

VEGETARIAN

Living NZ

AUTUMN 2025

VOL. 81, NO.3

ISSN 1176-9335



ARE YOU GETTING
ENOUGH PROTEIN
ON A VEG~N DIET?

RAW INNOVATION:
CHEF DIANA VON CRANACH
ON PLANT-BASED CUISINE
AND SUSTAINABLE EATING

IS A PLANT-BASED DIET RIGHT FOR YOUR PET?

NZ'S FOOD SYSTEM
IS FAILING
- CAN WE FIX IT?

ETHICS, ANIMALS,
AND THE HUMAN
CONSCIENCE

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PRINTING 3A Copy & Design, 29 Moa Street, Otahuhu, Auckland 1062

Vegetarian Living NZ is produced and distributed by The New Zealand Vegetarian Society Inc.

No statements or opinions in this publication may be construed as policy or as an official announcement by the Society unless so stated. We are always happy to receive contributions. All material undergoes an editing process and we cannot guarantee publication.

Vegetarian Living NZ is published in Spring (Sept-Nov), Summer (Dec-Feb), Autumn (Mar-May), Winter (Jun-Aug). Editorial copy and advertising deadlines are two months prior to publication: 1 July (Spring), 1 October (Summer), 15 January (Autumn), and 1 April (Winter).

To discuss advertising, contact the National Vegetarian Centre 09 523 4686 or info@vegetarian.org.nz

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EDITORIAL



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As we step into a new year, it's a time for renewal and setting intentions for the months ahead. The

fresh start of 2025 brings an opportunity to embrace healthier choices, deepen our sense of purpose, and recommit to a lifestyle rooted in kindness, sustainability, and conscious living.

At NZVS, we believe food is more than just sustenance – it's a powerful tool for positive change. Whether you're a long-time vegetarian or exploring more plant-based options, every meal is a step toward a more ethical and sustainable world. But conscious living extends beyond the plate, shaping how we shop, the businesses we support, and how we engage with the world around us.

This edition is packed with inspiration to help you navigate your journey, from understanding plant-based protein sources to making ethical food choices, tackling eco-anxiety, and even considering plant-based options for your pets.

To start, protein is often a hot topic for those considering or following a veg-n diet. On pages 2 and 3, we break down the science behind it, ensuring you're getting all the essential nutrients you need to thrive.

Next, we explore the world of raw plant-based cuisine with renowned Bali-based chef Diana von Cranach. On pages 6 and 7, she shares how sourcing local, seasonal ingredients and embracing traditional food practices can make plant-based eating both nourishing and sustainable. Her insights challenge

modern food systems, encouraging us to rethink convenience culture and reconnect with truly fresh, whole foods.

Shifting focus to a national scale, fixing New Zealand's broken food system may seem like an impossible task – but is it? On pages 9 and 10, we take a critical look at the challenges we face and explore potential solutions to making healthy eating more accessible for all.

Ethical vegetarianism is more than just a diet – it's a philosophy and a way of life. On pages 15 and 16, we examine the deeper ethical considerations that shape our food choices.

For the next generation, environmental concerns are more pressing than ever. That's why, in our new youth section, Changemaker Chronicles (page 18), we tackle eco-anxiety and the power of action, creating a space to share the stories, ideas, and efforts of young changemakers striving to make a difference for the planet, animals, and society.

Last but certainly not least, what about our four-legged companions? On pages 21 and 22, we explore whether a vegetarian or vegan diet is suitable for pets, addressing the key considerations for their health and well-being.

As we embrace 2025, let's remind ourselves that change doesn't have to be overwhelming. Small steps add up to a meaningful impact. Let's approach the year ahead with optimism, compassion, and a shared commitment to a better world.

- INA BABIC

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ARE YOU GETTING ENOUGH **PROTEIN** ON A VEG~N DIET?

BY CATHERINE LOFTHOUSE



INTRODUCTION

Protein has become increasingly popular in recent years due to diet trends, fitness culture, and growing awareness of its health benefits. During this time, we have seen shifts in the consumer market, with a rapid expansion of protein supplements and plant-based meat alternatives that offer various sources of protein beyond conventional animal products. When it comes to protein, it has often been believed that animal products are the gold standard and that protein from plant sources is insufficient or incomplete, therefore people on a veg~n diet don't get enough protein. So how much protein do we really need, and does it matter whether we get it from animal or plant foods?

FUNCTION OF PROTEIN

Protein is an essential nutrient that has many functions that keep the body running smoothly. It is vital for building and maintaining lean muscle, repairing the body, supporting immune function, enzyme production and for providing an energy source, among other things.

IS PLANT PROTEIN INSUFFICIENT OR INCOMPLETE?

Protein is made of 20 building blocks called amino acids. To function optimally, our bodies need all 20 amino acids. Our bodies naturally make 11 of these, and they are referred to as nonessential amino acids. The remaining nine amino acids are called essential amino acids as they can only be obtained from food.

Protein foods can be either complete or incomplete. A complete protein source contains all nine of the essential amino acids in sufficient quantities. Most animal proteins are considered complete proteins. Examples include meat, poultry, fish, eggs, and most dairy products. An incomplete protein source lacks one or more of the nine essential amino acids.

Incomplete proteins are still an essential part of a balanced diet as they contribute to overall protein intake and can be combined with other foods to create a complete profile. For example, combining legumes with grains will provide the full range of essential amino acids (1). It is not necessary to combine proteins for every meal, but eating a variety of protein foods throughout the day will provide all the complete protein you need. Most plant-based proteins from legumes, nuts and seeds, grains and vegetables, are considered incomplete. Some plant sources contain all nine essential amino acids. Examples of complete plant proteins include quinoa, soy (tofu, tempeh, edamame), chia seeds, hemp seeds, buckwheat, nutritional yeast and spirulina.

ARE PLANT PROTEINS HARDER FOR THE BODY TO PROCESS?

Plant proteins have lower bioavailability compared to animal proteins, meaning they are generally less digestible or absorbable. This is due to the presence of anti-nutrients in some plant foods (e.g., phytates, lectins) and the fibre content in legumes and grains. However, cooking methods such as soaking, fermenting and heating can reduce these anti-nutrients and increase the digestibility and bioavailability of plant proteins (2).

HOW MUCH PROTEIN DO YOU NEED?

The recommended daily intake of protein for New Zealand adults aged 19-64 years is around 0.8 g of protein per kilogram of body weight per day. For example, for a person weighing 70 kg, this would be 56 g of protein per day (3).

Some population groups will require additional protein, depending on their lifestyle, health conditions or specific goals. This includes the following:

- Some studies suggest that vegetarians and vegans require additional protein to account for the decreased bioavailability of protein from plant sources. However, recommended protein intakes for people on a veg~n diet have not been formalised in official guidance and studies differ slightly in the amount of protein recommended. Aiming for 1.0 g of protein per kilogram of body weight is generally a safe target for vegetarians or vegans (1).
- For adults aged 70 years and older, the recommendation is 1.0 g of protein per kilogram of body weight (3) to help preserve lean muscle mass that naturally degenerates with age. Perimenopausal women may also benefit from additional protein.
- Women who are pregnant require 1.0 g of protein per kilogram of body weight to support fetal growth, and lactating women require 1.1 g per kilogram of body weight for milk production (3).
- Athletes or people who are very physically active require increased amounts of protein to build and repair muscle tissue – the amount of protein required will depend on the type and amount of activity, and vegan or vegetarian athletes may need additional protein (3,4).
- People recovering from injury or surgery need more protein to support recovery and regeneration of healthy tissue.



CAN YOU CONSUME TOO MUCH PROTEIN?

There is no official upper limit of protein for New Zealanders, though your body can only use so much protein. Consistently high intakes of protein are sometimes reported to be damaging to the kidneys or bone health, though recent studies have reported this is not the case for people who are otherwise healthy (4). For people with kidney or liver disease, too much protein can be harmful and individual needs should be discussed with a doctor.

Some researchers believe that official protein requirements are outdated and the values are too low, particularly for older adults, perimenopausal women, athletes and pregnant or lactating women (4–6). Although there have been no updates to the official recommendations yet, this is potentially an emerging area to watch.

ARE VEGETARIANS AND VEGANS EATING ENOUGH PROTEIN?

Studies of protein intake in vegetarians and vegans have generally reported that people eating a range of plant proteins are able to meet their protein needs, although vegans are at greater risk of not meeting the requirements (7,8). A recent review of 13 studies assessed the protein intake of vegans, vegetarians, flexitarians and pescatarians in the United States, Korea and Europe. It concluded that all veg-n diets met the dietary recommendations for protein intake overall, however people on a vegan diet tended to have the lowest protein intake. Cereal-based foods (bread, rolls, crackers, grains) were the main source of protein in the diets assessed (9).



VEGETARIAN AND VEGAN PROTEIN SOURCES

Below is a list of vegan and vegetarian-friendly protein sources, along with approximate protein content per serving:

FOOD	SERVING SIZE	PROTEIN CONTENT PER SERVING (G)
Seitan	30g (dry weight)	22.5
Protein powder, vanilla	30g	19.5
Tempeh, stir fried	100g	19.0
Tofu, stir fried	100g	18.0
Greek yoghurt, plain, low-fat	150g, 1 pottle	12.0
Trim milk	250 ml, 1 cup	11.0
Cheese, Edam	40g, 2 slices	11.0
Baked beans	210g, ½ can	10.0
Edamame, shelled, boiled	80g	9.3
Canned kidney beans	120g, ½ can	8.7
Rolled oats, raw	65g, ½ cup	8.0
Egg, boiled	54g, size 6	7.9
Soy milk	250 ml, 1 cup	6.7
Quinoa, cooked	146g, 1 cup	6.4
Raw almonds	30g	6.0
Chia seeds, raw	30g	6.0
Nutritional yeast	10g	4.9
Brown rice, cooked	150g, 1 cup	4.8
Green peas, boiled	80g	4.0
Bread, wholegrain	40g, 1 slice	3.9
Peanut butter	16g, 1 tbsp	3.9

Source: New Zealand Food Composition Database 2024 (10)

Protein supplements (such as protein powder or bars) are a convenient way to supplement your diet, especially for people with higher protein needs. If taking protein supplements, keep in mind that most people can meet their protein needs without further supplementation, and that supplements may lack the additional nutritional benefits (such as vitamins, minerals and fibre) obtained from eating whole foods (11).

