

VEGETARIAN

Living

NZ

ISSN 1176-9335

SUMMER 2023/2024 VOL. 80, NO. 2

**EATING WELL,
LIVING BETTER**

**3 TIPS FOR TRAVELLING
ETHICALLY
AROUND THE WORLD**

**THINK KIND
COMPETITION WINNER!**

**EMBRACING
PLANT-BASED:
A SHIFT IN DIETARY TERMINOLOGY**

**GUT HEALTH:
HOW VEG-N DIETS ARE KEY**



**FOR A KINDER,
HEALTHIER
WORLD**

RRP \$7.90



EDITORIAL



editor@vegetarian.org.nz

"One day the absurdity of the almost universal human belief in the slavery of other animals will be palpable. We shall then have discovered our souls and become worthier of sharing this planet with them." - Martin Luther King Jr. I love reading quotes like these showing that the great thinkers and leaders of our time have always had an elevated consciousness.

World Vegetarian Month was busy. We started with a delicious high tea event on World Vegetarian Day and had lots of promotions to celebrate throughout the month, which you would have seen on our social media pages. We ended the month with staff running the Auckland Marathon to raise much-needed funds for the NZVS so that we can continue doing our work. See pictures from our activities during World Vegetarian Month on the next page.

Although we may have been busy with various events, our thoughts have not been far from the shocking global events that have unfolded in Israel and Gaza. As a charity, we are neutral on political matters, but our thoughts and prayers are with all the innocent lives that have been lost or affected by this tragic and ongoing situation.

In this issue, Alicia Temple provides some simple but effective suggestions for including more whole-food, plant-based foods in your diet on pages 2 & 3. As the holiday season is upon us and you may be thinking about travelling, we give you 3 tips on how to travel the world ethically on pages 6 & 7. The 2023 People's Choice winner of the Think Kind competition has been announced! Check out the thought-provoking winning speech and the top 10 entries (pages 8 & 9). The winner will receive an amazing \$1,000 which will be donated to her school thanks to our generous sponsor Cookie Time!

On page 14, psychological coach and therapist, Paul King, discusses a shift in dietary terminology going beyond vegetarian or vegan and embracing the term 'plant-based'. Last, but certainly not least, dietitian Cat Lofthouse explores gut health and how veg~n diets are key in yet another very comprehensive article on pages 17 & 18. Stay safe and enjoy the festive season, from all of us at the NZ Vegetarian Society!

- INA BABIC

COVER ARTICLES

P2-3 | Eating Well, Living Better: Add More Plants to Your Plate

P6-7 | 3 Tips for Travelling Ethically Around the World

P8-9 | Think Kind Competition Winner

P14 | Embracing Plant-Based: A Shift in Dietary Terminology

P17-19 | Gut Health: How Veg~n Diets are Key

EDITORIAL TEAM

Ina Babic, Jeanette Blackburn

GRAPHIC DESIGN Sandi Wilson

PRINTING 3A Copy & Design, Manukau Road, Epsom, Auckland

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

NZ Vegetarian Society Inc., National Executive

POSTAL PO Box 26 664, Epsom, Auckland 1344

OFFICE 10 Warborough Ave, Epsom, Auckland

PHONE 09 523 4686

EMAIL info@vegetarian.org.nz

www.vegetarian.org.nz

NZ Vegetarian Society Wellington Centre

PHONE 04 478 4665

EMAIL wellington@vegetarian.org.nz

Membership information available from www.vegetarian.org.nz

REVOLUTIONARY DHAA-VITAMIN C SKINCARE



DHAA
VITAMIN

12x

MORE
ABSORBENT

Than Other Topical
Vitamin C Serums

www.nerchr.co.nz

World Vegetarian Month 2023

WORLD VEGETARIAN DAY

Pictures from our High Tea event in Auckland to celebrate World Vegetarian Day! Thank you to everyone who attended. We highly recommend Cornwall Park Bistro for delicious vegetarian and vegan High Tea options. It was a great afternoon!

For more information visit:

www.cornwallparkeateries.com/high-tea/



BARFOOT & THOMPSON AUCKLAND MARATHON

A big THANK YOU to everyone who supported us at the Auckland Marathon! Your donation will go towards our work to help people make the leap to go veg for the animals, the planet, and their good health.



*Editor of Vegetarian Living NZ,
Ina Babić with her son Luka.*

LIBRARY DISPLAYS

During World Vegetarian Month this year we had library displays throughout the country celebrating all things vegetarian! We are stoked with the number of libraries who participated and the beautiful displays they put together. Pictured here are displays from libraries in Tauranga and Rotorua.



Volunteers and members from the Wellington Centre of the NZ Vegetarian Society also enjoyed a delicious lunch to celebrate World Vegetarian Day. Let us know how you celebrated!

Send us your photos to info@vegetarian.org.nz.





Eating well, living better: ADD MORE PLANTS TO YOUR PLATE

WORDS BY ALICIA TEMPLE

Alicia Temple provides some simple suggestions for including more whole-food, plant-based foods in your diet.

In the ever-evolving world of food and nutrition, one fundamental has stood the test of time — eat a rainbow of whole or minimally-processed fruits, vegetables, whole grains and legumes. And guess what...a whole-food, plant-based (WFPB) eating pattern centres on just that! Additionally, this way of eating avoids animal products, and minimises refined or processed foods and ingredients, such as added salt, oil and sugar.

This delicious journey toward better health is all about making manageable changes, exploring new flavours, and embracing the occasional slip-up as part of the adventure. So, grab your forks and let's discover how to add more plants to your plate.

KICKING YOUR CRAVINGS

Our relationship with food is complex. We've been programmed to crave the salty, sweet, and fatty stuff, often found in processed foods. But fear not! Our brains are also wired for adaptation and your taste buds adapt particularly quickly.

Taste buds replace themselves approximately every two weeks. This penchant for regeneration is why we have the ability to teach ourselves to like new flavours or to change our sensitivity to sweet, salty or fatty foods. For example, cut out the chocolate for a couple of weeks, your cravings will subside and you'll be more satisfied with a smaller portion of naturally sweet foods like a slice of juicy watermelon or a single date. Maintaining a healthier diet will become easier the longer you follow it.

PROGRESS NOT PERFECTION

Psychologists suggest that the key to lasting change is self-compassion. Instead of berating yourself for that cheesy pizza indulgence, acknowledge it and pat yourself on the back for choosing a veggie-packed salad the next day.

Another important consideration for success is 'finding your why'. This can feel abstract in relation to dietary change, but put simply, you need to take the time to understand what has driven you to consider a change. Is it the desire to take on a new challenge like a trek? Is it to reduce your blood pressure medications or keep up with the grandkids? This 'why' can help keep you motivated and focused. Put visual reminders around places where you may slip into bad habits - it could be as simple as a picture of the trek location on the fridge.



BODHI ORGANICS



Everyday hydrating cream

bodhiorganics.co.nz

Made in New Zealand and enriched with luxury natural ingredients, our everyday hydrating cream penetrates deeply into the skin to quench its thirst and promote long lasting hydration, buoyancy and overall smoothness.



KEY INGREDIENTS

- **Bakuchiol**
For the reduction of fine lines and hyperpigmentation.
- **Grapefruit extract**
For brightening and protection.
- **Chamomile**
A powerful antioxidant with anti-inflammatory properties.
- **Sodium hyaluronate**
Locks in moisture.

Please see our website for our complete list of powerful ingredients

 bodhi.organics

 Bodhi Organics







bodhiorganics.co.nz

★★★★★
"After a couple of days the dry patches in my eyes were gone."

★★★★★
"I really credit my skin barrier to this cream, leaves me feeling really dewy and bouncy."

★★★★★
"I have been using this product for a few weeks now and I have noticed my skin looks clearer and lines are less visible!"



FULL THROTTLE VERSUS SLOW AND STEADY: WHO WINS THE RACE?

The answer to this is up to the individual. Think about other lifestyle changes you have made and what worked best for you then? Were they small changes you gradually built upon, or all-in? This will give you an insight into what might suit your nutrition transition. There is no right or wrong; having one plant-based meal a day or a full overhaul — either approach can set you up for long-term success.

Changing habits, especially something as fundamental as what you eat, is not an overnight switch. Set your expectations realistically and before you know it, plant-based eating will become second nature.

EATING THE RAINBOW

Now, let's talk about the delicious part: the food itself. One of the joys of whole-food, plant-based nutrition is the incredible variety it offers. You'll be amazed by the flavours, textures, and colours.

Ditching animal products doesn't mean you're relegated to a diet of plain salads and bland tofu. Quite the opposite! Think about all the vibrant fruits and veggies, hearty grains, and legumes that can fill your plate. From creamy avocado toast for breakfast to spicy chickpea curry for dinner, the possibilities are endless.

Challenge yourself to try a new plant-based ingredient or recipe each week.

Visit your local farmer's market and explore the rainbow of seasonal produce. Experiment with new spices and herbs to elevate your dishes. Eating a broad and varied plant-based diet is not only good for your health but also an exciting culinary adventure.

BASIC TIPS FOR SHOPPING

Ready to embark on a plant-based supermarket trip? Here are some handy tips to make shopping a breeze:

- **Plan ahead:** Before you hit the store, jot down a meal plan for the week. This helps you stay on track and avoid impulse purchases. Forksoverknives.com is a great place to start.
- **Read labels:** Pay close attention to labels when shopping for packaged foods. Look for products with recognisable whole food ingredients, no hidden animal-derived components like gelatin, and those that contain at least 3 grams of fibre per serve. Keep salt to a minimum — multiply the milligrams of sodium by four and aim to keep this lower than the kilojoules per serving.
- **Buy in bulk:** Whole grains, beans, and legumes are your new pantry staples. Buying them in bulk can save you money and reduce packaging waste.
- **Explore the produce aisle:** Load up on colourful fruits and veggies, and try something new. Not sure how to cook it? The internet will have the answer.
- **Stock up on spices:** A well-stocked spice rack can transform your plant-based dishes. Experiment with spices to keep your meals exciting.

