

VEGETARIAN

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**DECODING FOOD
LABELS: A GUIDE FOR
VEGETARIANS & VEGANS**

**CLIMATE-CONSCIOUS EATING:
WHY YOUR FOOD
CHOICES MATTER**

GARDENS...GROW YOUR OWN IN ANY SPACE

**WINTER WELLNESS:
LITTLE CHANGES THAT
MAKE A BIG DIFFERENCE**

**THE FORGOTTEN ISLAND
- ESCAPE TO THE
ISLAND OF SUMBA**

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HEALTHIER
WORLD**



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EDITORIAL

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As we settle into winter, it's a good time to reflect on the progress we've made so far this year. A major milestone was the official handover of our petition for clear and consistent

vegetarian and vegan food labelling. In collaboration with the Vegan Society of Aotearoa, we handed it over to Green MP Steve Abel at Parliament in Wellington. This is a big step forward toward standardised, enforceable labelling definitions being introduced into the Australia New Zealand Food Standards Code.

We also had a stall at the Go Green Expo in Auckland – New Zealand's largest sustainable lifestyle show. The event was buzzing with people, and it was great to receive positive feedback on the work NZVS is doing. We had some thoughtful conversations and answered lots of questions about vegetarian living. See the pictures and read more about both of these events on the next page.

In this issue, pages 2 & 3 feature the first in a two-part guide to decoding food labels – a practical resource to help vegetarians and vegans make sense of ingredients lists and health claims. It's a useful read which aligns with our recent work around clearer food labelling.

Building on the theme of conscious choices, pages 6 & 7 feature Doctors For Nutrition on how what we eat impacts the climate. From emissions and water use to biodiversity loss, it's a compelling case for embracing a more sustainable, plant-based diet.

On page 8, I share my personal winter wellness tips – simple habits that help me stay balanced and energised when the days are colder.

Pages 9 & 10 feature an interview with Holistic Hair, a brand proudly Vegetarian Approved and Vegan Certified by the NZVS. They share how science-backed plant ingredients and ethical practices are central to their mission.

If you're dreaming of warmer weather, pages 15 & 16 feature a tropical escape as Chef Diana von Cranach takes us to the Indonesian island of Sumba, sharing a traditional plant-based dish along with a version adapted for Kiwi kitchens.

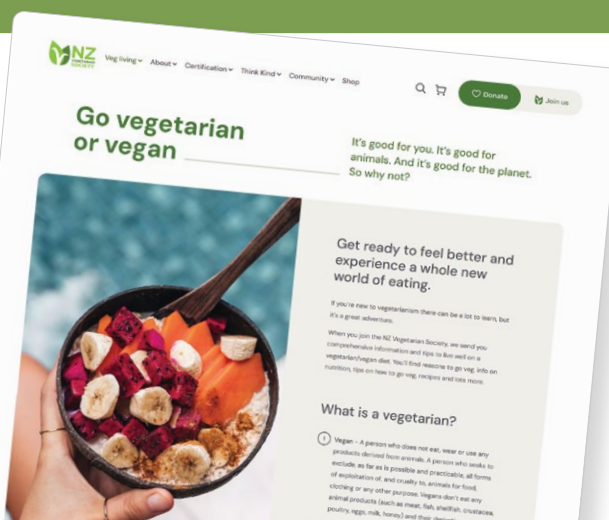
We continue our new series Changemaker Chronicles (page 18) with a compelling piece on how youth across Africa are playing a growing and influential role in sustainability through plant-based choices.

Closer to home, former editor of *Vegetarian Living NZ*, Margaret Johns, shares ideas for growing your own food on pages 20 & 21, whether you've got a garden, a balcony, or just a few pots!

And finally, on page 22, you'll find an article on how sharing your vegetarian journey can inspire others, a ripple effect that contributes to a more compassionate, sustainable world. You'll also find winter recipes from Tristan Stensness and Anna Valentine, restaurant reviews, and plenty more to keep you nourished and inspired – enjoy our winter issue!

– INA BABIC

HAVE YOU CHECKED OUT OUR WEBSITE RECENTLY?
WWW.VEGETARIAN.ORG.NZ





(From left) Ina Babic from the NZ Vegetarian Society, Green MP Lan Pham, Green MP Steve Abel and Claire Insley from the Vegan Society of Aotearoa.

LABELLING PETITION HANDOVER AT PARLIAMENT

In March, the NZ Vegetarian Society, alongside the Vegan Society of Aotearoa, handed over a petition to Green MP Steve Abel at Parliament, calling for clear and consistent labelling of vegetarian and vegan products. The petition urges Parliament to introduce standardised definitions, which are currently missing, into the Australia New Zealand Food Standards Code.

"By advocating for clear, standardised, and enforceable labelling regulations, we aim to eliminate ambiguity and ensure transparency in the labelling of vegetarian and vegan products," said Ina Babic from the NZVS.

Babic said the term 'vegetarian' should be reserved for products that contain no meat, poultry, fish, or seafood, and that any use of animal by-products (such as gelatine, rennet, or certain colourants) should also be clearly indicated.

We are now waiting for Parliament to confirm what the next steps will be. Keep an eye out for updates as we continue to advocate for progress in this space.

Read the full article on RNZ: *"Vegetarian and vegan labelling would eliminate ambiguity – advocates"*

YOU'RE INVITED TO OUR AGM

Save the date! The NZ Vegetarian Society's Annual General Meeting will be held on Saturday 30th August. We invite all members to join us and hear what we've been up to over the past year. **More details to come!**



GO GREEN EXPO

In April, we had the pleasure of hosting a stall at the Go Green Expo in Auckland. It was a fantastic opportunity to answer questions, sign up new members and meet lots of people who are passionate about sustainable living.

We also enjoyed showcasing a selection of Vegetarian Approved and Vegan Certified products from Cookie Time, OSM, TranzAlpine Honey NZ, Trade Aid, and Goodness Me.

Thank you to our wonderful volunteers and the team who helped bring the stall to life!



HELLO & FAREWELL

We're excited to welcome Annie Sutherland-Hancox to the NZ Vegetarian Society as our new National Office Manager: *"For the past decade, I have been a vegetarian and raising my two kids with the same herbivore lifestyle. I enjoy playing squash and trying new recipes. As a former art teacher, I am particularly looking forward to the Think Kind competition submissions! It's such a fantastic cause and opportunity to see young minds at work and celebrate their imaginative ideas."*

At the same time, we extend our heartfelt thanks to Rose Bygrave for her dedication and hard work in the role. While she's stepping back to focus on family, we're delighted she'll remain involved with the NZVS as part of our Executive Committee, and we wish her all the very best in her next chapter.



Decoding food labels:

A GUIDE FOR VEGETARIANS AND VEGANS (PART 1)

BY CATHERINE LOFTHOUSE

Labels on packaged foods and drinks can be confusing for many of us. They contain complex information, technical jargon, small print, and misleading claims, making it hard for us to understand the content and nutritional value of our food. For people following a veg~n diet, understanding the information on a food label can help you decipher nutrition claims and avoid hidden ingredients that aren't veg~n friendly. It can also help you to compare products to select those highest in key nutrients that are typically harder to get on a veg~n diet.

This article is the first in a two-part series on how to navigate food labels on packaged foods. Part One covers how to read a nutrition information panel and ingredients list and to understand health claims. Part Two (in the next issue of *Vegetarian Living NZ*) will cover new rules around allergen labelling, helpful logos or trademarks, and hidden ingredients of animal origin to be aware of.

FOOD LABEL ESSENTIALS

Food manufacturers are required by law to provide clear and accurate product labels. However, finding reliable details to make informed choices can still be tricky. If you follow a veg~n diet, certain sections of the food label can help you identify what's in your food.



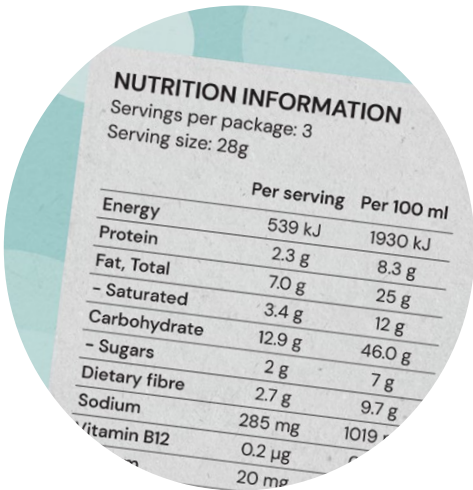
Ingredients list

Ingredients are listed by descending order of weight, which means main ingredients will be listed first. The ingredients list will include any additives used, such as thickeners or colourings, some of which could be derived from animal products (more about this coming in Part Two). The ingredients list will also include any added vitamins or minerals, for example if calcium or vitamin B12 has been added to plant-based milk.

Nutrition information panel

It is mandatory for the nutrition information panel (NIP) to list the amount of energy, protein, fat, saturated fat, carbohydrate, sugars and sodium in the food. It must show the average quantity of these nutrients per serving and per 100 g (or 100 ml if liquid). Other nutrient information, such as amount of dietary fibre, may also be added, though this is optional. Sometimes manufacturers also state the percentage daily intake per serving, which gives an estimate of how much that food will contribute to our daily needs for each nutrient listed⁽²⁾.

The NIP should also include any other nutrient about which a claim is made. For example, if the packaging carries a claim that milk is 'a good source of calcium', the calcium content must also be listed.



Compare the NIPs of similar products to decide which one is best for you. To do this, use the per 100 g column, as serving sizes vary between products or brands.

Below is an example NIP for soy milk. In this example, the front of the milk carton claims it is a good source of calcium, therefore the calcium content must be stated. In addition, the manufacturer has chosen to list the amount of vitamin B12 and dietary fibre in the milk. They have also opted to add the percentage daily intake.

Figure 1: Example nutrition information panel for soy milk
Nutrition information | Servings per package: 4 | Serving size: 250 ml

	Quantity per serving	Quantity per 100 ml	% daily intake (per serving)*
Energy	640 kJ	250 kJ	7%
Protein	6.7 g	2.6 g	13%
Fat, Total	9.4 g	3.7 g	13%
- Saturated	1.0 g	0.4 g	4%
Carbohydrate, Total	9.3 g	3.7 g	3%
- Sugars	4.7 g	1.8 g	5%
Sodium	110 mg	43 mg	5%
Dietary fibre	2.0 g	0.8 g	7%
Vitamin B12	0.9 µg	0.4 µg	38%
Calcium	290 mg	110 mg	29%

* Percentage daily intakes are based on an average adult diet of 8700 kJ.
Source: New Zealand Food Composition Database 2024 ⁽³⁾.