RECOMMENDATIONS AND CONCLUSION

- Although not included in the official guidance, studies suggest that vegans and vegetarians may require slightly more protein to compensate for the decreased bioavailability in protein from plant sources.
- With careful planning, people on a veg-n diet typically have no problem meeting the recommended intakes of protein. Vegans are more likely to have lower protein intakes than vegetarians.

- Athletes, older adults, pregnant or breastfeeding women, and people recovering from injury or surgery will require additional protein.
- Eating a variety of plant-based foods throughout the day is key. This ensures you can get the full spectrum of essential amino acids plus other health benefits, such as fibre, antioxidants, and healthy fats.
- Read the nutrition information of food labels to check the protein content of foods. For example, plain Greek yoghurt can contain almost twice the protein of plain natural yoghurt. Non-dairy milks, yoghurts and cheese (with the exception of soy or fortified products) contain very little protein.

Catherine Lofthouse is a passionate plant-based foodie who loves to explore all things related to veg-n living. She is also a registered dietitian.



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TRISTAN'S Corner

Welcome to autumn, and the mood-shift that comes with it. For me, it feels like I'm exhaling after the heat and bustle of summer, and I get the urge to pull my little family closer and wrap them in warmth and comfort. Over the years I've shared stories here of my sons' upbringing, from their toddler days of experimenting with different tastes and textures, to thoughtful debates about healthy vegetarian food and sustainable choices. At 15 and 16, they've now grown into young men with opinions, big appetites and a keen awareness of how food connects to health and the planet.

This year, the theme of autumn abundance resonates as deeply as ever. For many families like mine, autumn is synonymous with comfort food – stews, bakes and roasts, with the colours and flavours of the season's produce. Now is the time to enjoy pumpkin, kumara, parsnips, carrots, apples and grapes. It's also when beans, the superheroes of the vegetarian pantry, swoop in to pad out the autumn dishes.

Now that my sons are starting to experiment with making meals for themselves, and occasionally for the family, I've made sure to have a variety of beans available for them to use. They're already long-time fans of making themselves a meal of toast and baked beans from a can, and there's been not much wrong with that, except that some manufacturers put a crazy amount of sugar in the tomato sauce, so I tend to rinse most of the sauce off first!

My younger son recently reminded me of a recipe we've had for a while but had never tried: An easy vegan brownie, which uses black beans and peanut butter. It had caught his attention over the years, as he'd always been intrigued by the concept of using beans in a sweet dish. We've always been enthusiastic about various types of beans in savoury dishes, but the idea of using them in a dessert seemed a bit strange to him.

These days, I don't really stick to recipes very much, so my cookbooks have been a bit neglected. But when my son showed an interest in baking, we pulled out the old cookbooks, and there it was, the brownie recipe, still waiting for its chance to be discovered! We made it, and it really is as simple as it sounds. After the first taste we both agreed it was gooey and delicious. The proof was in the pudding, so to speak, and I was just thrilled to have found a way to get more beans into the kids. After all, they are growing teenagers and they need more sustenance than ever.

Raising a vegetarian family has meant not only making choices which reflect our values but also making room for experimentation. The experience of sharing, learning and bonding through cooking together reminds me that food is more than just nourishment. It's a way for us to connect and make memories as a family.



VEGAN PEANUT BUTTER AND BLACK BEAN BROWNIES

- 1 can of black beans
- ½ cup soy milk or milk of choice
- ¼ cup smooth peanut butter
- ½ cup golden syrup or maple syrup
- 2 teaspoons vanilla extract
- 1 cup oat flour (I used rolled oats in the food processor to make oat flour)
- ½ cup cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon salt

Mix everything in the food processor, then bake in an oiled pan of approximately 20cm x 20cm at 180°C for 20 minutes.

***Note:** Cans of black beans are around 400g before rinsing, so that's 250g of rinsed, cooked beans.

Tristan Stensness is a writer from Hamilton. She is a vegetarian and the mother of two vegetarian sons. You can view her work at www.tristan.nz



RAW INNOVATION:

CHEF DIANA VON CRANACH ON PLANT-BASED CUISINE AND SUSTAINABLE EATING

BY INA BABIC

During a recent stay at Alila Villas in Uluwatu, Bali, for our wedding anniversary, my husband and I had the opportunity to attend Diana von Cranach's Cacao Symphony dinner – a unique dining experience crafted by the renowned raw food chef. Known for her innovative approach to raw cuisine, Diana blends traditional Asian flavours with nutrient-dense ingredients, creating dishes that are as vibrant as they are nourishing. Inspired by her expertise, we explored how raw, plant-based eating can be both indulgent and sustainable.

Tell our readers about your journey into the world of raw food and plant-based cooking. What inspired you to focus on creating plant-based menus, and how did you get started in this field?

Having been subjected to dreadful food at a Welsh boarding school for 8 years, and conversely introduced to fine dining cuisine at some of the best restaurants in Europe with my parents in the holidays, I developed a love for good, fresh food from an early age. In 2002, I found a copy of US ELLE Decoration with an article about a new restaurant in California, run by a chef who had studied 'raw food' preparation at the Living Light Institute in Oregon. It was one of those special, life-changing moments that led to my wanting to immediately research this kind of food and concentrate on developing my own Asian version.

What are your go-to ingredients when creating raw plant-based menus, and why do you recommend them for anyone looking to add more raw food to their plant-based diet?

Ingredients should be as local, seasonal and as sustainably, and organically grown as possible. This kind of food has more nutrients, and is more beneficial to health. The problem is that most people think they never have enough time to source the things they need. An initial search may be necessary, but once a relationship is established with farmers' market vendors or a local supplier, there is no difference from shopping at a supermarket!

As a raw food chef, how do you keep your plant-based menus interesting and diverse? Do you have any tips for adding variety to raw dishes?

By sourcing more unique, local ingredients offered by my suppliers. At the moment fresh bamboo shoots, mangosteen and edible ferns are in season and can be found at the tiny roadside stalls in Bali's central hills, where I prefer to shop. My menus do change all the time, but while creating them comes easily and is fun for me, a certain amount of fanatic dedication is needed to consistently come up with new and exciting ones!

Raw food and plant-based eating often go hand-in-hand with sustainability. Can you talk about how raw, plant-based menus align with environmental sustainability and ethical eating practices?

15 years ago, there were only two 'organic' farms in Bali selling a small selection of herbs and salads. Today, innumerable farmers in Bali try to adhere to sustainable practices and so appeal to buyers from an ever-increasing number of chefs on the island who now prefer to offer reliably sourced local food to their guests.

Raw desserts are an exciting part of raw food cuisine. How do raw, plant-based desserts stack up in terms of flavour, nutrition, and satisfying a sweet tooth?

Desserts in Asia tend to be simple, so having a huge choice of fruit and spices makes creating them much easier. I simply use rice flour, locally grown cacao, vanilla, only palm or coconut sugar (no white sugar!) and seasonal fruit to provide wonderfully nutritious, healthy and flavour-packed desserts and more recently vegetable-based desserts!

How do you believe a plant-based, raw food diet can enhance energy, digestion, and overall wellness for vegetarians, especially in terms of its health benefits?

Please take into account that every person has their own unique digestion, so a 'living food' or a purely plant-based diet is definitely not for everyone. If readers would perhaps like to radically change their diet to a more plant-based one, there are a few simple rules to follow first (see below).

You've worked as a food consultant for many years. What advice do you give to vegetarians or those new to plant-based eating who are thinking about incorporating more raw meals into their diet?

Those who would like to transition to a more plant-based diet should take their health into consideration first. There should not be a radical change from one day to the next, but a gradual one, to see how their personal digestion reacts. The most important step is to stop buying any convenience food or drinks of any kind i.e. supermarket bread, cakes, snacks, or processed meat of any kind, remembering the saying, 'If there is a Health Food Section in your supermarket, what do they sell in the rest of the shop?!!'

Even the so-called 'health food' shops now tend to sell unhealthy, processed products that are more expensive but have more appealing packaging. This lulls the consumer into a false sense of security and makes them believe that buying more expensive products might make them healthier! Instead, simply find a local farmers' market or shops that have been selling the same produce for generations.

What are some common misconceptions or challenges people face when transitioning to a plant-based, raw food diet, and how can they overcome them?

Transitioning should be gradual and although there is much 'hype' about plant-based diets not including enough protein for example, include plant-based sources like tofu, tempeh, legumes, nuts, and seeds which provide plenty. Moderation in all things is most important and if readers actually do really listen to their gut, it will tell them what they should or should not be eating!

Looking ahead, where do you see the future of plant-based eating and raw food heading?

The concept is slowly going mainstream because many people realise that eating stressed, factory-processed animals that are full of hormones, chemicals and goodness knows what other additives or preservatives, is making us sick. This is all a calculation by the mega food companies, working hand in hand with big pharmaceuticals, to make us all sick for profit. The only way we as individuals and families can fight back is by avoiding supermarket processed food completely, by teaching our children to eat more responsibly, and by consuming 'better' sustainably-grown food that can be sourced to its origins.





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NZ'S FOOD SYSTEM IS FAILING – CAN WE FIX IT?

BY PHILIPPA STEVENSON



“Most of us know what a healthy diet looks like ...”. Ummm. Really?

There was a qualification in the rest of the sentence in a new report lambasting Aotearoa New Zealand for its appalling retail food environment.

“... but accessing it [the healthy diet] is increasingly difficult, especially for those most deprived,” concluded the statement in the report from the policy think tank, the Helen Clark Foundation.

Certainly, if any of us do know what a healthy diet looks like, the battleground that is the regular supermarket shop has raised choosing food wisely to whole new levels of difficulty. The problems are not just trying to sort healthy from unhealthy but also weighing up the benefits or otherwise of fresh and packaged, lightly processed (e.g. fermentation) and ultra-processed foods. While some of us are

also navigating claims of vegetarian, vegan, plant-based, the dubious “Vegan Friendly,” and the unknowable, which may contain milk, soy, gluten, nuts, etc. All within a budget!