- **Frozen is your friend:** Perfect for smoothies, stir-fries, and quick meals, frozen fruits and vegetables are just as nutritious as fresh ones.
- **Meal prep:** Spend some time on the weekend prepping ingredients for the busy week ahead. Wash and chop veggies, cook grains, and make sauces.
- **Think about what you drink:** Opt for water over sugary drinks. Hydration is an important part of a healthy lifestyle.
- **Snack smart:** Keep a stash of nuts, seeds, and dried fruits for quick, healthy snacks.
- **Look for products with the 'Vegetarian Society Approved' or 'Vegan Certified' trademark.** When you see these symbols, you can be confident that the product is suitable for vegans or vegetarians. See the NZ Vegetarian Society website for more information.

Remember, transitioning to whole food plant-based nutrition is a journey, not a destination. Be patient with yourself, savour each plant-based meal, and relish in the newfound energy and vitality that comes with it. So, grab your shopping list, put on your apron, and get ready to eat your way to better health — one delicious plant-based bite at a time.

Alicia Temple is a communications expert who is passionate about sharing evidence-based information to create a healthier and more compassionate world. She has a Diploma in Nutrition and a Certificate in Plant-Based Nutrition.



Green Dinner Table

Elevate your summer dining



.....
100% Plant-Based Goodness.
Seasonal Organic Ingredients,
Chef-Designed Recipes,
Convenient Home Delivery,
Sustainable and Eco-Friendly.
.....



Better food. Better you.
Better planet.

www.greendinnertable.co.nz

FUEL YOUR WELLBEING!

Take charge of your nutrition with OSM. Plant-based snacking for adults and kids, wholesome, delicious real food, with real nutritional benefits.



High protein, high fibre – go to plant-based snacking for every day



Bubbles with benefits – rice crisp bars for growing minds and bodies

CONVENIENCE FOOD, NOT JUNK FOOD!



PROUDLY MADE IN NEW ZEALAND

OSM[®]
FUEL FOR LIFE

OSM.NZ

OSM



TRISTAN'S Corner

Summer has arrived, and so have the smells, tastes, textures and health benefits of fresh summer produce.

The weather experts have predicted it will be a long, hot summer, so as long as we can keep everything watered, we're in for a bountiful treat of fresh, seasonal vegetables and fruits.

When produce is in season, it's at the peak of its flavour. I don't know about you, but I like to sit in my garden on a hot summer day and bite into a juicy, ripe tomato. Its flavour, colour and texture simply can't compare with its out-of-season counterpart.

If you don't have a garden of your own, or even if you do, you can still pop down to a farmer's market or a good supermarket and stock up on this summer's seasonal offerings.

Eating seasonally was normal practice, of course, before industrial and technological advancements enabled us to grow and eat produce which wouldn't normally be in season. It's a treat, but there's no real match for food which has been grown using the natural rhythm of Earth's seasons.

I reckon there are three very good reasons to eat produce in season. The quality of the flavour, the nutritional benefits and the environmental impact. Allow me to briefly explain my thoughts on this before I share one of my favourite summer recipes.

When fruits and vegetables are allowed to ripen naturally and harvested at the right time, it gives them the chance to develop to a full depth of flavour. In the middle of winter, we can almost forget what a naturally sun-ripened tomato tastes like, when all we've been eating is hothouse tomatoes. The taste contrast between the same fruit grown in those two different environments is undeniable. I hope that if aliens visit us in the winter, they don't think our tomatoes always taste like that.

Seasonal produce also wins, hands down, for its nutritional punch. Fruits and vegetables allowed to ripen on the plant have higher levels of vitamins, minerals, and antioxidants. Don't just take my word for it – plenty of studies have been conducted about fruit and vegetable nutrition. There are other factors, too, like how long you leave them after you pick them, how you prepare them, what kind of soil they grow in etc., but there's no doubt that seasons matter. Eating with the seasons also means you'll get the diversity of nutrients as the seasons change.

Eating what's in season, and grown locally, also reduces the carbon footprint of food transportation. By growing our own, crop sharing and supporting local growers, we can all help cut down on greenhouse gas emissions and promote sustainable agriculture.



HERE'S MY RECIPE FOR A GRILLED SUMMER VEGETABLE SALAD:

When I say grilled, I'm talking about using the grill part of your barbecue or an electric grill such as the George Foreman type. You can use your oven's grill function, but you won't get the grill marks.

INGREDIENTS:

- 2 medium zucchinis, sliced lengthways
- 2 large tomatoes, sliced
- 1 red capsicum, quartered
- 1 red onion, sliced into thick rings
- 1/4 cup fresh basil leaves
- 1/4 cup fresh mint leaves
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- Salt and freshly ground black pepper, to taste
- 1/4 cup sunflower seeds (flavoured, roasted or raw)

INSTRUCTIONS:

- Preheat the grill to medium-high heat.
- Brush the zucchini, tomatoes, capsicum and onion with olive oil and season with salt and pepper.
- Grill the vegetables until they have grill marks and are tender, about 3-5 minutes per side.

Remove the grilled vegetables from the heat and let them cool slightly.

At this point, you can put the vegetables in a large bowl with the balsamic and a bit more oil and gently toss to combine; or simply arrange the vegetables on a serving platter, then drizzle balsamic vinegar and some olive oil over the salad.

Sprinkle the sunflower seeds over the top for a bit of extra flavour and crunch.

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

THREE TIPS FOR TRAVELLING ETHICALLY

BY IRIS MYERS FROM LOVEHOLIDAYS

TRAVEL CAN HELP US TO EXPAND OUR HORIZONS, BECOME MORE TOLERANT AND UNDERSTANDING OF OTHERS, AND BETTER APPRECIATE THE WORLD AROUND US. UNFORTUNATELY, FOR ALL OF THE PERSONAL BENEFITS IT CAN BRING, TRAVEL RUNS THE RISK OF DOING HARM TO THE ENVIRONMENT AND TO LOCAL COMMUNITIES AND ECONOMIES IN TOURISTIC DESTINATIONS.

As we become more conscious of the damage that travel can do, we're seeing a rise in ethical tourism, whereby tourists try to minimise their negative impact, and instead, bring advantages to the people, animals, and environment of their travel destination. In 2023, 69% of tourists chose to make more sustainable travel plans¹, and we can expect this rate to rise over the coming years. To become a more ethical and responsible traveller, consider these three tips to ensure your global travel plans do good for yourself and others.

1. CHOOSE DESTINATIONS WITH ETHICALLY-SOURCED FOOD AND ACCOMMODATION OPTIONS

Some destinations are a little easier for ethical travel than others. Consider the culture of different countries and how this impacts your ability to choose eco-friendly accommodation, travel and dining options. For example, finding plant-based food² in Taipei, Taiwan is easy, given that 14% of the population doesn't eat meat. Similarly, Zurich in Switzerland has strict laws surrounding vehicle pollution, meaning that you can easily access clean transport to explore the city.

Some countries are working hard to protect the environment and local populations against the damaging effects of tourism by making changes to local laws and regulations. A common tactic is to create protected areas to prevent tourists from damaging at-risk habitats, or to charge tourist fees to cover the cost of environmental conservation.

Ultimately, you can build an ethical vacation from the ground up when you choose countries that are already prioritising responsible, sustainable tourism with these types of strategies. Belize, Barbados, Cabo Verde, Costa Rica, Botswana, Chile, Mongolia, Palau, Seychelles and Timor-Leste are the world's most ethical destinations³, according to Ethical Traveler.

2. SUPPORT LOCAL, INDEPENDENT BUSINESSES

Ethical travel focuses on protecting and supporting local communities and economies. Tourism runs the risk of harming local economies when wealthy international companies own local hotels and holiday accommodation. However, locals often find themselves reliant on the tourist industry for jobs. One of the best ways to support the local community and economy is to make use of small, independent businesses rather than large international ones.

It often feels easier to find vegan and vegetarian food options in chain stores and restaurants than in small, local stores and eateries, but it's best to try to avoid the convenience of big brands where you can, if you want to, shop sustainably and ethically. To do this abroad, it's worth learning the basics of the local language so that you can ask around for the best local and plant-based food options.

When you request vegan and vegetarian food options, you demonstrate to business owners that there's a demand for plant-based products and dishes, which might encourage them to increase their offerings for future visitors.



AROUND THE WORLD

3. CONSUME LOCAL PRODUCE AND BUY LOCAL SOUVENIRS

Imported produce and goods carry a higher carbon footprint than those made locally, making local goods and produce the more ethical option. If you follow a plant-based diet, it's easy to become accustomed to buying food products or ingredients that you already know. Unfortunately, these products that you are used to eating back at home may come with an ethical cost if they've been imported to your travel destination. Doing plenty of research before your trip can help you to avoid familiar but non-local produce and discover locally-grown plant-based ingredients instead.

It's also important to be mindful of the origin of the souvenirs that you buy when on your travels, as it's common for stores targeted at tourists to import mass-produced goods that are cheaply made from unsustainable materials like plastic. For this reason, it's best to avoid such stores where you can and choose more sustainable, artisanal goods made by locals instead. Such products will have a lower carbon footprint, and are likely to be better quality – not to mention, you'll be directly supporting a local artist with any purchase that you make.

EXPLORE WITHOUT HARM WHEN YOU CHOOSE ETHICAL TRAVEL TACTICS.

Travel does lots of good for us as individuals, but it's vital to consider its effects on the world at large. By following these 3 tips, you can make your global adventures as sustainable and ethical as possible.

1 www.avantio.com/blog/sustainable-tourism-statistics/

2 www.loveholidays.com/holidays/vegan-travel-guide/

3 <https://ethicaltraveler.org/reports/destinations/the-worlds-ten-best-ethical-destinations-for-2023/>



Loveholidays is the UK's fastest-growing travel agent. They're on a mission to open the world to everyone. They've become the fastest-growing travel agent by offering unlimited choice, unmatched ease, and unmissable value. They believe that holidays refresh and renew us. That travel makes new connections, turns strangers into friends and that it shouldn't be an expensive luxury.