Names of allergens

Certain food ingredients that can cause severe allergic reactions must be labelled in a specific way. Common allergens include products that people following a veg~n diet may avoid, including fish, shellfish, milk and eggs. See Part Two in the next issue of *Vegetarian Living NZ* for changes to how allergens are labelled in New Zealand, which should make it easier for people avoiding these specific products.

Advisory and warning statements

Advisory and warning labels are required if the food contains certain ingredients that can cause health risks for some consumers. Of note, this includes bee products that may cause an allergic reaction (royal jelly, bee pollen and propolis), and any unpasteurised egg or milk products. Dairy or plant-based milks low in fat will carry a statement that they are not suitable as a complete milk food for children under two years, and plant-based milk that is low in protein will carry a statement that it is not suitable as a complete milk replacement for children under five years⁽⁴⁾.

OTHER KEY INFORMATION: DECIPHERING DATE MARKS AND NUTRITION CLAIMS

Date marks

Date marks are required on packaged foods with a shelf life of less than two years, but not all date marks are the same.

Use-by date: The food must be eaten before the date stated, otherwise it could make people sick. It is illegal to sell food past its use-by date.

Best-before date: The food will lose quality and some nutritional value after the date stated but should still be safe to eat. If it's safe to eat, food past its best-before date can still be sold.

Baked-on or Baked-for: Bread products with a shelf life of fewer than 7 days.

Nutrition claims

Nutrition claims are statements that a manufacturer may use to promote their product. There are rules about the claims that can be made. However, nutrition claims can be misleading because they use ambiguous language or focus on a single nutrient rather than the overall nutritional profile of a product. For example, a yoghurt that carries the claim of 'low fat' may still be high in sugar. It is best not to rely wholly on nutrition claims, but to check the NIP and ingredients list to assess a product overall^(5,6).

Below are some common nutrition claims and their meaning:

Table 1: Common nutrition claims

Source of protein	Contains at least 5 g of protein per serving.
Good source of protein	Contains at least 10 g of protein per serving.
Source of [vitamin or mineral]	The food contains at least 10% of the recommended daily intake (RDI) of the vitamin or mineral per serving.
Good source of [vitamin or mineral]	The food provides at least 25% of the RDI per serving.
No added sugar	No sugars or ingredients containing sugars (like honey, syrup, or fruit juice concentrate) have been added. However, the product can still contain natural sugars that are naturally found in its ingredients, such as the sugars present in fruits, vegetables, or milk.
'Pure', 'fresh', 'natural'	There is no regulation around the use of these terms. They're often used to make products appear healthier, though this isn't necessarily the case.
'Light', 'lite', 'reduced'	<p>These terms can be used to describe a product that is at least 25% lower in energy, fat, saturated fat, sugar or salt compared to a standard version of that same product.</p> <p>Be aware that these same terms can be used to describe a product's colour, texture or flavour, rather than changes to the nutrient content. Also, when one nutrient is reduced, another might be added – for example, reduced salt but increased sugar.</p>

NZ VEGETARIAN SOCIETY PETITION

Food labelling rules in New Zealand are focused on protecting public health and safety. This means manufacturers don't need to label products based on ethical, religious or environmental preferences, such as whether they are vegetarian or vegan-friendly⁽⁷⁾. The onus is on the consumer to carefully read and understand food labels to make their own choices. As discussed in this article, it can be hard for people to decipher and trust food labels, which is why the *New Zealand Vegetarian Society* partnered with the *Vegan Society of Aotearoa* to petition the government for new legislation that provides clear, reliable information to help consumers select vegetarian and vegan products. See page 1 and the news section of our website for more details on the petition.

CONCLUSION AND RECOMMENDATIONS

- Food labels can be confusing and sometimes misleading. If you follow a veg~n diet, check the ingredients list and the NIP to ensure the product meets your needs.
- Compare similar products by using the per 100 g (or 100 ml) column of the NIP.
- Use nutrition claims to help choose a product, though remember that claims usually focus on a single nutrient and not the product as a whole.
- For more information on key nutrients for vegetarians or vegans, see the article 'Are Nutritional Supplements Needed on a Veg~n Diet?', in *Vegetarian Living NZ*, Vol. 80, No.3.

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

 www.vegetarian.org.nz/about/news

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.



2025 THINK KIND STUDENT COMPETITION OFFICIALLY LAUNCHES

THE ANNUAL THINK KIND STUDENT COMPETITION, RUN BY THE NZ VEGETARIAN SOCIETY (NZVS), IS OPEN TO ENTRIES FOR 2025! THIS COMPETITION OFFERS THE OPPORTUNITY FOR STUDENTS FROM YEAR 0 TO 13 TO SUBMIT ANY FORM OF CREATIVE WORK WHICH EXPRESSES THE IMPORTANCE OF KINDNESS TOWARDS ANIMALS AND OUR PLANET.

The grand prize is \$1000, which goes towards the winning students' school, kindly provided by Quorn and the NZVS. Additionally, each entrant receives a certificate and a voucher from Hell Pizza, and the top 10 entrants receive a prize pack, containing products from our amazing sponsors (listed below).

Past entries have included artwork depicting ways we can be kind to animals, poems, short stories, home-made films, and many more! The 2024 grand prize winner was Harriet Mason, a year 6 student from St Albans Primary in Christchurch. Her pencil drawing of an orangutan included the message 'Say No to Palm Oil'.

NZVS President, Julia Clements, says of the event, "It's an excellent opportunity for young kiwis to think about how we can better promote kindness towards all animals. In previous years we've seen such creative interpretations of what this looks like, and it's always exciting to see the way students interact with the ideas of sustainability and reducing animal cruelty. We hope that, as in previous years, we get a lot of community support when it comes to the voting stage later this year!"

The closing date for submissions is August 17th. The NZVS judging panel will then select the top 10 entries, which will be go live for public voting on World Vegetarian Day (October 1st). The top voted entry will be revealed as the overall winner a month later on World Vegan Day (1st November)!

Think
KIND

STUDENT COMPETITION

MAY - AUG 2025

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THE TOP 10
FINALISTS
WILL RECEIVE
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ANY PROJECT WITH THE TOPIC *Being kind to animals!*

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For more information, please head to the NZVS website - www.vegetarian.org.nz



TRISTAN'S Corner

There's something comforting about a one-pot meal in winter. The way the flavours come together as the meal slowly cooks, the smell and warmth filling the kitchen, contrasting with the grey skies and bare branches outside, and of course the simplicity of having only one pot to wash at the end.

In our household, one-pot dinners have calmed my nerves many times over the years. They've filled hungry bellies after long days and carried us through times when money was tight. They've been the backdrop to teenage bickering, laughter, homework, great conversations around the table, and those satisfying moments when someone says, "this is actually really good, Mum."

The beauty of one-pot meals is that they're democratic. They don't require special ingredients that you have to go out in the cold searching for, you can just build them from whatever you have on hand: whichever vegetables are in season, herbs and spices from the pantry and whatever odds and ends are lingering in the fridge. They're forgiving, and they don't demand perfection. They just need time and a little bit of attention.

If you're like me, chances are you associate one-pot cooking with that classic kitchen icon, the Crock Pot. Back in the day, many people I knew had Crock Pots, and they've never gone away. You can still find them in stores today, but now there are plenty of other slow cooker brands to choose from as well. Until quite recently I had the old, classic Crock Pot – the brown and cream colour design, which had lasted me decades until it finally gave out. Since then, I've been trawling op shops, looking for the same classic design to replace it with. I haven't found one, but I did come across the slow cooker in the photo, at an op shop for five dollars, so that's what I'm using now, and it has seen plenty of action so far. I love the way a slow cooker lets flavours deepen slowly over the day, without me having to stand at the stove. I often come back and throw in ingredients between work shifts and school drop-offs. By dinner time, the house smells like someone's been cooking all day. Which, technically, they have.

One of our family favourites is a lentil and vegetable stew. It's nothing fancy – onions, garlic, chopped carrots, potatoes, a kūmara and red lentils. Simmered in the slow cooker with vegetable stock, a tin of tomatoes and a few herbs, it transforms into something very satisfying. The splash of soy sauce and squeeze of lemon at the end lifts the flavour. Add crusty bread or rice, and dinner's done. Sometimes I double the recipe and freeze half. That's the other gift of one-pot cooking – it stretches.

In winter, especially, I feel the heart of family cooking isn't about impressing, it's about sustaining, and about comfort, connection and care. And the smell alone can convince you that everything's going to be okay.



Here's how I make my lentil and vegetable stew. It's budget-friendly and adaptable.

INGREDIENTS:

- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 potatoes, diced
- 1 kūmara, chopped
- 1 cup red lentils, rinsed
- 1 tin (400g) chopped tomatoes
- 4 cups vegetable stock
- 1 tsp dried thyme (or a few sprigs of fresh thyme)
- 1 tsp dried rosemary (or a sprig of fresh rosemary)
- Salt and pepper to taste
- 2 tbsp soy sauce
- Juice of half a lemon
- Crusty bread or rice to serve

METHOD:

1. In your slow cooker, combine the chopped onion, garlic, carrots, potatoes, kūmara and red lentils.
2. Pour in the chopped tomatoes and vegetable stock. Stir in the thyme, rosemary, salt, and pepper.
3. Cover and cook on low for 6–8 hours, or on high for 3–4 hours, until the vegetables are tender and the lentils have broken down.
4. Once cooked, stir in the soy sauce and lemon juice to taste.
5. Serve with crusty bread or rice.

Enjoy your one-pot comfort food!

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



CLIMATE-CONSCIOUS EATING: WHY YOUR FOOD CHOICES MATTER

WHAT'S FOR DINNER TONIGHT? THIS EVERYDAY DECISION IS POWERFUL BECAUSE WHAT WE EAT PLAYS A CRITICAL ROLE IN SHAPING THE FUTURE OF OUR PLANET. SOME FOODS LEAVE A MUCH LARGER CARBON AND ENVIRONMENTAL IMPACT THAN OTHERS. BY CHOOSING SUSTAINABLE, PLANT-BASED OPTIONS, WE CAN SIGNIFICANTLY REDUCE OUR IMPACT AND CONTRIBUTE TO THE FIGHT AGAINST CLIMATE CHANGE.

Climate change is no longer a distant threat. It's happening now, and we're seeing its effects all around us, from extreme weather events and biodiversity loss to environmental degradation and growing food insecurity. This urgent situation calls for immediate action from all of us.

Greenhouse gas (GHG) emissions are the primary drivers of global warming and climate change. These gases trap heat in the atmosphere, causing the planet to warm. In 2023, GHG concentrations reached record levels, and data confirm emissions continued to rise in 2024. As a result, 2024 saw global temperatures hit a record high, averaging 1.55°C above pre-industrial levels. We've likely just experienced the first calendar year with a global mean temperature exceeding the 1.5°C threshold set by the Paris Agreement ^[1].

Our food choices significantly impact the planet. By understanding the key areas that influence the climate and our environment, we can all make informed decisions and take responsibility for our actions.

