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WORLD
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FUELLED BY PLANTS, POWERED BY PURPOSE

A PLANT-BASED COACH'S JOURNEY THROUGH RECOVERY,
FITNESS, AND CREATING SPACE FOR OTHERS TO THRIVE

DECODING FOOD LABELS: A GUIDE FOR

VEGETARIANS & VEGANS - PART 2

LIVE WELL & STAY WELL

HOW LIFESTYLE HABITS CAN
TRANSFORM YOUR HEALTH

CAN BETTER FOOD MAKE BETTER KIDS?

THE LINK BETWEEN DIET,
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FOR A KINDER,
HEALTHIER
WORLD



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EDITORIAL

editor@vegetarian.org.nz



I've just returned to New Zealand from a trip to Europe, visiting Bulgaria, Turkey, and stopping in Dubai on the way. It was wonderful to reconnect with family in Bulgaria, where I was born, and

to soak up the vibrant culture of each destination. One of the highlights was an unforgettable hot air balloon ride over the surreal landscapes of Cappadocia – truly a bucket-list moment.

Travelling was also a reminder of how dominant the meat culture still is in many parts of the world. In busy markets, restaurants, and even home kitchens, meat remains the unquestioned centrepiece of meals. While plant-based options are becoming more widespread, it's clear that much more work lies ahead to bring these choices into the mainstream.

I believe this awareness will become more deeply ingrained with each new generation. That's why I'm especially inspired by the creativity and passion we see in young people through initiatives like our annual student competition, Think Kind. This year's entries have now closed, and we're excited to present the finalists for public voting on 1st October – World Vegetarian Day and the start of World Vegetarian Month. The winner will be announced a month later, on World Vegan Day, 1st November – so make sure you cast your vote and check our website for the results.

In this spring issue, we start with *Decoding Food Labels: A Guide for Vegetarians and Vegans – Part 2* (pages 2 & 3), the second instalment in our two-part series. Part Two focuses on the new allergen labelling rules,

common marketing claims, trademarks, and foods that may contain hidden animal products. It's an essential tool for navigating food labels while we wait for the government to make a decision on our labelling petition, which calls for standardised guidelines on vegetarian and vegan product labelling.

On pages 6 & 7, *Live Well and Stay Well – How Lifestyle Habits Can Transform Your Health* by Doctors For Nutrition, explores the power of lifestyle medicine in preventing, treating, and even reversing chronic disease. Then, on pages 8 & 9, *Fuelled by Plants, Powered by Purpose* shares the journey of a plant-based fitness coach who rebuilt her health after surgery, combining recovery, fitness, and a mission for guiding others to be their best selves.

Read further on pages 16 & 17 with *Can Better Food Make Better Kids?*, where we explore compelling research linking nutrition to brain health, behaviour, and development. And don't miss page 18, where *Feeding the Future* dives into how students are reshaping campus food culture, challenging the status quo and pushing for more sustainable food options.

This issue's articles highlight how change happens – one conversation, one choice, one meal at a time. Wherever you are on your journey – whether you're just beginning or have been plant-based for years – I hope this issue leaves you inspired to keep making choices that nourish both you and the world around you.

– INA BABIC

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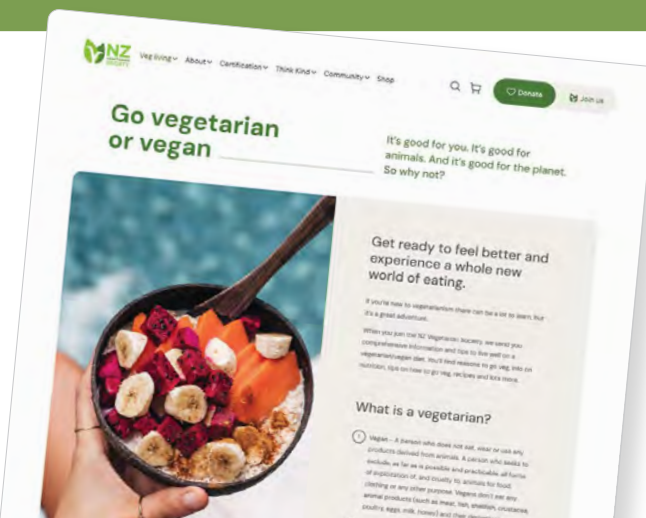
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Decoding food labels:

A GUIDE FOR VEGETARIANS AND VEGANS (PART 2)

BY CATHERINE LOFTHOUSE

Food and drink labels can be confusing. Vague marketing claims and hidden animal ingredients often make it hard to know what you’re really buying. If you follow a vegetarian or vegan diet, learning to read food labels can help you cut through the confusion and make more informed choices.

This is the second article in a two-part series on reading food labels for people following a veg~n diet. Part One (*Vegetarian Living NZ*, Vol. 81, No.4) covered nutrition information panels, ingredient lists, and health claims. Part Two focuses on the new allergen labelling rules, common marketing claims, helpful trademarks, and foods that may contain hidden animal products.

ALLERGEN LABELLING FOR VEG~NS

New rules were introduced last year to make allergen information on food packaging clearer and easier to find. These rules apply to common allergens such as milk, eggs, fish, crustaceans (like crab, crayfish, and prawns), molluscs (such as mussels, oysters, and scallops), tree nuts, wheat, sesame, and more. This is great news for people with an allergy or intolerance to these specific allergens, but also helpful for people on a veg~n diet who want to avoid these particular foods.

Under the new rules, allergens must be stated in the ingredients list and the product must carry a ‘contains statement’ that states the specific allergens in that food or drink – see example below. Allergens are named using

standardised allergen names and appear in bold font. This includes allergens used as an ingredient or as a food additive or processing aid ⁽¹⁻²⁾.

The example below shows the new allergen labelling rules applied to a chocolate chip cookie. The allergens wheat, milk, soy and eggs are clearly listed in bold in both the ingredients list and the ‘contains statement’.

Wheat Flour, Chocolate* (20%) (Sugar, Cocoa Solids, **Milk** Solids, Emulsifier (**Soy** Lecithin), Natural Flavour), Butter (Cream (**Milk**), Salt), Brown Sugar, Sugar, **Eggs**, Raising Agent (500), Salt

Contains: Wheat, gluten, milk, soy, eggs.

May be present: peanut, sesame, tree nuts.

‘MAY CONTAIN’ OR ‘MAY BE PRESENT’

Some food labels have a ‘may contain’ or ‘may be present’ statement for allergens. Known as a precautionary allergen statement, this means that the product does not intentionally include the allergen but may contain a trace amount due to cross-contamination during manufacturing. For example, it was made on equipment also used for products containing eggs, milk or seafood. These statements can help guide your choices, especially if you follow a strict veg~n diet, but note that they are voluntary and may not appear even when cross-contamination is possible. Always check the ingredients list and look for a vegetarian or vegan trademark if you are unsure.

‘FREE FROM’

‘Free from’ is another common statement used to declare whether a particular ingredient is present in our food. The term ‘free from’ means the product does not contain a specific ingredient or substance, either because it was never added or because it has been removed during processing. ‘Free from’ statements are also voluntary and not legally defined in New Zealand, so their use can vary between products. A ‘free from’ label can help identify veg~n foods, but it is not 100% reliable, so it’s best to check the full ingredients list to know what is in your food.

‘VEGETARIAN’, ‘PLANT-BASED’ OR ‘VEGAN’

In New Zealand, the terms ‘vegetarian’, ‘plant-based’ or ‘vegan’ on food labels are not regulated by law. This means that they are used voluntarily by the food manufacturer and there are no legal standards governing how these terms are used. As a result, these products might still contain traces of animal-derived ingredients and/or be made in the same facility that handles animal products. If in doubt, check the ingredients list and look for a vegetarian or vegan trademark.

If you have a food allergy, don’t rely on ‘vegetarian’, ‘plant-based’ or ‘vegan’ labels alone as these don’t guarantee a product is free from animal traces.