Think KIND

STUDENT COMPETITION

LARGER / FULL VERSIONS
ARE AVAILABLE TO VIEW
ON OUR WEBSITE:

www.vegetarian.org.nz/think-kind/voting

2023 THINK KIND WINNER

Congratulations to Janaki Kallidai from Hare Krishna School in Auckland who is the 2023 Think Kind People's Choice Winner!

With her thought-provoking speech, Janaki has won an amazing \$1,000 which will be donated to her school thanks to our generous sponsor Cookie Time! Thank you to all the students who entered the competition. We hope to see you participate again in 2024.

WHY WE SHOULD REDUCE MEAT CONSUMPTION

Have you ever thought about why meat is always stored in coolers well because it rots rapidly? When meat stays in your stomach for a long period of time it creates diseases like heart disease, cancer, diabetes, etc. That is why I Janaki am here today trying to create awareness on why we should reduce meat consumption...

JANAKI KALLIDAI

Speech. Year 9 from Hare Krishna School.

OTHER FINALIST ENTRIES



RACHEL GAMMON

Advert.

Year 11 from Wellington Girls College.



SUIA SAMUELU

Song. Year 10 from Palmerston North Girls High School.

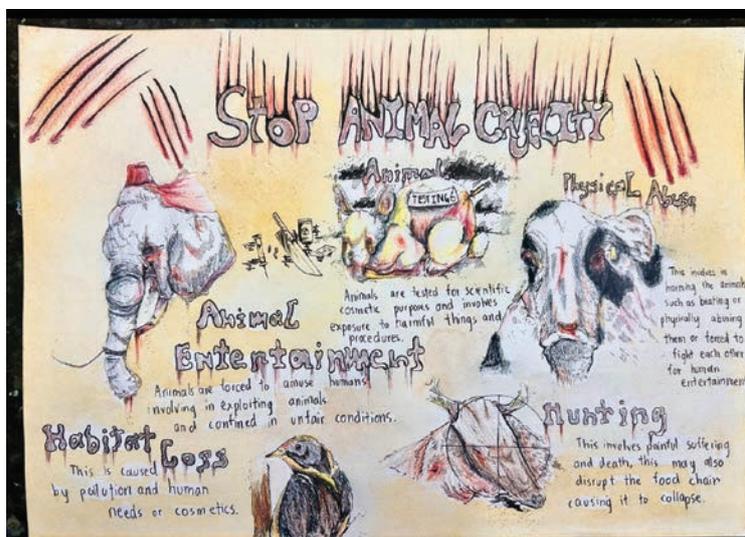
The make up looks good
The shoes are fine
The bags are sharp
The belts sleek
The food delicious
But the pain was unseen...

FULL VERSION
ON WEBSITE

MISHIKA CHAWLA

Speech.

Year 7 from Papatoetoe Intermediate.



WILLIAM GU

Poster. Year 7 from Wentworth College.



PHOEBE SUOLIU

Artwork. Year 7 from Murray's Bay Intermediate school.



ZOE CLEMENTS

Poster. Year 13 from Albany Senior High School.



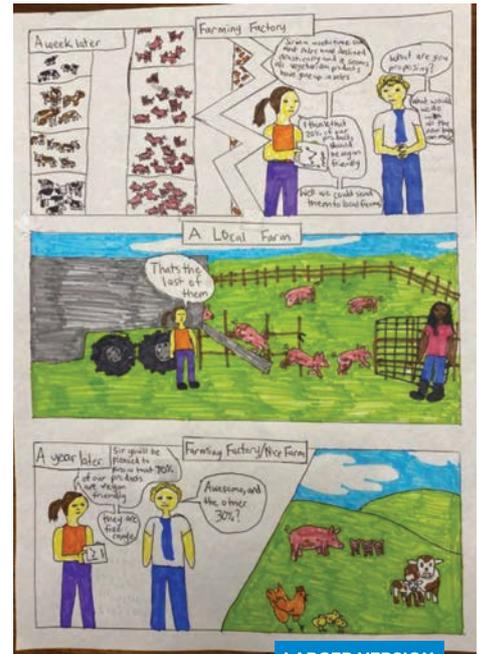
CAITLIN THWAITES & ELLA TAIT

Artwork. Year 8 from Chisnallwood Intermediate School.



HANNA ZYCH

Artwork. Year 6 from St. Benedicts School Khandallah.



[LARGER VERSION ON WEBSITE](#)

SCARLETT CACHATOOR-FABER

Comic. Year 8 from Tauranga Adventist School.

BIG THANKS TO OUR THINK KIND SPONSORS



VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



SHARON ALMOG, NZVS TRADEMARK MANAGER

Summer is here. Wherever you are, we hope you are safe and able to switch off and enjoy some relaxation time. Hopefully, the weather during this season will cooperate with our wishes. As you see, we have a lot of newly certified NZ products to share with you. Have a wonderful holiday season!



We are honoured to welcome on board **Carol Priest Natural Cosmetics**, which started as a NZ family business in 1988. Carol

Priest Cosmetics has joined our **Vegan Certification** programme with six products for you to check out and enjoy clean, natural and cruelty-free skincare.

- **Almond & Lemonbalm Facial Scrub** is a creamy, protein-rich exfoliant that deeply cleanses the skin while promoting the production of new, healthy skin cells by stimulating skin cell turnover. 
- **Blue Chamomile Facial Wash Cream** enriched with deep blue pure German Chamomile essential oil, known for its anti-inflammatory properties.
- **Green Clay Mask** with Herbal Oils mineral-rich French Green Clay to deeply detox the skin of dirt and impurities. 
- **Lettuce & Jojoba Moisture Lotion** rich in antioxidants, including vitamin C and minerals, helps to plump and nourish the skin. 
- **Neroli Aurantium Facial Lotion** with a unique blend of natural extracts and oils, helps fight breakouts in congested skin types while reducing the visible signs of aging, fine lines and pigmentation.
- **Rosa Damascena Facial Lotion** Damask Rose flower extract works wonders to soothe and calm sensitive and irritated skin while providing rich moisture and nourishment.

Available online:
<https://carolpriest.co.nz/collections/certified-vegan>



Two newly **Vegan Certified** spreads from **Waiheke Herbs!**

Asian Herb Spread

with coriander, chilli, lemongrass, and lime in a base of cold pressed Rice Bran oil, apple cider vinegar, and garlic. Perfect for your Asian-style cuisine - soups, rice, noodles, tofu, stir-fried, and as a dipping sauce.



Italian Herb Spread

full of the flavours from the Mediterranean - olives, sun-dried tomatoes, capers, basil, parsley rosemary oregano, and thyme. Perfect for pizza, pasta, salads, potatoes, soups, stews, and antipasto platters.



Available online at www.waihekeherbs.co.nz and in stockists across NZ.

NUDAIRY'S

Introducing **Nudairy's** plant-based creamery. The Nudairy's delicious cheese selection includes Mozzarella, Tasty, and Cheddar (available in shreds, slices and blocks with epic meltability). Sour Cream, Cream Cheese, and a tangy zesty Feta. Based in Auckland, Nudairy's operates as a plant-based creamery in a dedicated facility where they create all these dairy-free delicacies free from dairy, gluten, nuts, and soy.



Nudairy's products have become a kitchen staple, suitable for various culinary desires. Their cheese alternatives enhance every dish, whether platters, toasties, baking, salads, burgers, pizzas, nachos, or pasta. Or even straight out of the bag if you can't wait for dinner! Nudairy's products are on the shelves of over 100 stores across Australia and New Zealand. Check out their stockist page on www.nudairys.com to find out where Nudairy's is available near you.





Yay! Just in time for Christmas, **Trade Aid** has released their newly vegan-certified Dark Chocolate Mint Sticks. These vegan Dark Chocolate Mint Sticks are expertly crafted with rich 70% dark chocolate infused with natural peppermint oil, making each stick the perfect balance of smooth, velvety chocolate and tangy, refreshing mint. The result is a fusion of flavours to delight your tastebuds. The packaging is fully compostable to dispose of in your home compost or worm farm. It is the perfect indulgence to treat yourself, enjoy with others, or give as a gift. Made in Christchurch, NZ. Available online at www.tradeaid.org.nz and in stockists across NZ.



The **Nerchr** Vegan Certified & Vegetarian Approved range by **Vitamin Solutions** offers more with another two certified products!

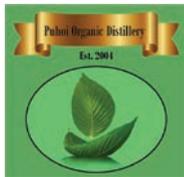
Nerchr Tattoo & Piercing Aftercare perfect for supporting your skin in the healing period, reinforcing natural healing, and protecting ink colour vibrancy with a unique blend of dehydroascorbic acid (DHAA), a superior form of Vitamin C.



Nerchr Natural Skin Rejuvenation which contains dehydroascorbic acid (DHAA), a powerful form of vitamin C that is absorbed up to 12 times faster than other forms of vitamin C. The power of vitamin C is delivered precisely where it needs to be. Nerchr Natural Skin Rejuvenation formula will hydrate, protect, rejuvenate, and brighten your skin.



Available online at: www.nerchr.co.nz.



We are excited to announce that **Puhoi Organic Distillery** has joined our Vegan Certified programme with several Gins from their high-quality range! Dry Gin,

Blueblood Gin, Raspberry Dry Gin, RNZYS Commodore Reserve's Gin, Limoncello Gin, Cinnamon Gin and Vanilla Gin. This family business located in beautiful Puhoi is a very special gem that blends uncompromised quality with deep scientific knowledge. Available online at <https://spirits.net.nz> and NZ stockists.



Have you found a product that seems vegan or vegetarian? Why not email the producer and ask if they've 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.