GREENHOUSE GAS EMISSIONS

Our global food system accounts for around 25–34% of all human-caused GHG emissions ^[2]. These emissions come from multiple sources—land use change (including deforestation), production,

processing, transportation, and food waste—and industrial animal agriculture leaves a significantly large footprint. Estimates suggest livestock contributes 12–20% of global emissions ^[3], with other reports arguing that it is the single most significant driver of climate change. In Aotearoa New Zealand, agriculture makes up almost 50% of the nation's emissions, with 75% coming from livestock methane ^[4]—a GHG many times more potent than CO₂. A 2020 study of New Zealand's food system showed that whole plant foods are substantially less climate-polluting than animal-based foods ^[5].

WATER AND LAND USE

Our food system is a major consumer of natural resources, with agriculture accounting for around 70% of the world's freshwater use ^[6] and nearly half of all habitable land. Livestock occupy almost 80% of this land yet produce only 17% of the world's calories ^[7]. Animal farming is particularly resource-intensive, requiring substantially more water and land than growing crops for direct human consumption. For instance, producing just one litre of dairy milk uses ten times as much land and 22 times as much freshwater as plant-based milk ^[8]. Additionally, it takes about 15,000 litres of water to produce a single kilogram of beef, making its water footprint roughly 20 times larger than that of cereals or starchy vegetables ^[9].

BIODIVERSITY LOSS

How we produce food has reshaped ecosystems and is driving biodiversity loss at an alarming rate. Today, livestock comprise 94% of mammal biomass (excluding humans), while poultry accounts for over 70% of bird biomass ^[10]. The vast land requirements for grazing and feed production contribute



to deforestation and habitat destruction. While agriculture provides crops for human consumption, around 36% of crops are grown for livestock feed ^[11] focussing on monocropping practices that reduce plant diversity, harm habitats for animals and pollinators, and contribute to the decline of insect populations. In Aotearoa New Zealand, at least 4,000 species are threatened or at risk of extinction due to habitat loss or degradation from deforestation, agricultural expansion and intensive farming practices ^[12]. And it's not just on land—our oceans face their own biodiversity crisis from overfishing, habitat destruction, pollution, and warming.

WATERWAYS AND OCEAN HEALTH

Intensive farming practices significantly contribute to ecosystem pollution, impacting freshwater bodies and oceans. The widespread use of synthetic fertilisers in food and livestock feed production has grown dramatically ^[13], and this heavy reliance on fertilisers, particularly in monoculture farming, depletes soil nutrients, reduces biodiversity, and makes crops more vulnerable to pests and diseases. This leads to more reliance on synthetic fertilisers, pesticides, and herbicides, which can further degrade soil health, contaminate water sources, and





disrupt ecosystems. These inputs, along with nutrient runoff from animal waste in intensive agriculture, contribute to eutrophication—an excess of nitrogen and phosphorus leading to an overgrowth of algae. This process pollutes water sources, disrupts habitats, and degrades freshwater and marine ecosystems, causing dead zones and damaging aquatic life. While industrial plant-based farming can contribute to pollution, sustainable practices like organic and regenerative agriculture reduce synthetic inputs and waste, helping to limit nutrient pollution.

EFFICIENCY AND ENERGY USE

Animal agriculture is inefficient in converting plant-based resources into edible human food. More than a third of global crop calories are used to feed livestock, yet only a tiny portion of this energy is converted to edible meat products ^[14]. If these crops were grown directly for human consumption, far fewer resources would be needed to feed the global population.

Animal agriculture relies heavily on fossil fuels throughout the supply chain—from feed crop cultivation and livestock management to processing and transportation. Removing livestock from the equation would significantly reduce fossil fuel consumption, making plant-based agriculture a far more energy-efficient alternative.

MAKING SUSTAINABLE FOOD CHOICES

Remember, cutting your food-related emissions isn't about being perfect. Every small step counts and can make a positive change. Here are some practical tips to help you start your journey towards sustainable eating.

- **Incorporate more plant-based meals** – start small by incorporating just one plant-based meal per week.
- **Choose plant-based proteins** – swap meat and dairy for nutritious alternatives like lentils, beans, chickpeas and tofu.
- **Reduce or eliminate dairy** – opt for plant-based milk, yoghurt and cheese to drastically cut land and water use while eliminating methane emissions.
- **Be mindful of processed foods** – many processed foods require more energy to produce and may contain hidden animal products like milk powder.
- **Grow your own food (if possible)** – grow fruits and vegetables to develop a deeper appreciation of food sources and sustainability. Produce that doesn't rely on synthetic fertilisers and pesticides benefits your health and the planet.

- **Minimise food waste** – plan meals and store food properly to reduce waste. Less waste means fewer resources are used in food production, and fewer methane emissions are produced by landfill decomposition.

Like all energy systems, food production requires inputs and generates outputs that impact the environment. We can work towards a more sustainable future by rethinking our food choices—one meal at a time. Read our full article *How our food choices affect the climate for more information on this topic* – doctorsfornutrition.org/climate/



DO YOU WANT TO KNOW THE PERCENTAGE OF YOUR CALORIES COMING FROM WHOLE PLANT SOURCES AND TO OBTAIN YOUR DIET 'CLIMATE SCORE'?

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About Doctors For Nutrition

Doctors For Nutrition is an Australasian registered health-promotion charity led by medical and dietetic professionals. Its goal is to create a world free from preventable disease so everyone can thrive and live to their full potential. Learn more at doctorsfornutrition.org.



WINTER WELLNESS: LITTLE CHANGES THAT MAKE A BIG DIFFERENCE

BY INA BABIC

AS WE COSY INTO THE COOLER MONTHS, THERE'S SOMETHING ABOUT WINTER THAT INVITES US TO SLOW DOWN AND RECHARGE. BUT IT'S ALSO A TIME WHEN COLDS CREEP IN, ENERGY DIPS, AND ROUTINES CAN LOSE THEIR RHYTHM. I'VE LEARNED (OFTEN THE HARD WAY!) THAT STAYING WELL THROUGH WINTER ISN'T ABOUT DRAMATIC CHANGES – IT'S THE SMALL, THOUGHTFUL HABITS WE BUILD INTO OUR DAYS THAT REALLY MAKE A DIFFERENCE. HERE ARE SOME OF THE THINGS I'VE FOUND HELPFUL, AND HOPE WILL SUPPORT YOU THIS SEASON.

NOURISH FROM THE INSIDE OUT

When it comes to immunity, there's no magic fix – but food can be powerful. I try to focus on colourful, whole foods as much as possible. Think citrus for vitamin C, kūmara for beta-carotene, and plenty of greens like kale and spinach. These help support the immune system and keep everything ticking along when we need it most.

Winter is also the perfect season for adding warming ingredients like garlic, ginger and turmeric to your cooking. I'm not above a simple roasted veg traybake, but I also love making a big pot of lentil and vegetable soup with plenty of garlic and herbs. (Bonus: leftovers make weekday lunches so much easier.)

If you're plant-based, don't forget to check your intake of zinc (hello, sunflower seeds and chickpeas), iron (lentils, tofu, leafy greens), and B12 (via fortified foods or supplements) – all of which help support energy and immunity.

FEED YOUR GUT, FEED YOUR HEALTH

Over the past few years, gut health has become a big focus in wellness circles – and for good reason. A thriving gut microbiome plays a key role in immunity, mood and even sleep.

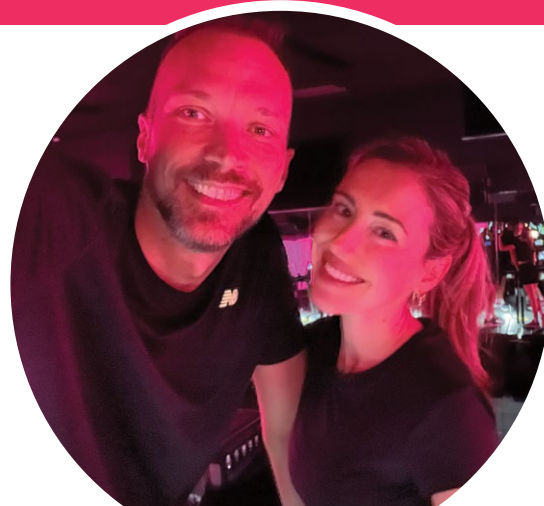
I try to include fermented foods like kimchi and sauerkraut in my meals whenever I can. They're simple additions that are good for the gut and big on flavour. I'm also a fan of a good ginger and lemon kombucha, especially the less-sweet varieties. Fibre-rich whole foods like lentils, chia seeds and quinoa help keep things moving and feed the good bacteria. Your gut (and honestly, your whole self) will thank you.

WINTER MOVEMENT THAT FEELS GOOD

When it's grey and cold outside, the temptation to go full blanket burrito mode is real and honestly, sometimes that's exactly what we need. But moving your body can also be one of the best ways to support circulation and boost energy.

For me, Reformer Pilates is a must-do. It's the perfect balance of strength and stretch, and I love how much better it makes me feel, especially during the colder months. I also make time for a weekly running class, which gives me an extra boost of energy and helps clear my head. On slower days, even just a 20-minute walk in the fresh air can do wonders (bonus points if the sun peeks out). I'm also a big fan of using an infrared sauna in winter – it's a great way to support circulation and give your immune system a little extra help.

The goal isn't intensity. It's consistency. Moving in ways that feel kind to your body and working with your winter rhythm makes all the difference.



My husband and I at our weekly running class

THE POWER OF REST

We often underestimate how much sleep and rest affect everything else, from immunity and metabolism to stress and mental clarity. Winter is the perfect time to listen to your body's natural urge to wind down earlier and take breaks without guilt.

Rest can look different for everyone. For me, it's more about creating a quieter pace in the evenings – lighting a candle, making a simple dinner, and giving myself permission to switch off from the day's rush. It's about finding whatever small rituals help you feel calm and ready for rest.

BOOST YOUR MOOD WITH THE LITTLE THINGS

It's normal to feel a little slower or more introverted in winter, especially when we're juggling work, family and shorter days. But simple mood-boosters can make a huge difference. Plant-based sources of omega-3s like flaxseeds and walnuts are great for brain health. So are slow meals with friends, cuddling up with your kids or pets, or doing something creative just for you.

Even writing a gratitude list or stepping outside for five minutes of sunshine can shift the vibe. Wellness doesn't have to be complicated.

BE GENTLE WITH YOURSELF

Lastly, just remember to be gentle with yourself. Whether you're simmering soup on the stove, heading to a Pilates class, or simply remembering to drink more water, it all adds up. And if some days are all about the couch, a warm drink and your comfiest socks? That counts too.

Stay warm, take care, and make this winter one that feels good for you.