TABLE 1: FOOD LABEL CLAIMS SUMMARY

Label/Claim	What It Means	Is It Regulated?	Tips for veg~ns
Contains [allergen]	Identifies specific allergens used in the product (e.g. milk, eggs, fish, shellfish)	✔ Yes	Bolded in the ingredients list and repeated in the 'contains' statement
May contain/May be present	Warns of possible cross-contamination with allergens or animal ingredients	✘ No	Use caution. These statements are voluntary and inconsistent
Free from [ingredient]	Product doesn't contain the specified ingredient	✘ No	Not legally defined. Always double-check the ingredients list
Vegan/Plant-based/Vegetarian	Manufacturer claims product has no animal ingredients	✘ No	Not regulated. May still contain traces or be made in shared facilities
Certified Vegan/Vegetarian	Product has been independently verified to meet veg~n standards	✔ Yes (trademarked)	The most reliable way to identify truly vegetarian or vegan products
Health Star Rating	Rates nutritional value of similar products on a 0.5–5 star scale	✘ Voluntary	Use to compare options within the same food category. Ratings are reliable

TABLE 2: COMMON NEW ZEALAND FOODS CONTAINING ANIMAL-DERIVED INGREDIENTS

Product	Possible Animal Ingredients	Notes
Lollies & confectionery	Gelatine, carmine/cochineal (E120), beeswax (E901), shellac (E904), milk solids	Gelatine, made from animal collagen, is used to create a chewy texture; carmine, a red colouring, comes from crushed insects; and beeswax is used as a shiny coating
Chips & flavoured crackers	Cheese powder, milk solids, whey, butter flavouring, chicken or beef extracts	Check for dairy or meat-based flavourings in cheese, BBQ or sour cream varieties
Asian and speciality sauces (e.g. fish, oyster, Worcestershire)	Fish sauce, oyster extract, anchovy paste, shrimp paste	Common in Thai, Vietnamese, and Chinese-style sauces; not always obvious from the label
Instant noodles & soups	Chicken/beef/fish flavouring, egg, meat extracts, milk powder	'Flavour' may be animal-based, even if not obvious; always check ingredients list closely
Baked goods (e.g. biscuits, pastries, cakes)	Eggs, milk, butter, whey, gelatine, mono- and diglycerides (may be animal-based)	Some emulsifiers and stabilisers may be animal-derived
Yoghurt & dairy alternatives	Dairy milk solids, casein, lactalbumin	Some plant-based yoghurts contain added dairy; look for certified vegan labels. Some berry-flavoured yoghurts contain carmine as a colouring
Wine & beer	Isinglass (fish bladder), egg white, gelatine (used as fining agents)	Not listed on labels; check for vegan certification or contact the producer directly
Desserts (e.g. jelly, mousse, marshmallows)	Gelatine, egg, milk, cream	Gelatine is common in jelly and marshmallows; check for plant-based alternatives

CERTIFIED VEGETARIAN OR VEGAN TRADEMARKS

One of the best ways to identify veg-n-friendly foods is to select those that carry a certified vegetarian or vegan trademark. Food manufacturers must meet certain criteria to carry the trademark, which gives consumers assurance that the product is 100% vegetarian or vegan, without the need to scan ingredients lists or packaging claims. In New Zealand, there are three main trademarks for veg-n packaged foods:

- **Vegetarian Society Approved:** No meat, fish, or slaughter by-products. May include free-range eggs. Products are also GMO-free, not tested on animals, and protected from cross-contamination.
- **Vegan Certified (NZVS):** Contains no animal-derived ingredients, is GMO-free, not tested on animals, and manufactured to avoid cross-contamination.
- **Vegan Trademark:** Confirms the product is free from animal ingredients and animal testing.

Both the Vegetarian Society Approved and Vegan Certified trademarks are administered by NZVS. Products with these certifications are among the most reliable options for veg-ns. See the NZ Vegetarian Society website or the end of the magazine for a list of certified products.

HEALTH STAR RATING

The Health Star Rating (HSR) helps consumers compare the nutritional content of packaged foods at a glance. Foods are rated from 0.5 to 5 stars, with more stars indicating a healthier choice. Ratings are based on energy, saturated fat, sodium, sugar, fibre, protein, and the amount of fruit, vegetables, nuts or legumes. The HSR is designed to help consumers compare products within the same food category. For example, comparing yoghurt with yoghurt, not yoghurt with cheese.

For anybody on a veg-n diet, the HSR can help you identify healthier packaged foods. Because the HSR is voluntary, it won't appear on all products, but ratings are calculated independently, so are trustworthy ⁽³⁾.

HIDDEN ANIMAL-DERIVED INGREDIENTS IN PACKAGED FOODS

Some packaged foods contain animal-derived ingredients that aren't easy to spot. For example, lollies may include gelatine or colourings from insects; flavoured crackers or chips often contain dairy; and some sauces include fish or oyster extracts. Table 2 lists common examples.

CONCLUSION AND RECOMMENDATIONS

Understanding food labels is essential for anyone following a vegetarian or vegan diet. While recent changes to allergen labelling have improved clarity, many claims and terms, like 'vegan', 'plant-based', or 'free from', remain unregulated and can be misleading. Hidden animal-derived ingredients are still common in everyday foods, and voluntary statements aren't always a reliable guide. Knowing how to decode food packaging can help you make informed, confident choices.

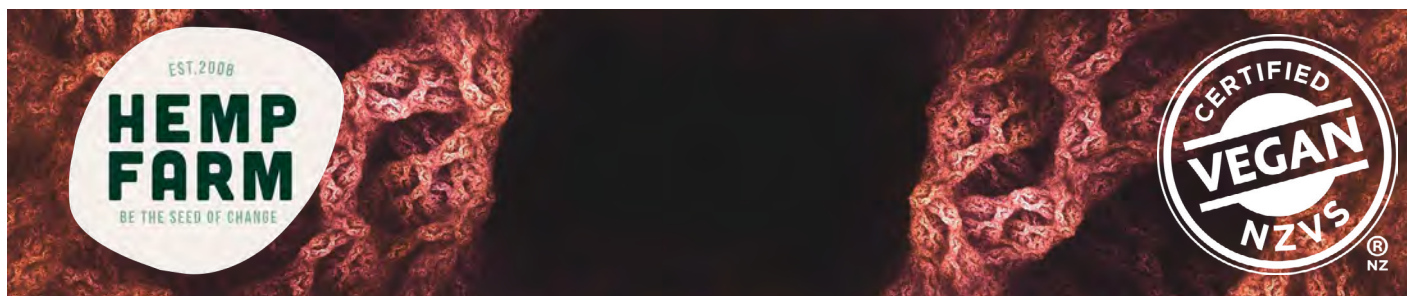
- Always read the full ingredients list, even if a product is labelled 'vegetarian', 'vegan' or 'plant-based'.
- Look for certified vegetarian or vegan trademarks, such as those approved by the NZVS, for added confidence.
- Be cautious of voluntary claims like 'free from' or 'may contain' as these are not legally regulated and are not completely reliable.
- Use the Health Star Rating to compare nutritional quality within food categories.
- Contact manufacturers directly if you're unsure about ingredients or production methods.

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.



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

 www.vegetarian.org.nz/about/news



GUT HEALTH

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TRISTAN'S Corner

Spring always rolls around with a feeling of renewal. The evenings are getting longer, we can leave the windows open and eat our evening meals when it's still daylight! In our house, it also marks a shift in how and what we eat, especially with two rapidly growing teenage boys whose appetites could rival a swarm of locusts.

Both my sons have been vegetarian since birth. In some ways, that's the easiest way to be a vegetarian. They've never had to "give up" anything. Still, feeding vegetarian teens, like feeding anyone with a big appetite, takes planning, patience and a lot of legumes. If you're new to vegetarian family meals, I think spring is a great time to start gently. Add one fresh, plant-based dinner to your weeknight rotation. Go supermarket shopping together and let your kids pick some new things to try. Keep it simple, keep it tasty and don't be afraid to use sauces and shortcuts. The satay sauce I've used in the recipe below is from a jar, and I have absolutely no guilt about that. While it's fun making sauces from scratch, sometimes it's just easier to buy a shop-bought one, especially while you're getting the teenagers into the habit of fun meal preparation.

Spring is also a great time to regroup and re-energise around food, after the warm, thick, hunker-down meals of winter. Vendors start rolling into the farmers' markets with the new season's greens and baby veggies. Realistically, not all teenagers are going to get overly excited about seasonal produce, but it can still be made fun, especially if it's colourful and filling.

Some of our favourite meals include big rice bowls with tofu and teriyaki sauce, vegetable curries, bean nachos and burritos where everyone chooses their own fillings and stuffs their own burrito. Like burritos, wraps are a fantastic way to use up leftover bits and pieces. You can wrap up just about any leftover meal and add some salad greens to transform it into a whole different meal. I often put bowls of different things on the dinner table, and everyone makes their own bespoke wrap. It's always been a good way for the kids to feel like they're involved in what they're eating. And the more they feel involved, the more they eat. They tend to talk more that way, too, so I get to find out what's going on in their lives. That's been one of the biggest joys of parenting through food: meal prep becomes an opportunity to chat with the teenagers. We'll be at the table focused on making our bespoke wraps and suddenly we're talking about school, politics, music and climate change. Sometimes it's deep conversation, sometimes it's not, but it keeps the connection alive.

My boys are growing up fast, yet some things have remained constant: They get up in the morning and want to know what's for dinner. They love food that tastes good, fills them up and gives them choices. As their parent, I want meals that nourish them and nourish our relationship. They'll be gone all too soon, but I hope they keep making these simple, nourishing meals wherever they go.