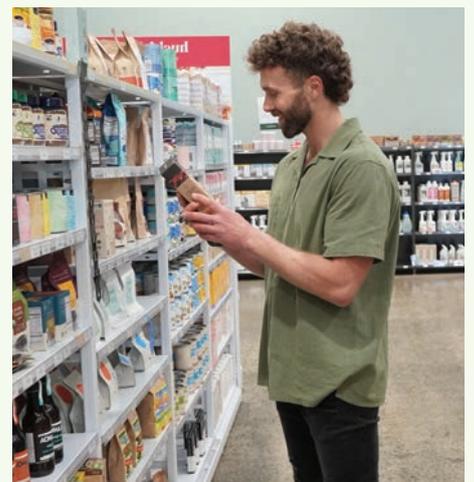
MAKE THE BETTER CHOICE WITH VEGETARIAN APPROVED AND VEGAN CERTIFIED TRADEMARKS. IT'S THAT EASY!

Vegetarianism and veganism are constantly on the rise. Demand for meat and dairy alternatives is increasing. Significant research and development are occurring globally in the alternative protein and dairy-free areas.

Sales of vegetarian and vegan products are rising more rapidly than almost every other product category, and it's not just vegetarians or vegans who want these products. A large sector is choosing to cut down on meat, dairy, and eggs. These flexitarians and reducetarians are a new and growing group of everyday people wanting to reduce their environmental impact, give tangible expression to their love for animals, and improve their health.

The increased demand for plant-based products from consumers has led to many businesses requiring Vegetarian Approved or Vegan Certification for their products. These certifications give consumers confidence that the products they purchase are suitable for them without having to read through complicated product labelling and help businesses communicate better with consumers while raising their profile in the plant-based market.

A recent survey by the UK Vegetarian Society showed that 82% of consumers prefer to see a Vegetarian Society trademark on a product's packaging rather than read through an ingredient list. In addition, 84% would trust a Vegetarian Society Approved trademark more than a manufacturer's own vegetarian or vegan symbol.



You will find a full list of Vegan Certified and Vegetarian Society Approved products at the end of the magazine. For more information on our trademarks, or if you are a business that would like to get its products certified, head to the NZVS website: www.vegetarian.org.nz certification.

Recipes



Anna 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.co.nz. Anna also has two recipe books available from her website The Veggie Tree (Spring/Summer and Autumn/Winter) plus her latest one, just published, Abundance.

VEGGIE BURGER

You can't beat a good burger, and the key is a tasty patty. These pea patties are scrumptious, succulent and can be made to suit the style of burger you are after. Don't scrimp on the oil for frying as plant-based proteins are pure protein with no fat marbling. I've added the coconut oil to compensate for this within the recipe. I love coleslaw with my burgers

as it holds its juiciness for longer than lettuce. Summer and winter slaws are perfect, along with a good smothering of your favourite chutney, relish, pesto, sauce or mayo to both the top and bottom of the burger buns. The classic accompaniment to a good burger is hot chips and the quick, easy recipe below won't disappoint.



MAKES
6
PATTIES
PLANT-BASED &
GLUTEN-FREE

INGREDIENTS

1/2 cup psyllium husk mixed with 1/2 cup hot water	2 tablespoon flavouring herbs and spices
1/2 cup aquafaba	1 tsp salt
1 1/4 cup pea flour	2 tablespoons apple cider vinegar
1/4 cup brown rice flour	2 tablespoons light soy sauce, tamari or coconut aminos
1 tablespoons coconut oil, refined, grated	1/2 cup hot water
	1/4 cup rice bran oil

METHOD

1. Measure the psyllium and first quantity of hot water into a bowl, stir together roughly using a butter knife, leaving it lumpy.
2. Add the aquafaba, pea flour, brown rice flour, coconut oil, flavourings, salt, apple cider vinegar, soy sauce and remaining water and stir together until it comes together as one mass.
3. Shape into desired shape with wet hands and fry on a medium high heat until golden on each side, approximately 2 minutes, with two tablespoons of oil at a time.
4. all the cakes are cooked and serve with avocado mayo, cucumber, lettuce and fresh bread or a side salad.

Alternative flavouring herbs and spice combinations: **CHICKEN** – thyme, rosemary, parsley, dried ground coriander. **BEEF** – black pepper, ground cumin, mustard, oregano, rosemary. **PORK** – smoke paprika, smoke liquid, sage, marjoram.

HOT CHIPS

This recipe is quick, easy and makes crisp delicious hot chips. The key is to heat the oil in the tray while the oven is heating up, so you add the prepared potato to hot oil. Dusting with flour helps with getting a crispy end result, as does cutting the potatoes into thin chips. It will work equally well for wedges but they will need a slightly longer cooking time. Kumara does cook faster than potatoes and tends to burn more easily, so cut them slightly bigger if you are combining and let the potatoes get the full force of the heat by being a little tactical with positioning.

INGREDIENTS

3 tablespoons rice bran oil
4 large potatoes or kumara, scrubbed clean and cut into about 5mm width chips
2 tablespoons flour or cornflour
1 tablespoon chopped rosemary, thyme, sage or smoked paprika
1/2 tsp salt
1/4 tsp black pepper

METHOD

1. Measure the oil into a roasting tray.
2. Place the tray in the oven and preheat to 220°C.
3. Meanwhile, place the potatoes, flour, rosemary, salt and pepper in a mixing bowl.
4. Toss together well and place carefully in the hot oil in the roasting tray.
5. Bake for 35 minutes, turning two or three times during cooking.

SUMMER SLAW

Great with burgers, this juicy and creamy summer slaw is perfect for a barbeque. I love to enjoy raw sweetcorn straight off the cob when they are at their best and find no need to cook them first. However, if they are past their best you may need to give them a quick steam to revive them.



INGREDIENTS

- 1 cob sweetcorn, kernels only
- 1 bulb fennel or 2 sticks celery, finely sliced
- 10 fresh yellow, green or purple beans, finely sliced
- 1 yellow or orange capsicum, diced
- 1 spring onion, finely sliced
- 1 zucchini, sliced into matchsticks or spiralised

- 1/4 telegraph/Lebanese cucumber, sliced into matchsticks or spiralised
- 2 sprigs dill, roughly chopped 2 sprigs basil, roughly chopped
- 1/4 cup mayonnaise
- 1/2 tsp salt
- a few grinds of pepper
- 1/4 cup Smoky Coconut Chips (optional)

METHOD

1. Prepare the vegetables and herbs and place in a bowl.
2. Add the mayonnaise and seasoning and toss together well.
3. Top with the Smoky Coconut Chips.



DISCOVER THE ESSENCE OF ETHICAL SKINCARE WITH CAROL PRIEST:
YOUR PATH TO RADIANT, VEGAN BEAUTY

Indulge in the synergy of nature and conscious beauty with Carol Priest Natural Cosmetics, an epitome of ethical skincare rooted in New Zealand's heart. With a legacy spanning 35 years, Carol Priest Natural Cosmetics has been at the forefront of formulating natural skincare products, with a proven track record of being gentle yet effective. As more people embrace the benefits of natural skincare, their commitment to quality and sustainability sets them apart.

Carol Priest Natural Cosmetics has been recently certified as vegan, which echoes their dedication to animals, the environment, and the wellness of your skin. With Carol Priest, you're embracing a skincare journey that is both indulgent and responsible – a journey that resonates with your values and the planet's well-being.

Their commitment to sustainability is reflected in eco-friendly packaging choices and their dedication to minimising their ecological footprint by using locally sourced and organic ingredients wherever possible. Carol Priest Natural Cosmetics also takes immense pride in the full disclosure of ingredient lists for each product, ensuring that their customers are empowered with the knowledge they deserve to grace their skin.



These are just a glimpse of their vegan-certified offerings. Carol Priest's commitment to ethical skincare extends across its comprehensive range, including toners and serums. Elevate your self-care routine by incorporating their versatile skincare range. As you luxuriate in their vegan-certified products, you're embracing

a wholesome approach to beauty that encapsulates the essence of New Zealand's pristine landscapes. Join us in celebrating ethical skincare that befits your discerning choices and aligns with your principles.

W CAROLPRIEST.CO.NZ

A shift in dietary terminology beyond vegan and vegetarian

BY PAUL KING

I remember Cranks restaurant in London in the 80s when I stopped eating meat. We were regarded as Cranks, so owning the abusive word was a clever step. Many ostracised groups have done this, and it reduces the ability to weaponize the abuse. Cranks was a mecca, and its cookbooks were seen as biblical. The other place in London where one didn't have to explain oneself and be seen as causing an unnecessary fuss was the Hare Krishna café. As a teenager, if I wanted to eat cooked food, I had to learn to cook it myself, and fast. More than that, if I didn't want people around me, including those I lived with, to eat meat, I had to do all the cooking, and it had to be good. So it was that I learned to cook without meat.

...In my younger more reactionary days, I would have been more scornful of people that didn't go the whole way, but then I came to understand that was counterproductive.

Nowhere in this first paragraph have I used the words vegetarian, or vegan. I said I stopped eating meat. Nowadays I say I don't eat meat. I don't drink alcohol either, for very different reasons, but I don't say I'm a 'teetotaler'. Othering myself, or indeed ourselves, rather than saying I/we just don't do something, takes the situation from one of difference to one of preference. In modern times, a

preference is a powerful thing and to be respected. 'Back in the day' it wouldn't have been enough. A preference left the situation open to be forcefully normalised, by 'normal people', who ate meat.

The other problems we have with labels like *vegetarian* and *vegan* are twofold. One is that we get into our own righteous gangs and are antagonistic to one another; the other is the plethora of labels that come with personal deviancy from the purist path - lacto, pesca, etc. After over 40 years of not eating meat, I find I'm long over this puritanical posturing. I'm happy enough doing what I do, and I'm very happy that any amount of not causing harm and suffering to animals, happens. I certainly don't have any patience with 'internal' squabbling about levels of purity.