Infrared sauna

Reformer Pilates



At Holistic Hair, plant-based ingredients and ethical values go hand in hand. In this Q&A, we speak with the team behind the New Zealand-based brand about their naturally-derived formulations, commitment to sustainability, and what sets them apart in the world of conscious hair care.

THE EVOLUTION OF HOLISTIC HAIR: A COMMITMENT TO NATURAL HAIR CARE

BY INA BABIC

What initially inspired you to create Holistic Hair, and how has your commitment to natural hair care developed?

Holistic Hair was founded in 2006 by a trichologist who recognised a growing demand for natural, plant-based hair care. At the time, most mainstream hair products were heavily synthetic, and consumers were seeking alternatives that aligned with a wellness-focused lifestyle. With a deep understanding of scalp and hair health, our founder set out to create formulations that combined trichological expertise with the benefits of plant-based ingredients. Over the years, our commitment to natural hair care has evolved beyond formulation to embrace sustainability, ethical sourcing, and circular economy principles. Today, we continue to refine our approach, ensuring our products support long-term scalp and hair wellness while minimising environmental impact.



Why is it important for Holistic Hair to have Vegetarian Approved and Vegan Certification from the NZ Vegetarian Society, and what does this certification represent to you and your customers?

These certifications reflect our unwavering commitment to ethical hair care. They ensure that our formulations are free from animal-derived ingredients and meet the strict standards of the NZ Vegetarian Society's Vegan Certification, which also verifies that no animal testing has been conducted or commissioned. For our customers, these certifications offer confidence that they are choosing products aligned with their ethical, environmental, and health-conscious values. They reinforce trust in our brand and underscore our dedication to integrity and responsible business practices.

What are some key benefits people experience when switching to hair care products formulated with natural ingredients?

Switching to natural hair care offers a gentler, more nourishing experience for both the scalp and hair. Plant-based ingredients work in harmony with the body's natural processes, helping to restore balance, reduce irritation, and enhance overall scalp health. Customers often notice increased hydration, reduced build-up, and a healthier scalp environment, contributing to stronger, shinier, and more resilient hair over time.



What are some of your favourite plant-based ingredients used in your products, and how do they specifically improve scalp and hair health?

We carefully select sustainable plant-based ingredients backed by science to support scalp and hair health. Some of our favourites include:

- **Aloe Vera** – Found in a majority of our shampoos. Aloe Vera is rich in polysaccharides that hydrate and soothe the scalp, helping to reduce irritation and inflammation. Studies highlight its antimicrobial and antioxidant properties, which support overall scalp health and help prevent dandruff.
- **Manuka Honey** – Used in our Pure Shampoo & Conditioner, Manuka honey has antibacterial and antifungal properties that help maintain a balanced scalp microbiome. Research shows that honey can improve scalp hydration and promote healing, making it beneficial for compromised, dry or flaky scalps.

>> ARTICLE CONTINUES ON NEXT PAGE

- **Avocado Oil** – A key ingredient in our Hydrating Shampoo & Conditioner, Avocado Oil is packed with monounsaturated fats, vitamins A, D, and E, and essential fatty acids. It penetrates the hair shaft to deeply nourish, enhance elasticity, and reduce breakage, while also moisturising the scalp.
- **Lavender Oil** – Found in our Sensitive range, Herbal Finishing Rinse Concentrate & Essential Scalp Spray. Lavender Oil has antimicrobial and anti-inflammatory properties that help balance the scalp and reduce irritation. Studies suggest it may also support hair growth.
- **Chamomile Oil** – Used in our Scalp Treatment Oil, Chamomile Oil has anti-inflammatory and soothing properties that help calm scalp redness and irritation. Research indicates that it contributes to a healthier scalp environment and conditions the hair naturally.
- **Quinoa Pro NPNF™ Protein (Hydrolysed Quinoa)** – Found in our Quinoa Pro Colour Protect Shampoo & Conditioner, Quinoa Pro NPNF™ is a natural plant protein that contains all eight essential amino acids to lock in colour. Amino acids absorb into the cortex of the hair to protect the colour and reduce oxidative damage.
- **Crambisol** – Crambisol™ from Crambe Abyssinica oil contains added phytosterols to strengthen hair from the inside out, increasing thickness and improving the hair's natural elasticity for resistance to breakage.
- **Nettle Extract (Urtica Dioica)** – Used in our shampoos and conditioners. Nettle is rich in vitamins (A, C, K, and B-complex) and minerals such as iron and silica, which promote hair growth and strengthen hair follicles. Research suggests that nettle extract can reduce hair shedding and improve scalp circulation.
- **Apple Cider Vinegar (Acetic Acid)** – A key ingredient in our Sensitive Shampoo & Herbal Rinse. Apple Cider Vinegar helps balance the scalp's pH, reducing excess oil production while also removing product build-up and bacteria linked to dandruff. Studies support its role in enhancing scalp microbiome balance, leading to improved scalp and hair health.



What are common misconceptions or myths about natural and plant-based hair care products that you'd like to address?

A common myth is that natural hair care products are less effective than synthetic ones. In reality, when expertly formulated, plant-based products can provide safe, effective, and science-backed benefits for scalp and hair health.

How do you ensure the performance of your products while strictly sticking to your commitment to natural formulations?

We blend plant-based ingredients with innovative green chemistry principles to create high-performance formulations backed by science. Every product is rigorously tested for efficacy, safety, and stability. With expertise in trichology and cosmetic chemistry, we craft solutions that deliver real, lasting results – while staying true to our commitment to hair care inspired by nature.



As awareness around sustainability grows, what trends are you seeing emerging in plant-based hair care, particularly within New Zealand?

There is a significant shift towards circular economy principles, with both brands and consumers prioritising sustainable packaging, refillable options, and ethical ingredient sourcing. Transparency is also becoming more important; people want to know where their products come from and how they are made. In New Zealand, we see an increasing preference for locally-sourced, naturally-derived ingredients and a greater emphasis on minimising waste throughout the supply chain.

What practical advice would you give someone aiming to start a more holistic and sustainable hair care routine, especially if they're unsure where to begin?

Simplify your routine by prioritising quality over quantity. Look for products with transparent ingredients and avoid harsh chemicals, fossil fuel-derived silicones, and synthetic fragrances that can disrupt scalp health. Focus on scalp care as the foundation of healthy hair with gentle cleansing, nourishment, and hydration, and opt for brands that uphold sustainability and ethical practices.

Holistic Hair is a B Corp, meeting the highest standards of social and environmental responsibility, transparency, and accountability. Their mission is to empower consumers with knowledge and provide high-performing, plant-based solutions for healthy hair and a healthier planet.

W www.holistichair.co.nz

VEGETARIAN APPROVED & VEGAN CERTIFIED



Product News

BY BEN MOLLISON, NZVS TRADEMARK MANAGER

We've had a great few months here at the NZ Vegetarian Society. Along with the submission to Parliament of our petition to clarify food labelling for vegetarian and vegan products, we've had several companies expressing an interest in certifying their products with us!

For this quarter we're welcoming new products from Marisco – a new canned version of their popular 'The Ned' series. Also, we're welcoming on Dr Hisham's – a holistic oral healthcare brand from the Bay of Plenty.

We hope you've had a great start to your year and look forward to bringing you more updates as the year continues.

:Dr Hisham's™

holistic oral care system

Dr Hisham's offer a range of oral healthcare options made with a holistic approach. With toothpastes, mouth rinses, and other similar products that are vegan, organic, and free from animal testing, this brand is definitely one to check out!

 www.drhishams.nz




MARISCO
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The Ned has launched its three top-selling wines, Sauvignon Blanc, Rosé, Pinot Gris, in a new slim-line 250ml can format. The move comes from a desire to offer Kiwi consumers the option of their favourite wine in a format that is more eco-friendly, without compromising on quality, and one that fits into their lifestyle.

The cans will be available at all Woolworths stores nationwide.

 www.marisco.co.nz/collections/the-ned

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.

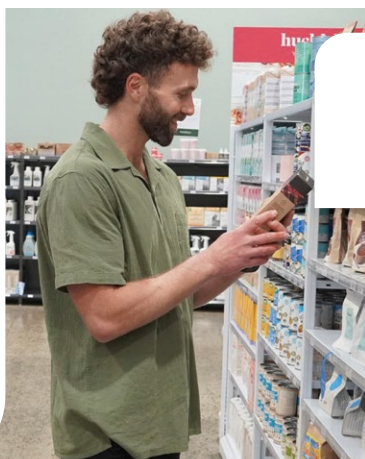
Have you found a product that seems vegan or vegetarian? Why not email the producer and ask if they have considered getting it Vegan Certified or Vegetarian Approved? We can help them spread the word! Alternatively, send an email to trademark@vegetarian.org.nz, and we'll get in touch with them.

NZVS MEMBERSHIP PROGRAMME DISCOUNT BOOKLET

Unlock exclusive discounts on a variety of Vegetarian Approved and Vegan Certified products as a valued NZVS member!

- Enjoy greater savings as you stay updated on member-only offers
- Support ethical brands & enhance your plant-based lifestyle along the way

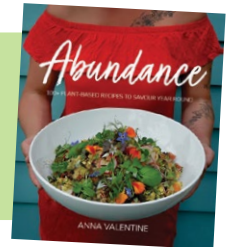
For more information and to access our Membership Programme discount booklet please email info@vegetarian.org.nz



Recipes



Anna Valentine shares some more of her creative and delicious recipes. Anna has three recipe books available from her website: **The Veggie Tree** (Spring/Summer and Autumn/Winter) & **Abundance**.



CURRIED KŪMARA & ROASTED CAULIFLOWER SALAD

This creamy hearty salad has many layers of flavours and textures making it perfect to take for a pot-luck dinner, a barbeque or even as a meal in itself. I've roasted the kūmara and cauliflower but you could also steam them if preferred. The crispy lentils are totally delicious and you may like to make a little more as they are very moreish! At the end of winter, early spring the onion flowers are coming out and they truly are the first spring onions, plus their little white flowers make a beautiful edible garnish. Ruruhau is a mustardy, open cabbage-type green which is native to New Zealand but any punchy mustardy green is perfect also.

