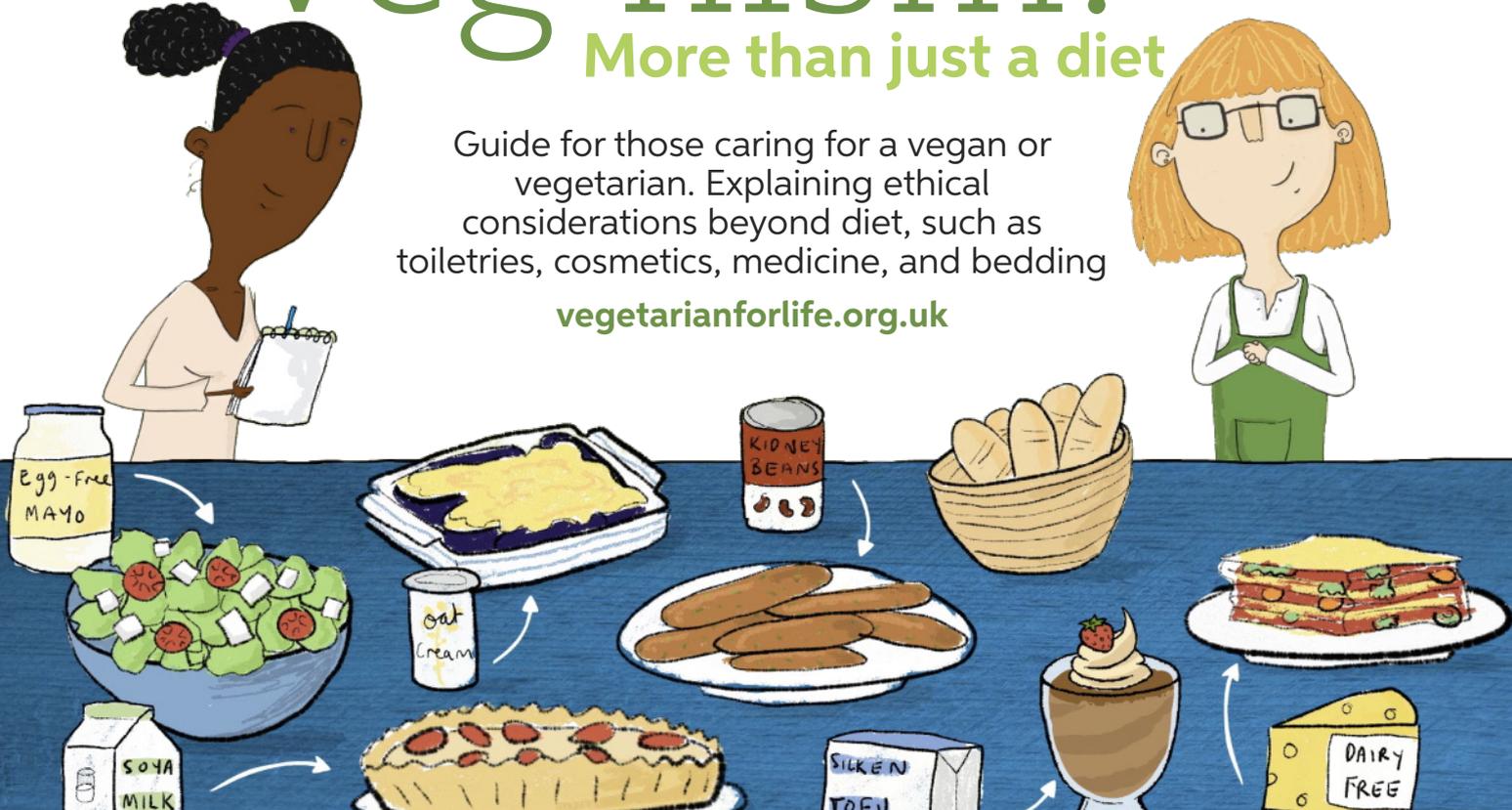


Veg*nism:

More than just a diet

Guide for those caring for a vegan or vegetarian. Explaining ethical considerations beyond diet, such as toiletries, cosmetics, medicine, and bedding

vegetarianforlife.org.uk



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Introduction

This guide has been put together for those caring for vegans and vegetarians (veg*ns). Most people understand that vegans will exclude all animal products from their diet. Not that there isn't sometimes confusion: for example, honey or hidden animal products can be tricky for caterers who are new to catering for vegans.

