am ragor o ollyngiadau nwyon tŷ gwydr na'r holl allyriadau uniongyrchol o'r sector drafnidiaeth.

IECHYD CYHOEDDUS

MAE CYMDEITHAS DDIETEGOL PRYDAIN A'R ACADEMI AMERICANAIDD AM FAETH A DIETEG YNGHYD YN CYDNABOD BOD DIET HOLLOL FEGANAIDD YN GALLU CEFNOGI BYWYD IACH MEWN POBL O BOB OED A CHYFNODAU BYWYD.

Mae buddiannau i gael o wneud prydau fegan ar gael i bawb. Oherwydd y cynnwys uchel o ffrwythau a llysiau, mae diet fegan yn tueddu cynnwys mwy o ffibr a llai o fraster dirlawn na dietau hollysol, gan ochri eu hunain gydag argymhellion maeth y GIG. Yn ychwanegol, mae peth ymchwil wedi cysylltu dietau fegan gyda phwysedd gwaed a cholesterol is, ynghyd â graddfeydd is o glefyd y galon, diabetes teip 2 a rhai mathau o ganser.

Mae darpariaeth sy'n seiliedig ar blanhigion hefyd yn cydweddu â nifer o amcanion y Llywodraeth, fel amlygwyd yn Neddf Llesiant Cenedlaethau'r Dyfodol, gan gynnwys delio ag anghydraddoldebau iechyd, atal afiechydon tymor hir, Cymru gynaliadwy yng ngolwg y byd a hybu cynhwysedd.

EIN HYMGYRCH

YN 2016, CYFLWYNODD PORTIWGAL GYFRAITH OEDD YN GORFODI FFREUTURAU MEWN SEFYDLIADAU CYHOEDDUS I DDARPARU OPSIWN FEGAN.

Rydym ni am ddilyn model Portiwgal a newid y cynnwys ar bob bwydlen sector gyhoeddus fel bod feganiaid a phobl nad ydynt yn feganiaid yn cael mynediad i fwyd fegan iachus, blasus ac sy'n gyfeillgar i'r amgylchedd pa le bynnag maent yn byw yng Nghymru.

Mae gennym ddeiseb i'w anfon i Gynulliad Cenedlaethol Cymru ar hyn o bryd, i gasglu llofnodion i gefnogi'r newid arfaethedig hwn. Mi allwch ddod o hyd i`r ddeiseb ar ein gwefan: **www.vegansociety.com/cateringforeveryone**

BETH ALLWCH CHI WNEUD?

- **LOFNODI'N DEISEB.**
- **CEFNOGI'N DEISEB YN GYHOEDDUS.**
- **TRAFOD Y MATER HWN YNG NGHYNULLIAD CENEDLAETHOL CYMRU.**

Carwn y cyfle i gyfarfod â chi i drafod y polisïau hyn yn fwy manwl. Rydym yn fudiad sydd wedi'i seilio ar dystiolaeth ac rydym yn hapus pob amser i'ch darparu chi gyda ffeithiau, data a chrynodeb.

TYSTIOLAETH ODDI WRTH FEGANIAID

"Roeddwn yn yr ysbyty am dri diwrnod yn ddiweddar. Gofynnais ar nifer o adegau am opsiynau bwyd feganaidd ond i glywed nad oeddent yn medru darparu unrhyw fwyd feganaidd. Roedd rhaid i mi i drefnu bod fy ngwraig yn dod a bwyd i mi. Dyw pawb ddim yn gallu dibynnu ar deulu."

"Wedi cael baban, yr unig fwyd oedd ar gael oedd tatws, salad a thost. Roedd hyn yn anodd iawn oherwydd fy mod wedi dioddef o anaemia ar ôl genedigaeth y plentyn, a bu'n rhaid i mi ryddhau fy hun er mwyn i mi allu cael pryd iachus gartref."

"Mae gan ein hysgol gynradd opsiynau llysieuol ond dim bwyd fegan. Er mwyn i mi gael gofynion dietegol "eraill" mae'n rhaid i chi brofi angen meddygol."

MANYLION CYSYLLTU

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The Vegan Society
One world. Many lives. Our choice.

CATERING for EVERYONE

Policy Briefing: *Calling for plant-based options suitable for vegans on public sector menus every day.*

- **For vegans:** veganism is recognised as a protected belief and vegans have the right to access decent, nutritious food.
- **For the environment:** plant-based options can reduce food related CO2 by 50%.
- **For our health:** building familiarity with healthy plant-based meals will encourage greater consumption of foods high in fibre and low in saturated fats.
- **For everyone:** plant-based foods are inclusive and can be enjoyed by everyone.