INGREDIENTS:

- 1/2 cup brown or green lentils
- 2 cups water
- 3 tablespoons coconut or rice bran oil + 2 tablespoons
- 2-3 red kūmara, bite size pieces
- 1 tablespoon cumin seeds
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 a cauliflower, cut into florets
- 4 sticks celery, sliced
- 6 spring onions or onion weed, sliced
- 1/2 cup cashews (optional)
- 3 gherkins, sliced (optional)



- 1/2 cup raisins (optional)
- 350ml mayonnaise (use plant-based version to make vegan)
- 2 tsp tablespoon curry powder, mild or hot
- 1 clove garlic, crushed
- 2 cup chopped greens, kale, ruruhau (mustard greens), mizuna or silverbeet

METHOD:

1. Gather your ingredients and preheat the oven to 180°C.
2. Measure the lentils and water into a pot, cover and cook for 20 minutes.
3. Strain the excess liquid off once cooked and leave to drain.
4. Prepare the kūmara into a roasting tray and add the oil, cumin seeds, salt and pepper, toss together and roast for 15 minutes, turning once during this time. Increase the heat to 200°C and add the cauliflower, toss through and bake for 14 minutes.
5. Leave to cool.
6. Heat the second measure of oil into a roasting pan along with the lentils and a pinch of salt, bake for 15 minutes.
7. Prepare the celery, spring onions and greens into a salad bowl, add the cashews, gherkins and raisins if using.
8. Add the cooled roasted vegetables and toss together.
9. Mix the mayonnaise, curry powder and garlic together and add to the bowl and toss through or serve on the side if preferred.
10. Finally, top with the crispy lentils and serve.

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



More of Anna's recipes are available at both www.vegetarian.org.nz and www.theveggietree.com.

PANCAKES

Whether you are a sweet or savory breakfast kind of person this versatile recipe will tick all the boxes. And you don't just need to limit yourself to breakfast either. I love to roll savory fillings in pancakes, just as you would for cannelloni, then bake with a sauce or a sprinkle of cheese for a lunch or dinner. I recommend using a cast iron pan for pancakes as the heat is more evenly dispersed, and cooks the pancakes more evenly.

It is essential to look after your cast iron pans. Here are a couple of tips. Never leave it sitting in a sink of water, always clean immediately after use, and dry and rub with oil before storing. This will keep your pan non-stick and last a lifetime.

INGREDIENTS:

2 cup wholemeal spelt flour
a pinch of salt
1 egg
2 cup milk, plant-based or dairy
3/4 cup water
4 tablespoons butter, dairy or plant-based

GLUTEN-FREE AND VEGAN OPTIONS

1 1/2 cup sorghum or buckwheat flour or a mixture of both
1/3 cup cornflour or potato flour (starch)
2 tablespoon ground flax seeds mixed with 1/4 cup water and left to absorb for 10 minutes
4 tablespoons coconut oil, virgin or refined



METHOD:

1. Gather your ingredients and measure the flour into a large bowl.
2. Make a well in the center and add the egg or ground flax seeds, milk and water.
3. Whisk together, gradually incorporating from the inside out, until smooth, then add two tablespoons of butter or oil and whisk this through, leave the batter to sit for 30 minutes.
4. Heat a cast-iron pan and add a little butter or oil, half a teaspoon at a time.
5. When sizzling, add a ladle of the mixture into the pan and tip the pan around so the surface is completely covered.
6. Loosen at the edges with a spatula and flip the pancake over when it's golden on the first side, then cook the other side for another 30 seconds.
7. Stack the pancakes on a plate.
8. Repeat until all the mix is finished.

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Graduates from the Foundation

THE FORGOTTEN ISLAND

BY DIANA VON CRANACH

To the east of Bali is SUMBA, a large, scarcely populated island of stunning natural beauty, megalithic culture, priceless textiles and ancient beliefs.

The Sumbanese were originally farmers, living in houses with towering, thatched roofs, guided by ancestor worship and stone-age traditions.

Modern civilisation is now beginning to encroach, with an emphasis on responsible tourism. This is a double blessing, bringing increased prosperity, education and health, but also presenting new challenges to the island's spiritual and cultural balance. The simple, daily food made with local leaves and vegetables remains healthy and nutritious.

One of my favourite dishes, RUMPU RAMPE, photographed at the Sumba Hospitality Foundation, is included here. Established by Inge de Lathauwer in 2016, this non-profit organisation supports 70 students every year from the local community, trains them in different aspects of hotel work, and even finds employment for them after successful graduation. The Foundation includes a sustainable hotel and restaurant, a permaculture garden, and is the perfect, comfortable base for exploring the island. ^[1]

RUMPU RAMPE (SERVES 2-3)

RUMPU RAMPE consists of vegetables commonly found in most Sumba gardens – taro leaves, indigenous tiny chillies, banana heart, papaya flowers, papaya leaves, beansprouts and lemongrass.

INGREDIENTS:

- 250g papaya flowers, soaked in hot water with vinegar to remove bitterness
- 250g papaya leaves*
- 250g taro leaves*
- 100g beansprouts, blanched
- 2 stalks lemongrass
- 1 banana heart*
- 50g small Asian onions, finely chopped
- 30g garlic, finely chopped
- 30g kemiri nuts*, soaked

>> ARTICLE CONTINUES ON NEXT PAGE



Sumba Traditional Village Houses



Rumpa Rumpa recipe on next page

½ tsp fresh turmeric, minced
Salt and fresh pepper to taste
Chilli as preferred, chopped
1 kaffir lime leaf, finely shredded
Perhaps a little palm sugar
Coconut oil
Cherry tomatoes
Spring onions
Coriander and lemon basil leaves

Ingredient Notes and Substitutes for ingredients that might not be available in New Zealand*:

- **Papaya leaves:** Substitute with silverbeet, baby spinach, mustard greens, or kale (blanched to reduce bitterness).
- **Taro leaves:** Substitute with kūmara leaves, baby spinach, or pumpkin leaves.
- **Kemiri nuts:** Substitute with macadamia nuts for a similar texture. Cashews or blanched almonds also work as milder alternatives.
- **Banana heart/flower:** white cabbage, artichoke heart, kohlrabi
- **Papaya flowers:** no substitute, but sometimes available frozen online

METHOD:

1. Fry the onions, garlic, chillies and turmeric in a little coconut oil until cooked through. Season to taste.
2. Finely slice the white part of the lemongrass, then blend or pound together with the drained nuts and cooked onion mixture to create a fragrant paste.
3. Blanch the papaya flowers in hot water with vinegar to remove bitterness. Drain and sauté in 1 tablespoon of pure coconut oil with seasoning and a little palm sugar to caramelise.
4. Blanch the papaya and taro leaves with a little vinegar or lemon juice until the bitterness disappears. Cool, then squeeze out any moisture, roughly chop, and set aside.
5. Remove the hard outer petals (bracts) of the banana flower until you reach the softer, white inner core. Cut the flower vertically into two pieces and cook for 5 minutes in salty water. Strain, let cool, and slice finely.
6. Quickly blanch the beansprouts and drain well.

7. Carefully mix all the prepared vegetables together with the paste. Adjust seasoning if needed.
8. Serve at room temperature and garnish with cherry tomato slices, coriander, lemon basil and more spring onions.

For all-inclusive, special Cultural Adventures in both North Bali and Sumba – including meetings with local artisans, master village weavers, metal crochet jewellery makers, stone and woodcarvers contact puriganesha@gmail.com.

References

[1] Sumba Hospitality Foundation. (n.d.). Empowering Sumba's youth through sustainable hospitality. Retrieved May 9, 2025, from www.sumbahospitalityfoundation.org

Diana von Cranach is a Bali-based living food chef and culinary consultant, known for her plant-based creations inspired by Asian heritage recipes. She advocates sustainability, sourcing for purely local ingredients and creating flavour-packed food.



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GREENER PLATES, BRIGHTER FUTURE: How Youth Can Drive Sustainability through Plant-Based Choices

BY JEREMIAH MUTEMWA

In an age where climate change dominates global conversations, the urgency of individual and collective action cannot be overstated. Across the globe, from bustling African markets to trendy urban cafés in New Zealand, there's a shared link: the food we consume and its profound impact on the planet.

For young people, especially across the African continent, the movement toward sustainability is personal. We are the generation poised to inherit a planet in crisis, demanding innovative solutions to tackle environmental degradation and social inequality. One of the simplest yet most transformative actions we can take lies on our plates – embracing plant-based diets.

THE ENVIRONMENTAL CASE FOR GOING GREEN

Livestock farming significantly contributes to greenhouse gas emissions, deforestation, and water pollution. Globally, it accounts for approximately 14.5% of all anthropogenic greenhouse gases – more than the entire transportation sector combined. For African nations, this issue is particularly pressing, as the continent grapples with some of the world's most climate-vulnerable regions. Erratic rainfall, desertification, and food insecurity are increasingly common challenges.

Adopting plant-based diets offers a pathway to reduce the strain on natural resources. By prioritising locally sourced vegetables, legumes, and grains, individuals can lower their carbon footprints while simultaneously supporting smallholder farmers – the backbone of many African agricultural systems.

YOUTH AS CATALYSTS FOR CHANGE

Young people are uniquely positioned to lead this transformation. With access to digital platforms, we can amplify sustainability messages and challenge societal norms around food. Across Africa, youth-led initiatives are reshaping food narratives. For example, organisations like Food for Africa are promoting urban gardening and teaching young people to grow nutritious crops in small spaces.

In Zambia, where I'm based, the link between food, health, and the environment is unmistakable. Traditional dishes like nshima (maize meal) with leafy greens such as rape (a traditional vegetable similar to kale) exemplify plant-based eating deeply rooted in cultural heritage. By celebrating and modernising such dishes, young Africans demonstrate that sustainable eating doesn't mean abandoning tradition – it means reimagining it for the future.

HEALTH BENEFITS FOR COMMUNITIES

Plant-based diets offer benefits that extend beyond environmental gains. They are key to addressing dual burdens – malnutrition and the rising prevalence of non-communicable diseases (NCDs) like diabetes and hypertension. These health challenges are particularly acute in African and other low- to middle-income countries, where healthcare access can be limited.

Diets rich in fruits, vegetables, whole grains, and plant-based proteins lower the risk of NCDs while improving overall well-being. They are often more affordable and accessible than animal-based products, making them practical choices for young people and families.

ACTIONABLE STEPS FOR A BRIGHTER FUTURE

To lead the charge, young people must inspire others through action. Here are practical steps to champion sustainability through plant-based diets:

1. **Educate and Advocate:** Use social media to share recipes, facts, and stories about the benefits of plant-based eating. Highlight connections between dietary choices and global issues like climate change.
2. **Celebrate Local Flavours:** Explore and promote plant-based versions of traditional dishes. Preserving cultural identity makes the movement relatable and inclusive.
3. **Collaborate for Impact:** Partner with schools, community groups, and local farmers to create awareness campaigns. Practical initiatives like cooking classes or urban gardening projects can leave lasting impressions.
4. **Vote with Your Wallet:** Support businesses that prioritise sustainability, whether it's a local farmer's market or a plant-based café.



A GLOBAL MOVEMENT ROOTED IN LOCAL REALITIES

While plant-based advocacy is often associated with Western movements, it's vital to recognise that much of the global South has long embraced vegetarian and vegan traditions. From Ethiopian injera with lentil stew to Indian dal and chapati, plant-based eating is a core part of humanity's collective heritage.