Plant-based is a good direction. It doesn't require the joining of a club or quasi-religious sect. It is a broad church which allows everyone to make progress, rather than requiring audited perfection. It lays out a path toward not eating meat at all, and this is a good thing. The language is vital, plant-based, psychologically, and is a mindset of 'I eat plants first and foremost'. Rather than the awful idea that meat is what you eat, and you have some 'veggies' with it. This broad church also includes the idea that things shaped and tasting like meat are required but made from plants (and other non-meat things). Personally, I regard the latter as pointless, but if it helps...

The thinking is that any improvement is an improvement. In my younger more reactionary days, I would have been more scornful of people that didn't go the whole way, but then I came to understand that was counterproductive. People get defensive and look to have their biases confirmed, it becomes a 'them and us' scenario, and deciding to stop eating meat requires a much greater social effort, plus a lot of anxiety. It requires 'crossing the floor' in political terms. Far better to meet in the middle and share some delicious food that doesn't have bits of dismembered animal in it (old habits die hard 😊).

Smoking used to be 'normal' and was even promoted as healthy in the 50s/60s. The health message was carefully planned, and now the assumption is that people do not smoke. There was and is a pathway; a snowball effect, that gathers mass and momentum and overturns the normalising of something that is far worse than just 'not good for you'. So, it must be with the reduction



of meat eating, leading to eating meat becoming unusual. This task is far more difficult because it's not as obvious. The personal health risks from smoking are extremely obvious. However, gathering and baptising converts into the fractured religions of non-meat eating is not going to work.

Plant-based is a good direction. It doesn't require the joining of a club or quasi-religious sect. It is a broad church which allows everyone to make progress, rather than requiring audited perfection.

The messaging must be inviting and inclusive, not aggressive, and exclusive. We need to make the main thing, the main thing. Making the eating of plant-based diets, to the exclusion of meat, is the main thing. For so many reasons. Our own internal fragmentation and squabbling is anxious virtue signalling. If we do this to each other, what is the hope we make not eating meat, indeed, farming meat at all, a thing?



Paul King is a transformative psychological coach and therapist. Holding a Master's degree in psychology, he coaches executives on a personal and business level. He is also a financial advice provider, a musician, a talented painter and a long-term vegetarian.



DINING OUT

Around New Zealand

CITRON CAFE

Lovely new cafe in Rotorua's CBD with simple peaceful interior decor. Very reasonably priced and was so nice to see a good portion size (three) for the cauliflower tacos! Often, I find you only get two for the same price. So much colour, flavour and filling.



BY AHRABIE YOGARAJAH

Citron Café, 1153 Arawa Street, Rotorua

Hours: Tuesday to Sunday 7.30am to 2.30pm

citroncafe.co.nz

BELÉN VEGAN BAKERY

With a delicious range of sweet and savoury treats and an early morning line stretching out the door, Belén Vegan Bakery has achieved a cult following among Wellington's vegans and non-vegans alike.

Belén began life as a popular farmer's market stall, then opened as a bakery in 2022. Its bright and welcoming shop front can now be found on Lambton Quay. Belén's offerings are proudly 100% plant-based. They serve filled pastries, cookies, sandwiches, and pies, with a menu of colourful designs and creative flavours that changes each month. They also offer specials through the week. We couldn't resist Tuesday's special of four donuts for \$24 and ordered ours to take away.

Our donuts were boysenberry poppy seed, pistachio and strawberry, peanut butter chocolate cup, and lemon cheesecake. Each donut was soft and generously iced or filled, yet not too sweet. They were all so good, it was hard to pick a favourite. We also purchased a savoury kimchi, spinach, and cashew ricotta brioche, which was balanced and flavourful.

The service at Belén was faultless: staff were warm and friendly, even during a busy rush period. Thanks, Belén team, we'll be back!

BY CAT LOFTHOUSE

Belén Vegan Bakery, 104 Lambton Quay, Wellington

Hours: Monday to Friday 7.30am to 3pm

www.belenveganbakery.com



HELLO BEASTY

We were heading to the ASB Waterfront Theatre and had about an hour to have dinner before the show, so the location was important. We wanted a quick, vegan meal to share. My partner somehow knew that Hello Beasty at the Viaduct Harbour has a vegetarian/vegan menu.

We got seats on the bar in front of the open kitchen. I love watching food preparation; it is so fascinating! There were 4-5 people in the kitchen, all working neatly and quietly, and the atmosphere in the kitchen had good vibes. The massive amount of broccolini that was grilled was a good sign.

We started with two lovely cocktails – Ginger Neko and Beasty Gin & Tonic, then ordered Korean Fried Cauliflower, Grilled Mushroom and Mung Bean Pancake, Crispy Fried Brussels sprouts (vegan version) and Charred Broccolini.

The four dishes were superb! There was a good balance of seasoning and defined flavours in each dish. The tofu cream under the crispy Brussels sprouts was such a unique combination. We took a doggie bag with the leftovers of the unique Mushroom and Mung bean Pancake; it was still delicious the day after and I can still feel the crunch of the cauliflower dish.

I was especially impressed with the exceptional service, and I would say it's one of the best service experiences I've had in Auckland City! Hello Beasty is a place to come back to again and again. I hope they will keep the vegetarian/vegan menu and expand the range in the future. Seeing restaurants giving special attention to plant-based options makes me happy and hopeful.

BY SHARON ALMOG

Hello Beasty, 99 Customs Street West, Auckland

Hours: Monday to Sunday 11am to 11pm

hellobeasty.nz



**SORRY VEGANS,
WE'RE SEPARATING YOU FROM EVERYONE ELSE...**



5 WAYS HELL PIZZA IS SAVING YOUR VEGGIES FROM STRAYING MORSELS OF MEAT AND DAIRY:

- 1** Slicing with a dedicated pizza blade
- 2** Wearing fresh gloves to make vegan pizzas
- 3** Keeping ingredients separate from meat
- 4** Keeping Vegan cheese separate from other cheese
- 5** Maintaining NZ Vegetarian Society Vegan Certified trademark standards

VISIT OUR PLANT-POWERED MENU AT HELLPIZZA.NZ OR VIA THE HELL APP



GUT HEALTH: HOW VEG~N DIETS ARE KEY

BY CAT LOFTHOUSE

Ten years ago, little was known about gut health, but scientists now understand it plays an essential role in preventing and reducing a wide range of diseases – from bowel cancer to depression. So, what exactly does gut health mean, and how can a veg~n diet hold the key to better health outcomes, just by influencing the bacteria that live in our gut?

WHAT IS MEANT BY GUT HEALTH?

The term ‘gut health’ describes the function of the entire digestive tract; from eating and digesting our food, through to defecation. Our gut performs three main functions:

- **Immunity:** With 70% of our body’s immune cells in the gut, it plays an important role in regulating our immune response to alleviate disease.
- **Digestion.** Our gut is critical to breaking down the foods we eat into small molecules that can then be absorbed and used by our body’s cells.
- **Gut microbiota.** The trillions of microbes living in our gut that perform various roles attributed to improved health outcomes. This is what most people refer to when talking about ‘gut health’ and will be the focus of this article.

GUT MICROBIOTA

The term gut microbiota refers to the bacteria, fungi and viruses that live in the lower part of our digestive tract. This community of microbes interacts directly with our brain, heart, lungs, and skin, to help prevent and manage disease in these parts of the body (Varela-Trinidad et al., 2022).

The gut microbiota has a varied role that includes: helping our immune response; regulating blood sugar and blood fats; regulating appetite; and making specific vitamins, amino acids and hormones (Rossi, 2019; Varela-Trinidad et al., 2022). Our gut microbiota has been linked to a range of disorders, including depression

and anxiety, Alzheimer’s Disease, Parkinson’s Disease, acne, asthma, heart failure, obesity and type 2 diabetes (Varela-Trinidad et al., 2022).

Every type of microbe performs a different function. Depending on the microbe and the environment within our gut, the gut microbiota can be beneficial to health, or it can contribute to poorer outcomes. A healthy gut environment is one that is balanced with a good proportion of beneficial microbes, and is associated with better health outcomes for the conditions noted above. The composition and function of our gut microbiota is determined by our diet, genes, environmental factors, and medications.

The good news is we can directly influence the proportion and diversity of beneficial gut microbes through a healthy diet and regular physical activity (Khalesi et al., 2021; Koponen et al., 2021). One of the best ways to improve microbiota function is through a varied diet containing minimally processed plant foods, such as fruits and vegetables, wholegrains, legumes (beans, peas and lentils), nuts and seeds. These provide an excellent source of dietary fibre, prebiotics and probiotics, which are essential for a healthy gut environment (Anderson-Haynes, 2021; Asnicar et al., 2021).

DIETARY FIBRE

Dietary fibre is possibly the best way to influence the gut microbiota. The gut microbiota break down dietary fibre to produce short-chain fatty acids (SCFAs), which limit the growth of some harmful bacteria (Harvard T.H. Chan School of Public Health, 2023). SCFAs are responsible for promoting healthy bowel habits, balancing our blood sugars, activating the immune response, and for healthy liver and brain function, among other things (Rossi, 2019).



The Nutrient Reference Values for Australia and New Zealand recommend that adults consume 25-30 g of dietary fibre each day (National Health and Medical Research Council et al., 2006). In reality, the average fibre intake for New Zealand adults is 20g per day (Ministry of Health, 2020). Intakes are highest in vegans and vegetarians, respectively, who consume up to 1.5 times the amount of dietary fibre as omnivores (Clarys et al., 2014; Dawczynski et al., 2022).

The best sources of dietary fibre are: fruits, vegetables, wholegrains, legumes, nuts and seeds.

PREBIOTICS

Prebiotics are foods that feed specific bacteria in our gut. Prebiotics are typically complex carbohydrates that our bodies cannot digest, but our beneficial bacteria like to eat (Rossi, 2019). Prebiotics promote the growth and functioning of probiotics.

