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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Bloc 5, Llys Carlton, Parc Busnes Llanelwy,
Llanelwy, LL17 0JG

Block 5, Carlton Court, St Asaph Business
Park, St Asaph, LL17 0JG

Private & Confidential

Mrs Janet Finch-Saunders AM
Chair
Petitions Committee
National Assembly for Wales
Cardiff Bay
CARDIFF
CF99 1NA

Ein cyf / Our ref: GD/LR/NWA19/408 & COM39592

Eich cyf / Your ref: P-05-865

☎:

Gofynnwch am / Ask for:

E-bost / Email:

Dyddiad / Date: 16th September 2019

Dear Mrs Finch-Saunders

Petition P-05-865 Guarantee fully plant-based options on every public sector menu to protect the rights of vegans and for our health, the environment and animals

I would like to thank the Petitions Committee for their letter dated 6th August 2019, which was submitted by Louise Davies on behalf of the Vegan Society, and for allowing us the opportunity to respond.

At Betsi Cadwaladr University Health Board, the patient menu is on a one-week cycle, and a hot vegetarian option is offered for both lunch and supper; out of the vegetarian options some are suitable for a vegan diet. Whilst currently there is no specific vegan menu at any of the Health Boards hospital, our Catering Departments will provide a vegan meal option on request, and purchase additional suitable vegan items.

Examples of current vegetarian and vegan meals options include:

- Chickpea and Spinach Curry
- Bean Goulash
- Nut loaf Roast with Tomato sauce
- Cauliflower Cheese
- Quorn and Vegetable Chilli
- Moroccan Bean Casserole
- Quorn Korma, Cauliflower and Spinach Curry

Hot vegetarian options are also offered on the retail menus at all our acute hospital sites, some of which are suitable for a vegan diet. Each acute site also offers cold vegetarian menu choices, with Wrexham Maelor Hospital offering a daily selection of vegan sandwiches and wraps.



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At Ysbyty Glan Clwyd Hospital approximately 10% of all vegetarian choices on the retail menu are suitable for a vegan diet.

A pilot called 'Wellbeing Wednesday' is currently being trialled at Wrexham Maelor Hospital. This pilot is being run over a period of eight weeks with each week offering a healthy meal option with most options being vegetarian and one being vegan. These options are discounted and the meal is being retailed at cost price which works out at an average cost of 60p per meal; there is also an option to purchase a piece of fruit for 15p. A recipe card will also be handed out along with a bag containing the spices/seasoning required to make the recipe, to encourage people to make the meal for themselves and their families at home. Following the pilot the Health Board is planning on rolling this out at each of the acute on an eight week rotation.

A review of both Patient and Retail menus will be taking place over the next couple of months, where we will be introducing more plant-based meal options and the possibility of introducing a standard vegan menu for patients. Meanwhile, the Catering Departments are looking at adapting existing vegetarian meal options in order to make them suitable for vegan diets.

I hope that my comments are helpful. Please do not hesitate to contact me again if you require anything further.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Gary Doherty'.

Gary Doherty
Prif Weithredwr / Chief Executive