However, often people overlook that veg*nism is a lifestyle, not just a diet.

The Vegan Society's formal definition of veganism is:

“A philosophy and way of living which seeks to exclude – as far as possible and practicable – all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.”

Vegans, and often vegetarians, avoid any products that are derived from animals or tested on animals in the production process. This includes cosmetics, clothing, cleaning products and even medication. Luckily there are many vegan-friendly alternatives available.

Someone who is vegetarian or describes themselves as plant-based may, or may not, do this, so don't forget to ask the person you are caring for. This is just a guide and

they will be able to tell you more about their personal beliefs and choices.

This guide will help you identify hidden animal products and explain more about what to consider when shopping and caring for a veg*n, ensuring that you can provide exceptional person-centred care in all areas.



Check out Vegetarian for Life's Vegan Rescue Pack and Catering for Older Vegetarians and Vegans guide for more information on catering for vegans and vegetarians. These are available to download or order from vegetarianforlife.org.uk



Where to start

Why not ask the individual you care for what kind of products and brands they would usually purchase? Where would they shop?

If you're caring for the person in their own home, you should be able to see their current items and continue to buy these brands.

If a person moves into your care home, find out if their veg*n lifestyle impacts on their choice of toiletries, bedding or cleaning products. This ensures that you're providing excellent person-centred care.

Here is a checklist you can use for your initial consultation with new residents:

- Ask the resident about their dietary requirements. Do they consider themselves to be vegan or vegetarian?
- Why did they choose to become vegan or vegetarian? This will help you to understand if they're coming from an ethical, religious or environmental standpoint.
- Do they express their beliefs in other ways, e.g. choice of clothing? Toiletries? Medicine?
- What are their preferred brands of toiletries and cleaning products?
- Would they prefer their room to be cleaned with vegan-friendly products?
- Would they prefer to avoid leather furniture and down bedding?

How to ensure that you're a veg*n-friendly care home

You may find that you only have one vegan or vegetarian resident, so it may be impractical to change all cleaning products and toiletries to vegan-friendly items. Here are some simple changes you can make, though, to ensure excellent person-centred care for a veg*n individual:

- If you cannot change all cleaning products to vegan-friendly alternatives, can you clean their room with specialist vegan products? See page 10 for options that can be bought online or from local supermarkets.
- Can you ensure that the resident is provided with synthetic bedding?
- Can you ensure no leather items of furniture are included in the resident's private room? If leather furniture is used in the shared areas perhaps the resident could be guided towards non-leather seating, for example.
- Ensure the resident gets their own clothing back after laundering. This is important to all residents but perhaps especially so for someone who avoids certain items such as wool and leather. If you need to purchase clothes for the individual, please see the guidance on page 12.
- Can you provide veg*n-friendly options for medicine? The pharmacy can often advise on alternatives that avoid the use of animal products including gelatine. You'll find more information on page 9.

- Purchase preferred veg*n-friendly toiletries for the individual online or at a local shop. If this isn't possible, perhaps the family could bring in favoured items and staff then keep these separately for the individual's use.
- You may have perfected your vegan baking but when serving up cakes or afternoon tea, don't forget to check the crockery that it's served on. Bone china contains bone ash from animals. A vegan will most likely prefer to be served from plates, cups and teapots that do not contain bone.

GOOD TO KNOW – HOW VEGANISM IS PROTECTED BY LAW

This may seem like a lot to consider, so it's worth bearing in mind that veganism is a protected belief.

Any principle that is central to a person's belief system should be respected, and the law reflects this. Preventing or limiting the life choices of vegans through indirect discrimination could be seen as acting unlawfully.

An example of this would be if a vegan care home resident was made to use non-vegan products.

More information can be found in Vegetarian for Life's guide: Dietary Diversity in the Care Sector, available to download from vegetarianforlife.org.uk.

How to find vegan products

After having a chat with the person you care for, you should have an idea of what their preferred products are. If not, many wholesalers, supermarkets and shops will have a vegan list available online. This doesn't have to be hugely time consuming. Once you've done the research and found suitable products, these can be purchased on a regular basis. There are also many well-known vegan brands available that we'll mention throughout this guide. There are useful websites and blogs with up-to-date information on vegan products too, including veganwomble.com and crueltyfreekitty.com

When shopping for vegan products there are some trademarks and logos that will help you identify suitable items quickly and easily.