In Africa, this movement isn't just about achieving global climate goals. It's also about empowering communities, reducing reliance on resource-intensive imported foods, and reclaiming sovereignty over food systems.

As youth, our voices are powerful, our ideas innovative, and our determination unwavering. By choosing greener plates today, we pave the way for a brighter, more sustainable future—for Africa, New Zealand, and the world.

References:

1. Food and Agriculture Organization of the United Nations (FAO). (2013). *Tackling Climate Change Through Livestock*.
2. United Nations Framework Convention on Climate Change (UNFCCC). *Livestock and Climate Change*.
3. World Health Organization (WHO). *Noncommunicable Diseases and Nutrition*.

Jeremiah is a youth advocate and sustainability enthusiast with a background in community health and environmental education. Passionate about empowering young people to lead positive change, Jeremiah focuses on accessible, plant-based solutions for a healthier planet.



DINING OUT

REVIEWS BY INA BABIC

HOKKAIDO

Located in Mt Wellington, Hokkaido has been one of my long-time favourite spots for delicious, reliable Japanese dining in Auckland. It may not be exclusively vegetarian, but there are plenty of flavour-packed vegetarian options that make it a standout.

Over the years, the team at Hokkaido has come to know me and my family, remembering us from when my kids were little. That warm, welcoming atmosphere is part of what keeps us coming back – along with their unforgettable fried rice, which I still rate as the best I've ever had!

Their stir-fried vegetables are perfectly cooked and full of flavour, and the seasonal salad with seaweed is fresh and beautifully balanced. Hokkaido is also a great choice for gluten-free diners. My children are Coeliac, so good gluten-free options are always top of mind for us. Hokkaido has consistently offered safe and delicious food.

If you're looking for a relaxed, genuine experience that feels like a hidden gem rather than a trend-chasing hotspot, Hokkaido is the kind of place that quietly wins your heart.

71 Lunn Avenue, Mt Wellington, Auckland

Hours: Monday to Sunday 11.30am to 9.30pm

 www.hokkaido.co.nz

BELÉN PLANT BAKERY

On our way to Parliament (see page 1), we had the pleasure of stopping at Belén Plant Bakery in Wellington, and it did not disappoint. Their vegan ham and cheese croissant was absolutely delicious, with the perfect balance of flaky pastry and savoury filling. With a cabinet full of sweet and savoury options, this 100% plant-based bakery is well worth a visit next time you're in the capital.

For a more detailed review, see our feature in the Summer 2023/2024 issue (Vol. 80, No. 2).

Locations & Hours

104 Lambton Quay, Wellington: Monday to Friday: 7.30am – 3pm

105 Courtenay Place, Wellington: Wednesday to Friday: 8am – 3pm | Saturday & Sunday: 9am – 5pm

Wellington Airport – Domestic Terminal (general public can access): Monday – Friday: 6.30am – 4pm, Saturday & Sunday: 7am – 4pm

 www.belenplantbakery.com



BENNETTS CAFÉ

For anyone visiting Mangawhai, a stop at Bennetts Café is almost a rite of passage. It's one of those places that feels woven into the fabric of the community and for my family, who consider Mangawhai a second home, it's been a much-loved constant over the years.

Tucked in next to the famous Bennetts Chocolate shop, the café is a relaxed, sunny spot to settle in for breakfast, lunch or coffee. The food is consistently good, with plenty of fresh, seasonal ingredients and a good range of vegetarian options. Think breakfast burritos, creamy mushrooms on toast, and perfectly smashed avocado.

What makes Bennetts even more special is the wider experience: after your meal, you can wander into the chocolate shop next door for handmade treats, or check out the brand-new Bennetts Bakery, which has quickly become another local favourite.

Bennetts is the kind of place that feels like it belongs to the landscape – relaxed, welcoming and always delicious. Whether you're a first-time visitor or a long-time regular, it's the perfect way to savour a taste of Mangawhai.

52 Moir Street, Mangawhai

Hours: Monday to Sunday 8am to 3pm

 www.bennettsschocolate.co.nz

REVIVE VEGAN CAFÉ

If you're after a healthy and reliably delicious lunch in Auckland city, Revive Vegan Café is hard to beat. It's a go-to spot for colourful plant-based meals.

The focus is on a rotating menu of daily salads and hot dishes like roast vegetable couscous, Thai slaw, or lentil tabbouleh, made fresh each day. It's the kind of place where you can build your ideal lunch depending on what you feel like.

Everything at Revive is 100% vegan, and the freshness is obvious with every bite. Portions are generous but never heavy, making it a great choice for a quick lunch that leaves you feeling energised. They offer takeaway options, meal boxes, and even cookbooks if you want to bring a little extra plant-based inspiration home. You can also pick up their house-made nut butters, which are available for purchase.

Revive is the kind of café that makes eating vegan easy and enjoyable, whether you're fully plant-based or simply looking for something fresh and satisfying in the middle of a busy day.

24 Wyndham St, Auckland Central

Hours: Monday to Friday 10.30am to 4pm

 www.revive.co.nz





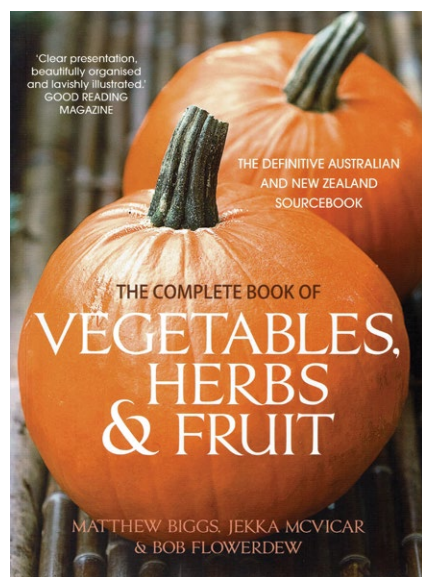
GARDENS

...GROW YOUR OWN IN ANY SPACE

BY MARGARET JOHNS

Gardens – they can be things of beauty and also a bonus to the budget, providing a bountiful harvest of nutritional food. As a family, we grew up in “state” houses but always managed to plant a vegetable garden with a variety of fruit trees which we benefitted from. When I married and bought our first house, the first item on the agenda was to put in a veggie garden and plant various fruit trees, and we continued to do this with every subsequent house move. These days, of course, housing tends to be in apartments or “town houses” with little or no land or space provided for gardens.

However, a Google search of Community Gardens shows there are numerous community-run gardens right throughout the country and, of course, there is the Garden to Table programme run through schools (check www.gardentotable.org.nz for details). Also, a very useful book *Embrace your Space* by Janet Luke (available from your local library) contains a wonderful collection of ideas and simple projects to transform balconies, patios, window boxes and even window sills, into productive spaces for herbs and other vegetables.



Another useful and very informative book is *The Complete Book of Vegetables, Herbs & Fruit – the definitive Australian and New Zealand sourcebook*, by Matthew Biggs, Jekka McVicar & Bob Flowerdew (also available from your



local library). With 640 pages packed full of descriptions and illustrations of plants, it also has a Practical Gardening section giving information on how best to design a garden, sort out a site and planting plan and even advice on weed control!

If you do decide you are keen to grow your own vegetables, herbs and/or fruit, first look at the space available, then decide whether it is to be in containers or directly planted into the ground. If containers are your only option, Janet Luke’s book is available from your local library (or buy your own copy) to get ideas about containers. They certainly don’t have to be expensive as plants will grow just about anywhere and in anything. Then you’re probably best to go to your local garden centre to get advice on what to plant and when, which will depend to some extent on the season. And remember there are numerous varieties of fruit trees which can be successfully grown in pots as long as they are fed and watered properly, as with all container grown plants.

The Soil & Health Associations (est. 1941) “*Healthy Soil, Healthy Food, Healthy People*” [www.soilandhealth.org.nz], Wellington, has an Auckland Branch and a Mid Canterbury Branch. It is worth joining that Association to get practical information to help with your garden. Also check with your local Council to see if they run composting courses. Auckland Council has an initiative through the Compost Collective [www.compostcollective.org.nz] and this website has much useful information on it. It’s especially good if you want to start your own compost and don’t want to attract the local rat population!

If you have room for a garden in the ground, buy a soil testing kit from your local garden centre and check what is needed to balance the acidity or alkalinity, or if it’s clay it might be easier to make a raised garden by putting an edging round it, filling it with soil

and compost (which will eventually help break down the clay) and get your garden started. Remember, the more you plan in advance and the more carefully you prepare the site of your garden plot, the better the results.

So, if you are keen to put a garden plot into your space, whatever the size, measure the area and plan it carefully; visit your local Mitre 10 or Bunnings or similar shop if you want to build a raised garden. It’s easier to weed and harvest if you keep the plants within arm’s reach of the person looking after the garden(s) and, of course, if building a raised garden, check the height you want. Use the right mix of soil and compost when filling the beds; too much compost and the plants will certainly grow quickly, but not have a lot of “bulk” or nutrition in them. You might need to protect the seedlings initially to prevent them being eaten by birds, slugs, etc.

