

## Vegetarian for Life

Vegetarian for Life (VfL) is a charity for older vegetarians and vegans. They offer a range of information and advice, including printed information and videos. They have

- menu planners, nutrition and catering advice
- a searchable list of vegetarian and vegan friendly care homes
- caterer training
- guidance on how to make sure your wishes are carried out if you lose mental capacity, and you do not want to eat meat or animal products
- grocery shopping guidance to help choose nutritious food
- grant administration (for independent living)
- advocacy and influencing
- online shop where you can buy cookery books and virtual cookery demos

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