Prebiotics have a role in regulating our appetite and blood sugar; supporting bone health and skin health; and in supporting our immunity (Rossi, 2019).

Many fruits, vegetables, wholegrains, legumes, nuts and seeds are good prebiotic sources; but especially the following: almonds, apricots, asparagus, bananas, barley, beetroot, brussels sprouts, cashews, chickpeas, dates, garlic, leeks, lentils, nectarines, onions, rye, and spelt.

CONTINUES NEXT PAGE



PROBIOTICS AND FERMENTED FOODS

Probiotics are live microorganisms that, when consumed in adequate amounts, will have a health benefit (FAO/WHO, 2002). They consume prebiotics and interact with the gut microbiota to have a beneficial effect in the gut environment.

The exact function of probiotics varies according to the type and amount of probiotic consumed. There is some evidence that they can help prevent or treat irritable bowel syndrome, inflammatory bowel disease, eczema, high blood cholesterol, obesity, and diarrhoea caused by antibiotics (National Institutes of Health Office of Dietary Supplements, 2022).

Probiotics are naturally present in fermented foods, such as yoghurt and sauerkraut. They are also sometimes added to other food products and are available as dietary supplements. Common types of probiotic include *Lactobacillus* and *Bifidobacterium*.

Fermentation is traditional method of preserving food. It involves the use of

microbes to convert the sugar and starch in a food to transform it into something else. Many (but not all) fermented foods contain probiotics.

Probiotics must be consumed alive to have health benefits. The amount of live probiotics in a food is affected by the processing and storage of that food, and how it is digested by our body. Any food product that is exposed to variances in temperature, acidity, oxygen content and moisture content may lose some or all of its probiotics (Terpou et al., 2019). For example, the heat treatment used when pasteurising milk and yoghurt will kill probiotics, unless those foods contain specific resistant probiotic strains. Furthermore, the probiotics in some foods may not survive passage through the acidic conditions of the stomach to reach the gut (National Institutes of Health Office of Dietary Supplements, 2022).

Common fermented foods that contain naturally occurring or added probiotics include: kefir, kimchi, kombucha, miso, pickles, sauerkraut, sourdough bread, tempeh, and some cheeses and yoghurts (including dairy-free options) (Harvard Health Publishing, 2023).

VEG~N DIETS AND GUT HEALTH

Veg~n diets are ideal for optimal gut health and overall health outcomes because they usually include a high quantity and broad range of minimally processed plant foods. They are typically a good source of fibre, prebiotics and probiotics (Sidhu et al., 2023).

Scientists have found that people who eat at least 30 different types of plant food per week

have the most diverse gut microbiota (McDonald et al., 2018). This means a varied colony of health-promoting bacteria in the gut and better range of benefits in preventing and managing disease.

CONCLUSION AND RECOMMENDATIONS

- Gut health is an emerging and interesting area of research. There is still more to learn about the exact role and function of specific gut microbiota and their role in health.
- Whatever diet you follow, the best way to optimise gut health is to eat more wholegrains, fruit, vegetables, legumes, nuts and seeds that are minimally processed.
- Having a diversity of plant foods is important, and a great reason to have fun trying new foods. Aim to eat at least 30 different sources of legumes, wholegrains, fruit, vegetables, nuts and seeds each week. This can include fresh, frozen, dried or canned products. Don't worry too much about measuring portion sizes, but focus on the variety of foods.
- Note that a high intake of prebiotic foods, especially if introduced suddenly, can cause gas and

TABLE 1: KEY FUNCTIONS AND DIETARY SOURCES FOR FIBRE, PREBIOTICS AND PROBIOTICS

	FIBRE	PREBIOTICS	PROBIOTICS
Function	<p>Various benefits, including:</p> <ul style="list-style-type: none"> • Production of short chain fatty acids • Healthy bowel habits • Regulating blood sugar • Improved immunity • Better liver and heart function 	<ul style="list-style-type: none"> • Regulate appetite and blood sugar • Support skin and bone health • Support immunity 	<p>Varies by probiotic, but may help prevent or treat:</p> <ul style="list-style-type: none"> • Irritable bowel syndrome • Inflammatory bowel disease • Eczema • Hypercholesterolemia • Obesity • Type 2 diabetes
Dietary sources	<ul style="list-style-type: none"> • Wholegrains • Legumes • Vegetables • Fruits • Nuts • Seeds 	<p>Many fruits, vegetables, legumes, wholegrains, nuts and seeds, especially:</p> <ul style="list-style-type: none"> • Almonds • Apricots • Asparagus • Bananas • Barley • Beetroot • Brussels sprouts • Cashews • Chickpeas • Dates • Garlic • Leeks • Lentils • Nectarines • Onions • Rye • Spelt 	<ul style="list-style-type: none"> • Kefir • Kimchi • Kombucha • Miso • Pickles • Sauerkraut • Sourdough bread • Tempeh • Some cheeses and yoghurts (incl. dairy-free options)



bloating. If you have gastrointestinal sensitivities, such as irritable bowel syndrome, introduce prebiotics in small amounts to assess your tolerance (Harvard T.H. Chan School of Public Health, 2023).

- Be aware that antibiotics work by targeting and killing bacteria. They will kill off both harmful and beneficial bacteria in your gut. If taking antibiotics, ensure your diet is rich in probiotic food sources and talk to your health professional about whether a probiotic supplement is also needed.
- If you're following a healthy, balanced diet and are in good health, a probiotic supplement shouldn't be needed.

- Note that probiotics can die off due to processing or long shelf life, which means the health benefits are lost. When shopping, look for products labelled as "contains live cultures", and for products with at least one billion Colony Forming Units (CFUs) per serve at the end of the product's shelf life, not at the time of manufacture (National Institutes of Health Office of Dietary Supplements, 2022).

View article in the news section of our website for a full list of references used.

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



nerchr

YOU CARE ABOUT YOUR SKIN.
SO DO WE.

Healthy, vibrant, and resilient skin reflects your overall wellness. If you want a vitamin C serum that goes more than skin deep to offer real and lasting benefits, here's how Nerchr is the product you need.

Vitamin C is a powerful antioxidant that naturally hydrates, brightens your skin, and effectively fights off skin-damaging free radicals.

What other vitamin C serums do well, we do up to 12x better.

Nerchr products contain dehydroascorbic acid (DHAA), a natural form of vitamin C that absorbs into your skin up to 12x faster than other forms of vitamin C. DHAA is more readily retained by cells, supporting healing and rejuvenation while providing superior hydration and protection, paving the way for healthier, more vibrant skin.



NEW VEGAN CERTIFIED PRODUCT

DHAA VITAMIN C 12x MORE ABSORBENT*

DHAA is more effective than other forms of vitamin C. Research shows that it has:

- Superior penetration: Absorbs into the skin faster, offering quicker results.
- Enhanced powerful properties: Offers more robust protection against environmental damage.
- Boosted cellular processes: Helps nourish and repair skin cells more efficiently.
- Supports natural healing: Excellent for skin recovery.

At Nerchr, we've created three formulations of DHAA serum. Each is suited to different skincare needs. All our products are Vegetarian Approved and Vegan Certified, made in New Zealand and contain organic ingredients.

Cmax Maximum Protection from Nerchr is our highest-potency DHAA formula with 7.5% DHAA.

Cmax soothes, protects, hydrates and supports problem skin to return to its optimal state. Cmax provides specialised care to support skin health and comfort for individuals managing eczema flare-ups, insect bites, burns, psoriasis, wounds, or post-treatment sensitivities.

Natural Skin Rejuvenation from Nerchr contains 5% DHAA and can be used regularly as part of your skincare routine to hydrate, protect, rejuvenate and brighten your skin.

Tattoo and Piercing Aftercare is a unique blend with 2.5% DHAA which supports your skin in the healing period, reinforces natural healing and protects ink colour vibrancy.

Each product listed contains equal amounts of ascorbic acid and dehydroascorbic acid.

All Nerchr products are made in New Zealand and available at www.nerchr.co.nz

NEW

Wake up to Superfood

Treasured Morning is a brand new collection of superfoods combined to inspire healthy, vibrant lives. Replace oats and grains with nutrient dense ingredients like protein rich hemp hearts, hazelnuts, almonds and macadamias. Available in three tasty, nutritious flavours, each packed with enough fuel to inspire all of your daily adventures.

Visit us online today and find out how you can wake up to a truly Treasured Morning.

treasuredmorning.co.nz



Enjoy *\$5 off every bag.
Use Coupon Code:

VEGGIE

*\$5 off is not recurring on subscription orders

FOOD THAT INSPIRES
Treasured Morning

RESCUE CHICKENS

In February 2021, I decided to take on some rescue chickens through an organisation called New Beginnings Rescue and Rehoming. They organise rescues of chickens which are culled when they reach the age of 18 months - because of intensive farming practices their bodies are exhausted, and they are coming to the end of their productive lives.

The chickens come from intensive battery farms as well as free-range and barn set-ups. To be accepted as an adopter you need to show that you have a good, safe, well-maintained area for the chickens. I went out and bought a chicken coop big enough to house 4 chickens with a fenced-in area to keep them from wandering. You are also asked to sign a pledge to the effect that you will take good care of the chickens, give them a good life, and never kill and eat them. This was easy for me as I've been a vegetarian for over 30 years.

THE 4 POOR LITTLE CHICKENS THAT WERE BROUGHT OUT TO ME WERE SO THIN AND MOSTLY BALD, IT BROKE MY HEART.

I bought wood shavings to use as bedding and stocked up on the best quality, high-protein feed for the chickens through a local farm supplies outlet. As I'd never looked after chickens before I read loads of blogs by people raising chickens in urban areas and then bought a book called, 'How to Care for Your Poultry'. Unfortunately, that was a mistake. The book turned out to be a manual for people who want to raise chickens to eat them so that went straight in the bin.