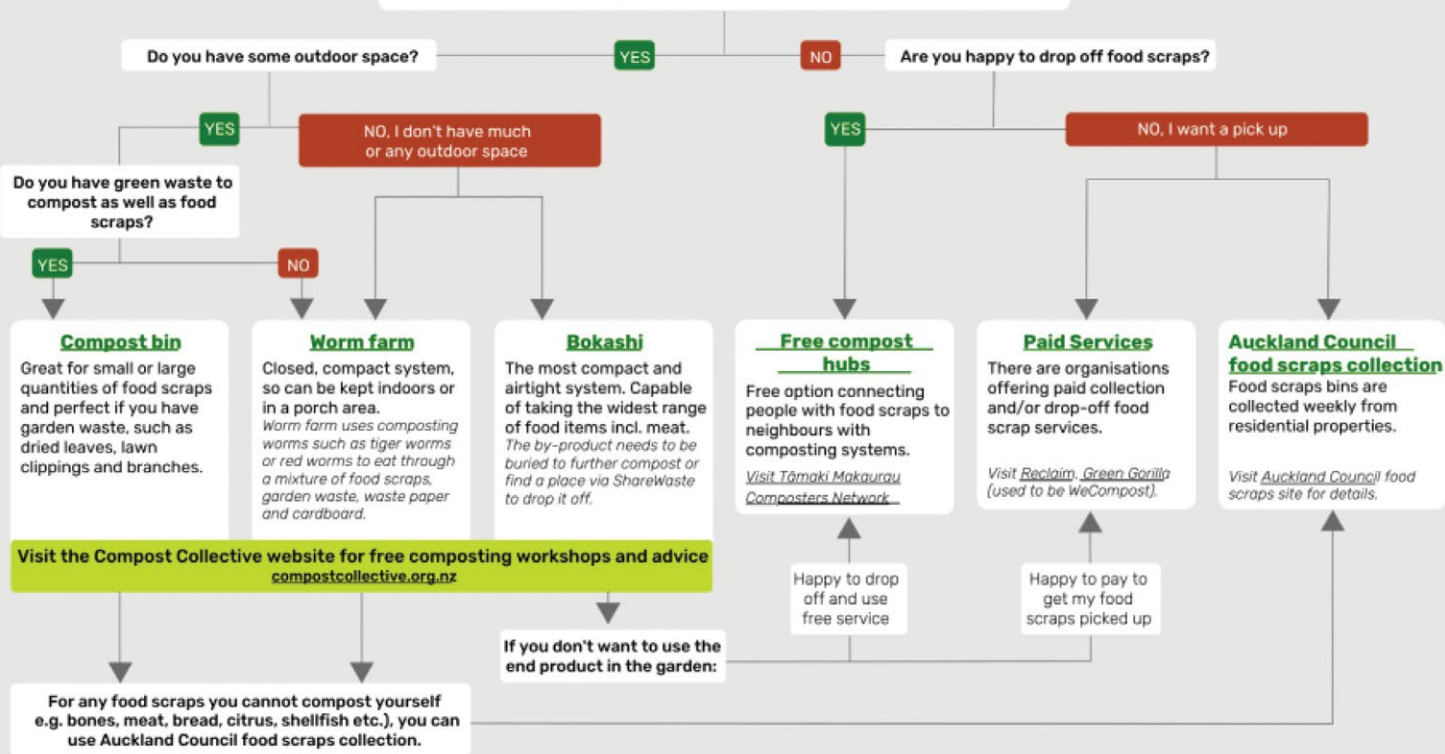
Although seedling plants are available almost year round, they tend to grow better and have less insects eating them when kept in their seasons. Autumn is a good time to sow seeds of beetroot, broccoli, broad beans, cauliflower, cabbage, carrots, onions, radish, silverbeet and spinach, directly



Composting food scraps - Tāmaki Makaurau

Food waste going to landfill creates greenhouse gases, which contribute to global warming. Let's talk Compost!

Do you want to compost food scraps at home?



Kaipātiki Project
share in nature's revival



EcoMatters



in the garden bed. This helps them get established before the winter rains! If you prefer to plant seedlings from a plant centre, then mid-May early June would be a good time to plant these. And remember that silverbeet is easy to grow and very tasty fresh or steamed. It prefers light (or sandy) well-drained soil that has been enriched with compost and a little general-purpose fertiliser. (To thrive it requires a good number of hours of sunlight.) Winter vegetables such as brassicas and leafy greens can still be planted in July in warmer regions.

Putting mulch round your seedlings can help keep down the weeds and also keep in the moisture, especially in the summer months, but I have found it really useful for also keeping wandering cats out of the garden!

Spring is a good time to prepare the ground for new seedlings, adding fresh compost and digging it in, and then you can start to plant tomatoes and salad crops. Lettuce will grow in full sun to partial shade (the red varieties gain deepest colour in full sun) and remember



to keep watering as required. If lettuce grows too slowly or is left too long before picking it is more likely to be tough and bitter. Potatoes, beans and peas can also be planted to be ready in time for Christmas. And to encourage the bee population, grow rosemary, or lavender, or blue borage, or even a sunflower or two.

Of course there are plenty of insects and bugs ready and waiting to test your patience and tolerance by eating your seedlings and plants; even, in some areas, possums and birds will feast on your veggies and citrus fruits. I know this past summer the birds have demolished

my lettuces and silverbeet plants, and the possums have eaten the parsley and carrots tops in our garden. The birds had a ball eating the lemonades and mandarins in our fruit trees – fortunately there were enough for us all to share!

If you're really keen to reap the reward of growing your own food do look for the books recommended, talk to someone knowledgeable at your specialist garden centre, find out if there's a local community garden you can join, and just get started. Gardening, even just growing plants in pots, is a very satisfying and rewarding occupation.

References

1 Brassicas: A member of the family of vegetables that includes broccoli, Brussels Sprouts, cabbage, cauliflower, collard greens, kale and turnips. Also called cruciferous vegetables.

Margaret Johns is a long standing member of the New Zealand Vegetarian Society and was the previous editor of Vegetarian Living NZ.



HOW YOUR VEGETARIAN JOURNEY Can Influence Others

BY RONIE SALAZAR

Your transition to vegetarianism may inspire others in significant ways. By adopting a plant-based diet, you're not only improving your health and the environment, but you're also setting an example that may inspire friends and family to think about their own dietary preferences.

Opening doors to healthier and more sustainable lifestyles for individuals in your community can be done by sharing your experiences, delectable recipes, and the advantages you've personally found along your vegetarian journey. Your journey acts as a lighthouse for change, demonstrating how even modest changes in nutrition may have a big impact on people's health and the environment.

LEADING BY EXAMPLE

Leading by example is a compelling strategy because it transcends mere words and resonates with people on a visceral level. It serves as an unspoken call to action, rooted in authenticity, which allows others to not only observe but also experience the tangible benefits of those choices firsthand. This experiential learning becomes a potent catalyst for inspiring change.

Take the vegetarian lifestyle as an illustrative case: it's not just a dietary shift but a profound commitment to a more sustainable and compassionate world, embodying values like environmental awareness and ethical treatment of animals.

MULTIPLE AVENUES FOR SHARING

SOCIAL MEDIA

Platforms like Instagram, TikTok, YouTube, and Facebook offer a powerful stage to showcase your journey. You can post photos of your delicious vegetarian meals, create engaging video content, or write informative captions and articles that reach a wide audience.

IN-PERSON CONVERSATIONS

Sharing your journey with friends, family, colleagues, and acquaintances during face-to-face interactions is just as impactful. These conversations allow for deeper connections, the opportunity to answer questions, and the chance to address concerns directly.

BLOGS AND WRITTEN CONTENT

If you enjoy writing, consider starting a blog or contributing articles to platforms that align with your values. This medium allows you to dive into the nuances of your journey, share recipes, and provide in-depth insights on the benefits of vegetarianism.

COOKING WORKSHOPS OR DEMONSTRATIONS

Hosting workshops or demonstrations where you teach others how to prepare delicious vegetarian meals can be a hands-on way to share your journey. It provides a practical experience and fosters a sense of community.

CREATING VEGETARIAN VIDEOS FOR SOCIAL MEDIA

Plan Your Content: Begin by outlining the purpose of your video. Are you showcasing a new vegetarian recipe, discussing the benefits of a plant-based diet, or sharing your personal journey? Define your message clearly.

Create a script or storyboard to structure your video. This helps ensure a coherent narrative and a smooth flow of information. You can use a teleprompter to ensure you will not miss anything.

Visual Appeal: Pay attention to the visual aspects of your video. Ensure good lighting, clear focus, and steady camera work. Use visually appealing ingredients and dishes. Vibrant colors and well-presented meals can be very attractive.

Engage Your Audience: Encourage interaction by asking questions, inviting comments, and responding to viewer inquiries. Use relevant hashtags to increase the discoverability of your content.

Edit Your Videos: After recording, take the time to edit. Video editing allows you to refine your content, remove any mistakes, and add engaging transitions or effects.

Optimise for Mobile: Most social media consumption occurs on mobile devices, so ensure your videos are mobile-friendly. Use vertical or square formats for better compatibility.

Compress Your Videos: Finally, when you're ready to share your video on social media, consider using a video compressor. Compressing your video can help reduce file size without significant loss in quality, making it easier to upload and share on various platforms.



TOPIC IDEAS FOR VEGETARIAN CONTENT

Recipe Tutorials: Share step-by-step tutorials for delicious vegetarian dishes, from quick and easy meals to gourmet creations.

Nutrition Education: Create informative videos about the nutritional aspects of a vegetarian diet, including protein sources, vitamins, and minerals.

Guest Interviews: Invite experts, nutritionists, or fellow vegetarians for interviews or collaborations to share their insights and experiences.

Ethical and Environmental Impact: Discuss the ethical reasons for choosing a vegetarian diet and its positive effects on reducing environmental impact.

Myths Debunked: Tackle common misconceptions about vegetarianism and provide evidence-based information to counter these myths.

Your vegetarian journey is more than just a personal choice; it's a ripple effect of positive change that can influence and inspire others to adopt a more compassionate, sustainable, and health-conscious way of living. Remember, every person you inspire to make a vegetarian choice contributes to a brighter, greener future for all.

A note on digital impact: while we recognise that digital media has its own environmental footprint, we're also living in an increasingly online world and with that comes the opportunity to use these platforms for good. If shared mindfully, your vegetarian journey can inspire others, build awareness, and help create a more sustainable future.

Ronie Salazar is a content writer at VEED.IO, an online video editing platform that helps

creators bring their ideas to life through accessible, user-friendly tools. Ronie writes about digital storytelling, video production, and the ways content can be used to inspire positive change – especially in areas like sustainability and conscious living.



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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.).

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.

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

DIRECTORY

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027 328 8518

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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:

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editor@vegetarian.org.nz



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, Bodhi Organics Cream Cleanser 150ml



CLINICIANS
Research Based

Life's Omega: Pure Omega 3 Algae Oil 1000mg, Clinicians Essential Nutrients For a Plant-Based Diet 60 vegan caps, Clinicians Magnesium Chloride 200ml Liquid



GOODBYE
We Belong Outdoors

Goodbye OUCH Vanilla Lip Balm, Goodbye Sandfly



HOLISTIC HAIR

Holistic Hair Sensitive Shampoo (TCC), Holistic Hair Sensitive Conditioner (TCC), Holistic Hair Hydrating Shampoo (TCC), Holistic Hair Hydrating Conditioner (TCC), Holistic Hair Quinoa Pro Colour Protect Shampoo (TCC), Holistic Hair Quinoa Pro Colour Protect Conditioner (TCC), Holistic Hair Scalp Treatment Oil (Shieling), Holistic Hair Herbal Finishing Rinse (Shieling), Holistic Hair Essential Scalp Spray (Shieling), Holistic Hair Salt of the Earth Texturising Spray (Shieling)



KIWIHERB
Effective Natural Family Healthcare

Kiwiherb De-stuff for kids, Kiwiherb De-Stuff, Kiwiherb Kid's Calm, Kiwiherb Children's Echinature, Kiwiherb Valerian, Kiwiherb Manuka Oil, Kiwiherb Liver Cleanse



ORGANIC BIOACTIVES
Innovating From Tradition

Lift & Firm, Restore & Protect, Balance & Brighten



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Red Seal – Incredible Inside

Red Seal Natural Kids Toothpaste 70g, Red Seal Natural Kids Fluoride Toothpaste 70g, 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, Red Seal Strawberry & Raspberry Toothpaste 100g, Red Seal Orange & Lemon Toothpaste 100g, Red Seal Tropical Fruits Toothpaste 100g, Red Seal Apple & Cinnamon Toothpaste 100g, Red Seal Baking Soda + Hydroxyapatite (Natrue) 100g