WHO WE ARE AND WHAT WE DO

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.

Founded in 1944, The Vegan Society is a leading educational, advocacy and campaigning charity. We take an evidence-based approach to encourage policy to move towards a more vegan world.

There are over 600,000 vegans in the UK and the number is doubling every 2 years. However, the issues that vegans care about are issues that affect all citizens, like the use and abuse of animals, climate change, and the promotion and provision of vegan diets for public health.

CATERING FOR EVERYONE

THE VEGAN SOCIETY HAS BEEN WORKING FOR MANY YEARS TO IMPROVE PROVISION FOR VEGANS IN VARIOUS SITUATIONS.

The availability of vegan options in supermarkets and restaurants has increased recently as consumer demand grows. However, many people struggle to find vegan options in public sector settings, which provide food for some of our most vulnerable citizens.

This means that many people, including children, are missing out on free meals and are being denied access to suitable food when they're dependent on the state to provide for them.

EQUALITY & HUMAN RIGHTS

VEGANISM IS A PROTECTED CONVICTION UNDER HUMAN RIGHTS AND EQUALITY LAW, SO VEGANS HAVE THE SAME RIGHTS AS SOMEONE WHO HOLDS RELIGIOUS BELIEFS.

A survey on vegan provision in the public sector, confirmed that many schools, hospitals and other state bodies are failing to provide for vegans. School children often miss out on meals and hospital patients reported having to rely on family to bring them food, and discharging themselves early to go home and eat.

ENVIRONMENT

THE UN HAS ARGUED FOR A GLOBAL MOVE TOWARDS A MEAT AND DAIRY FREE DIET, FOR THE BENEFIT OF OUR PLANET, AND WALES COULD LEAD THE WAY.

A vegan diet can reduce individual food- related carbon emissions by up to 50%. Animal agriculture is responsible for up to 91% of Amazon destruction (forests are destroyed to grow feed for animals) and for more greenhouse gas emissions than all direct emissions from the transport sector.

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PUBLIC HEALTH

BOTH THE BRITISH DIETETIC ASSOCIATION AND THE AMERICAN ACADEMY OF NUTRITION AND DIETETICS RECOGNISE THAT A TOTALLY VEGAN DIET CAN SUPPORT HEALTHY LIVING IN PEOPLE OF ALL AGES AND LIFE STAGES.

There are benefits to making vegan meals available to anyone. Typically higher in fruits and vegetables, vegan diets tend to contain more fibre and less saturated fat than omnivorous diets, aligning themselves closely with NHS nutrient recommendations. 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.

Plant-based food provision is also in line with a number of Government objectives highlighted in relation to the Wellbeing of Future Generations Act, including tackling health inequalities, long-term disease prevention, a sustainable and globally responsible Wales, and promoting inclusivity.

OUR CAMPAIGN

IN 2016 PORTUGAL INTRODUCED A LAW WHICH COMPELS ALL CANTEENS IN PUBLIC INSTITUTIONS TO PROVIDE A VEGAN OPTION.

Like the Portuguese model, **we are calling for legislative change to guarantee vegan options on every public sector menu, every day,** so that vegans and non-vegans alike have access to healthy, tasty and environmentally-friendly vegan food, wherever they live in Wales.
We have a petition to the National Assembly for Wales live at the moment, collecting signatures in support of this proposed change. The petition can be found on our website:

www.vegansociety.com/cateringforeveryone

WHAT CAN YOU DO?

- **SIGN OUR PETITION**
- **PUBLICLY ENDORSE OUR PETITION**
- **RAISE THIS ISSUE IN THE NATIONAL ASSEMBLY FOR WALES**

We would love the opportunity to meet with you to discuss these policies in more detail. As evidence-based organisations, we are always happy to provide you with facts, data, and briefings to support our position.

TESTIMONY FROM VEGANS

"I was in hospital for three days recently. I asked a number of times for vegan food options and was told they could not provide anything vegan. I had to arrange for my wife to bring in food for me. Some people will not be able to rely on family."

"After delivering a baby, the only food available to me was potatoes, salad and toast. This was very difficult as I had anaemia following childbirth, and needed to discharge myself to get a healthy balanced meal at home."

"Our local primary has vegetarian but not vegan options. In order to obtain 'other' dietary requirements you have to prove medical need."