GRILLED TOFU & VEGGIE WRAPS WITH SATAY SAUCE

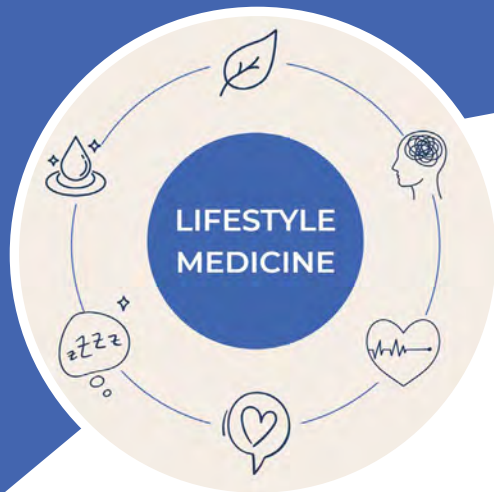
INGREDIENTS:

- 400g firm tofu, sliced into strips or diced
- 1 red capsicum, sliced
- 1 zucchini, sliced into ribbons
- 1 red onion, thinly sliced
- Olive oil, salt, pepper
- Satay sauce (store-bought or homemade)
- 4 to 6 large wraps
- Fresh coriander and lime wedges to serve (if desired)

METHOD:

1. Preheat a large frying pan.
2. Toss vegetables in olive oil, salt, and pepper, and fry until heated through but not too soft.
3. Grill or pan-fry tofu until golden (about 10–12 mins).
4. Warm wraps in a dry pan or oven, or about 40 seconds in a microwave.
5. Fill each wrap with tofu and veggies.
6. Drizzle with satay sauce, top with coriander and lime

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



LIVE WELL AND STAY WELL

HOW LIFESTYLE HABITS CAN TRANSFORM YOUR HEALTH

It's a concerning fact that chronic disease rates are continuing to rise across New Zealand. Conditions such as type 2 diabetes, cardiovascular disease, certain cancers, and obesity are placing an increasing burden on individuals, families, and our health system. What if we told you the most powerful medicine isn't found in a pill bottle or hospital ward — but in our kitchens, communities, and daily routines?

Enter lifestyle medicine – a growing field that focuses on evidence-based, therapeutic lifestyle interventions to prevent, treat, and even reverse chronic disease. At its core are six pillars: whole food plant-based eating patterns, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections. Together, these pillars form a holistic framework for vibrant health.

Let's explore how each of these lifestyle pillars plays a vital role in maintaining your wellbeing — and how simple changes can transform your life.



WHOLE FOOD PLANT-BASED EATING PATTERNS

The foundation of lifestyle medicine is a diet based on whole, minimally-processed plant foods, including vegetables, fruits, legumes, whole grains, nuts and seeds. Adopting this way of eating isn't just about preventing illness — it's about fueling the body with nutrient-dense foods that actively support healing and resilience.^[1]

Mounting evidence supports the use of plant-based diets in reducing the risk of a range of noncommunicable diseases that are so prevalent today. The American College of Lifestyle Medicine^[2] outlines, for example, that cardiovascular disease — the leading cause of death in New Zealand^[3] and worldwide — can not only be prevented but also reversed in some cases through a whole food plant-based diet.

Other New Zealand data reflect the benefits of this way of eating. A 2020 study^[4] using New Zealand as a case study examined how the food system contributes to the growing burden of noncommunicable diseases. The review concluded that plant-based diets could be key in lowering this burden, with 'vegan' scenarios conferring the greatest health gains and cost savings: 43% more quality-adjusted life years and 45% greater cost savings (NZ\$20.2 billion in total) than meeting New Zealand's dietary guidelines alone.

Check out the resources on the Doctors For Nutrition website — designed to help you move to plant-based eating at a pace that suits your lifestyle.



PHYSICAL ACTIVITY

You don't have to be an ultramarathoner to reap the benefits of movement. Aotearoa's physical activity guidelines suggest that 2 ½ hours of moderate-intensity or 1 ¼ hours of vigorous physical activity spread across the week can confer a range of benefits, including reducing the risks of heart disease, obesity, strokes, type 2 diabetes, certain cancers, and depression. Bump the time spent active up to 5 and 2 ½ hours, respectively, and enjoy even greater health benefits.^[5]

Aim to sit less and move more by including a variety of physical activities throughout the week. Include moderate activities, such as brisk walking, biking, or dancing; vigorous activities, such as jogging, fast swimming,

or playing team sports; and muscle-strengthening exercises, such as push-ups or heavy gardening. Try to spread these activities across the week and aim to do muscle-strengthening exercises at least twice a week.

Movement should feel like a celebration of what your body can do, not a punishment. Set some activity goals, make a start, and build up slowly.



RESTORATIVE SLEEP

We often overlook the importance of sleep, but it's a crucial pillar of long-term health.

The brain remains highly active during sleep, carrying out essential processes that restore both the mind and body. Quality sleep improves learning, memory, and mood. It also enhances motivation for other lifestyle-enhancing behaviours, such as exercise and healthy food choices.

The accumulated effects of disordered sleep are well documented and include cardiovascular disease, hypertension, obesity, metabolic syndrome, diabetes and impaired glucose tolerance, immunosuppression, inflammation, cancer, cognitive impairment, psychiatric disorders such as anxiety and depression, and even premature death.^[6]

Building healthy sleep habits starts with lifestyle adjustments. Establish routines such as consistent bedtimes and wake times (adults should aim for 7–9 hours of sleep per night), using the bed exclusively for sleep, and reducing exposure to blue light at least an hour before bedtime. Daytime behaviours are equally important: increasing morning light exposure, taking regular movement breaks throughout the day, limiting caffeine consumption, avoiding late-night snacking and alcohol, and staying well-hydrated all promote sleep readiness. Additionally, integrating other pillars of lifestyle medicine, such as whole food plant-based nutrition, regular physical activity, and stress-management techniques, further supports restorative sleep.





STRESS MANAGEMENT

Stress is often an unavoidable part of life. Still, when left

unmanaged, it can significantly impact both physical and mental health. Chronic stress is linked to a range of health issues, including high blood pressure, depression, and weakened immune function^[7]. There is a reciprocal relationship between stress and health — stress can contribute to illness, and poor health can increase stress. This highlights the importance of effective stress management.

Management involves both minimising exposure to stressors where possible and using techniques that help regulate the body's response to stress. In today's fast-paced world, there is a growing emphasis on regularly practicing stress-relief strategies to build resilience and support overall wellbeing.

The goal isn't to eliminate stress entirely, but rather to develop healthier, and more resilient ways of coping with it. As discussed throughout this article, other lifestyle factors such as nutrition, physical activity, sleep, and social connection also play a valuable role in stress reduction. Studies have shown that regular mindfulness practice and other mind-body techniques can reduce inflammatory markers in the body, thereby reducing the risk and improving outcomes for people living with chronic illnesses.^[7]



AVOIDANCE OF RISKY SUBSTANCES

Lifestyle medicine

emphasises avoiding or eliminating harmful substances like tobacco, vaping products, alcohol, and other drugs. These substances contribute to conditions such as cardiovascular disease, cancer, liver disease, and mental health disorders. In addition to harming the body, substance use often deepens emotional and social struggles — particularly for people dealing with stress or hardship.

Lifestyle medicine practitioners support individuals through evidence-based strategies to reduce or eliminate risky substance use. This includes motivational interviewing, behavioural counselling, social support, and connecting patients with quit programs or addiction services when necessary. This empowers individuals to build healthier routines and environments that support their long-term wellbeing.



POSITIVE SOCIAL CONNECTIONS

Human beings thrive on meaningful connections with others. Numerous studies confirm that strong social ties are protective against depression, anxiety, heart disease, and even early death^[8]. Incorporating connection into our lives doesn't require having a huge social circle. Meaningful conversations with a few close friends or family members can be enough. Volunteering, joining a social club or group, or spending quality time with loved ones can all reinforce a sense of belonging.

In Māori health models, such as *Te Whare Tapa Whā*, *Taha whānau* (family health) is one of the four cornerstones of wellbeing. It is the capacity to belong, care, and share, where individuals are part of wider social systems^[9]. Lifestyle medicine honours this perspective — recognising that wellness is not just physical, but also deeply social and cultural.

The power of lifestyle medicine lies in the way its principles connect and reinforce one another. A person who eats nourishing food is more likely to sleep well and have the energy to move. Regular movement supports better mental health. Positive relationships can help someone manage stress and avoid risky coping mechanisms. It's a web of wellbeing — and even small changes can create a ripple effect.

Lifestyle medicine doesn't promise perfection. It's not about rigid rules or all-or-nothing thinking. It's about empowering people with the tools to live healthier and longer lives.

Check out our Daily Lifestyle Habits guide, which includes a checklist to help you incorporate regular lifestyle habits into your daily routine: doctorsfornutrition.org/dailyhabits

ARE YOU READY TO BECOME A CERTIFIED LIFESTYLE MEDICINE PROFESSIONAL?

Visit our website to find out how.

Doctors For Nutrition is the official Australasian and Pacific Island representative of the International Board of Lifestyle Medicine (IBLM). We are proud to support the certification of **medical doctors and health professionals** (with master's or doctoral qualifications) who wish to become IBLM Diplomates.