HEALTH & COSMETICS



SUPERDOSE
Superdose Liposomal Vitamin C 1000mg



VITAMIN SOLUTIONS

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Vegan Sinister Pizza, Vegan Pride Pizza, Vegan Damned Pizza (without Camembert), Vegan Saviour Pizza, Vegan Mayhem Pizza, Vegan Brimstone Pizza (without sour cream), Vegan Mischief Pizza, Vegan Wrath Pizza, 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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FOOD & BEVERAGES



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



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



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GIBBSTON VALLEY

Pinot Gris Gibbston Valley Gold River, Pinot Noir Gibbston Valley Gold River, Rosé 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

FOOD & BEVERAGES



GOODNESSME
Good Taste, Good Intentions,
Good Deeds

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



HEMPFARM NZ
HempFarm Kiwi Hemp Seed Oil,
HempFarm Kiwi Hemp Hearts,
100% NZ Hemp Protein Powder,
Golden Hemp Seed Oil, Hemp
Bran/Fibre (Gut Health)



HUNTER'S WINES
Sauvignon Blanc, Riesling,
Chardonnay, Pinot Noir,
Gewurtztraminer, Pinot Gris, Rosé,
Home Block Sauvignon Blanc



LOTHLORIEN WINERY
Organic, From Our Trees, To Your
Table

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



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Vineyards

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, 2024), The Ned Pinot Noir (2020, 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 Bastard Chardonnay / The Kings Legacy Chardonnay (2019, 2020, 2021). The Kings Series Chardonnay / The Kings Bastard Chardonnay (2022, 2023, 2024), The Kings Wrath Pinot Noir / The Kings Fury Pinot Noir (2019, 2020, 2021). The Kings Series Pinot Noir (2022, 2023). **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, 2024), Leefield Station Pinot Noir (2019, 2020, 2021, 2022, 2023, 2024), Leefield Station Stockman Syrah (2021, 2022), Leefield Station Gewurtztraminer (2022, 2023, 2024), Leefield Station Riesling (2023, 2024). **The Craft Series** – Craft Series The Journey Pinot Noir (2020, 2021, 2022, 2023, 2024), Craft Series Pride and Glory Sauvignon Blanc (2021, 2022, 2023, 2024), Craft Series Exemplar Viognier (2021, 2022, 2024), Craft Series Pioneer Chardonnay (2020, 2021, 2022, 2023, 2024). **Three Terraces Series** – Three Terraces Sauvignon Blanc (2021, 2022), Three Terraces Pinot Gris (2021, 2022). **Hartley's Block** Sauvignon Blanc (2021, 2022, 2023, 2024). **Emma Marris Series** – Emma Marris Sauvignon Blanc (2021, 2022, 2023, 2024), Emma Marris Pinot Noir (2022, 2023, 2024), Emma Marris Chardonnay (2023, 2024). Fairhall Cliffs Sauvignon Blanc (2023). Definition by Majestic (2024)

FOOD & BEVERAGES



NUDAIRY
Plant-based creamery

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PASTA VERA
New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto



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seasons!

Pilgrims Dry Cider



PLAN*T
Nourish you – Nurture our
planet

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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, Proper Hand Cooked Cheeza-peno Tortilla, Proper Hand Cooked Salted Tortilla, Proper Crisps Barbeque Rub, Proper Crisps Dill Pickle with Apple Cider Vinegar, Proper Hand Cooked Pineapple Salsa Tortilla, Proper Crisps Tortilla Chilli and Lime, Proper Crisps Chilli Chips



NINETY NINE STREET

NinetyNineStreet Casstavias Original, NinetyNineStreet Casstavias Sweet & Tangy, NinetyNineStreet Casstavias Barbeque, Altra Wheat Chips Chicken, NinetyNineStreet Casstavias Chicken



ROUND THEORY
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, Pinette Sauvignon Blanc Marlborough

FOOD & BEVERAGES



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

Smooth Dark 70% 55g, Dark Nib 75% 55g, Dark Orange 70% 55g, Dark Mint 70% 55g, Dark Berry 70% 55g, Dark Caramel 70% 55g, Dark Velvet 65% 85g, Velvet Nib 70% 85g, Dark Chocolate Pieces 70% 500g, Cacao Nibs 500g, Smooth Dark 65% 55g, Dark Nib 70% 55g, Dark Orange 65% 55g, Dark Mint 65% 55g, Dark Berry 65% 55g, Dark Caramel 65% 55g, Dark Chocolate Pieces 65% 500g, Dark Mylk Range 45% (plain, caramel, berry, orange)



SURTI
The Traditional Taste of India

Vegetable Samosa, Vegan
Kachori, Cocktail Vegan Samosa



THE BAKER'S SON
The Baker's Son Vegan Mince
& Cheese Pie, The Baker's Son
Vegan Buttery Chick'n Pie



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

Cool Gardener Kumara Rosti, Cool Gardener Falafel, Cool Gardener Pumpkin and Spinach Burger Pattie



THE GOODTIME PIE CO.
Crazy About Vegan Pies

Mexican Pie, Korma Vegetable Pie, Kumara & Cashew Pie, Vegan Sausage Roll, Vegan Chorizo Sausage Roll, Vegan Pepper Mushroom Pie, Vegan Mince & Cheese Pie, Vegan Butter Chicken Pie



TRADE AID
Doing Good Tastes Great

Drinking Chocolate, Cocoa Powder, Cane Sugar



TREASURED MORNING
Treasured Morning Apple
Crumble 350 gr



WAIHEKE HERBS
Artisan Herbal Culinary
Products

Waiheke Herb Spread Regular & Regular Garlic Free, Waiheke Herb Spread 100% Organic & Organic Garlic Free, Waiheke Herbs Asian Herb Spread, Waiheke Herbs Italian Herb Spread, Waiheke Herbs Supergreens Herb Spread

LOOKING FOR VEG~N COMMUNITY EVENTS?

WWW.VEGETARIAN.ORG.NZ/
COMMUNITY / EVENTS



BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

HEALTH & COSMETICS



HOLISTIC HAIR
Natural hair care
made in New Zealand

Holistic Hair Sensitive Shampoo (TCC), Holistic Hair Sensitive Conditioner (TCC), Holistic Hair Hydrating Shampoo (TCC), Holistic Hair Hydrating Conditioner (TCC), Holistic Hair Quinoa Pro Colour Protect Shampoo (TCC), Holistic Hair Quinoa Pro Colour Protect Conditioner (TCC), Holistic Hair Scalp Treatment Oil (Shieling), Holistic Hair Herbal Finishing Rinse (Shieling), Holistic Hair Essential Scalp Spray (Shieling), Holistic Hair Salt of the Earth Texturising Spray (Shieling), Holistic Hair Pure Shampoo (TCC), Holistic Hair Pure Conditioner (TCC)

Keraplast KERAPLAST

Keraplast DFK GLOW, Keraplast DFK FLEX, Keraplast DFK, FK Repair Ultra, Keratec IFP-HMW, KeraGEN-IV, Cynergy TK, FK Restore, FK Protect Plus, FK Scalp, Keraplast Hair Rescue Treatment – unfragranced, Keraplast JPMS, Keratec IFP-PE, Keratec Nova-AP, KerateineSPW400, KerateineSPW100, CoreTXpep, Keratec ProSina, K4000-NW



KIWIHERB
Effective Natural Family
Healthcare

Kiwiherb Herbal Chest Syrup/Kiwiherb Herbal Cough & Chest Syrup, Kiwiherb WinterGuard/Kiwiherb ImmuneGuard, Kiwiherb Children's chest syrup/Kiwiherb, Children's Cough & Chest Syrup, Kiwiherb Herbal Throat Spray, Kiwiherb Children's Throat Syrup, Kiwiherb Baby Balm, Kiwiherb De-stuff Rub, Kiwiherb Echiberry, Kiwiherb Echinature, Kiwiherb Herbal Allergy Formula, Kiwiherb Ginger & Kawakawa Tonic/Kiwiherb Stomach Calm, Kiwiherb Calendula Ointment, Kiwiherb Comfrey Ointment, Kiwiherb Lung Care Spray, Kiwiherb Manuka Mouthwash, Kiwiherb Manuka Paint, Herbal Insect Repellent, Kiwiherb Stress-Arrest, Sound-A-Sleep, Children's Organic Lung Clear Syrup, Kiwiherb Ginkgo Alert



ORGANIC BIOACTIVES
Innovating From Tradition

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

Green Demon Pasta, Pride Pizza, Purgatory Pizza, Limbo Pizza, Damned Pizza, Sinister Pizza, Veggie Saviour Pizza, Veggie Grimm Pizza, Veggie Mayhem Pizza, Veggie Pandemonium Pizza, Veggie Brimstone Pizza, Veggie Mischief Pizza, Veggie Wrath Pizza, Quorn tenders

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



WALTER & WILD
I Love Pies

I Love Pies Spiced Chickpea
& Spinach 200g, I Love Pies
Vegetarian Mince & Cheese 200g

FOOD & BEVERAGES



LET'S EAT
Plant-Based Deliciousness

Golden Nuggets (Let's Eat), Burger Patties (Let's Eat), Tasty Tenders (Let's Eat), Tenders (BK Rebel), Burger Patties (BK Rebel), Plant Based Southern Style Bites (Let's Eat), Plant Based Tender Pieces



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

Organic Single Cream 300ml, Premium Unsalted Butter, Lewis Road Spreadable 250g, Premium Double Cream



PATISSERIE L'AMOUR
Patisserie L'Amour Flaky Pie
Pastry, Savoury Shortcrust Pastry
Roll 10 KG/10 KG 465mm



NINETY NINE STREET

NinetyNineStreet Casstavias Original, NinetyNineStreet Casstavias Sweet & Tangy, NinetyNineStreet Casstavias Barbeque, Altra Wheat Chips Chicken, NinetyNineStreet Casstavias Chicken, NinetyNineStreet Casstavias Sour Cream and Chives



TATUA
Specialised Dairy Products

Tatua Culinary & Whipping Cream, Tatua Mascarpone, Dairy Whip Whipped Cream (Aerosol)



THE RICHMOND FOOD CO.
Sweet Short Pastry, Flaky
Puff Pastry, Spinach & Ricotta
Savoury Roll



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



THE SOY WORKS
NZ Organic Tofu



TRANZALPINE HONEY
100% New Zealand Certified
Organic Honey

TranzAlpine Honey New Zealand
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, Waiheke Herb Spread 100% Organic & Organic Garlic Free, Waiheke Herbs Asian Herb Spread, Waiheke Herbs Italian Herb Spread, Waiheke Herbs Supergreens Herb Spread