



CORRESPONDENCE WITH PRISONERS:

We are thrilled that you are considering becoming a pen pal with a person in prison. We hope that **Prison Vegetarian Project** pen pals are thoughtful about their vegetarian lifestyle who want to exchange their ideas, difficulties, and philosophies. We recommend that the main subject of your correspondence be your vegetarian practice, although becoming friends who correspond about many different things will certainly occur over time.

We recommend you not use your home address or give your phone number. Use your business or PO Box address. If you ask us, we can usually arrange for you to use the address of **Prison Vegetarian Project**. Many pen pals also do not use their full name; they use a nickname, a maiden name, or a "pen name" - use what is most comfortable for you.

On the envelope be sure that, after the person's name, the Department of Corrections number (prisoner number) is clearly visible. The letter will most likely be returned to you if the number is missing.

BOOKS AND MAGAZINES:

Each prison has different rules governing how prisoners may receive books. The prisoners will advise you as to the rules. Many prisons require that books come directly from the publisher or a bookstore; most will only allow in soft cover books.

FREQUENCY OF CORRESPONDENCE:

Please appreciate that as pen pals we may be an individual prisoner's only connection to the outside world. If you are due to write a letter but don't have time, it is good to write a short "touch in" note and promise a longer letter soon. Please do not let too much time elapse between letters. The inmates look forward to letters and appreciate knowing they are not forgotten. If you find you are unable to continue corresponding, let us know and we will try to find another pen pal.

REQUESTS:

A prisoner may ask you to intervene with the Chaplain or his prison for his "religious or legal rights." If this occurs, please feel free to contact us and we will try to help.

POST RELEASE:

Please realize that you are forming a relationship with a person who may consider you to be a great support. Many of these people will be released. Before you begin this relationship please reflect on how you will respond when a prisoner wants to know you on the "outside."

**PLEASE CONTACT US WITH
ANY QUESTIONS:**

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Prison Vegetarian Project is a grateful affiliate of IHCenter