

Medical consumption of meat or fish products at Dhanakosa.

Last review Nov 2021

Dhanakosa is a vegan retreat centre and offers healthy, nutritious, and tasty vegan food accommodating a wide range of additional dietary requirements on request and by prior arrangement.

We are also aware that occasionally people have specific dietary needs that involve the regular consumption of meat or fish protein. Although this conflicts with our vegan retreat centre policy, we do not want unnecessary attendance barriers for people with special needs.

We will therefore accept bookings from people who need to eat meat or fish products on a regular basis where this can be confirmed as a genuine medical need treating the required products as medicines, and only where this can be met without conflicting with the general ethos of a vegan retreat environment for other participants.

To accept a booking under this clause we need the following conditions to be met:

- That we have a letter from a doctor or medical professional confirming that this is a genuine medical need.
- That no meat or fish products are prepared in the retreat centre kitchens
- That meat or fish products are not cooked on site (ie. they are brought in pre-cooked and cold, and eaten cold)
- That meat or fish products are not consumed in the retreat centre public spaces but are only consumed in the room of the individual concerned or outside. An individual eating products in their rooms will usually need a single room, if available.

Refrigerated storage can be made available with agreement of the kitchen manager prior to the start of the retreat, using containers different to those used in the retreat centre kitchen. All tins of fish should be properly disposed of so as not to create odour.

Our intention in placing these limits on the consumption of meat products is to balance accessibility where there are specific dietary needs with providing a supportive context of veganism for other retreatants.

Before confirming a booking under this policy, the office team should send a copy of this policy to the retreatant in question and get their verbal or written agreement to the conditions.

Dairy and eggs addendum:

- For example – cow's milk, cheese, eggs.
- Dairy and egg products cannot be prepared or handled in the retreat centre kitchen but personal use dairy and egg products can be stored in the communal fridge for those who require additional dairy protein in their diet.
- Eggs need to be cooked in advance (boiled) or can be boiled in the community house kitchen.
- Dairy and eggs in communal fridge stored in containers different from those used in retreat centre kitchen
- People wanting to bring eggs or dairy products do not need to check with the office in advance
- Eggs and dairy can be eaten in the public spaces of the retreat centre