(Assume patient sending email)

Dear Catering Manager

I am writing to ask [Hospital name] to consider improving your provision of vegan food in hospital. There are more and more vegans in the UK, however vegan food has benefits that can be enjoyed by everyone.

Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.

**Inclusive**

Veganism has been found to come within the scope of international human rights provisions and vegans in the UK are protected under human rights and equality law. This means that service providers have an obligation to ensure that they do not interfere with a vegan’s right to freedom of conscience, and a responsibility under the Equality Act 2010 to avoid any discrimination on the grounds of veganism.

This equality extends to the provision of suitable food, and I would like to see tasty, nutritious, appropriate vegan meals on every daily menu as standard. I realise that menu changes may seem challenging or expensive at first, but there is plenty of support available via The Vegan Society.

**Sustainable**

Providing vegan options does not just protect the rights of vegans. Vegan food can be enjoyed by vegans and non-vegans alike. Increasing your vegan food provision will support the hospital’s environmental initiatives. A vegan diet can reduce your food related carbon emissions by 50%. If you’re interested in the environmental benefits of veganism you (or [Hospital name]) might want to try The Vegan Society’s ‘[Plate Up for the Planet](https://www.vegansociety.com/plateup)’ seven day challenge.

**Healthy**

Both the British Dietetic Association and the American Academy of Nutrition and Dietetics recognise that totally plant-based diets are suitable for every age and life stage.

It’s easy to produce tasty options that are rich in fibre and low in saturated fat, provide multiple servings of fruit and vegetables, and exclude processed meat, which the World Health Organisation has classified as a cause of cancer. In addition, some research has linked vegan diets with lower blood pressure and cholesterol, as well as lower rates of heart disease, type 2 diabetes and some types of cancer.

The Vegan Society can help your catering team to build vegan meal plans. They have an in-house dietitian who can help with balanced meals and answer any questions you may have. You can contact Heather Russell on nutrition@vegansociety.com. They also have resources for caterers [here](https://www.vegansociety.com/cateringforeveryone).

***I hope you will consider offering a vegan option to everyone every day, for the good of the planet, our public health, and for animals.***

Yours sincerely

[Sender name]