Few of us are trained nutritionists, and many simply follow cultural or family traditions, eating what is familiar or normal in our social context. New information is most likely gained from short news articles (the latest fad/craze/celebrity endorsement), advertisements, and the very packets of food we’re confused into buying, with their dodgy highlighted claims (low salt/low sugar/gluten-free/high fibre).

In this toxic environment, we all need help. On the upside, there is an ever-growing body of evidence and calls for action from health experts and policy wonks.

Last spring’s edition of *Vegetarian Living NZ* reported the findings of the Public Health Advisory Committee’s report to the Health Minister, which showed that Aotearoa New

Zealand exports enough food to feed 63 million people a day, while back home, a fifth of Kiwi kids live in households where food often runs out.

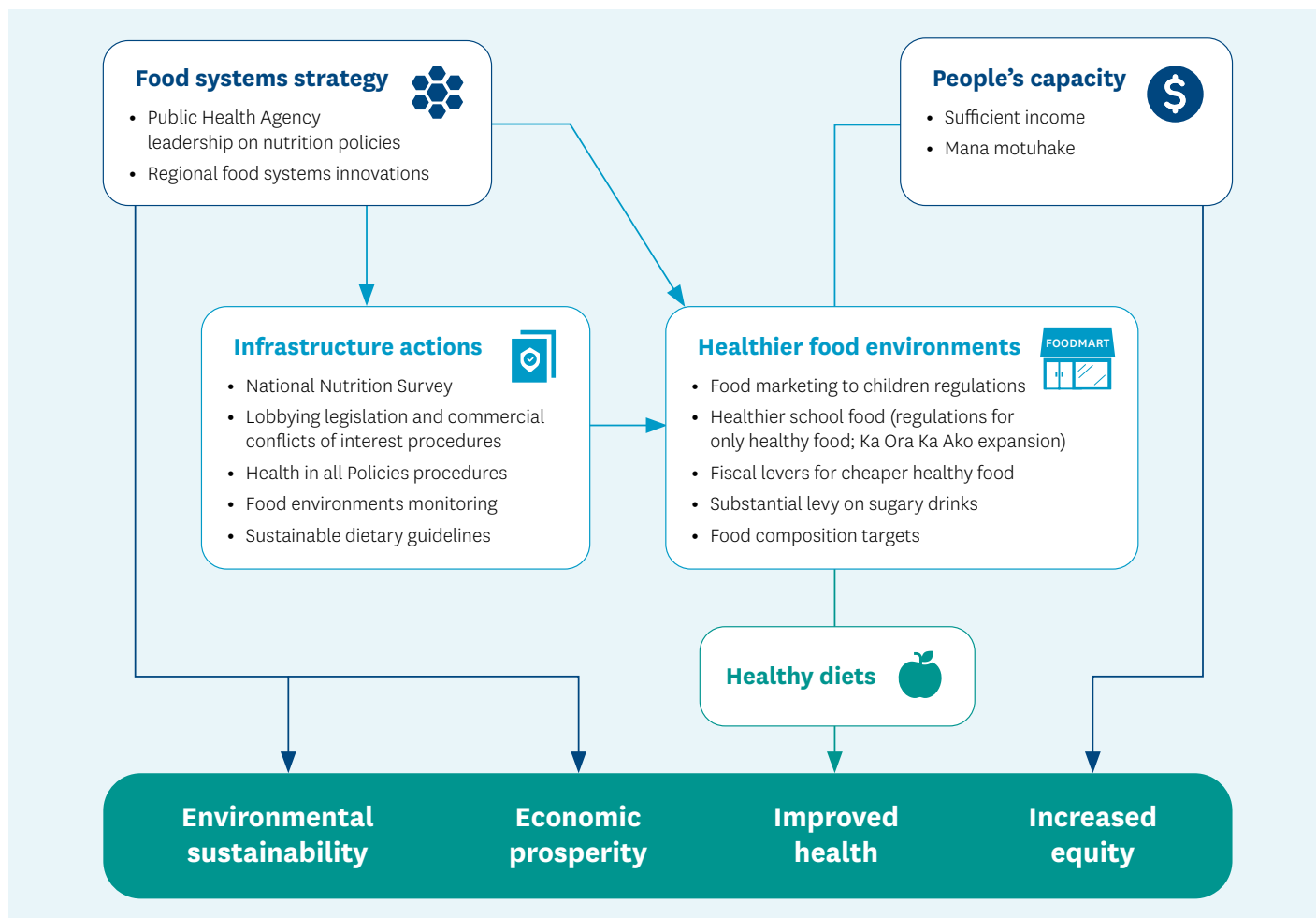
For vegetarians, probably the most startling fact was that only 4.9% of children and 6.7% of adults are estimated to eat the recommended number of daily servings of fruit and vegetables.

That report recommended a complete rebalancing of the country’s food system, including comprehensive action by central and local government, private enterprise, and communities.

“Right now, across our food ecosystem, things are out of balance. The health of people and the environment is not being prioritised...

The flow-on effect is that only a trickle of healthy, affordable, nourishing food options are available to many people in the places they live, and a flood of unhealthy food.”

Actions prioritised by the Expert Panel for Government to improve the healthiness of New Zealand food environments



ARTICLE CONTINUES ON NEXT PAGE

Now, the Helen Clark Foundation has added to the evidence of foul food play by suggesting a fix for the “weak rules [that] undermine health and economic growth in New Zealand.”

THE HIGH COST OF AN UNHEALTHY FOOD SYSTEM

The foundation focused on the shockingly high costs of obesity:

“New Zealand’s rates of obesity are among the highest in the world, and on current settings are likely to rise further. An estimated two million New Zealanders will be affected by 2038, and this comes with increased risks of many types of cancer, type 2 diabetes, cardiovascular disease, and musculoskeletal conditions”.

“Nearly \$2 billion is spent annually on treating obesity-related diseases – which is 8 per cent of the health budget. As rates of obesity rise, more taxpayer dollars will be needed to fund the health service.”

It added that the economy was being held back to the tune of up to \$9 billion in lost productivity annually, reflecting a wide range of factors, including increased healthcare costs, reduced life expectancy, lower wages, and stigma.

“We are not only becoming a sicker nation but a poorer one too.”

Doctors can attest to the ever-rising number of people with obesity-related problems. Middlemore Hospital intensive care specialist Dr David Galler told the NZ Herald how much this grim, dispiriting work increased through the 2000s.

“It was a bit like repairing broken panes of glass in a demolished building. You repair that pane of glass at considerable cost to them, their families, and the state. Three months later, the same person comes in with three broken panes. And then you never see them again because they’re dead.”

Despite such bleakness, the Clark Foundation found that few New Zealand governments have taken decisive, evidence-based steps to reduce obesity over the long term, opting instead for voluntary schemes like the Health Star rating system, industry-led approaches, or brief campaigns focused on personal responsibility. None had seriously engaged with improving the commercial food environment.

In fact, the foundation noted that the current approach to obesity policy assumes individuals can navigate a commercial food environment where unhealthy, cheap food is

readily available, while healthy options are expensive and getting more so.

Just as extractive industries like mining pollute the natural environment, privatising profits while socialising the costs of clean-ups, grocery companies contaminate the food environment while reaping substantial rewards from unhealthy food products.

“The government and taxpayers foot the costs associated with obesity to our health system and the economy,” the Clark Foundation said.

“New Zealand is one of the few developed countries without a national obesity strategy. The status quo is not working; New Zealand needs to reimagine its approach to obesity and tackle its root causes.”

THREE KEY RECOMMENDATIONS

The Clark Foundation outlined three key recommendations to address these challenges:

1. Regulation and Incentives

- New Zealand needs robust, enforceable regulations that are agile enough to meet today’s challenges.
- Other countries have successfully introduced sugar levies to reduce consumption.
- The UK’s Soft Drinks Industry Levy (2016) led to a 35% reduction in total sugar sold in soft drinks over four years and fewer hospital admissions for childhood tooth extractions.

2. Government-Led Change

- The state should lead by example in schools, hospitals, government canteens, the military, and prisons.
- These institutions serve hundreds of thousands of meals daily, meaning population-wide impact is possible.
- Creating healthy food environments in these spaces would reinforce social norms around healthy eating and increase demand for healthier options across the country.

3. Improved Treatment Approaches

- The government should adopt new treatments to improve the prevention and management of obesity.
- To be effective, individuals must return to an environment that supports good

health, rather than one saturated with sophisticated marketing of unhealthy food.

FOOD INJUSTICE AND TE TIRITI O WAITANGI.

The foundation also highlighted that New Zealand’s approach to reducing obesity must align with its obligations under Te Tiriti o Waitangi / The Treaty of Waitangi.

“While all New Zealanders are affected by New Zealand’s unhealthy food environment, Māori are disproportionately so, being exposed to unhealthy food marketing twice as often as non-Māori and living among more unhealthy food outlets than non-Māori.

“Nearly half of all Māori live with obesity, and the rate of obesity among Māori children is six percentage points higher than for non-Māori. Further, Māori are also more likely to suffer dental caries and experience higher rates of diabetes than non-Māori.”

It added that Pasifika communities are even more affected, with 67% of Pasifika adults and 28% of Pasifika children living with obesity.

A CALL TO ACTION

The report concluded that the Government has a duty to protect public health and must take bold action to tackle obesity.

“If implemented effectively and supported by an enduring cross-party consensus, a new approach to preventing obesity will substantially improve health outcomes in New Zealand, while driving productivity and allowing businesses to grow.”

Finally, the foundation called on politicians to take responsibility for the health of future generations:

“Those who act will leave proud legacies – having protected the health of our nation, the future of our children, and the strength of our economy.”

Reference:

“Junk Food and Poor Policy? How weak rules undermine health and economic growth in New Zealand and how to fix it” The Helen Clark Foundation.

