

# Plant-based meals mandated by law: Portugal

Nuno Alvim, Portuguese Vegetarian  
Association



01

**What is going  
on in Portugal?**



## It is now illegal not to offer vegan food at prisons, hospitals and schools in Portugal



Ashitha Nagesh for Metro.co.uk Friday 10 Mar 2017 5:37 pm



39.9k

### MUST READ



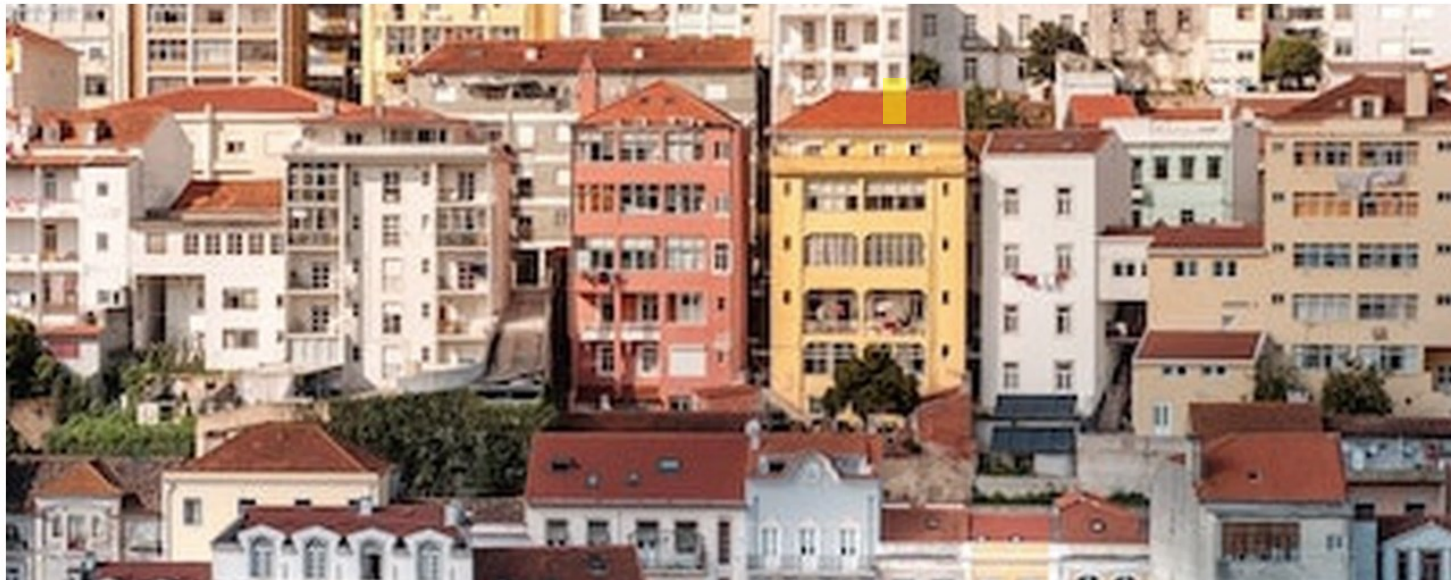
Donald Trump has lowest approval ratings of any US president in history

A new poll showed he had the lowest rating for a president after six months. »



# This Is the Only Country Where It's Illegal Not to Offer a Vegan Option

EUROPE / PORTUGAL / FOOD & DRINK



# Handcuffed Chefs?



02

**What is this  
law about?**



## VEGAN OPTIONS ARE REQUIRED BY LAW

- All public cafeterias must provide a strict **vegetarian option (vegan)**
- That includes:
  - Schools
  - Universities
  - Health care units
  - Prison facilities, etc.