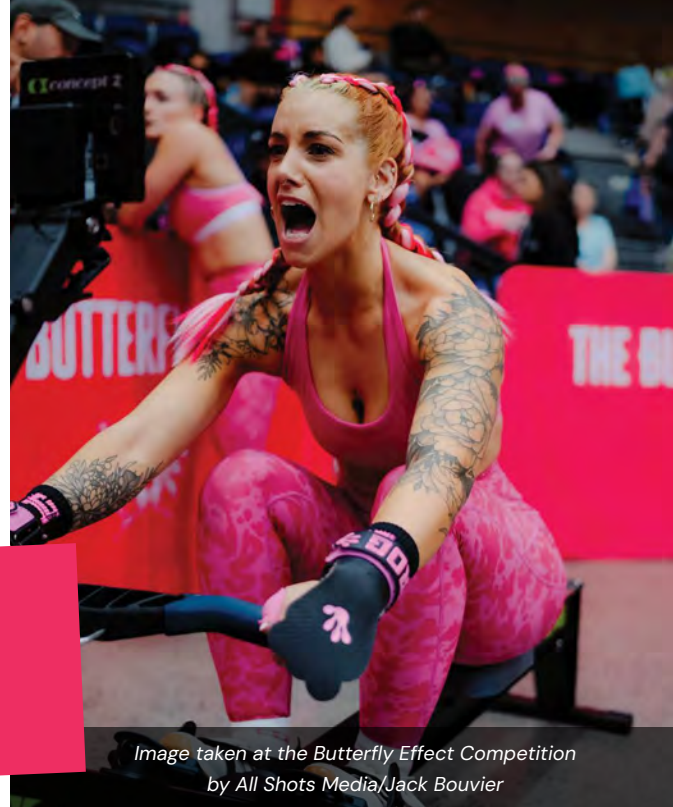


Then join us at our **Nutrition & Lifestyle Medicine Symposium** in Adelaide **8 & 9 November 2025**. This inspiring event brings together international experts and local changemakers who are transforming health through the practice of lifestyle medicine. Following the Symposium, eligible lifestyle medicine registrants will have the opportunity to sit the IBLM exam. Find out more: doctorsfornutrition.org/nlms25

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.





FUELLED BY PLANTS, POWERED BY PURPOSE

Image taken at the Butterfly Effect Competition
by All Shots Media/Jack Bouvier

A PLANT-BASED COACH'S JOURNEY THROUGH RECOVERY, FITNESS, AND CREATING SPACE FOR OTHERS TO THRIVE.

BY INA BABIC

Ella's journey to becoming a fitness coach has been anything but ordinary. From navigating an eating disorder in her early 20s to overcoming a major health setback years later, she's rebuilt her strength and resilience time and again. Along the way, adopting a plant-based lifestyle transformed not only her health but also her sense of purpose. Today, as a coach at Lift Club, a weights-focused gym in Auckland, she's passionate about creating a supportive space where others can discover their own strength.

Can you share a bit about your personal journey...What led you to adopt a plant-based and cruelty-free lifestyle?

For quite a few years before I made the switch to veganism, I had known that one day that would likely be where I'd end up. I think I was starting to make those connections but just had my head buried in the sand because it felt like such a big thing to switch to.

In 2016, my husband Matt and I moved to London for our big OE. It was around this time that I started really wanting to take better care of myself in terms of nutrition and exercise. I'd battled an eating disorder in my early 20s and with that came an unhealthy relationship with the gym so I'd had to take a big step back from that to try to heal.

We both signed up to a local gym and I started prioritising cooking more and eating better food – I'd never been great with getting variety and didn't love many vegetables so I think this time helped us in the lead up to the decision we would both later make.

On Jan 6th 2018, I watched the documentary *What The Health* and I found the aspects around health and environment really eye-opening. The next night, I asked Matt to watch it with me and was blown away when he (a BIG meat eater) turned to me as it ended and said, 'We are never eating that s**t again!'

So, we went vegan cold turkey overnight, giving all our animal products to our flatmate. 8 years later, and I'm so grateful to have made that decision and to have been able to do it with Matt. It would have been so much harder doing it on my own if he'd continued eating meat. It's funny how the health/environmental issues helped tip me over the edge to make that decision but now I would 100% say my whole reason for staying vegan is for the animals.

In what ways has your lifestyle influenced your approach to fitness and overall well-being?

I think a big focus for me has just been proving that you can be fit and strong while also being vegan.

What drew you to Lift Club, and how would you describe your philosophy as a coach?

Becoming a coach at Lift Club was pretty scary at first but it's been one of the best decisions I've ever made!

I'd been a hairdresser for 12 years and was starting to feel like I was ready for something new. At the time, I was training at a gym called JaxFitness and had become good friends with the owner Jaxon. He sold that gym and was looking to start Lift Club. One day he said to me, 'Ella, you should do the training and become a coach' and a lightbulb just lit in my head. I'd been toying with the idea of doing this but changing career in your 30s is a bit daunting!

But I'm so glad I found the courage and had the support to do so because I love my job!

My philosophy as a coach is to provide a safe space for anyone to feel like they can come into my class and know I've got their back – not just in 'I can teach you how to lift even if you are a newbie' sense (although that's of course super important) but also, as someone who can listen, hold space and be there for them no matter what's going on in their life. I want our members to have fun



working out, to be able to cherish that they can move their bodies, learn how to move them well, and find strength and resilience which translates so beautifully into everyday life.

We also have a big focus on creating a community which is a huge part of my job and I love the way it's flourished since we opened 2 years ago.

What does your current fitness routine look like, and how has it evolved over time?

I attend our classes when I'm not coaching – I love doing our sessions and find it a real struggle to work out on my own now – haha. I will typically do 5 to 6 classes a week and make sure they vary between strength and more conditioning-based sessions. Sometimes when I'm training for something in particular, (like Hyrox), I'll do a little less and then add in a couple of runs a week.

I also love to get out for walks through Cornwall Park every day if the weather is nice!

You recently went through a significant health issue that led to hospitalisation. Can you tell us a bit more about that and how your approach to fitness and nutrition supported your physical and mental recovery?

Yes, it was a bit of an ordeal as someone who has never been to hospital and barely gets sick!

Last year my appendix burst and unfortunately, they didn't operate as fast as they should have for various reasons. I ended up having to stay in hospital for 4 weeks as my small intestine became paralysed so I couldn't eat. I had a few other complications like a post-surgery 15cm pus pocket formed in my pelvis that needed to be drained.

The recovery afterwards was also really tough for the first few months. I worked with a plant-based dietitian to help with all the gut issues that cropped up. I also had to completely rebuild in terms of strength because I had lost 8kg in such a short period, a lot of which was muscle mass.

The experience really drove home the importance of being fit and healthy and I'm sure that the recovery would have been even harder had I not had such a great base to start with. It reminded me not to take my health for granted. I had felt the fittest and strongest I'd ever been in the months leading up to this and I've had to be so patient with the rebuild. It's been over a year since I got out of hospital and I still feel like there's elements that aren't back to the way they were.



But I'm just happy and grateful to be able to move my body and push myself to be that little bit better every session.

How do you stay motivated and inspired in your own journey, especially when things get tough?

I try to remind myself of where I started. I didn't grow up naturally athletic and only started lifting weights at 27. My biggest challenge is not letting my mind start to compare myself to others. I'm a perfectionist and an over-achiever and always have been, so I can get caught up in that mindset. I have to bring myself down to earth sometimes and remember how far I've come (or even just remind myself that just over a year ago I was bedridden in a hospital bed!)

I also have got better at leaning on my support network. Opening up to friends and family, reaching out to specialists (I'm still working with a dietician for instance) and I'm also lucky to have formed close friendships with some of the members in our gym so they give me a pep talk sometimes when I need it too!

What are some of your go-to meals or wellness practices that help you stay energised and grounded?

I am all about that meal prep life! I prepare my meals on a Sunday afternoon or a Monday morning and that sets me up for the week, so I don't have to think about what I'm eating. It means I know my meals will be nutritious and fuel me well for the week.

I love protein overnight oats and often make my own protein bars. For lunches and dinner, I have a number of different meals that are faves that I'll rotate, all with a focus on getting at least 30g of protein per meal with as much plant diversity as I can.

What's one thing you wish more people understood about strength training or building a sustainable fitness routine?

I would love people to know how beneficial strength training is to us from an overall health perspective, especially as we age – and it's never too late to start! You'll reap the rewards even with just 1 – 2 sessions a week. As for building a sustainable routine, it's all about finding something that you enjoy – so you might go lift weights at your local gym while listening to your favourite podcast or you might find it better to come to a gym like Lift Club where you are in a group environment and have coaches to check your form and guide you.

I also really do think that pairing movement with some sort of social interaction is so good for our souls! A lot of modern living isn't naturally conducive to encouraging a sense of belonging or community so that's why I love group training. But it also could just be meeting up with a friend for a walk!

What advice would you give to someone transitioning to a plant-based lifestyle?

Try not to completely reinvent the wheel – you don't need to find brand new recipes to make if that's just going to overwhelm you. If one of your favourite meals is a Spaghetti Bolognese then just make that – swapping out the meat for a TVP or plant-based mince. And every time you cook, make it a big batch and freeze portions so you don't have to cook every single night.