So, I turned up at the collection point, really excited and nervous, hoping it would all go well. I'd brought 4 big crates with me so that the chickens wouldn't be cramped and uncomfortable on the

journey home - I wanted to get off to the best possible start. Oh dear, the 4 poor little chickens that were brought out to me were so thin and mostly bald, it broke my heart. They all fitted into 1 crate and were very quiet and frightened. I played some music to keep them calm during the drive home, but they didn't seem impressed. I tried chatting to them, but they ignored me. So, not the best start but I had great hopes that things would get better.

For the first week, they were quite subdued, none of them could walk very well and they were quite nervous whenever I came near them. But after a couple of weeks of good food and plenty of room to walk around they started to recover, they became quite vocal and would be sitting by their feeder when I got home from work. At the end of 3 weeks, I decided to let them out of the run so they could explore the garden. I live in Titirangi, in west Auckland, on a steep hillside covered with Kanuka trees, Nikau Palms and Tree Ferns. There are no fences in our area, but I wasn't worried because these chickens didn't look like they would go very far.

AFTER A COUPLE OF WEEKS OF GOOD FOOD AND PLENTY OF ROOM TO WALK AROUND THEY STARTED TO RECOVER, THEY BECAME QUITE VOCAL...

How wrong I was! Little did I know that all this time they'd been planning their escape and were just waiting for me to open the gate to their enclosure. As soon as the gate was open, they took off in different directions, so I didn't know which one to follow. They went into the bush and up the



AS SOON AS THE GATE WAS OPEN, THEY TOOK OFF IN DIFFERENT DIRECTIONS...

hill behind the house. I could hear them, but I couldn't catch them. I walked up and down the hill several times trying to find them, but they weren't ready to come home. Eventually, I gave up and went home, totally defeated, and upset to have lost them so soon after adopting them. However, when I went out to the coop a few hours later with their dinner they were all waiting by the feeder. Lesson No. 1: chickens are smart.

I hope you will think differently about chickens and maybe even consider rescuing a couple - they're fine in an urban environment and they don't ask for much. In return, you'll be rewarded with smart, friendly pets that are just a little bit crazy and a lot of fun. Rescues happen several times a year and you can get in touch with the organisations through their Facebook pages: New Beginnings Rescue & Rehoming and Franklin Farm Sanctuary. They are always happy to help with information and advice about caring for your chickens. I've got my name down to take some from the next rescue.

BY ROSE BYGRAVE

EVENTS *in your area*

AUCKLAND	<p>Active for Animals! Active for Animals! A fun, supportive “club” where veg kids can feel normal and meet like-minded friends; enjoy games, visits from interesting speakers, cooking and eating! Open to all 8 to 13 year olds. For information regarding this group, please contact the NZ Vegetarian Society office: info@vegetarian.org.nz or ph: 09 523 4686.</p> <p>Upcoming event details have been emailed out to members but are also available on our website: www.vegetarian.org.nz/community/events.</p>	KAWERAU	<p>Offering support for those who are Vegan, Vegetarian or interested in the lifestyle. Please contact Loretta Westbrook on 021 236 1859 or email on lorettainnz@gmail.com</p>	WELLINGTON wellington@vegetarian.org.nz	<p>The Wellington Centre of the New Zealand Vegetarian Society is dedicated to serving the needs of members and promoting the vegetarian and vegan lifestyle within the Wellington Region.</p> <p>For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg-n lifestyle, please email: wellington@vegetarian.org.nz</p> <p>Coming Events:</p> <p>VEGAN101 : Going vegan, Staying vegan : Easy! Fast! A day-long workshop with cooking demonstrations, interactive Q & A and discussions. For information on the next workshop, contact: wellington@vegetarian.org.nz</p> <p>Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellington@vegetarian.org.nz</p>
DUNEDIN	<p>Interested in vegan food? For information on pot luck dinners and other activities etc, check the Dunedin/Otepoti Vegan Society website http://dovesnz.weebly.com/</p>	MOTUEKA	<p>Contact Karishma on 022 034 6354 for details of happenings in Motueka</p>	WHAKATANE	<p>For information about pot luck dinners in Whakatane, contact Tara: taramurphy@gmail.com</p>
HAWKES BAY / HASTINGS	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for information about activities, or join the Facebook group Hawkes Bay Veg*ns.</p>	NAPIER	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for more information</p>	WHANGANUI	<p>Interested in meeting like-minded vegetarians in the Whanganui area? Reach out to one of our lovely members Fran Arthur: arizona85037@gmail.com</p> <p>There’s also a Facebook page called Wanganui Vegans Vegetarians and Compassionate Human Animals if you’re interested.</p>
INVERCARGILL	<p>Details of activities available at: facebook.com/pg/INVSOC/events</p>	NEW PLYMOUTH	<p>Calling New Plymouth/Taranaki vegetarians and vegans – let’s get together to share a meal and socialise! Contact Katrina 021 749 552 or Tessa 021 057 4011</p>		
		PALMERSTON NORTH	<p>For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: www.facebook.com/groups/palmyveg.ns/</p>		

OUR WEBSITE CALENDAR

www.vegetarian.org.nz/events/

See what events are happening around NZ. If you’re organising a vegetarian/vegan event let us know so we can add it to our calendar.

HELP US KEEP OUR EVENTS CALENDAR UP TO DATE & PEOPLE INFORMED!

THE NZVS IS A NON PROFIT. WE RELY ON DONATIONS TO HELP US CONTINUE OUR WORK & WE HIGHLY VALUE ALL FINANCIAL GIFTS.

For further info about gifting contact: info@vegetarian.org.nz



Welcome Vegetarian Cafe & Takeaways

**OVER 100 DISHES ON
THE MENU**
(85% vegan)

OPEN MONDAY TO SATURDAY

12noon to 8pm

Open Sunday by prior arrangement.

Phone orders
or reservations
03 348 2630

2 Wharenui Rd,
(off Riccarton Rd)
Christchurch

WWW.WELCOMECAFE.CO.NZ

**LOOK FOR THIS
LOGO TO KNOW
A PRODUCT IS:**



FREE from meat and animal by-products
FREE from GE
FREE from battery eggs
NOT tested on animals
FREE from cross-contamination

100% SUITABLE FOR VEGETARIANS
WWW.VEGETARIAN.ORG.NZ

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 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

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.).

TO JOIN THE NZVS, go to our website www.vegetarian.org.nz and complete your details online. Alternatively, complete the application form and post to PO Box 26664, Epsom, Auckland 1344.

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.

DIRECTORY

NEW ZEALAND

National Executive of the NZ Vegetarian Society Inc.
PO Box 26664, Epsom,
Auckland 1344
info@vegetarian.org.nz
Ph/Fax: 09 523 4686
www.vegetarian.org.nz

National Office
10 Warborough Avenue,
Epsom, Auckland 1344
info@vegetarian.org.nz
Ph/Fax: 09 523 4686

Wellington Centre
wellington@vegetarian.org.nz
04 478 4665
www.vegetarian.org.nz/about-us/who-we-are/wellington-centre/

Christchurch
christchurch@vegetarian.org.nz

Hamilton
Tristan Hooker
veghouse@vegetarian.org.nz

Hawkes Bay
Donna Hossack
donna444@gmail.com
027 588 7756

Invercargill
Invercargill Vegan Society
info@invsoc.org.nz

Kawerau
Loretta Westbrook R.N.
Lorettainnz@gmail.com

Motueka
Steph: 021 167 7011
stephanie.thompson@gmail.com

New Plymouth
Katrina Angelo 021 749 552
or Tessa Clarke 021 057
4011

Waiuku
Tara Murphy
taramurphy@gmail.com

Wairarapa
Eleanor Harper
027 328 8518
eleanor.harper@gmail.com

Whanganui
Lyneke
lyneke@orcon.net.nz

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:
The Editor, Vegetarian Living NZ,
PO Box 26664, Epsom,
Auckland 1344
editor@vegetarian.org.nz



BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

HEALTH & COSMETICS



ALEPH BEAUTY
Clean Beauty.
Clear Conscience.

Aleph Concealer / Foundation 1.0 / 1.5 / 2.0 / 2.5 / 3.0 / 3.5 / 4.0 / 5.0 / 6.0 / 7.5, Aleph Cheek-Lip - Ascend / Crush / Grounded / Pixie / Rêve / Sangha / Terra, Aleph Radiance - Moon / Star / Sun, Aleph Prep-Finish Pressed Powder, Aleph Serum-Primer, Aleph Mascara Jet, Aleph Hybrid Eye Pigments - Glint / Meteotite / Incense / Echo, Aleph Lip Gloss/Balm Lucid, The One - Reset and Restore Moisture Cream



BODHI ORGANICS
Bodhi Organics
Everyday hydrating cream 50ml



CLINICIANS
Research Based

Pure Omega-3 Algae Oil 1000mg, Essential Nutrients For a Plant-Based Diet 60 vege caps, Magnesium Chloride 200ml Liquid



GO HEALTHY

GO GLUCOSAMINE DAILY 60 Vege Capsules, GO Mushroom Immune 60's capsules, GO Vitamin D3 120's capsules, Kava 4200 one-a-day capsules, Evening Primrose Oil 1000mg capsules, Go Hemp Seed Oil 1,100mg capsules, Go Flaxseed Oil 1,000mg/1,500mg Vege SoftGel Capsules



GOODBYE
We Belong Outdoors

Goodbye OUCH Vanilla Balm, Goodbye Sandfly



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



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



ANGEL FOOD
Vegan & Divine

Dairy-Free Mozzarella Alternative, Dairy-Free Cheddar Alternative, Dairy-Free Parmesan Alternative, Dairy-Free Cream Cheese Alternative, Dairy-Free Feta Alternative, Dairy-Free Grated Cheese Alternative, Dairy-Free Grated Smoked Cheddar Alternative, Dairy free Sour Cream, Dairy-Free Feta



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



BABICH WINES
New Zealand's Most Experienced Family Owned Winery

Marlborough Organic Sauvignon Blanc, Vegan Organic Sauvignon Blanc, Marlborough Organic Pinot Gris, Marlborough Organic Chardonnay, Marlborough Organic Albarino, Marlborough Organic Pinot Noir, Marlborough Select Blocks Sauvignon Blanc, Marlborough Vegan Sauvignon Blanc, Marlborough Classic Pinot Gris, New Zealand Rosé



BLACKENBROOK
Inspired By Nature - Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



CAROL PRIEST NATURAL COSMETICS

Carol Priest Almond & Lemonbalm Facial Scrub 50g, Carol Priest Blue Chamomile Facial Wash Cream 100g, Carol Priest Green Clay Mask With Herbal Oils 50g, Carol Priest Lettuce & Jojoba Moisture Lotion 100ml, Carol Priest Neroli Aurantium Facial Lotion 100ml, Carol Priest Rosa Damascena Facial Lotion 100ml



CHASERS
Feel The Flavour

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



COOKIE TIME
For Serious Cookie Munchers

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

FOOD & BEVERAGES



EM'S
Unleash Your Power!