## WHICH MEANS...

- Legal claim to a vegan meal in all public facilities (cafeterias);
- Citizens can present a formal complain or file a lawsuit







## SOME DIFFICULTIES ALONG THE WAY..

- Main Organization that represents dieticians issued a non-recommendation letter to parliament;
- MP's were concerned with food wastage and price management



Public hearing with  
parliament  
commission on  
**October 2016**



Law which mandates  
vegan option is  
approved on **3<sup>rd</sup>  
March 2017**



AVP submits petition  
on **March 2016**  
(15.000 signatures)



Political Parties draft laws for  
the vegan option in public  
canteens:  
• **PAN: January 2016**



Petition is launched by AVP on **February 2015**  
(+15.000 signatures)



03

**And elsewhere  
in the world?**



# California Passes Law Requiring Vegan Meals in Prisons and Hospitals

written by Gabrielle Khalife | October 2, 2018





# New York Senate Passes Groundbreaking Bill Requiring Vegan Options in All Hospitals

If signed into law, bill S1471 would require all New York hospitals to provide plant-based meal and snack options to patients.

by NICOLE AXWORTHY

JUNE 6, 2019

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The new school lunch law will go into effect next year - Media Credit: Adobe Stock

CULTURE

HEADLINES

LAW & POLITICS

# New Law Requires Illinois Schools To Offer Plant-Based Lunches

All of the new plant-based options must meet federal nutrition guidelines

BY CHARLOTTE POINTING

30TH MAY 2022

2 MINUTES READ



# 04

**What is working?  
Possible  
Strategies..**



# STRATEGIES THAT SEEM TO WORK

WHEN DEALING WITH POLICY-MAKERS

1. Make your case about human rights & civil liberties when lobbying.



**Overview:** On September 18, 2018, California Governor Jerry Brown signed into law Senator Nancy Skinner's (D-Berkeley) Senate Bill 1138, which requires California hospitals, healthcare facilities and state prisons to offer at least one vegan option at every meal. The bill states that "access to nutritious food that meets health or cultural needs is a basic human right." Individuals who are confined to prisons, hospitals or healthcare facilities aren't always given the opportunity to choose meatless options - whether they wish to do so for health, environmental or personal reasons. Public institutions are already required to provide halal, vegetarian and kosher options on the menu - SB 1138 requires that vegan options be added to the list.

# STRATEGIES THAT SEEM TO WORK

WHEN DEALING WITH POLICY-MAKERS

2. Cross-cutting approach to parties across the ideological-rainbow;
3. Using expressions such as “plant-based” instead of “vegan” while campaigning
4. Using a rhetoric that focuses mostly on health or environmental benefits, and avoiding the animal rights or ethical narrative



# STRATEGIES THAT SEEM TO WORK

WHEN DEALING WITH SUPPORTERS

1. Mobilizing all “flexitarians” or civil rights supporters, not just vegans and vegetarians.





## David Rito

sou de acordo a diponibilizarem opções vegetarianas, até porque eu proprio as vezes como pratos vegetarianos, mas isso não faz de mim um vegetariano e como eu há mais pessoas, por isso não assumam que todos os que compram pratos vegetarianos o são.

Gosto · Responder ·  1 · 3 ano(s)

14330 *11111111111111111111*

remover

14335 Joana Ferreira Boal

Remover

14334 Duarte Fortunato

Eu não sou vegetariano, mas acho bastante justo que haja opções vegetarianas nas escolas, universidades e hospitais

Remover

14333 Ana Carolina Duque de Sá Queiroz

Remover

12108 Catia Ribeiro Barreto

Remover

12107 isabel maria alavancas de Oliveira Azevedo

Concordo plenamente com a inclusão de opções vegetarianas nas universidades, e hospitais portugueses. Os vegetarianos não podem ser discriminados, devem ter as mesmas oportunidades de escolha.

Remover

12106 Cláudia Sofia Araújo Gomes

Remover

05

**What came next?**





## MAKING PLANT-BASED THE DEFAULT

([www.pratosustentavel.pt](http://www.pratosustentavel.pt))

- **Municipal Program:** establishing protocols with municipalities that offer a vegan dish to all students once per week
- **Providing** free training to chefs & workshops
- **Free e-learning course** for public caterers



# Thank you for your attention

- Useful Legal Framework
- Nutrition guidelines that can be adapted
- Petition templates
- Successful lawmaking examples
- Lobbying guidelines

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[bit.ly/2YPUF5G](https://bit.ly/2YPUF5G)