Philippa Stevenson is a Waikato-based vegan journalist



VEGETARIAN APPROVED & VEGAN CERTIFIED *Product News*



BY BEN MOLLISON, NZVS TRADEMARK MANAGER

Autumn is a great time to enjoy the outdoors while the sun is still out longer, and the air is fresh and crisp! Alongside eating well, seeing friends, and staying active, it's never a bad idea to look out for ways to supplement your health when you can. It's great to have our newest certified member, Superdose, on board with a great range of products for this very purpose!

And speaking of eating well, another welcome addition to our Vegan Certification programme is All Good, who make fantastic plant-based milk. For those craving a dairy-free coffee option, you need to check out their range!



We hope you have many lovely memories from the past summer - lots of relaxing with loved ones and soaking in the sun. And since your Vitamin D is (hopefully) at a healthy level, why not start thinking about upping your other vitamin intake too, especially relevant as we look towards the colder months mid-year! Well, **Superdose** may have a great option for you if you're looking to take care of your immune system and prevent those nasty colds from coming on! They have just attained a Vegan Certification through the NZVS for their **Liposomal Vitamin C 1000mg tablets**. So, to stave off seasonal flus, why not pick up some of their tablets from a pharmacy or online?



www.superdosehealth.com



All Good has certified some of its amazing products with the NZVS. Our team are big fans of their plant-based milks, so we're excited to have them on board. For fans of their products (which we think everyone should be), they have released an exciting new addition, a

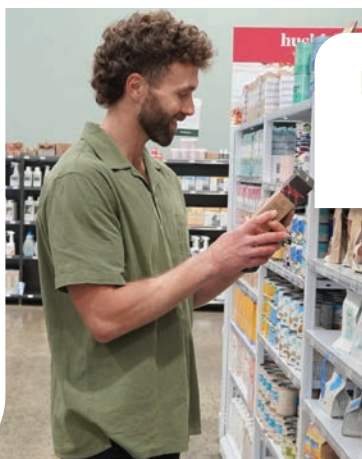
Barista Coconut Milk. Along with certifying this new offering, they now have Vegan Certification for both their **Original Oat Milk**, and **Barista Oat Milk** too! For some delicious and cow-friendly alternative milks for all your beverage, cooking and baking needs, grab yourself something from the amazing All Good range from your nearest supermarket.

www.all-good.co.nz



You will find a complete list of Vegan Certified and Vegetarian Society Approved products at the end of the magazine, and you can stay up to date by liking our Facebook or Instagram pages.

Have you found a product that seems vegan or vegetarian? Why not email the producer and ask if they have considered getting it Vegan Certified or Vegetarian Approved? We can help them spread the word! Alternatively, send an email to trademark@vegetarian.org.nz, and we'll get in touch with them.



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For more information and to access our Membership Programme discount booklet please email info@vegetarian.org.nz

Recipes



Anna Valentine shares some more of her creative and delicious recipes. More of Anna's recipes are available on both www.vegetarian.org.nz and www.theveggietree.com. Anna also has three recipe books available from her website The Veggie Tree (Spring/Summer and Autumn/Winter) plus her latest one, Abundance.

MUSHROOM STROGANOFF

The ultimate comfort food, this rich creamy dish from Russia is totally delicious. My version has big chunks of mushrooms instead of the original beef, and red kidney beans for protein. I serve it with earthy kasha which is toasted buckwheat groats, a staple in Eastern Europe and absolutely delicious if cooked well. They can get mushy if cooked too long, so I like to leave them to steam as you would for cooking rice. The addition of a little knob of butter helps prevent it sticking together too much. You could substitute with short grain brown rice if you want to.



PLANT-BASED & GLUTEN-FREE

INGREDIENTS:

- 60g butter, plant or dairy
- 1 tablespoon extra-virgin olive oil or neutral oil
- 1 onion, diced
- 1 tsp caraway seeds, dry toasted and ground, you could leave whole
- 2 sticks celery, sliced
- 1 capsicum, large dice
- 200g Swiss button mushrooms, halved
- 4 large Portobello mushrooms, quartered
- 3 cloves garlic, crushed
- 1/4 cup Riesling or other white wine (optional)
- 2 tablespoons tomato paste
- 1 x 400 can or cooked kidney beans, drained
- 500ml cream, cashew or dairy
- 200ml water
- 2 tsp vegetable stock powder
- 1 tablespoon mustard powder
- 2 bay leaves
- 1 tsp salt
- 1/2 tsp black pepper
- 1 cup buckwheat groats or kasha
- 1 3/4 cup water
- 1 tsp salt
- 1 tablespoon butter, plant-based or dairy
- 1/2 cup parsley, finely chopped
- 1 lemon, halved

METHOD

1. Gather your ingredients and put a pot on a medium heat and melt the butter along with the olive oil.
2. Add the onions, caraway seeds, celery, capsicum and mushrooms.
3. Sauté for five minutes then add the garlic and cook for a further minute.
4. Then add the wine, stir through and add the tomato paste, kidney beans, cream, water, stock powder, mustard powder and bay leaves.
5. Simmer for 20 minutes.
6. Meanwhile cook the kasha
7. Toast the buckwheat groats in a dry pan, shaking constantly for a couple of minutes then add the water and salt, cover and bring to the boil, turn down to a gentle simmer and cook for 15 minutes. Stir with a fork, add butter, remove from the heat and leave to steam for 5 minutes with the lid on.
8. Stir the parsley through the kasha.
9. Season the stroganoff and serve together with a squeeze of lemon.

PLANT-BASED NUTRITIONAL GUIDE

This easy to read, colourful, A4 laminated chart is a handy reminder of where protein, vitamins and minerals can be obtained in everyday food for a vegetarian/vegan diet. A must-have for every kitchen!

BUY ONLINE AT www.vegetarian.org.nz/shop



FENNEL AND RADICCHIO SALAD

This fennel and radicchio salad is simple to make, crispy and refreshing. Radicchio is a beautiful red and white leafy veg, like a mix between an iceberg-type lettuce and a cabbage. It's related to chicory so it's slightly bitter which means it is great for digestion, paired with fennel which is also great for digestion. This salad is perfect to have as a side for those winter comfort meals, with a pizza, pie or frittata. I love Pistachios and I love even more that you can buy them without the shell on now! They are such a tasty accompaniment to the Fennel and Radicchio and have an awesome array of health benefits including high levels of vitamin B6, vitamin E, polyphenols and antioxidants, plus they are very high in protein for their size.

INGREDIENTS:

- 1 clove garlic, crushed
- zest and juice of 1 lemon
- zest and juice of 1 orange
- 3 tablespoons extra virgin olive oil or hemp seed oil
- 1 tablespoon honey or coconut nectar
- 1-2 fennel bulbs, finely sliced
- 1 radicchio head, finely sliced
- 1/4 cup pistachios, shelled
- 4 onion weeds or 1 spring onion, finely sliced
- A handful of coriander, roughly chopped
- A handful of basil, dandelion tips, baby wild mustard or nasturtium leaves, roughly chopped
- 1/2 tsp salt
- 1/4 tsp cracked black pepper



PLANT-BASED &
GLUTEN-FREE

METHOD

Gather your ingredients and place straight into a salad bowl. Toss together well and serve. I've garnished with some lovely little wild mustard flowers and fennel tops.

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ETHICS, ANIMALS, & the Human Conscience

BY SUSAN SKARSHOLT

IS THERE SOMETHING DISTINCTIVE ABOUT HUMANITY THAT JUSTIFIES THE IDEA THAT HUMANS HAVE MORAL STATUS WHILE NON-HUMANS DO NOT? THIS IS A QUESTION THAT HAS ARISEN AGAIN AND AGAIN OVER THE CENTURIES.

Providing an answer to this question has become increasingly important among philosophers as well as those outside of philosophy who are interested in our treatment of non-human animals.

THE LONG HISTORY OF ETHICAL VIEWS ON ANIMALS

ANCIENT PERSPECTIVES

Pythagoras (ca. 570–490 BCE) is one of the earliest known advocates of vegetarianism. He argued that eating meat requires unnecessary killing when nature provides plant-based alternatives that “require no bloodshed and no slaughter.”

- He also believed that killing animals dehumanises humans, asking, “Oh, what a wicked thing it is for flesh to be the tomb of flesh... Must you destroy?”
- He urged people to “not exile what may be kindred souls by evil slaughter. Blood should not nourish blood.”

Plutarch of Chaeronea (ca. 56–120 AD) maintained that humans are not naturally carnivorous.

Porphyry (ca. 232–304 AD) argued that justice requires avoiding harm to any being capable of suffering, meaning the do no harm principle should apply to all sentient creatures.

MEDIEVAL PERSPECTIVES (15TH CENTURY)

Joseph Albo and Isaac Arama viewed vegetarianism as a moral ideal, believing that killing animals for food could negatively impact the moral character of the slaughterer.

EARLY MODERN PHILOSOPHICAL VIEWS (17TH–18TH CENTURY)

Aristotle (384–322 BCE) held that every living being has a *telos* (an ultimate purpose for existing). He claimed that superior beings exist to rule over the inferior, justifying human dominance over animals.

René Descartes (1596–1650) built on Aristotle's views and argued that nonhuman animals, lacking language, were mindless machines (automata) without thought, reason, or emotion.

Voltaire (1694–1778) opposed Descartes' view, pointing out that animal behaviour – such as nervous pacing or jumping for joy – demonstrates mental states, much like in humans.

David Hume (1711–1776) also rejected Cartesianism, which depicted animals as mere biological machines. He insisted that no truth is more evident than that animals have thought, reason, and emotions such as fear, anger, and courage.

Jeremy Bentham (1748–1832) introduced a revolutionary ethical perspective, arguing that the ability to suffer – not intelligence – should determine moral consideration. He famously asked, “The question is not, Can they reason? nor, Can they talk? but, Can they suffer?”

21ST CENTURY PERSPECTIVES

Dr Michael Greger, a modern advocate for plant-based living, connects ethics, health, and sustainability, stating:

“The most ethical diet just so happens to be the most environmentally sound diet and just so happens to be the healthiest.”

Today, more people than ever are considering the ethical implications of their choices, from reducing their carbon footprint to rejecting poor animal welfare practices. The conversation around ethics, animals, and food continues to evolve, shaped by growing awareness of animal rights, environmental sustainability, and public health.