Some products will simply be labelled 'suitable for vegetarians and vegans'.



Vegan trademarks

The most common trademark used around the world is The Vegan Society's Vegan Trademark. It has been used since the 1990s to identify products that are free from animal products, animal testing and genetically modified organisms (GMOs). The trademark is very easy to identify:



This trademark is used around the world; currently in 79 countries, including the UK, Germany, Italy and Spain.

Individual companies have also created many other trademarks, based on their own standards. However, self-certified products might involve animal testing or cross-contamination in the production process. Sometimes a little extra research is needed.

Some other trusted organisations providing vegan certification include the Vegetarian Society and Vegan Organic Network.

More trademark logos can be found at: vegan-labels.info



Cruelty-free does not necessarily mean vegan

The Leaping Bunny Logo certifies that there has been no animal testing on any ingredients used to produce the final product.

This is only part of what makes a product vegan, though. Cruelty-free does not necessarily mean that a product is vegan. Products accredited with the Leaping Bunny Logo may still contain animal products, meaning they are not vegan.



Toiletries

Items to consider include soap, hand wash, shower gel, bubble bath, deodorant, moisturiser, toothpaste, shampoo, conditioner and sunscreen. Again, hopefully the person you care for can give you an idea of preferred products. If not, the following companies stock many products that are suitable for vegans:

Superdrug – well-known for its large range of own-brand vegan-friendly products. They are clearly labelled with 'suitable for vegetarians and vegans' and carry the Leaping Bunny Logo.

Lush – stocks a wide range of clearly labelled vegan products.

Original Source – sells vegan shower gel with The Vegan Society trademark.

Faith in Nature – makes shampoo, conditioner, hand- and body-wash certified with The Vegan Society trademark and the Leaping Bunny Logo.

Marks and Spencer, Sainsbury's, Aldi and the Co-op have their own brands of Leaping Bunny certified products, many of which are also vegan and labelled clearly.



Cosmetics and makeup

If the person you care for chooses to wear vegan makeup, it's likely they'll be able to tell you the brands they prefer if you need to purchase it. If you are caring for a resident in a home, then it is likely family members will purchase these personal items if needed.

Items to consider include foundation, concealer, lipstick, eye shadow, blusher and nail polish. As with toiletries cruelty-free cosmetics are not necessarily vegan. If items are not labelled vegan you will need to check the ingredients for animal products. A Glossary of ingredients can be found at the end of this guide.

Often there is no labelling on makeup so a little research may be needed. Most brands will have a vegan list available online.



Hairdressers and beauty therapists

There may be a regular visiting hairdresser or beauty therapist who provides treatments for the person you care for. It's worth having a chat to see what products they provide. Even if they don't currently use vegan-friendly products many places are open to doing a bit of research and ensuring that they provide vegan-friendly options when requested. If this isn't possible, you could ensure that you purchase vegan-friendly items such as nail polishes, shampoos and conditioners for the person you care for.

Perfumes and aftershaves

Many perfumes and aftershaves won't be vegan. This can be because they contain animal derivatives, or are tested on animals.

Some shops sell own-brand perfumes and aftershaves that are vegan such as Marks and Spencer and Superdrug. Some online companies also specialise in vegan-friendly perfumes and aftershaves, such as Eden perfumes: edenperfumes.co.uk Tel: 01273 775 155.

Medicine

All medicine is tested on animals and therefore never considered fully veg*n. However, medicine is usually essential and most veg*ns will take medicine when needed.

There are ways to select a more vegan-friendly option, though. Although capsules tend to contain gelatine (not veg*n), liquids or dissolvable tablets are more likely to be vegan friendly. Lactose (not vegan) in tablets might be replaced with sucrose.

If the person you care for would prefer a more vegan-friendly option, the best option is to speak with their doctor or pharmacist who will be able to advise on suitable alternatives.

Some ingredients to look out for when looking for medicine that is free-from animal products can be found in the Appendix.

Also check the medicine section on The Vegan Society's website for more information:

vegansociety.com/resources/nutrition-and-health/medications

Disclaimer: This publication is to be used as guidance only; this is not medical advice. We don't advise you to refuse any medication that has been prescribed by your doctor. We would recommend you discuss the possibility of alternative medicine brands, without animal products, with your doctor or pharmacist.