Be kind to yourself, you are making such a beautiful decision and chances are, you'll accidentally buy or eat something with sneaky milk in the ingredients list that you never expect but that's ok – move on and continue choosing to be kind.



Pictured NZVS President, Julia Clements and members of TWANZ

CELEBRATING 25 YEARS OF SISTERHOOD AND SUSTAINABILITY

The Taiwanese Women's Association of New Zealand (TWANZ) celebrates a major milestone this year – 25 years of bringing people together and making a difference! The event was also sustainability-focused with delicious vegetarian food to support the NZVS.

We extend a heartfelt THANK YOU to TWANZ for their ongoing support and generous donations over the years. Your commitment to community and sustainability truly inspires us all.

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

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



THINK KIND

Entries are now closed for the 2025 Think Kind student competition, and judging has begun for the finalists. The top 10 will be announced on our website on 1st October, World Vegetarian Day. Make sure you check them out and VOTE for your favourite!



www.vegetarian.org.nz/think-kind

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VEGETARIAN APPROVED & VEGAN CERTIFIED



Product News

BY BEN MOLLISON, NZVS TRADEMARK MANAGER

Spring is a time of renewal, as blossoms start to bloom, daylight hours lengthen, and nature undergoes some significant changes. We hope you can take some time during these months to spend some quality time with friends and family, enjoying seasonal produce and enjoying a return to warmer weather. We are happy

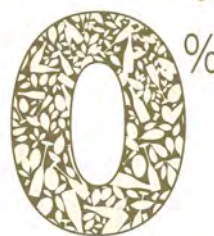
that some summer produce can still be enjoyed during the spring as a reminder of the season to come, and a perfect example of this is the recent offering from Lothlorien Winery – ideal for all dietary requirements, including those who prefer not to drink. Summer weather isn't too far away, but in the meantime, here's a product to remind you of it!



Missing Feijoa season already? You're in luck as our Vegan Certified partners at Lothlorien Winery's latest wine release, **Feijoa Sparkling Zero 0% Wine** is now available! This wine is smooth and well-rounded with a long finish, complementing the tropical feijoa bouquet. It's lovely with any dish and is a fantastic alternative to higher alcohol percentage wines.



FEIJOA
sparkling



WINE

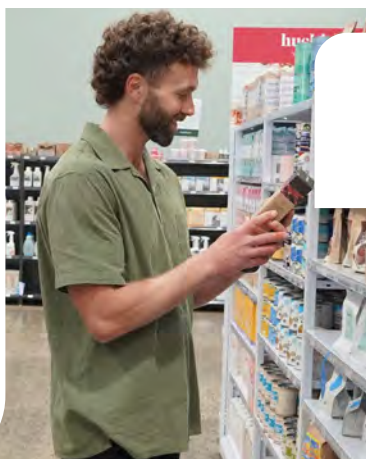


Lothlorien Winery is an orchard making their own organic juices and fruit wine onsite in the heart of Ahuroa, about an hour North of Auckland. The winery features its own Feijoa trees, Poormans Orange trees, other fruits and timber trees amongst the rolling farmland and native forest. Check out more of Lothlorien Winery's story and the full range on their website.

 www.lothlorienwinery.co.nz

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

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



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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**.



INTRODUCTION FOR THE PLANT-BASED BASICS SERIES

Being a plant-based eater for over 30 years I have accumulated a lovely collection of plant-based basic recipes along the way. From milk and butter to plant meat substitutes and cheeses, all made with wholefoods, care, love and attention to detail. These tried-and-true

recipes made from scratch will elevate your meals, save you money, improve your nutrition intake and reduce your rubbish. These are recipes I make weekly, and for the next few editions I will be sharing them with you all, from my plant-based family to yours, enjoy!

PLANT MILK

One of my top priorities for a plant milk was that it held up to the coffee test, and this absolutely does with espresso, however, you do need to have both the liquids at the same temperature for this to be successful. You don't want to heat the milk over 60 degrees and it does need the higher ratio of milk to coffee.

My go-to combo is macadamia or cashew for their creaminess, almonds for calcium and hemp hearts for magnesium which helps your body absorb calcium. I utilise a nutri-bullet to make my plant milk, but any high-speed blender will do.

The solids ratio when making your own milk means you don't need to add thickeners or stabilisers to your milk to make it creamy. And you will want to save the mash for Mash Crackers, they are fabulous. It lasts in a sterilised jar in the fridge for a week.

INGREDIENTS:

1 cup hemp hearts, almonds, macadamia, oats or cashews
650ml hottest tap water
a pinch of salt
1 tablespoons maple syrup or 1 medjool date (optional)



METHOD:

1. Gather your ingredients and measure the oats, macadamia or cashews, almonds, hemp hearts, water, maple syrup and salt into a jug or similar.
2. Secure the lid and blitz for one minute.
3. Leave to cool, approximately one hour, then blitz again for one minute. Alternatively soak for 3 hours then blitz once.
4. Pour through a nut milk bag or similar placed on a sieve over a jug and squeeze well to remove all the liquid, pour into a sterilised jar, cap and keep in the fridge.
5. Shake well before use.

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

EVERYDAY CHEESE

I have tried many plant-based cheeses in my time, and it is something that is definitely one of those foods that no one wants to miss out on, but also has a few qualities it must fulfil. The versatility of cheese is one of these; it must taste cheesy, slice easily, be able to be grated and melt into sauces. This cheese does it all! I am super pleased with it and I hope you will be too. If you cook the cheese for longer it gets more of a 'cheddar' flavour and texture, although it does tend to separate if cooked too long. However, don't worry as I think it gives it more character. You can use chickpea flour in place of pea flour, and I recommend using my plant milk recipe as the higher nut/seed ratio makes a creamier cheese.

INGREDIENTS:

350ml plant milk
1/4 cup nutritional yeast
1/4 cup refined coconut oil
15g strong agar powder
1 tablespoons tapioca or potato flour (starch)
1 tablespoons pea flour (or extra starch)
1/8 tsp turmeric powder
1/4 tsp smoked paprika (optional)
1 tsp salt
1 clove garlic, peeled but kept whole, or 1 tsp garlic or onion powder
2 tablespoons apple cider vinegar or sauerkraut juice



PLANT-BASED &
GLUTEN-FREE

Makes 1 x 14cm wide 5cm deep bowl-shaped cheese
or 11 x 8 x 7cm high rectangular container

METHOD:

1. Gather your ingredients and grease the bowl or container.
2. Measure the milk, nutritional yeast, coconut oil, agar powder, tapioca flour, turmeric powder, smoked paprika if using, salt and the garlic into a pot.
3. Whisk on a medium heat until comes to the boil, turn down to a simmer and add the vinegar, continuing to whisk the whole time.
4. Cook for two minutes for a mild cheese and five minutes for cheddar.
5. Remove from the heat, remove the garlic clove, and transfer into the prepared bowl or container.
6. Cool, then refrigerate until completely cold, uncovered.
7. Cover the container with a plate and tip upside down, give it a little tap to help it slip out.
8. Slice and enjoy, store in an airtight container in the fridge.

MASH CRACKERS

These crunchy light moreish crackers are the perfect way to use up the almond pulp from making the almond ricotta or plant milk. I recommend freezing the pulp from the milk until you have two cups worth, as it goes off in the fridge quite quickly. If you have unevenness in the crackers cook the thicker ones for a little longer and to be super sure they are dried out enough leave them to cool in the oven.

INGREDIENTS:

2 cups almond or nut milk pulp
1/2 cup flaxseeds
1/2 cup water
1/2 cup psyllium
3/4 cup hot water
1 stick rosemary, finely chopped

3 tablespoons nutritional yeast
1 tsp salt
1/4 tsp pepper
1 tablespoon extra-virgin olive oil
1/2 tsp flake or Himalayan pink salt

METHOD:

1. Mix the flaxseeds with the first measurement of water, leave to absorb for 20 minutes, stir once during this time.
2. Preheat the oven to 150°C.
3. Measure the psyllium husk and hot water into a mixing bowl and stir together, then add the pulp, rosemary, nutritional yeast, salt and pepper, mix to combine.
4. Add the flaxseed mixture and stir through.
5. Line two trays with baking paper and smear with olive oil then put half of the mix onto each.
6. Evenly flatten out the mix with greased hands is easiest, then cover with another piece of baking paper and using a rolling pin, roll out as flat and evenly as you can on both trays, sprinkle salt over the top of each and bake for 25 minutes.
7. Remove from the oven and using another tray or board covered with baking paper, flip the cracker over and peel off the baking paper and cut into desired shapes and pop back into the oven and bake for a further 35-40 minutes until dried out and crispy.
8. Cool and store in an airtight container or tin.



THE HEART OF INDONESIAN CUISINE

BY DIANA VON CRANACH

This time, I am not writing about a specific place to eat but about Indonesia's famous, iconic and most beloved dish, 'fried rice' or NASI GORENG!

This is a dish that actually unites the Indonesian nation food wise. Although there are probably as many regional differences as there are cooks in the country, the dish is on offer everywhere from street cart vendors to beautifully presented plates at high end restaurants. A famous Indonesian culinary expert believes that there are more than one hundred different variations of the dish, even though the basic preparation remains the same from one end of the Archipelago to the other!