Just a little research easily points out the many opposing views over vast periods of time, of what constitutes ethical behaviour of humans towards other species. Ethics is almost an old-fashioned word in this digital age. So, what exactly IS ethics?

According to our modern-day Google:

- a set of moral principles
- moral principles that govern a person's behaviour or the conducting of an activity.

Note the constant linking of ethics and the concept of morals. What then are morals?

- concerned with the principles of right and wrong behaviour.



Four generations of veg-ns.

In every society, expectations will change regarding details of what is considered right versus wrong behaviour. But as regards both ethical and moral behaviour, perhaps Jeremy Bentham's attitude could be taken as an all-encompassing principle i.e. behaviour that does the least harm to all living things.

In this century it has been noted quite clearly that there are many ethical benefits of not eating meat, plus many different aspects of cause and effect to be considered regarding ethics in relation to animals' rights and wellbeing: animal welfare / cruelty / rights / experimentation / environmental... the list is long and the word ethics comes into all these considerations.

Many are the records of animals' selfless love towards humans; therapy animals helping humans in many different ways and animal trust and self-sacrifice. We can compare this with the despicable and cruel behaviour of many humans towards this remarkable species of life.

Who, I wonder, would be considered the more advanced species by an outsider looking in on Earth?!

Whose behaviour would be considered the more ethical and morally beneficial to the greatest number? Are we really doing our best to promote the well-being of all creatures living on this Earth, not to mention the environment in which we all live and depend on for life?

Our diet and the effect of our diet is one of the major factors to be considered when it comes to ethical behaviour today. In order to do the least harm to our planet and other species with which we share our planet, a healthy, environmentally friendly vegetarian diet would seem to be the most beneficial - and ethical approach!

LIVESTOCK FARMING HAS A LARGE ENVIRONMENTAL FOOTPRINT

It contributes to climate change, water and land degradation, biodiversity loss, and frequently, extra stress to the animals via modes of living inflicted upon them. As well as fresh air and adequate food, animals such as cows require shade to reduce the impact of heat stress. Do each of the paddocks they are rotated through have adequate trees or shady areas?

>> ARTICLE CONTINUES ON NEXT PAGE

WASTEFUL LAND USE

It takes about 100 times more land to produce a kilocalorie of beef or lamb than it does to produce the same amount from plant-based alternatives. Around 30% of the earth's land surface is currently used for livestock farming. Since food, water and land are scarce in many parts of the world, this represents an inefficient use of resources. Meat production is highly inefficient and this is particularly true when it comes to red meat. To produce one kilogram of beef requires 25 kilograms of grain – to feed the animal – and roughly 15,000 litres of water. Pork is a little less intensive and chicken less still, though the quality of life for these last two species is horrendous courtesy of the human race.

PLANET POLLUTION

Livestock farming contributes up to 18% of human-produced greenhouse gas emissions worldwide. This is comparable to all emissions from ships, planes, trucks, cars and all other transport put together.

HERDS OR GROUPS OF COWS ARE SOCIAL CREATURES

They have a social pecking order of higher and lower rankings, and express emotional pain when calves are taken from them – as do other “food” animals.

They express fear as they are squashed into a truck bound for the freezing works and frequently suffer additional cruelty from those at the works.

What gives a human the right to inflict suffering on other species, just for their own pleasure?

IT HURTS THE GLOBAL POOR

Feeding grain to livestock increases global demand and drives up grain prices, making it harder for the world's poor to feed themselves. Grain could instead be used to feed people, and water used to irrigate crops. If all grain were fed to humans instead of animals, we could feed an extra 3.5 billion people. In short, industrial livestock farming is not only inefficient but also not equitable.

IT CAUSES UNNECESSARY ANIMAL SUFFERING

If we accept, as many people do, that animals are sentient creatures whose needs and interests matter, then we should ensure these needs and interests are at least minimally met and that we do not cause them to suffer unnecessarily. Industrial livestock farming falls well short of this minimal standard. Most meat, dairy and eggs are produced in ways that largely or completely ignore animal welfare, such as failing to provide sufficient space to move around, contact with other animals, and access to the outdoors. In short, industrial farming causes animals to suffer without good justification.

IT IS MAKING US ILL

At the production level, industrial livestock farming relies heavily on antibiotic use to accelerate weight gain and control infection. In the US, 80% of all antibiotics are consumed by the livestock industry. This contributes to the growing public health problem of antibiotic resistance. Already, more than 23,000 people are estimated to die every year in the US alone from resistant bacteria. As this figure continues to rise, it becomes hard to overstate the threat of this emerging crisis.

High meat consumption – especially of red and processed meat – typical of most rich industrialised countries is linked with poor health outcomes, including heart disease, stroke, diabetes and various cancers. These diseases represent a major portion of the global disease burden so reducing consumption could offer substantial public health benefits. Currently, the average meat intake for someone living in a high-income country is 200-250g a day, far higher than the 80-90g recommended by the United Nations. Switching to a more plant-based diet could save up to 8 million lives a year worldwide by 2050 and lead to healthcare related savings and avoided climate change damages of up to \$1.5 trillion.

A vegetarian diet requires less land and water than a meat-based diet, AND is less harmful to the environment, AND is healthier, AND is more equitable with food distribution, as well as causing less suffering to animals.

I was lucky enough to have a mother well ahead of her time. As a child she was at one point aware of doctors standing at the foot of her bed, shaking their heads and saying to each other, “It’s a shame she won’t last to experience adulthood.”

Oh yeah?!

Not only did she “last” – as adults, she and her sister decided to change their diet, philosophy, and general attitude and life-approach to improve their own health and raise healthy children.

So, born in 1950, I was raised by a mother with an approach to life that embraced Prevention rather than Cure. She was way ahead of her peer group at the time.

She raised 5 children on a healthy vegetarian diet – and from around the 4th birthday of the youngest she did this on her own, with hard work and an attitude of “Yes I can” to life. As the middle child, I had an extraordinarily strong and healthy immune system with about 5 spots appearing for each of the childhood diseases (measles,

chickenpox, whooping cough – about 3 “whoops”... even though I thought I was hard-done-by at the time!). She raised us with a good work ethic, inquiring minds, a sound philosophy of life and excellent basic life skills, all by living the life she wanted for us.

We lived a life of caring – and fighting – for the welfare of animals, which encompassed going on protest marches when we disagreed with poor decisions by those setting the rules in societal behaviour, writing letters to and contacting decision-makers to express our views, and moving on to encompass the digital age by sending emails to protest for the rights of animals. We also joined various associated groups (like the NZ Vegetarian Society) and worked constructively to encourage others to join us in bettering the lot of animals in NZ.

Ethics were ingrained along with good values, and when old enough to decide if we wanted to remain vegetarians and continue with the ethical life, we each decided to do so, though with different biases on what we each found most important. For me, my number one reason for not changing my lifestyle as an adult was the humane aspect. I agree strongly with Jeremy Bentham’s very pertinent question: “Do they suffer?” as the baseline for any action relating to animals – and people! For another sister, it was the better health factor. We all agreed on the ethical aspect we felt our lifestyle covered but with slightly different biases in details.

When I was 23, I was coming home on the motorbike I had purchased to allow me to do the cleaning and waitressing jobs with which I paid my way through University when a van suddenly turned in front of me and I was involved in a horrendous accident. In a weird repeat of my mother’s experience, I was supposed to die, but I survived against the odds, because of my extremely healthy body and the determination gene inherited from my mother! Thanks vegetarianism – and Mum!

On the question of ethical behaviour, I feel we humans have a way to go yet, but it is encouraging to see steadily increasing numbers of learners on this wonderful path of causing the least harm to all sentient/living things.

References:

Julian Savulescu, the Uehiro Professor of Practical Ethics at Oxford

Regan and Singer 1989

Ethical Vegetarianism: A Historical Overview

Susan Skarsholt is a semi-retired teacher and second generation vegetarian, who raised a third – and fourth – generation to become vegan. She lives in Auckland and is a lifelong contributor to the NZVS.



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FROM ECO-ANXIETY TO ECO-ACTION & EMPOWERMENT

BY SHOBHA SINGH

I enthrone those memories deep within the vaults of my mind, where they sit as hallowed relics, their soft whispers echoing through the corridors of time. It's about my first companion, my first neighbour and my first friend. The day I was born, the air was my first acquaintance. It brought me to life and became the oil in which my heart's fire could be borne. I was protected, loved and cared for. As the time grew with me I realised the air had friends, more than I could imagine. They collectively called themselves 'nature', something that represented the most beautiful thing I had ever seen. As in every view that passed before my eyes on the earth, I found the very essence of nature itself. With each breath I took, I felt more and more inextricably bound to her, and a deep sense of responsibility grew within me to protect and cherish her, my Revered Mother Nature.

With time passing and the world changing, her agony ran so deep that responsibility quickly transformed into an overwhelming eco-anxiety, as a heavy burden weighed upon my heart. The landmarks study warns of increasingly extreme heatwaves, droughts and flooding, and a key temperature limit being broken in just a decade. The report "is a Code Red for humanity", said the UN chief (1).

Yet, those silhouettes of hopelessness that eco-anxiety throws over me, ignite a small flame of determination. Small drops make an ocean, they said. I move gently forward, igniting from the ashes of hope within, and power in my hands, woven by motherly love herself. For that regret carries a weight that gratitude cannot lift, casting shadows on the beauty we risk letting drift away.

Education becomes the cornerstone of my transformation. From engaging in local biodiversity initiatives to exploring renewable energy solutions, I learn to innovate and adapt. A psychotherapist at the University of Bath, Caroline Hickman, has rightly said, "Children are infinitely more informed than their parents I think"

(2). Children's sustainable behaviour has received significant practical and scholarly interest (3). In their Education for Sustainable Development Planet, and the Sustainable Development Goals (SDGs) (4), the United Nations recognise children as drivers of change for a sustainable future (5).