Vitamin and mineral supplements

Supplements may contain similar animal products to medicine; please refer to the table in the Appendix.

If the person you care for needs supplements look out for those that are vegan certified. You may find the supplements that you currently use are vegan. If not, Holland and Barrett is great for sourcing vegan-friendly supplements. You can search for vegan items on its website and they're clearly labelled. Also, The Vegan Society provides a chewable multivitamin via its website:

vegansociety.com/shop/what-veg-1

Tel: 01215 231 731.

More detailed information regarding vitamins, minerals and supplements can be found in Vegetarian for Life's guide: Nutrition for Older Vegetarians and Vegans. Hard copies cost just £2.75 including P&P, or download from vegetarianforlife.org.uk.



Cleaning products

As well as toiletries and cosmetics, cleaning products may also contain ingredients derived from animals. Items to consider include anti-bacterial sprays, bleach, polish, washing-up liquid, washing powder and fabric softener.

If buying in bulk from suppliers it may be challenging to find vegan-friendly products. Here are some options if you are keen to switch:

Pro Green – vegan-friendly cleaning products from Bidfood: bidfood.co.uk/our-products/professional-supplies

Cleenol – supplied by Thomas Ridley and vegan-friendly: thomasridley.co.uk Tel: 01359 271 071

If you're looking to buy products for a veg*n, most supermarkets will have lists where you can check what cleaning products are suitable. There are also some vegan-friendly brands to look out for:

Astonish – makes a wide variety of products including anti-bacterial sprays, bathroom cleaners, hob cleaner, laundry products and dishwasher tablets. All certified with The Vegan Society trademark and Leaping Bunny Logo. They can be bought online from shop.astonishcleaners.com Tel: 01274 767 440 or in some supermarkets and shops such as Asda, B&M and Wilko.

Ecover – produces cruelty-free cleaning products. Ecover's products are not certified as vegan, but the company claims they don't include any animal by-products. Ecover products can be purchased in a number of shops and supermarkets, including refill stations in

some independent stores: ecover.com/retailers-independents-refill-stations/where-to-buy/
Tel: 00800 0000 2655.

Method – makes a number of cleaning products including anti-bacterial sprays, washing-up liquid and laundry products that are not tested on animals and are certified with the Leaping Bunny Logo. Method's website claims that its products are vegan friendly, but they do not have vegan certification. Products are available from various online retailers, as well as high street shops and supermarkets:

methodproducts.co.uk
Tel: 0800 0026 3768.

Faith in Nature – its vegan laundry liquid is available from online suppliers such as Amazon or via its website faithinnature.co.uk
Tel: 02038 236 629.



Alcohol

This may be something you have not thought about before, but not all alcohol is veg*n. Isinglass (a product obtained from fish bladders) or egg can be used as part of the filtration process for beers, lagers and wine. Most spirits are vegan friendly. An increasing number of brands label alcohol as suitable for vegans and vegetarians.

If you're serving alcohol to a veg*n check the back of the bottle to see if it's labelled. If not, you can check the Barnivore website barnivore.com for vegan-friendly alcohol.

There are also vegan versions of popular alcoholic drinks containing dairy (which is not vegan), such as Baileys and non-branded versions of this product.



Clothing

A vegan and possibly a vegetarian will choose to exclude clothing made from animal products. A vegan will avoid any items made from:

- Wool, angora and cashmere
- Leather
- Suede
- Fur
- Silk
- Feather/down

Wool, angora and cashmere – often found in suits, socks and knitwear. Looking for a wool-free suit from a Jewish tailor can be an option because mixing fibres is forbidden; therefore, everything will be clearly labelled. Synthetic options are widely available for other items. Just check the clothing label.

Leather – leather clothing is fairly easy to avoid. Don't forget items such as leather belts, wallets and items that may have a leather trim, e.g., jackets or hats.

Suede – is used in some clothing such as jackets and skirts, but faux suede options are available.

Fur – found less often but real fur is sometimes used still. Avoid items such as hats or coats with a real fur trim.

Silk – ties and scarves, and some dresses and nightwear may be made from silk. Alternatives are easily available.

Feather/down jackets – ensure that a polyester padding is selected when purchasing coats and jackets.

As mentioned earlier it's important to ensure that the person you care for always gets their own clothes back after laundering. It could be especially upsetting if their clothes were mixed up with someone else's and they were dressed in a wool jumper, for example, or leather belt.