There are two main ideas about how *nasi goreng* originated. It was most probably brought from China by traders when stir frying techniques were introduced during the 14th century onwards, as a quick and easy way to use up left over rice. Alternatively, it could have been inspired by Arabic traders who brought a version of their staple *pilaf* rice cooked in fragrant broth. Although the origins are lost in the mists of time, the dish in its present form is undisputedly the tastiest, most comforting fast food that is available everywhere in the Archipelago.

I suspect it was more a Chinese influenced dish, because settlers introduced soy sauce (used in Chinese cuisine since 2nd century) and woks to Indonesia that are still used in the same way today. Because Indonesians are famous for having a

sweet tooth, local palm sugar was added to the Chinese soy sauce, resulting in *kecap manis*, an important *nasi goreng* ingredient.

Indonesian cuisine tends to be rather 'egg-centric', due to eggs being a relatively inexpensive but nutritious alternative to other proteins. An egg is always included in the dish either stir fried into the rice with the sauce or served as a fried egg on the side.

My favourite *nasi goreng* is made by a talented village cook working in a real hole-in-the-wall lean-to local *warung* or *café*. He puts so much strength into making sure that the rice is perfect and the sound he makes banging the metal spatula on the wok can already be heard from the car park!

Simple perfection on a plate accompanied by the rosy glow of anticipation to open the banana leaf package and dig in unceremoniously with a spoon to enjoy the rice as hot and as soon as possible!



SPICE PASTE for NASI GORENG

(2 portions)

INGREDIENTS:

- 3 garlic cloves, smashed
- 2 – 3 small chillies, de-seeded, crushed
- 50g small red onions
- 30g each finely sliced white cabbage & carrots
- 2 tbs chopped greens of choice
- 1 tsp salt
- 2 – 3 tbs coconut oil
- 3 tsp kecap manis, sweet soy sauce
- 2 tsp good sesame oil
- White pepper to taste

METHOD:

Pound the first 3 ingredients together, preferably in a mortar with a pestle, until smooth. Heat the oil until smoking, add the spice paste and stir-fry for about 5 minutes until fragrant. Then add the cabbage, carrots and when cooked through, the rice. Stir relentlessly until the spice paste is mixed in. Then add the soy sauce, sesame oil, white pepper and adjust the seasoning to your taste. Enjoy while hot with slices of cucumber, tomato, lemon basil and a fried egg if vegetarian.

SOME TIPS

Nasi goreng, although quick to make, is actually not that easy to cook, requires skill, practice and if not prepared correctly can result in a soggy, oily mess. Cold or room temperature rice – ideally cooked a few hours before, not stale rice from the day before – has to be freshly and quickly cooked and served hot, so that each grain of rice is moist but still separate. The wok should be hot and the cook has to work quickly and keep moving the rice around the wok to make sure that each grain is properly coated.

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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CAN BETTER FOOD MAKE BETTER KIDS?

THE LINK BETWEEN DIET, BRAIN HEALTH AND DEVELOPMENT

BY MARGARET JOHNS

TRAWLING THROUGH OLD FILES ON MY COMPUTER, I CAME ACROSS ONE ARTICLE FROM 2007 THAT CAUGHT MY EYE AND INTEREST:

"In a move that would make Jamie Oliver proud, British scientists have published research showing poor diets cause anti-social behaviour. The research revealed that when vitamin pills were dished out in prisons, a significant dip in re-offending rates followed.

Hot on the heels of Oliver's TV show featuring tiny tyrants turned good by veges and fruit, the scientists have called for a ban on junk food in prisons. Salt, saturated and hydrogenated fats and refined sugars are now the culprits. Researchers found links between brain function and nutrition – a finding that has led to studies into the effects of nutrient intakes on depression, dementia, ADHA, learning difficulties and anti-social behaviour.

...research suggests that what children eat affects how their brains develop and function.

In one study at Aylesbury prison (Gesch et al, 2002), 231 volunteers between the ages of 18 and 21, many of whom usually made poor food choices, were given either a placebo or a real vitamin, mineral and essential fatty acid capsule for up to nine months. Astoundingly, those who received the nutrients committed an average of 26.3% fewer offences compared to the control group. The reduction was 37% for the most serious offences..."

I was so interested that I decided to look at what research had been done between 2007 and today. The results are quite fascinating!

In 2009 Wendy H Oddy¹ and others investigated the associations between dietary patterns and mental health in early adolescence and came to the conclusion that "... the findings implicate a Western dietary pattern in poorer behavioural outcomes for adolescents. Better behavioural outcomes were associated with a higher intake of fresh fruit and leafy green vegetables."

In 2010 research by Catherine M Milte et al², found that "increases in erythrocyte ω -3 polyunsaturated fatty acids, specifically DHA, may improve literacy and behavior in children with ADHD. The greatest benefit may be observed in children who have comorbid* learning difficulties"

Also, in 2010 A Kirby et al³ doing similar research found "... parental reports of behaviour, with some evidence that higher omega-3 levels were associated with decreased levels of inattention, hyperactivity, emotional and conduct difficulties and increased levels of pro-social behaviour..."

In 2013 a study by Rachel V Gow⁴ and others found that "... callous-unemotional (CU) traits were found to be significantly negatively related to both eicosapentaenoic acid (EPA), and total omega-3 in the ADHD group. The findings unveil for the first time that CU and anti-social traits in ADHD are associated with lower omega-3 levels."

And in 2016 Natalie Parletta⁵ and others investigated the evidence that children with Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorder (ASD) have lower omega-3 polyunsaturated fatty acid (n-3 PUFA) levels compared with controls, and conflicting evidence regarding omega-6 (n-6) PUFA levels. They found that "Children with ADHD and ASD had low levels of EPA, DHA and AA and high ratio of n-6/n-3 PUFAs and these correlated significantly with symptoms. Future research should further investigate abnormal fatty acid metabolism in these disorders."

*more than one learning difficulty



Also, from the **Youth Endowment Fund (YEF)**⁶ website I found that "new research suggests that improving children's diets through targeted nutrition programmes may help to reduce aggression and anti-social behaviour, particularly among those with neurodiverse conditions. The research was undertaken as part of the YEF's commitment to finding what works to prevent children and young people from becoming involved in violence. As part of this, the charity is exploring how health-based approaches – like improving diets and therapies – could support children who are most at risk.

Key nutrients help build the brain and may support mood and behaviour by influencing neurotransmitters...

By reviewing studies from around the world, the YEF found that nutrition programmes were linked to an estimated **38% reduction in aggression** and a **52% reduction in anti-social behaviour** in children. While there's less evidence on whether they reduce **violent crime**, early studies suggest they could cut offending by up to 82%.

The programmes studied either improved **overall diet** or provided specific **supplements**, such as omega-3 and vitamin D. They aimed to reduce foods that may be harmful in excess, like highly processed meals, and increase key nutrients that children often lack.

While aggression is influenced by many things, research suggests that **what children eat affects how their brains develop and function**. Key nutrients help build the brain and may support **mood and behaviour by influencing neurotransmitters** like serotonin and dopamine. There's also growing evidence that **gut health is closely linked to brain function**, meaning diet could play a role in emotional regulation."

This is only a small selection of the research findings I came across and there is ongoing research all the time into how nutrition affects our lives.



There are also increasing numbers of neuro-diverse children starting school in New Zealand and teachers are not really equipped to cope with them, which means both the neuro-diverse children and all the other children miss out on getting a good balanced education, to the detriment of society as a whole.

With the continuing debate about school lunches (and breakfasts) I think most people are aware of how important food, and particularly nutritionally good food, is for children; but not just for children – it is really, really important for everyone. With the increasing availability of pre-prepared meals, fast foods, packaged food, plants genetically engineered to grow faster/ bigger (which are then not necessarily more nutritious), and with people becoming more time poor and more under stress, it takes great determination and skill to ensure that the food we provide for ourselves and our families actually is giving our bodies the nutrients needed to be healthy.

As Philippa Stevenson pointed out in her article regarding the failure of NZ's Food System in the Autumn Issue of *Vegetarian Living NZ* (Vol.81 No.3). "The problems are not just trying to sort healthy from unhealthy but also weighing up the benefits or otherwise of fresh and packaged, lightly processed – and unprocessed foods."

There are endless articles available (online and in magazines and books) about nutrition and healthy eating if people are serious about informing themselves, and endless supplements available to help with balancing diets (which can be expensive). But the simplest and most effective way of obtaining nutrition is

probably to grow your own food where possible – grow it organically and eat it straight from the garden. Grow as big a variety of vegetables and fruit as possible or if you haven't much space, at least grow enough to supplement what you have to buy and fill in some of the nutrients that might be missing.

Maybe New Zealand as a whole country needs a "reset" with regard to our whole way of life; children, families and communities could become happier with at least one parent having the time and energy to look after the nutrition and general health of a family.

...targeted nutrition programmes may help to reduce aggression and anti-social behaviour...