Community involvement and collective action fostered a sense of belonging and shared purpose. I join communities like 'Force of Nature' (6), engage in practices including plastic waste reduction and promote renewable energy use. The local clean-up drives and reforestation activities don't just change the look of our landscape; they also nurture our hearts. Every action taken toward being a good steward further digs into the knowledge that I am connected with this earth, and that every breath speaks to a shared responsibility. As I walk this transformative path, I understand that the journey from eco-anxiety to action isn't just about reacting but being proactive, embracing possibility. Every thread in this tapestry of resilience and hope that my voice is a part of, signifies a choice: a chance to redefine the very future of our earth, ensuring her cherished world is safe, that future generations inherit not just the echoes of our anxieties but a vibrant world alive with possibility and promise.

And now, in this radiating awakening, I find myself once more strong. In the beauty of concerted effort, I heal, not this earth alone that aches, but my soul also. Out of the stings of ecological anxiety and the shadows of hopelessness, I fashion an inner resilience, kindled by purpose and woven by love.

SELF- REFLECTION

Engaging in this "From Eco-Anxiety to Eco Action & Empowerment" initiative really changed my perspective on issues of environmental sustainability. Since I have dealt with the concept of eco-anxiety, I began to understand why climate change and environmental deterioration can really take a toll emotionally on human beings, and especially among the youth

like me. This exposure has made me more sensitive and aware about the psychological issues related to ecological breakdowns. I have tried to convey the emotional turmoil through a poetic touch within the essay. It really helped me develop key competencies in research and community volunteerism as I had the opportunity to engage with different communities like 'Force of Nature', and working together for change with community recycling programs and awareness campaigns. These highlight what can be achieved by pooling efforts to address environmental concerns. However, challenges arise in mobilising members into action and show the need for effective outreach communication. This inspired me to take initiative in my own community and school as well, to organise workshops promoting sustainable practices such as waste reduction and energy conservation. I found great joy in relating to people who share a commitment to environmental advocacy especially my supportive teachers, which only reinforced my belief that change is possible when we unite for a common cause. Ultimately, I learned that while eco-anxiety is a valid response to our current climate crisis, it can be turned into meaningful action, as it has done for me.

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Shobha Singh, a student at Delhi University and a member of Force of Nature, is passionate about environmental advocacy and sustainable living. She combines her love for learning with a vision for a kinder, greener world, inspiring others to rethink their relationship with the planet.

DINING OUT

REVIEWS BY INA BABIC



BODRUM MARKET - A MEDITERRANEAN FEAST

Bodrum transports you to the Mediterranean with its vibrant twist on Turkish and Greek cuisine. Inspired by Istanbul's Grand Bazaar and the streets of Bodrum City, the restaurant features an open-concept cooking space, including a charcoal grill and a Manuka-wood pizza oven, adding to the lively atmosphere. The decor includes whimsical pink trees, enhancing the unique experience.

For our NZVS Christmas staff lunch, we enjoyed their Mezze platters, which included green herbs hummus, tzatziki, muhammara, dolmades, falafel, cauliflower keftedes, olives, feta, mixed pickles, flatbread, and pide. The platters were perfect for sharing, offering vibrant, fresh ingredients. The hummus was creamy, and the flatbread and pide were the perfect accompaniments.

Bodrum's fusion of Turkish and Greek traditions shines not only in the dishes but also in their presentation. The friendly and attentive staff made us feel right at home.

The restaurant also offers a tempting selection of cocktails, mocktails and coffee lovers will appreciate their authentic Turkish coffee, rich and full-bodied – a perfect end to the meal.

Vegetarians will find plenty of options that are satisfying and delicious. If you're seeking Mediterranean comfort food with a creative twist and warm service, Bodrum Market is well worth a visit.

Newmarket: 235 Broadway, Newmarket, Auckland

Hours: Mon–Thu: 11 AM – 9 PM, Fri: 11 AM – 10 PM
Sat: 10 AM – 10 PM, Sun: 10 AM – 9 PM

Other locations in Auckland:

New Lynn: 16 Totara Ave, New Lynn

Mission Bay: 99 Tamaki Drive, Mission Bay

W www.bodrum.co.nz



GRINGAS - TEX-MEX EXCELLENCE IN MANGAWHAI

For the last seven years, my husband and I have owned a house in Mangawhai, and it's been amazing to see Gringas grow from a humble food truck into a busy restaurant since its opening in 2021. During the holidays, we dined there with our kids, who are coeliac, and the staff had no problem offering delicious gluten-free options – an extra plus for families with dietary needs. The kids enjoyed a gluten-free quesadilla and a “construct your own tacos” meal, and everyone left happy.

On this occasion, I had the Cali burrito, which was bursting with bold flavours, while my husband enjoyed a burrito bowl. Gringas brings a vibrant Tex-Mex experience inspired by founder Maggie's Texan roots. The meals are consistently full of flavour and honestly make Gringas one of the best Mexican restaurants I've been to.

The tacos, enchiladas, and quesadillas showcase authentic flavours, while their margaritas are a must-try, delivering the perfect zing. Tequila lovers will appreciate the impressive selection.

The lively atmosphere, welcoming decor, and friendly staff make Gringas the ideal spot for both casual and special occasions. Be sure to book ahead, as it's popular for good reason!

1/7 Wood Street, Mangawhai

Hours: Tuesday to Sunday: 3 PM – Late

W www.gringas.co.nz



FOREST - A VEGETARIAN HAVEN ON DOMINION ROAD

As someone who's usually the only vegetarian among meat-eaters, this time was refreshing – I was the lone vegetarian among three vegans! Forest is a fully vegetarian restaurant that of course caters for vegans too. The menu is bursting with bold flavours, and every dish is thoughtfully prepared. We enjoyed the beer-glazed orange kumara, witloof tacos and seaweed-dusted fries, which were full of creative flavours. We also had one of the best cauliflower and lettuce dishes I've ever tasted. The food at Forest is consistently top-notch you can't go wrong here, as they know how to make each dish as tasty as possible. The atmosphere is cosy, with dim lighting which I love, and I still have their playlist saved to my Spotify!

Forest's à la carte menu changes frequently, based on the season and what's available. This seasonal approach, combined with their commitment to sourcing local ingredients and minimising waste, truly sets them apart. No matter your dietary preference, Forest is a must-visit for anyone seeking an exceptional dining experience.

243 Dominion Road, Mt Eden, Auckland

Hours: Wednesday to Saturday: 5 PM – Late

W www.forestrestaurant.co.nz





Located on the Kāpiti Coast, Apostle is a small team dedicated to creating handcrafted chilli-based condiments. Drawing inspiration from Aotearoa's rich culinary landscape, they use high-quality ingredients and unique flavour combinations to craft something truly special. From the vibrant and tangy Kiwifruit & Kawakawa Verde to the aromatic Crispy Chilli Oil, Apostle offers nine vegetarian-friendly sauces designed to enhance any meal.

Apostle sauces are produced in Paraparaumu, Wellington, by Lydia and Mat. What began as a small venture at their local monthly market in the seaside village of Paekākāriki quickly gained momentum. After early success selling to their community, the duo decided to pursue their passion seriously. By December 2019, Apostle was officially launched, and five years on, their sauces are now stocked in over 270 locations across New Zealand, Australia, the United Kingdom, and Japan. Rather than focusing on extreme heat, Apostle's sauces highlight delicate, well-balanced flavours, each one carefully crafted to elevate your meals.

The brand draws inspiration from Christian iconography and historical artwork, including illuminated manuscripts like The Book of Kells and Roman Catholic stained glass. Each saint featured on their labels is intricately illustrated with references to their stories. For example, Saint Philip – Roasted Capsicum & Chilli is depicted preparing bread, symbolising the multiplication of loaves. When developing the brand, Lydia and Mathew noticed that many hot sauce companies relied on hyper-masculine imagery—skulls, flames, and themes of pain. Apostle was created as a contrast, celebrating complexity, balance, and craftsmanship to appeal to a wider audience. Each detailed label is hand-illustrated by tattoo artist Juju, giving Apostle its distinct visual identity.



Apostle's newest release, Saint Francis of Assisi – Kimchi Ketchup, is an exciting and unexpected twist on a classic pantry staple. This sauce blends the bold, tangy flavours of kimchi with perfectly balanced ketchup, creating a rich tomato base with an extra kick of fermented garlic and onion. Savoury, sweet, and subtly spicy, it adds a zing of umami flavour to all your family favourites.

Beyond taste and design, Apostle prioritises sustainability by sourcing ingredients locally whenever possible and maintaining a commitment to quality. This includes organic apple cider vinegar made in Ōtaki and New Zealand-grown rapeseed oil. Keep an eye out for Apostle sauces at a retailer near you—recognisable by their playfully distinctive labels—or visit their website to explore the full range.

W www.apostlehotsauce.co.nz

Photos by Alexander's Art Agency





IS A PLANT-BASED DIET RIGHT FOR YOUR PET?

BY INA BABIC

As more pet owners embrace plant-based living, the question of whether vegetarian and vegan diets are suitable for pets has sparked much debate. To shed light on this topic, we spoke with companion animal veterinarian Yael Schneider who shares insights into the nutritional considerations and risks of feeding pets a plant-based diet, and what pet owners need to know before making the switch.

TELL OUR READERS A LITTLE ABOUT YOURSELF...

I'm originally from Israel, grew up in the US, and earned my BVSc in South Africa in 2011. Since then, I've been practising as a companion animal vet in New Zealand. For the past seven years, I've lived in Taupō with my husband, a production animal vet, and our three young daughters.

WHAT INSPIRED YOU TO BECOME A VETERINARIAN, AND HOW LONG HAVE YOU BEEN PRACTISING?

I've always known I wanted to be a vet. As a child, I was a magnet for injured and stray animals, feeling frustrated by the lack of urgency from the adults around me. This motivated me to gain the knowledge and skills to help animals myself. Over time, as I became vegetarian and later vegan, my passion evolved into a broader commitment to intentional, ethical living.

WHAT ARE YOUR THOUGHTS ON FEEDING PETS A VEGETARIAN OR VEGAN DIET? WHAT ARE THE POTENTIAL BENEFITS AND RISKS?

This is a complex issue. While pet owners may have ethical, environmental, or health-based reasons for choosing a vegetarian or vegan diet for their pets, ensuring balanced nutrition is crucial.