If you need to purchase clothes for the person you care for, you can check the label that lists the materials used. If there are no details in the material section, then investigate the garment care instructions. If it contains animal materials then it may be hand wash, dry clean only or no tumble dry.



Footwear

Leather shoes are slightly trickier to identify and avoid. Often the sole, insoles and upper shoe section can have leather parts. However, there are many vegan-certified brands now and many shops are introducing vegan ranges of shoes and handbags with clear labelling.

Well-known retailers New Look and Marks and Spencer have both recently introduced vegan labelled footwear and bags. Don't forget to look out for suede too and choose a faux suede option.

Look for these signs when shopping in regular shoe shops:

NOT
VEGAN
MATERIAL:



LEATHER



COATED
LEATHER

VEGAN
MATERIAL:



TEXTILE



OTHER
MATERIALS

Bedding

Much the same as clothing, vegans will avoid bedding made from animal products. This includes down feather pillows and duvets, and they will opt for cruelty-free, synthetic versions instead, which are widely available. There are plenty of options for mattresses, pillows and duvets made without animal products so it should be an easy switch for the person you care for. You may already be using synthetic items for their easy-care properties and because of allergies.



Furniture

As well as avoiding leather clothes a vegan may prefer to avoid leather furniture including sofas, dining chairs and armchairs. If you have leather furniture it may understandably be challenging to get rid of this.

If the person you care for prefers, they can be guided to sit on non-leather furniture where possible. You could also ensure that no leather furniture is placed in their bedroom.



Going the extra mile

Veganism can be a big part of someone's identity and, as we've explained in this guide, it's a lot more than just their diet. We're sure that the person you care for will appreciate you going the extra mile for them where you can, to ensure that they feel comfortable in your care.

It's also nice to have familiar items around you. Perhaps look at purchasing some vegan cookbooks or vegan magazines for them. Support the person you care for to join the Vegetarian for Life pen- and phone-pal scheme or monthly virtual vegan lunch club so they can chat and socialise with other like-minded individuals.

If you work in a care home or day care centre why not host a vegan afternoon tea or supper club, or get a vegan beauty therapist to visit?

GLOSSARY

Animal products commonly found in cosmetics and makeup.

Ingredient	What is it?
Beeswax	The wax secreted by bees
Lanolin	A fatty substance found naturally on sheep's wool
Carmine or cochineal	A scarlet dye often used for colouring food, medicines or in cosmetics. It is derived from the cochineal insect
Albumen	The protein contained in egg white

Appendix

Animal products commonly found in medicine and supplements.

Ingredient	What is it?	Used in...
Gelatine	Derived from the collagen of pigs, it is used as a stabiliser for some vaccines	MMR vaccine; children's nasal flu vaccines; shingles vaccine
Magnesium stearate*	Fine white powdery salt that can be obtained from pigs, chickens or cows	A wide range of tablets, capsules and powders as a filler
Lactose	Derived from milk whey, this sugar acts as a stabiliser in some vaccines	Various pills and vaccines
Stearic acid*	Fat from cows, sheep, cats or dogs	Various tablets, capsules or medications as an emulsifier
Glycocholic acid	An acid obtained from the bile of various mammals	Some gastrointestinal treatments
Shellac	Secretion of <i>Laccifer lacca</i> insects	Various tablets as a coating
Trypsin*	Enzyme obtained from the pancreas of pigs	Treatments for digestive conditions or osteoarthritis

*These ingredients can be derived from animals or from plants/fungus/synthetically. Their origin would need to be checked with the manufacturer of the drug in question.

Table adapted from Non-Vegan Ingredients in Medicine veganfriendly.org.uk/health-fitness/medicine/

In addition, there are a few more ingredients to look out for in supplements: linoleic acid, hyaluronic acid, carotene, glucosamine, glycerine, collagen, L-cysteine, lecithin and fish oil. Some of these ingredients can be derived from an animal, plant or even synthetic source, but if the product is labelled vegan it will be from a non-animal source.

Vegetarian for Life is the leading authority on diet and healthy living advice for older vegans and vegetarians. We work with care homes and other organisations supporting older people to ensure they cater well and ethically for vegans and vegetarians. We hope that you've found this veg*n lifestyle guide helpful. For any further advice or support, please do get in touch.



FREE
care
catering
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Meal
ideas and
inspiring
recipes

How
to meet
nutritional
needs



Nutritional
advice

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