

HOW TO HELP US SOURCE FOOD – Tips from Sea Shepherds Galley

Firstly, thanks. If you are reading these you are probably already helping us. Don't underestimate how important it is to help us find donated food. We can not continue to campaign without this support. We are working as full time volunteers and decent meals do a lot for morale, as well as our nutritional needs to keep working.

VEGAN EATING

Means our meals contain no meat, nor dairy, nor animal derived products of any kind. (This includes eggs, honey, milk powder and emulsifiers and additives found in many 'vegetarian' foods)

ON SHORE

When we are in port we often have less people to cater for – but this will increase exponentially as we get closer to campaign. Regular deliveries of fruit and vegetables are needed on a constant basis, as well as soy products and other staples.

PREPARING FOR CAMPAIGN

Think about preparing 3 meals a day for 44 people for 90 days... to give you an idea of scale that is nearly 12 000 serves of food. We will need over 200 kilos of flour, 80 litres of vegetable oil, 50 kilos of eggplant, 80 kilos of tofu, 100 kilos of coffee - the list goes on. We need a lot of help to get this much food and we need to be coordinated.

We will need large amounts of grains, legumes, vegetables, soy products and other staples, as well as some treats! We prepare most of our food from scratch so small serves of pre-prepared and processed food donations are rarely used – and often unfortunately contain dairy. It's best to check with us for our most recent food wish list for things we really need.

Packaging

For practical reasons such as less rubbish to be stored on board whilst at sea, and obviously for less landfill – minimum packaging is important. Its better not to receive food in many layers of plastic packaging or small jars, and plastic is better than glass for breakage on rocky seas!

Fruit and vegetables.

To ensure we get all our vitamin needs from a vegan diet we need foods that are high in protein, calcium and other minerals. When we're in port foods like spinach and leafy greens, mushrooms, broccoli are great, and organic is lovely if available. We also need fresh herbs. At sea we obviously hope to have as much variety as possible.

Long lasting food is important

We appreciate all donations and often use 'seconds' produce but giving us vegetables that are going to go off in a day just means we have to throw them out. If there is an option whole pumpkins will obviously last longer than cut pumpkins, the same with whole lettuce as opposed to mixed lettuce bags etc.

Soy Products

Unfortunately, some soy meat substitute products that many people presume are vegan, are not. Check to ensure that soy cheese does not contain casein for example (Cheezly is a good vegan brand example – contact us for others). We need a wide range of tofu, tempeh and cheese and meat substitute products, and these are often hard to come by so are priority donations.

Additives and hidden animal products

Many processed foods found in supermarkets may not contain dairy as such, but may contain animal products in small amounts. Common items like breakfast cereals, breads and sweets can contain non vegan ingredients. Casein, fatty acids, gelatin, glycerin, lecithin and whey are often animal derived.

Definite animal additives to avoid include: 120, 270, 441, 469, 542, 631, 901, 904 & 920. You also need to look out for additive codes for emulsifiers in the 300's and 400's range and others that MAY contain animal products. We can not use these. If you would like a list of additives to avoid please contact us or check the websites below.

Above all – communicate with us. If you are unsure if something would be helpful or appropriate, or if we already may have too much of it just contact us. We hate to waste food so we'd rather it went to someone else if we can't use it.

Thanks so much!!

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RESOURCES

Here are some great resources on vegan eating and more information about food additives.

Vegetarian Network - Vic www.vnv.org.au

Vegetarian Resource Group www.vrg.org
Vegan Society www.vegansociety.com

Great Vegan recipes www.vegweb.com