It is commonly regarded as nutritionally complete if a pet food meets AAFCO (Association of American Feed Control Officials) and FEDIAF (European Pet Food Industry Federation) guidelines. A few vegan and vegetarian pet foods on the market meet these standards. However, nutritional adequacy is not just about ingredient inclusion – it's also about bioavailability, particularly in cats, who are obligate carnivores.

Risks arise when feeding an unbalanced diet. Homemade vegan or vegetarian diets should only be considered under the guidance of a registered veterinary nutritionist. Studies show that home-cooked pet diets – especially those without professional formulation – carry a higher risk of nutritional deficiencies.

HAVE YOU TREATED PETS ON VEGETARIAN OR VEGAN DIETS, AND WHAT WERE THE OUTCOMES?

I haven't personally treated pets on vegan or vegetarian diets, nor have my work colleagues in Taupō. Some owners feeding these diets may choose not to disclose it, but I believe these diets haven't gained significant traction in New Zealand compared to other regions.



ARE THERE ANY STUDIES SUPPORTING THE BENEFITS OR RISKS OF THESE DIETS FOR PETS?

There are some promising studies on the safety of vegan pet diets, but they are mostly based on short-term outcomes and conducted on small sample sizes. Currently, there is no scientific evidence to suggest that vegetarian or vegan diets are healthier than meat-based diets for dogs or cats.

For cats, the risks are particularly critical. Being obligate carnivores, they require nutrients such as taurine, preformed vitamin A, and arachidonic acid, which are naturally found in animal-based foods. Concerningly, studies analysing commercial vegetarian cat foods have found deficiencies in essential nutrients, even in products marketed as nutritionally complete.

>> ARTICLE CONTINUES ON NEXT PAGE



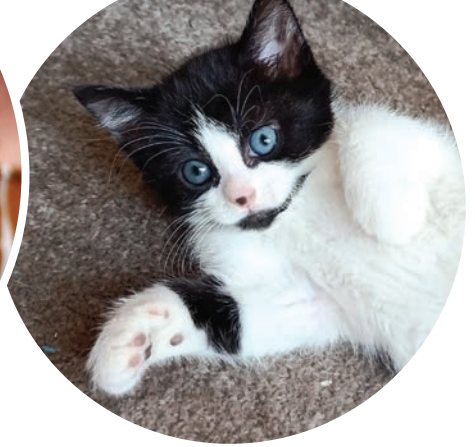
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WHAT ARE THE MOST COMMON HEALTH CONCERNS IN PETS ON VEGETARIAN OR VEGAN DIETS, AND HOW CAN THEY BE ADDRESSED?

Species-specific needs must be considered. Cats should not be placed on vegetarian or vegan diets, as they require animal-derived nutrients. Dogs, being omnivores, can tolerate plant-based diets but need careful supplementation to avoid deficiencies.

FROM AN ETHICAL STANDPOINT, WHAT ARE YOUR THOUGHTS ON FEEDING PETS A VEGETARIAN OR VEGAN DIET?

Our pets are solely reliant on us to provide for their needs. If we choose to domesticate obligate carnivores, we have an obligation to them to meet their nutritional needs. While some owners may want to align their pet's diet with their own values, it's critical to prioritise the pets' health and nutritional needs.



WHERE DO YOU SEE THE FUTURE OF PET NUTRITION HEADING?

Pet food trends often mirror human dietary trends. There is increasing interest in reducing ultra-processed foods and favouring natural, whole, unprocessed diets. Some developments, such as insect-based proteins, are particularly intriguing and may offer a sustainable alternative to traditional meat-based pet foods.

IS THERE ONGOING RESEARCH IN THIS FIELD THAT YOU FIND PROMISING?

There are many studies in progress, but we still need large-scale, long-term research in order to be able to draw definitive conclusions about vegetarian and vegan diets for pets.

WHAT ADVANCEMENTS WOULD YOU LIKE TO SEE IN VEGETARIAN OR VEGAN PET FOODS?

Ideally, we'd see a pet food that is both nutritionally complete and supported by robust, independent research. Right now, there are gaps in meeting all nutritional requirements without supplementation.

WHAT ADVICE WOULD YOU GIVE PET OWNERS CONSIDERING A VEGETARIAN OR VEGAN DIET FOR THEIR PETS?

Consult a veterinary nutritionist before transitioning your pet to a vegetarian or vegan diet. It's crucial to ensure their diet meets all their nutritional needs, avoiding deficiencies that could impact their long-term health.

Theosophy

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Have you ever wondered about the big questions of life?

Is there life after death?

What is the purpose of life?

Who am I?

Come and join us as we explore the deeper questions of life with like minded enquirers.



Contact:

www.theosophy.nz • np@theosophy.nz • 09 523 1797

The NZ Vegetarian Society relies solely on donations to continue its important work in awareness, education and promotion of the benefits of a veg~n lifestyle and kindness to all.

Including a charitable donation in your will is a meaningful way to leave a lasting impact, ensuring that the causes you care about continue to benefit from your generosity for years to come.



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MEMBERSHIP



Changed your address or email?

Remember to drop the NZVS a line and let us know.

The NZVS is inclusive of everyone on the vegetarian path, and membership is open to all, from those reducing their use of animal products through to vegans. There is a range of vegetarianism within the broad term "vegetarian" and we support all types of vegetarians and anyone considering it.

Though there is a difference between vegetarian and vegan diets, and sometimes in lifestyles as well, we are all on the same path. The NZVS helps people to make the change to vegetarianism and/or to veganism.

You can be a supporter member if you support what we stand for, even if you're not yet vegetarian yourself.

The fact that we include **all** vegetarians is one of the things that makes the NZ Vegetarian Society unique and effective.

THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

- More humane
- More conducive to good health
- Fundamental to resolving the world food scarcity problem
- Creates fewer demands on the environment
- More economical
- Easy to prepare

MEMBERS AND SUPPORTERS

Find out more about a plant-based way of life, learn new recipes, receive our quarterly magazine *Vegetarian Living NZ*, monthly informative E-newsletter, and meet like-minded people at informal meetings and social events.

Vegetarianism is the practice of living on plant-based products, with or without the use of eggs* and dairy products but excluding entirely the consumption of meat, fish, poultry and any of their by-products. [*preferably free-range eggs].

Veganism is an extension of vegetarianism and avoids the use of animal products of all kinds in all areas of life (no eggs, milk, butter, leather, etc.).

THE AIMS OF THE NZVS:

To spread the principles and advantages of a plant-based diet and the ideal of a humanitarian way of life and to:

- assist those who have recently become veg-n or who are considering doing so;
- build a veg-n community nationwide;
- publish and distribute informational literature;
- hold events such as shared meals, public meetings, workshops and social groups

TO JOIN THE NZVS

Go to our website www.vegetarian.org.nz and complete your details online.

Annual membership includes four issues of *Vegetarian Living NZ* and 12 informative E-newsletters. It also grants you access to exclusive member discounts on Vegetarian Approved and Vegan Certified products from participating companies in our Membership Programme.

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OVERSEAS

The Vegetarian Society U.K.
Parkdale, Altrincham, Cheshire,
WA124QG, England.
www.vegsoc.org

Vegetarian Resource Group
PP Box 1463, Baltimore, MD21203, USA
www.vrg.org

International Vegetarian Union (IVU)
IVU is a growing global network of independent organisations which are promoting veg'ism worldwide. Founded in 1908.
<https://ivu.org/>

Alterations or additions to this list?

Send to:
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BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

HEALTH & COSMETICS



BODHI ORGANICS
Bodhi Organics Everyday hydrating cream 50ml



CLINICIANS
Research Based

Pure Omega-3 Algae Oil 1000mg, Clinicians Nutrients for Vegans 60 vegan capsules, Magnesium Chloride 200ml Liquid



GOODBYE
We Belong Outdoors
Goodbye OUCH Vanilla Lip Balm, Goodbye Sandfly



HOLISTIC HAIR

Vegan Certified: Sensitive Shampoo & Conditioner, Hydrating Shampoo & Conditioner, Quinoa Pro Colour Protect Shampoo & Conditioner, Scalp Treatment Oil, Herbal Finishing Rinse, Essential Scalp Spray, Salt of the Earth Texturising Spray.



ORGANIC BIOACTIVES
Innovating From Tradition

OceanDerMX Lift & Firm, OceanDerMX Restore & Protect, OceanDerMX Balance & Brighten



PANNA SOAPS

Calendula & Poppy Soap, Charcoal Soap, Coffee Soap, Frankincense Soap, Gardener's Soap, Green Clay Soap, Oatmeal Soap, Pink Clay Soap, Shea Butter & Lavender Soap, Star Anise Soap, Shampoo Bar, Shaving Bar



RED SEAL
Red Seal - Incredible Inside

Red Seal Natural Kids Toothpaste 70 g, Red Seal Natural Kids Fluoride Toothpaste 70 g, Red Seal Natural Whitening Toothpaste 100g, Red Seal Natural Whitening Fluoride Toothpaste 100g, Red Seal Natural Complete Care Toothpaste 100g, Red Seal Natural Complete Care Fluoride Toothpaste 100g, Red Seal Natural Baking Soda Toothpaste 100g, Red Seal Natural Lemon Toothpaste 100g, Red Seal Herbal Toothpaste 100g, Red Seal Strong Mint Toothpaste 100g.



