



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Executive Headquarters / Pencadlys Gweithredol

Woodland House
Maes-y-Coed Road
Cardiff
CF14 4HH

Ty Coedtir
Ffordd Maes-y-Coed
Caerdydd
CF14 4HH

Eich cyf/Your ref:
Ein cyf/Our ref: LR-jb-08-7619
Welsh Health Telephone Network:
Direct Line/Llinell uniongychol: 02921 836010

**Len Richards
Chief Executive**

21 August 2019

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

Dear Ms 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

Thank you for your letter of 6 August 2019, advising that the Petitions Committee is currently considering the Petition P-05-865 which was submitted by Louise Davies on behalf of the Vegan Society. Detailed below is Cardiff and Vale University Health Board's response to the enquiry regarding the provision of plant based food provision for both patients and staff.

Dietetic and Catering staff from Cardiff and Vale were instrumental in the development of the 2011 All Wales Nutrition and Catering Standards for food and fluid provision for inpatients. Continued compliance with these standards helps us to ensure a positive patient experience of hospital food in terms of meals provision and nutritional content. Cardiff and Vale continues to comply fully with the 2011 standards.

All Cardiff and Vale hospital menus are constantly evaluated to ensure patient's dietary, therapeutic and cultural needs are fully met. Dietetics and Catering work closely to develop new recipes that reflect the changing dietary requirements of its service users. We work closely with national procurement and the All Wales Menu Framework working groups to evaluate and amend recipes/menus to increase fruit and vegetable content.

Cardiff and Vale are aware of the increasing numbers of people within Wales choosing plant based eating, however this is not currently reflected within the current cohort of patients within Cardiff and Vale. Requests for the choice of vegan meals is small across the different hospital sites.

Currently for inpatients we provide 16 different main course vegetarian dishes, 4 vegetarian soups and 5 vegetarian sandwiches, available across the main patient menu, and within the A La Carte menu. In areas where there is an increased request for vegetarian meals, the main patient menu has been amended to reflect this, for example Children's Hospital, Maternity and Adult mental Health.

Currently we have 6 vegan dishes and 1 vegan sandwich available, provided through the A La Carte menu which is available to all patients across all sites.

Dietetics and Catering have begun to increase the range of vegan dishes available, whilst retaining nutritional adequacy of the menu choices.

The UHB has also requested that the patient sandwich contract, due for awarding at the end of this year, includes an increased range of vegan sandwich fillings from 1, to at least 3. We have also requested that National procurement source suitable vegan snacks of cereal, dried fruit and nut based snack to help vegan patients achieve the prescribed nutritional intake across the day.

In addition, the UHB is committed to the 'National Peas Please' pledge, to ensure that more vegetables are on offer daily through increasing the number of portions served in the restaurants, in its recipes, sandwiches and salads. We consult with key staff on our plant-based products also.

Recently a fruit and veg stall - 'The Grapevine' has been established outside the UHW Concourse so that staff, visitors and patients can purchase fruit and vegetables daily at a competitive price.

Cardiff and Vale UHB was also one of the first Health Boards to develop Healthy Restaurant Standards for its Retail Food Outlets, including 2 restaurants and 13 Aroma coffee shops. The Standards require a 75-25% split in favour of healthy options. As part of the ongoing development of the retail food provision across the UHB, Public Health, Public Health Dietetics and Catering, work closely together to ensure that the products on offer, meet a range of dietary requirements, and in the past 12 months, has increased the vegan and plant-based products for sale, with continued expansion of the range to ensure vegans' rights are met and to maximise the ethical, environmental and health benefits of vegan diets.

I am proud of the approach we are taking in our Health Board, and trust that this answers the queries you have raised.

Yours sincerely



Len Richards
Chief Executive