Em's Power Cookies : Protein Hemp Cookie - Choc Brownie, Protein Hemp Cookie - Peanut Butter, Chocolate Cranberry Craze Bar



FOLIUM ORGANICS
We're a Source of Good Nourishment

Organic Barley Leaf powder, Organic Wheat Grass powder, Organic Pea Leaf powder, Organic Pea Leaf powder blended 50/50 with Organic Barley Leaf powder, Organic Kale powder, Organic Carrot powder, Organic Beetroot powder, Organic Spearmint powder, Organic Quinoa, Organic Fennel powder, Organic Echinacea powder, Broccoli Sprout powder, Whole Pea powder, Manuka Leaf powder



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
Kiwi Hemp Seed Oil, Kiwi Hemp Hearts, Kiwi Hemp Seed Oil in Capsules, Pure Hemp Protein Powder



HOWLER HOTDOGS
A New Breed Of Hotdogs

Vegan Notdogs, Vegan Mini Notdogs



HUNTER'S WINES
Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewürztraminer, Pinot Gris, Rosé, Gruner Ventliner



KILLINCHY GOLD
Masters of Premium New Zealand Ice Cream

Oat Frozen Dessert: Chocolate Hokey Pokey, Salted Caramel & Cashew



LOTHLORIEN WINERY
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

FOOD & BEVERAGES



MARISCO VINEYARDS
Premium Wines By Marisco Vineyards

The Ned Chardonnay, The Ned Rosé, The Ned Sauvignon Blanc, The Ned Sauvignon Blanc, The Ned Pinot Noir, The King's Series The King's Favour Sauvignon Blanc, The King's Series The King's Wrath Pinot Noir, The King's Series The King's Bastard Chardonnay, Leefield Station Rosé, Leefield Station Pinot Gris, Leefield Station Sauvignon Blanc, Leefield Station Chardonnay, Leefield Station Pinot Noir, Marisco Craft Series Pride and Glory Sauvignon Blanc, Marisco Craft Series Exemplar Viognier, Leefield Station Syrah, Leefield Station Gewurztraminer, Chosen by Majestic Sauvignon Blanc, Leefield Station Riesling, The Ned Pinot Noir Early Release

NUDAIRY'S **NUDAIRY**
Plant-based creamery

Cream Cheese, Shredded Mozzarella, Sliced Cheddar, Sour Cream, Shredded Cheddar, Feta, Tasty Alternative, NuDippy



OSM
Fuel For Life

The Original Craft Bar - Roasted Hazelnut, Sesame Seed & Chocolate.
The Original Craft Bar - Roasted Almond, Himalayan Salt and Vanilla
OSM Everyday Nutrition - Blueberry & Blackcurrant
OSM Everyday Nutrition - Salted Maple, Ancient Grain & Seeds
OSM Everyday Nutrition - Crunchy Peanut Butter.
OSM Kids Choccy Block Bar, OSM Kids Vanilla Confetti Bar



PASTA VERA
New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto



PAYNTERS CIDER
Paynter's Cider, a drink for all seasons!

Pilgrims Dry Cider



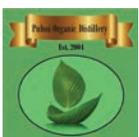
PLAN*T
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bologness Meal, Mexican Meal, plan*t Nuggets, plan*t Crispy strips, plan*t Chick'n burger, Hemp Chick'n Natural, Hemp Chick'n Southern Fried



PROPER CRISPS
Proper Hand Cooked Crisps

Marlborough Sea Salt, Rosemary and Thyme, Smoked Paprika, Sea Salt and Vinegar, Kumara, Garden Medley, Onion and Green Chives, Cracked Pepper & Sea Salt, Hand Cooked Cheeza-peno Tortilla, Hand Cooked Salted Tortilla, Free Range Sage and Onion, Barbeque Rub, Dill Pickle with Apple Cider Vinegar, Hand Cooked Pineapple Salsa Tortilla, Sweets and Beets, Kumara Pepper Onion, Tortilla Chilli and Lime



PUHOI ORGANIC DISTILLERY

Dry Gin, Blueblood Gin, Raspberry Dry Gin, RNZYS Commodore Reserve's Gin, Limoncello Gin, Cinnamon Gin, Vanilla Gin.

FOOD & BEVERAGES



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



ROUND THEORY
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, Piquette Sauvignon Blanc Marlborough



SOLOMONS GOLD
For us, it is what we don't put into our chocolate that makes us special

Smooth Dark 70% Solomon's Gold 55g; Dark Nib 75% Solomon's Gold 55g; Dark Orange 70% Solomon's Gold 55g; Dark Berry 70% Solomon's Gold 55g; Dark Caramel 70% Solomon's Gold 55g; Dark Velvet 65% Solomon's Gold 85g; Velvet Nib 70% Solomon's Gold 85g; Dark Chocolate Pieces 70% Solomon's Gold 500g; Cacao Nibs Solomon's Gold 500g; Smooth Dark 65% Solomon's Gold 55g; Dark Nib 70% Solomon's Gold 55g; Dark Orange 65% Solomon's Gold 55g; Dark Mint 65% Solomon's Gold 55g; Dark Berry 65% Solomon's Gold 55g; Dark Caramel 65% Solomon's Gold 55g; Dark Chocolate Pieces 65% Solomon's Gold 500g; Dark Mylk 45%, Dark Mylk Caramel 45%, Dark Mylk Berry 45%, Dark Mylk Orange 45%



SURTI
The Traditional Taste of India

Vegetable Samosa, Vegan Samosa, Vegan Kachori



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

FOOD & BEVERAGES



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

Kumara Rosti, (Vegan) Feta Kumara Rosti, Cauliflower Schnitzel, Falafel, Pumpkin and Spinach Burger Pattie, Buffalo Cauliflower Burger



THE GOODTIME PIE CO.
Crazy About Vegan Pies

Mexican Pie, Korma Vegetable Pie, Kumara & Cashew Pie, Chana Masala Pie, Vegan Sausage Roll, Vegan Pepper Mushroom Pie, Vegan Mince & Cheese Pie



TRADE AID
Doing Good Tastes Great

Organic 55% Classic Dark Chocolate, Organic 70% Pure Dark Chocolate, Organic 85% Extra Dark Chocolate, Organic 55% Dark Raspberry Chocolate, Organic 70% Mint Crisp Chocolate, Organic 70% Salt Toffee Crisp Chocolate, Organic 55% Dark Chocolate Almonds, Organic Drinking Chocolate, Organic Cocoa Powder, Passionfruit Dark Chocolate; Dark Chocolate Mint Sticks



TREASURED MORNING
Treasured Morning Apple Crumble 350 gr



WAIHEKE HERBS
Artisan Herbal Culinary Products

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



IS IT VEGAN CERTIFIED?





BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

RESTAURANT MENUS



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

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

HEALTH & COSMETICS



FLOWMOTION
Enhancing The Flow Of Sexual Intimacy - Organically

Organic Lubricating Gel



KIWIHERB
Effective Natural Family Healthcare

A range of natural herbal health products.



ORGANIC BIOACTIVES
Innovating From Tradition

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



VITAMIN SOLUTIONS

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

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



CHASERS
Feel The Flavour

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



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



LET'S EAT
Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders



LEWIS ROAD CREAMERY
Aiming To Create The World's Best Butters And Milks Here In NZ

Organic Single Cream, Premium Sour Cream, Premium Lightly Salted Butter, Premium Unsalted Butter, Premium Sea Salt Butter, Lewis Road Spreadable, Premium Garlic & Parsley Butter, Salted Butter

FOOD & BEVERAGES



TATUA
Specialised Dairy Products

Culinary & Whipping Cream, Dairy Whip Whipped Cream, Mascarpone



THE RICHMOND FOOD CO.
Sweet Short Pastry, Flaky Puff Pastry



SUSTAINABLE FOODS LTD.
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bolognese Meal, Mexican Meal, plan*t Nuggets, plan*t Crispy strips, plan*t Chick'n burger, plan*t Vege-to-balls



THE GOODTIME PIE CO.
Vegetarian Mince-atarian Mince & Cheese Pie



THE SOY WORKS
NZ Tofu



TRANZALPINE HONEY
100% New Zealand Certified Organic Honey

Organic Honey (Manuka, Rata, Clover, Bush, Kanuka, Kamahi)



TREASURED MORNING
Treasured Morning Berry 350 gr, Treasured Morning Peach & Nectarine 350 gr



WAIHEKE HERBS
Artisan Herbal Culinary Products

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

CORPORATE MEMBERS SUPPORTING THE NZVS



GREEN DINNER TABLE

Eat more plants



Invest Ethically

PATHFINDER ASSET MANAGEMENT

Invest Ethically



QUORN

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



TAIWANESE WOMEN'S ASSOCIATION OF NEW ZEALAND (TWANZ)