VITAMIN SOLUTIONS

Nerchr Cmax Maximum Support 30ml, Nerchr Natural Skin Rejuvenation 30ml, Nerchr Tattoo & Piercing Aftercare 30ml

RESTAURANT MENUS



HELL PIZZA
The Best Damned Pizza In This Life Or the Next

Pizzas: Sinister, Vegan Pride, Vegan Damned, Vegan Saviour, Vegan Mayhem, Vegan Brimstone, Vegan Mischief, Vegan Wrath. Vegan Quorn Nuggets, Garlic Bread

FOOD & BEVERAGES



ALLERGYWISE

White Loaf (Toast and Thin Slice), White Rolls, White Sticks, White Hamburger Buns (Regular and Large), Turkish Pide, Brown Loaf (Toast and Thin Slice), Brown Rolls, Brown Sticks, Seeded Loaf (Toast and Thin Slice), Seeded Hamburger Buns (Regular and Large), Pizza bases (Small, Medium, and Large), Fruit Loaf, Bread Crumbs



ALL GOOD
Barista Oat Milk, Original Oat Milk, Barista Coconut Milk



ANNIES
Food You Trust

Apple & Apricot Fruit Bar, Apple & Boysenberry Fruit Bar, Apple & Raspberry Fruit Bar, Apple & Strawberry Fruit Bar, Apple & Mango Passion Fruit Bar, Berry Fruit Flats, Summer Fruit Flats, Fruit Strips, Fruit Jerky



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BAKELS EDIBLE OILS
Chefs Pride Spread 500gr, Chefs Pride Catering Spread 4kg



CHASERS
Feel The Flavour

Bhuja Mix - Mild, Bhuja Mix - Hot, Chilli & Garlic Peas, Salted Peas, Chevda



COOKIE TIME
For Serious Cookie Munchers

The Original Plant Based Chocolate Chunk Cookie, Christmas Cookies - Plant Base Chococalicious

FOOD & BEVERAGES



EM'S
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FOLIUM ORGANICS
We're a Source of Good Nourishment

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GIBBSTON VALLEY

Pinot Gris Gibbston Valley Gold River, Pinot Noir Gibbston Valley Gold River, Rose Gibbston Valley GV Collection, Riesling Gibbston Valley GV Collection, Pinot Gris Gibbston Valley GV Collection, Sauvignon Blanc Gibbston Valley GV Collection, Pinot Noir Gibbston Valley GV Collection, Riesling Gibbston Valley Red Shed, Pinot Blanc Gibbston Valley Red Shed, Pinot Noir Gibbston Valley Red Shed, Chardonnay Gibbston Valley China Terrace, Pinot Noir Gibbston Valley China Terrace, Pinot Gris Gibbston Valley School House, Pinot Noir Gibbston Valley School House, Pinot Noir Gibbston Valley Diamond, Pinot Noir Gibbston Valley Glenlee, Riesling Gibbston Valley Le Maitre, Gewurztraminer Gibbston Valley Le Maitre, Pinot Noir Gibbston Valley Le Maitre, Pinot Noir Gibbston Valley Reserve



GOODNESSME
Good Taste, Good Intentions, Good Deeds

Fruit Nuggets: Strawberry, Raspberry & Blueberry, Orange & Mango; Fruit Sticks: Strawberry & Blueberry, Pineapple & Passionfruit, Raspberry & Blueberry; Fruit Nuggets & Sticks Mix



HEINZ
Heinz Seriously Good Vegan Garlic Lovers Aioli, Heinz Seriously Good Vegan Mayonnaise, Heinz Seriously Good Vegan Aioli



HEMPFARM NZ
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A New Breed Of Hotdogs

Vegan Notdogs, Vegan Mini Notdogs



HUNTER'S WINES

Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewurztraminer, Pinot Gris, Rosé, Gruner Veltliner

FOOD & BEVERAGES



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Organic, From Our Trees, To Your Table

Dry Sparkling Apple and Feijoa Fruit Wine, Medium Sparkling Apple and Feijoa Fruit Wine, Reserve Sparkling Apple and Feijoa Fruit Wine, Still Apple and Feijoa Fruit Wine, Poormans Orange Juice, Apple and Feijoa Juice



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The Ned Series: The Ned Sauvignon Blanc (2020, 2021, 2022, 2023, 2024), The Ned Rosé (2020, 2021, 2022, 2023, 2024), The Ned Pinot Gris / The Ned Pinot Grigio (2021, 2022, 2023, 2024), The Ned Chardonnay (2019, 2020, 2021, 2022, 2023), The Ned Pinot Noir (2020, 2021, 2022, 2023), The Ned Skyscraper Sauvignon Blanc (2021, 2022, 2023, 2024), The Ned Pinnacle Sauvignon Blanc (2021, 2022, 2023, 2024), The Ned Noble Sauvignon Blanc (2021, 2022, 2024), The Ned Pinot Noir Early Release (2023), The Ned Floral White 2023, The Ned Pinnacle Syrah (2022, 2023). The Kings series: The Kings Favour Sauvignon Blanc (2020, 2021, 2022) / The Kings Series Sauvignon Blanc (2023, 2024), The Kings Desire Rosé (2020, 2021, 2022), The Kings Bastard Chardonnay / The Kings Legacy Chardonnay (2019, 2020, 2021). The Kings Series Chardonnay / The Kings Bastard Chardonnay (2022, 2023), The Kings Wrath Pinot Noir / The Kings Fury Pinot Noir (2019, 2020, 2021). The Kings Series Pinot Noir (2022, 2023), The Kings A Sticky End Noble Sauvignon Blanc (2021, 2022). Leefield Station Series: Leefield Station Sauvignon Blanc (2020, 2021, 2022, 2023, 2024), Leefield Station Rosé (2020, 2021, 2022, 2023, 2024), Leefield Station Pinot Gris (2020, 2021, 2022, 2024), Leefield Station Chardonnay (2019, 2021, 2022, 2023), Leefield Station Pinot Noir (2019, 2020, 2021, 2022, 2023), Leefield Station Stockman Syrah (2021, 2022), Leefield Station Gewurztraminer (2022, 2023, 2024), Leefield Station Riesling (2023, 2024). The Craft Series: Craft Series The Journey Pinot Noir (2020, 2021, 2022, 2023), Craft Series Pride and Glory Sauvignon Blanc (2021, 2022, 2023), Craft Series Exemplar Viognier (2021, 2022), Craft Series Pioneer Chardonnay (2020, 2021, 2022, 2023). Three Terraces Series: Three Terraces Sauvignon Blanc (2021, 2022), Three Terraces Pinot Gris (2021, 2022), Three Terraces Rosé (2021, 2022), Hartley's Block Sauvignon Blanc (2021, 2022, 2023), Emma Marris Series: Emma Marris Sauvignon Blanc (2021, 2022, 2023, 2024), Emma Marris Pinot Noir (2022, 2023), Emma Marris Chardonnay (2023). Riverblock Sauvignon Blanc (2021, 2022, 2023, 2024). Fairhall Cliffs Sauvignon Blanc (2023). Definition by Majestic (2024).

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Vegan Pesto

FOOD & BEVERAGES



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ROUND THEORY
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FOOD & BEVERAGES



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THE BAKER'S SON
Vegan Mince & Cheddar Pie, Vegan Buttery Chick'n Pie



THE COOL GARDENER
We Want To Make It Easy For Everyone To Enjoy Nutritious, Delicious Plant-Based Meals

Kumara Rosti, Cauliflower Schnitzel, Falafel, Pumpkin and Spinach Burger Pattie



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Crazy About Vegan Pies

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TRADE AID
Doing Good Tastes Great

Drinking Chocolate, Cocoa Powder, Cane Sugar



TREASURED MORNING
Treasured Morning Apple Crumble 350 gr



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Waiheke Herb Spread: Regular, Regular Garlic Free, Organic, Organic Garlic Free, Asian, Italian, Supergreens



IS IT VEGAN CERTIFIED?





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*UK VegSoc Approved | See inside back page for Vegan Certified Products

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ORGANIC BIOACTIVES
NEW ZEALAND

ORGANIC BIOACTIVES

Innovating From Tradition

OceanDerMX Lift & Firm, OceanDerMX Restore & Protect, OceanDerMX Balance & Brighten, OceanDerMX Calm & Soothe

nerchr® VITAMIN SOLUTIONS

Nerchr Cmax Maximum Support 30ml, Nerchr Natural Skin Rejuvenation 30ml, Nerchr Tattoo & Piercing Aftercare 30ml

RESTAURANT MENUS



HELL PIZZA

The Best Damned Pizza In This Life Or the Next

Pizzas: Pride, Purgatory, Limbo, Damned, Sinister, Veggie Saviour, Veggie Grimm, Veggie Mayhem, Veggie Pandemonium, Veggie Brimstone, Veggie Mischief and Veggie Wrath. Quorn tenders, Green Demon Pasta

FOOD & BEVERAGES



ANNIES

Food You Trust

Apple & Apricot Fruit Bar, Apple & Boysenberry Fruit Bar, Apple & Raspberry Fruit Bar, Apple & Strawberry Fruit Bar, Apple & Mango Passion Fruit Bar, Berry Fruit Flats, Summer Fruit Flats, Fruit Strips, Fruit Jerky



BAKELS EDIBLE OILS

Chefs Pride Spread 500gr, Chefs Pride Catering Spread 4kg



CHASERS

Feel The Flavour

Bhuja Mix - Mild, Bhuja Mix - Hot, Chilli & Garlic Peas, Salted Peas, Chevda



FOLIUM ORGANICS

We're a Source of Good Nourishment

Organic Barley Leaf powder/Folium Organics, Organic Wheat Grass powder/Folium Organics, Organic Pea Leaf powder/Folium Organics, Organic Pea Leaf powderblended 50/50 with Organic Barley Leaf powder/Folium Organics, Organic Kale powder, Organic Carrot powder, Organic Beetroot powder, Organic Spearmint powder, Organic Quinoa (grain/powder), Organic Fennel powder, Organic Echinacea powder, Broccoli Sprout powder, Whole Pea powder, Manuka Leaf powder



GOODNESS ME

Good Taste, Good Intentions, Good Deeds

Fruit Nuggets: Strawberry, Raspberry & Blueberry, Orange & Mango; Fruit Sticks: Strawberry & Blueberry, Pineapple & Passionfruit, Raspberry & Blueberry; Fruit Nuggets & Sticks Mix



WALTER & WILD

I Love Pies

Spiced Chickpea & Spinach, Vegetarian Mince & Cheese

FOOD & BEVERAGES



LET'S EAT

Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders



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THE GOODTIME PIE CO.

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Waiheke Herb Spread: Regular, Regular Garlic Free, Organic, Organic Garlic Free, Asian, Italian, Supergreens

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Eat more plants



QUORN

The world's favourite meat-free, soy-free food



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TAIWANESE WOMEN'S ASSOCIATION OF NEW ZEALAND (TAWANZ)

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