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Charity no. 279228
Company no. 1468880

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Crynodeb o'r Polisi: *Galw am opsiynau sy'n seiliedig ar blanhigion sy'n addas i Feganiaid ar fwydlenni'r sector gyhoeddus pob dydd.*

- **I feganiaid:** Mae feganiaeth yn cael ei gydnabod fel cred warchodedig ac mae gan feganiaid yr hawl i gael mynediad i fwyd gweddus, maethlon.
- **I'r Amgylchedd:** Gall opsiynau sy'n seiliedig ar blanhigion haneri'r CO2 a ddaw o fwyd.
- **Er mwyn ein hiechyd:** Bydd adeiladu cydnabyddiaeth o brydau iach yn annog mwy o ddefnydd o fwyd sy'n uchel mewn ffibr ac isel mewn brasterau dirlawn.
- **I bawb:** Mae bwydydd sy'n seiliedig ar blanhigion yn gynhwysol ac yn bleserus i bawb.

PWY YDYM NI A BETH RYDYM YN EI WNEUD

MAE FEGANIAETH YN FFORDD O FYW SY'N CEISIO EITHRIO, CYN BELLED Â PHOSIB AC YN YMARFEROL, UNRHYW FATH O GREULONDEB TUAG AT ANIFEILIAID AM FWYD, DILLAD NEU UNRHYW BWRPAS ARALL.

Wedi'i sefydlu yn 1944, mae'r Gymdeithas fegan yn elusen addysgiadol, ymgyrchol ac eiriolaethol. Rydym yn cymryd ymagwedd sy'n seiliedig ar dystiolaeth i annog polisïau sy'n anelu at fyd mwy fegan.

Mae dros 600,000 o feganiaid yn y DU ac mae'r nifer hynny yn dyblu pob dwy flynedd. Fodd bynnag, mae'r materion hynny mae'r Feganiaid yn eu gofalu amdanynt yn faterion sy'n effeithio ar bob dinesydd, fel y defnydd a'r gamdriniaeth o anifeiliaid, newid yn yr hinsawdd, a'r hyrwyddiad a darpariaeth o ddietau fegan i iechyd cyhoeddus.

ARLWYO I BAWB

MAE'R GYMDEITHAS FEGAN WEDI BOD YN GWEITHIO AM LAWER O FLYNYDDOEDD I WELLA'R DARPARIAETH I FEGANIAID MEWN GWAHANOL SEFYLLFAOEDD.

Mae'r argaeledd o opsiynau fegan mewn archfarchnadoedd a bwytai wedi cynyddu'n ddiweddar. Fodd bynnag, mae llawer o bobl yn ei chael hi'n anodd dod o hyd i opsiynau fegan yn y safleoedd sector gyhoeddus hynny sy'n darparu bwyd i rai o'n dinasyddion mwyaf bregus.
Mae hyn yn golygu bod llawer o bobl, gan gynnwys plant, yn colli'r cyfle i gael prydau am ddim, ac yn colli'r cyfle i gael mynediad i fwyd addas mewn adeg pan maent yn dibynnu ar y wladwriaeth i'w ddarparu.

CYDRADDOLDEB AC IAWNDERAU DYNOL

MAE FEGANIAETH YN ARGYHOEDDIAD DIOGEL O DAN DDEDDFAU IAWNDERAU DYNOL A CHYDRADDOLDEB. FELLY, MAE GAN FEGANIAID YR UNION HAWLIAU Â RHYWUN SYDD YN DAL CREDOAU CREFYDDOL.

Cadarnhaodd arolwg o ddarpariaeth fegan yn y sector gyhoeddus bod llawer o ysgolion, ysbytai a chyrff eraill o'r wladwriaeth yn methu darparu ar gyfer Feganiaid. Mae plant ysgol yn colli mas ar brydau'n aml a dywedodd gleifion ysbytai eu bod yn dibynnu ar deulu i ddod a bwyd iddynt, ac yn rhyddhau eu hunain yn gynnar i ddychwelyd adref i fwyta.

AMGYLCHEDD

MAE'R CU WEDI DADLAU AM YMGYRCH FYD EANG I SYMUD TUAG AT DDIET SY'N RHYDD O GIG A LLAETH, ER BUDD EIN PLANED, A GALL CYMRU GYMRYD YR AWENAU.

Gall diet fegan leihau gollyngiadau carbon sy'n gysylltiedig â bwyd i fyny at 50%. Mae amaeth anifeiliaid wedi bod yn gyfrifol am i fyny at 91% o ddinistr yr Amazon (Mae`r coedwigoedd yn cael eu dinistrio er mwyn tyfu bwyd i'r anifeiliaid) ac

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