. Every effort should be made to meet people's preferences...” (Care Quality Commission)

# Care catering challenges

- Serena's story
- Advance care planning
- Other stories
- Staff training and communication
- Nut-free catering
- Caring for nutritionally vulnerable vegans
- Medical nutrition

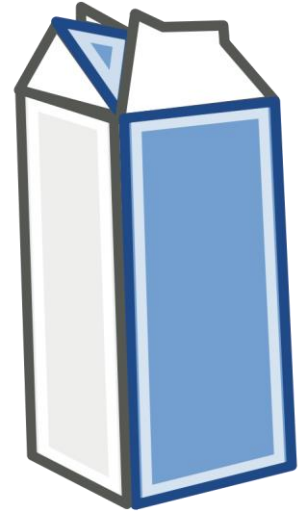


## Raising awareness

- I am a member of the British Dietetic Association Food Services group, and The Vegan Society runs a campaign called Hospital Catering for All
- Vegetarian for Life (VfL) and The Vegan Society are delivering webinars about care catering for vegetarians and vegans at the moment
- VfL provides free resources and support to all UK care establishments catering for older adults and publishes a guide to advance care planning
- Humane Society International can offer vegan catering workshops to hospital services

## Other issues

- School milk scheme does not provide milk alternative
- Healthy Start scheme does not cover milk alternative, and vitamin and mineral supplements are not suitable for vegans
- Detailed recommendations about vegan catering for long-term residents are needed



## What can the government do?

- Support plant-based nutrition training for staff working in institutions
- Improve the school milk and Healthy Start schemes by including vegan options
- Support research and development of vegan-friendly, nutritionally complete medical nutrition products