With the necessity of both parents having to work, the advent of "fast" foods, and the increased availability of sweet treats and sugar-loaded fizzy drinks which are now perceived as a necessary part of the diet rather than occasional "treats", it is perhaps no wonder that New Zealand has a large number of challenges regarding children and their behaviour, as well as the third highest adult obesity rate in the OECD. One in three adults and one in ten children are affected by obesity – in the majority of cases related to the diets followed by the family and/or the wider family.

The upshot of all this shows how important food is in our lives. Eating the right food is more important than just eating what is easy to grab off the supermarket shelves and what your children demand. Perhaps we need someone to start a movement



of back to the basics with food: make our children eat what is healthy and good for them while they're building their bodies, at least until they're old enough to leave home and look after themselves. Maybe good habits will then stick with them for life!

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



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WHY STUDENTS ARE RESHAPING CAMPUS FOOD CULTURE

In the hushed corridors of schools and the common spaces of universities, a strange and stubborn rebellion is unfolding. Not with megaphones or manifestos, but with menus and meal trays. Across continents and especially in the small, green stretches of Aotearoa students are asking a question older than the systems that govern them: *Must we eat this way, knowing what we know?*

This is no mere dietary preference. It is, in its essence, a question of moral dissonance, a reckoning with the quiet violence of normalcy. Every day, young people file into canteens that serve up excess food, while the planet buckles and bleeds beneath the weight of livestock industries, monocultures, and discarded waste. And so, not out of comfort, but out of conscience, a generation has begun to resist with lentils and persistence, with tofu and principle.

AOTEAROA'S YOUTH STIR BENEATH THE SURFACE

In Aotearoa, meat is not simply consumed, it is assumed. It moves through the economy, the culture, exports, the daily meal, without question. And yet, the question stands. **Livestock farming accounts for nearly half of New Zealand's greenhouse gas emissions**, most of it, methane rising from the slow breath of ruminants.

In response, students step forward not with slogans, but with petitions and plates. Since 2013, **MeatFree Monday NZ** has grown to include nearly **15,000 supporters** and has been implemented in **schools, cafés, hospitals, and workplaces** engaging in one meat-free day a week. Among them are Kiwi schools, where young people are leading the charge – printing posters, lobbying boards, hosting discussion groups, all to ask a simple, hard question: *Why is meat still our default?*

For those who inherit this contradiction, silence is no longer an option. In classrooms they are taught about

planetary limits; in cafeterias they are asked to ignore them. It is not outrage that forms – but dissonance. And in that dissonance, a generation begins to act.

At the University of Auckland, student groups such as the Sustainability Network and Veda Club have been hosting low-waste vegan lunches – encouraging classmates to sit, eat, and reckon. Not with ideology, but with the question: *what kind of future are we feeding?*

Other campuses – Victoria, Massey, Canterbury are witnessing similar stirrings. Student associations are moving motions, negotiating with catering services, requesting transparency not just in ingredients, but in impact. Their demand is not extreme: more choice, less harm. But their intent is radical in its simplicity: to align daily life with the truths they're taught in climate science lectures and ethics seminars. This is not rebellion. It is a discomfort-articulated generation asking: *Can routine be aligned with future?* And can plates reflect promise, rather than bypass it?

AROUND THE WORLD, THE SAME HUNGER

This movement is not confined to New Zealand's shores. In the UK, student unions have passed historic motions committing to 50% or even 100% plant-based catering. In the U.S., youth coalitions like the Plant Futures Initiative work with universities to overhaul outdated, carbon-heavy food systems.

And everywhere, resistance echoes. Some scoff: "Let them eat salad." Others argue it's impractical, unnecessary, even elitist. But what the critics miss is this: these students are not demanding perfection, they are refusing to participate in contradiction. They are not saints. But neither are they asleep.

NOT ACTIVISM, BUT EXISTENTIAL REFUSAL

There is something distinctly Dostoevskian in all of this. These young people are not trying to change the world because it flatters them, or because the world has been kind. They do it because not *doing so would corrode the soul*. They compost as a form of repentance. They lobby not for applause, but because the weight of knowing compels them.

And so, in school corridors and university cafés, change simmers – not dramatic, not

televised, but stubborn. It is a quiet refusal to eat the way we did, while pretending the world is as it was.

THE QUIET REBELLION OF A MEAL

In a world so often deaf to nuance, where urgency is drowned beneath indifference and comfort, it is easy to overlook the humble act of choosing what to eat. And yet, this is where a quiet rebellion begins. Not with laws or slogans, but with lentils over lamb, with questions posed not in speeches, but in silence: *What are we nourishing? Whom are we harming? What future are we feeding?*

The students of Aotearoa, like their peers across the globe, are not perfect. They do not pretend to be. But they are awake and in a world that often rewards forgetting; this alone is radical. They ask their schools and universities not just for options, but for **integrity**. Not just for plant-based meals, but for a kind of honesty that matches the truths we already know about the planet, the animals, and ourselves.

This movement is not about purity. It is about **possibility**. And the proof of that possibility is on the tray, in the compost bin, in the stubborn insistence that even small choices can carry the weight of conviction.

The world will not be changed by food alone. But perhaps it will be changed by those who choose to care, meal after meal, without applause. And if there is hope, and there must be, it lies in this: that the future is not served all at once. It is **chosen, bite by bite, by those with the courage to refuse what no longer makes sense**.



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

Simply Veg BOOK REVIEW

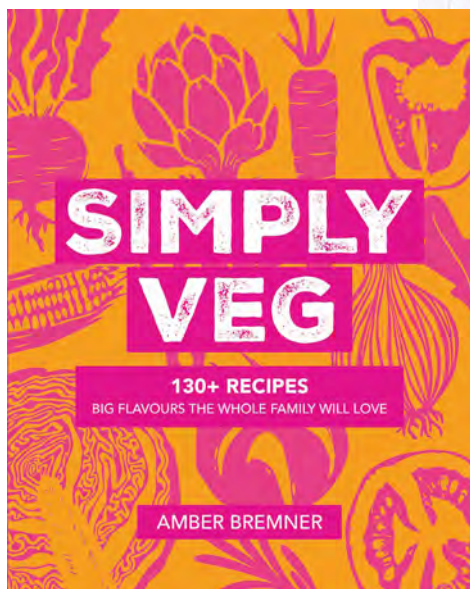
BY MARGARET JOHNS

In her introduction, Amber says:

"...We can choose to eat a wide variety of plants that provide interesting meals and sustain our health. We can choose to minimise animal suffering to a level that works for our circumstances... We can be mindful about where our food comes from, how it is produced and how it gets to us... I want you to feel inspired and excited flipping through these pages, and I want you to be confident eating well and with less focus on animal products (regardless of how you define your food choices)... These recipes aren't designed by a chef but by me: an ordinary woman, a mother and a friend, in my home kitchen, using ordinary tools and ingredients..."

Amber comes from a household with mixed dietary preferences, so she understands the reality of feeding a family with different needs. Rather than focusing on restrictions, she emphasises what brings people together: good food made with love.

And Amber has certainly achieved her aim of producing an inspiring book – it pretty much covers everything, from conversion charts, pantry and fridge staples and equipment to preparation. Each recipe gives a preparation time, cook time, what equipment to use and is accompanied by a beautifully-coloured photograph. The recipes are very easy to follow and cover a wide range of basic options to have on hand (or in your fridge) from hummus variations, pestos, nut sauces to tofu basics



including chickpea tofu, to help with making quick easy meals. The book is divided into sections ranging from Early (breakfast,) to Graze (snackable treats), to Light meals, to Hearty meals and finally Sweet treats. There's even a few pages of menu suggestions for Feasts. It's a truly inspiring and practical book with heaps of flavoursome recipes that you can try with added extra spice or no spice as your taste dictates.

I tried out the Jackfruit and Lentil Kedgeree recipe and the non-vegetarian person at the dinner table gave it a "pass mark" as very tasty. That's definitely a plus for me!

SIMPLY VEG is available from a variety of sources – just search the internet! Look out for our interview with Amber in the next issue, where we chat about her inspiration and favourite recipes from the book.

SIMPLY VEG – 130+ recipes, Amber Bremner (237 pages), \$49.99. Published in 2025 by Upstart Press Ltd, Penrose, Auckland, NZ.

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



CORPORATE MEMBERS SUPPORTING THE NZVS



Green Dinner Table
Eat more plants



Apostle
A unique range of small batch hot sauce handmade on the Kāpiti Coast.



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



Eat choice
Your personalised guide to restaurant and dish picks based on your diet.

Clinicians

Vegan Certified products.



Nutrients for Vegans

Supports with nutrients that are known to be hard to obtain from non-animal sources.

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High quality vegan Omega-3 oil, sustainably sourced from algae. Supports joint health, focus and memory.

Focus & Performance



Science you can feel

Clinicians 
Research Based

Always read the label. Use as directed. If symptoms persist, see your healthcare professional. Dietary supplements are not a replacement for a balanced diet. Douglas Pharmaceuticals, Auckland.

SEASONAL HAIR WISDOM:

WHY SPRING IS THE SEASON TO RESET YOUR SCALP AND HAIR

HOW PLANT-BASED HAIR CARE SUPPORTS HEALTHY HAIR GROWTH, BALANCES THE SCALP, AND ALIGNS WITH A CONSCIOUS LIFESTYLE.

As spring arrives, the world around us begins to bloom — and with it comes a natural desire for renewal. We clear out wardrobes, refresh our routines, and often turn our attention to wellness practices that align with the season. Yet one area many over-look is the scalp and hair which, like our skin and immune system, are affected by seasonal changes.

Spring presents the perfect opportunity to recalibrate our hair care rituals. At Holistic Hair, we understand that the health of your hair begins at the scalp. Rooted in the science of trichology and guided by a commitment to environmental and ethical responsibility, we craft plant-based hair care solutions that support your hair's natural rhythm — with each season in mind.

THE IMPACT OF SPRING ON SCALP AND HAIR HEALTH

The transition from winter to spring can bring a host of changes to your scalp and hair, some of which may go unnoticed until they present as irritation, shedding or dullness.

Seasonal shedding is common during spring. As the body adjusts to changes in temperature and daylight, more hairs may enter the resting (telogen) phase of the growth cycle, leading to increased hair fall.

Scalp reactivity can also rise due to a combination of warmer temperatures, increased oil production, and environmental allergens like pollen. This can trigger itchiness, flaking, or a feeling of imbalance.

Environmental exposure to UV rays, wind, and humidity may dehydrate both the scalp and hair strands, leaving them vulnerable to damage or dullness.

Understanding these changes allows us to tailor our hair care routines with ingredients and rituals that restore balance and encourage healthy growth.

A HOLISTIC SPRING HAIR RITUAL

Our plant-based, Vegan Certified and Vegetarian Approved range is designed to support the scalp and hair through seasonal changes using ethically sourced, natural-origin ingredients. Developed by scalp and hair experts, Holistic Hair products are made in Aotearoa and formulated without animal by-products, synthetic dyes, fragrances, or harsh preservatives. Each product is NZ Vegetarian Society approved and aligned with values that matter to you.

Step 1: Purify and Rebalance

As the seasons shift, your scalp may be left with residue from heavier winter products or show signs of dryness and imbalance. Our **Pure Shampoo**, formulated with aloe vera, manuka honey, and vitamin E, offers a gentle yet effective cleanse to remove buildup, soothe irritation, and restore the scalp's natural harmony. Ideal for reactive or sensitive scalps during spring, this nourishing formula supports scalp health while being suitable for all hair types — making it the perfect everyday shampoo for the entire family.

Step 2: Calm and Restore

For sensitive scalps affected by pollen, pollution, or sweat, the **Herbal Finishing Rinse** is an effective treatment. Infused with chamomile, lavender, and apple cider vinegar, this rinse calms inflammation, soothes itchiness, and supports the scalp's microbiome — while enhancing shine and manageability.

Step 3: Stimulate and Nourish

To support the new hair growth cycle and help minimise seasonal shedding, introduce our **Scalp Treatment Oil** into your pre-wash ritual and follow with our **Essential Scalp Spray** post-wash. Infused with nourishing botanical oils such as jojoba, sweet almond, rosemary, lavender, and bergamot, these targeted treatments work in harmony to condition the scalp, strengthen hair at the root, and create an optimal environment for healthy regrowth.



ETHICAL BEAUTY BACKED BY SCIENCE

Holistic Hair is not just a hair care brand — it's a philosophy. Our approach combines natural origin ingredients with trichological science to deliver products that are effective, ethical, and environmentally responsible.

Our credentials reflect this commitment:

- **Vegan Certified** and **Vegetarian Approved**
- **100% recycled PET1 bottles and glass packaging**
- **FSC-certified** cardboard and **vegetable-based inks**
- **Plastic Neutral+** Certified through CleanHub
- **Certified B Corporation**, meeting rigorous social and environmental standards

We believe that beauty should do no harm — to animals, to people, or to the planet.

A FRESH START FOR SPRING

As the seasons shift, so should your hair care. Supporting your scalp with the right seasonal solutions helps prevent common concerns and sets the stage for stronger, healthier hair year-round.

Our range allows you to care for your hair in a way that aligns with your values — vegan, plant-based, sustainable, and made with purpose in New Zealand.

NZVS members receive 20% off with the code **VEGAN20**. Plus, get 15% off your first order when you subscribe at

www.holisticheir.co.nz

Holistic Hair — Rooted in Nature.
Backed by Science. Made with Purpose.

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



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

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

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



Welcome Vegetarian Cafe & Takeaways

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

OPEN MONDAY TO SATURDAY

12noon to 8pm

Open Sunday by prior arrangement.

Phone orders
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WWW.WELCOMECAFE.CO.NZ

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LOGO TO KNOW
A PRODUCT IS:**



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FREE from GE

FREE from battery eggs

NOT tested on animals

FREE from cross-contamination

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

MEMBERSHIP



Changed your address or email?

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

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

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

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

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

THE 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

Whanganui

Lyneke
lyneke@orcon.net.nz

OVERSEAS

The Vegetarian Society U.K.

Parkdale, Altrincham, Cheshire,
WA124QG, England.
www.vegsoc.org

Vegetarian Resource Group

PP Box 1463, Baltimore, MD21203, USA
www.vrg.org

International Vegetarian Union (IVU)

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

Alterations or additions to this list?

Send to:

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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



RED SEAL

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 (Natruel) 100g

HEALTH & COSMETICS



SUPERDOSE

Superdose Liposomal Vitamin C 1000mg



VITAMIN SOLUTIONS

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

RESTAURANT MENUS

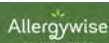


HELL PIZZA

The Best Damned Pizza In This Life Or the Next

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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Always the finest

Non-Dairy Vanilla Ice Beverage Powder, Non-Dairy Ice Chocolate Beverage Powder, Fine Drinking Chocolate (CFCF1), Fruit Frappe Base Non-Dairy Beverage Powder, Non-Dairy Belgian Style Drinking Chocolate, Non-Dairy Fairtrade Belgian Style Drinking Chocolate, Non-Dairy Matcha Green Tea Ice Beverage Powder, Non-Dairy Crème Caramel Beverage Powder, Non-Dairy Mint Drinking Chocolate Drink



CHASERS

Feel The Flavour

Bhuja Mix – Mild / Hot, Chilli & Garlic Peas / Salted Peas, Chevda



COOKIE TIME

For Serious Cookie Munchers

The Original Plant Based Chocolate Chunk Cookie, Christmas Cookies – Plant Based Chocacious.



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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



FOLIUM ORGANICS

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Organic Barley Leaf powder/Folium Organics, Organic Wheat Grass powder/Folium Organics, Organic Pea Leaf powder/Folium Organics, Organic Pea Leaf powder blended 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



GIBBSTON VALLEY

Pinot Noir Gibbston Valley Gold River, Rose 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, 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, 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

Kiwi Hemp Seed Oil, Kiwi Hemp Hearts, 100% NZ Hemp Protein Powder, Golden Hemp Seed Oil (bulk), 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, Feijoa Sparkling Zero Alcohol Fruit Wine



MARISCO VINEYARDS

Premium Wines By Marisco 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 Vignier (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

Nudairy's Dairy-Free Cheddar, Nudairy's Dairy-Free Mozzarella, Nudairy's Dairy-Free Tasty, Nudairy's Dairy-Free Feta, Nudairy's Dairy-Free Sour Cream, Nudairy's Dairy-Free Cream Cheese



OSM
Fuel For Life

OSM Everyday Nutrition – Blueberry & Blackcurrent, OSM Everyday Nutrition – Salted Maple, Ancient Grain & Seeds, OSM Everyday Nutrition – Crunchy Peanut Butter, OSM Kids – Choccy Block Bar 5 Pack Pouch 28g x 5, OSM Kids – Vanilla Confetti Bar 5 Pack Pouch 28g x 5



PASTA VERA

New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto



PÂTISSERIE L'AMOUR

Patisserie L'Amour Plant-Based Pastry Roll



PAYNTERS CIDER

Paynter's Cider, a drink for all seasons!

Pilgrims Dry Cider



PLAN*T

Nourish you – Nurture our planet

Plan*t Spicy Chorizo, Plan*t Sage & Onion Sausage (previously Old English sausage), Plan*t Classic Hemp Burger / Vege-to-Ball (food services only), Plan*t Smoky Chipotle Burger, Plan*t Crispy Chick*n Burger, Plan*t Crispy Chick*n Strips, Plan*t Chick*n Nuggets, Plan*t Ground Mince, Plan*t Chick*n Natural, Plan*t Chick*n Southern Fried, Plan*t Korean Style Fried Chick*n, Plan*t Crumbed Chick*n Schnitzel



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 Cheeze-peno Tortilla, Proper Hand Cooked Salted Tortilla, Proper Crisps Barbeque Rub, Proper Crisps Dill Pickle with Apple Cider Vinegar, 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

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), Dark Chocolate Swirls 58%



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](http://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, CoreTXpex, 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