

VEGETARIAN

Living

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18 POWER FOODS
EVERY VEGETARIAN &
VEGAN SHOULD KNOW

LOVE YOUR HEART:
PROVEN LIFESTYLE
HABITS FOR LIFELONG
CARDIOVASCULAR HEALTH

SIMPLY VEG:
COOKING WITH PURPOSE
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REMEMBERING
JANE GOODALL...

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**FOR A KINDER,
HEALTHIER
WORLD**



CREDIT: Image from *Simply Veg* by Amber Bremner – Read the article on page 16 & 17.

EDITORIAL

editor@vegetarian.org.nz



I recently had the privilege of presenting our petition for clear and accurate vegetarian and vegan food labelling to a Parliamentary Select Committee. It was a meaningful moment

– not just for the NZVS, but for anyone who has ever stood in a supermarket aisle turning packet after packet over, trying to work out whether a product is truly suitable for their dietary requirements.

We highlighted a simple but important issue: food labelling needs to be transparent, consistent, and trustworthy. This isn't only about a lifestyle choice – it matters for people with allergies, cultural or religious dietary needs, and for anyone trying to make ethical or health-conscious decisions. When labels are unclear, the burden shifts entirely to consumers, who must research ingredients or hope their interpretation is correct.

The Committee asked thoughtful questions, and there is a sense of real momentum on this issue. With a review of the Fair Trading Act currently underway, we have an opportunity to strengthen expectations around claims like 'vegetarian' and 'vegan' so they mean what people reasonably assume they mean. There is still work ahead, but the hearing left me hopeful and committed to continuing the conversation.

We start this edition with a practical guide on pages 2 & 3 to 18 plant-based "power foods" to help you feel confident about meeting your nutritional needs on a veg-n diet. On pages 6 & 7, we continue our

collaboration with Doctors For Nutrition, exploring how small lifestyle habits contribute to heart health. It's a reminder that wellbeing is something we build gradually, through what we do most of the time.

Keep reading on pages 8 & 9, where we speak with Jeanette Blackburn, long-time NZVS Executive Committee member and Vice President, who reflects on her journey with the Society and the evolution of vegetarian living in New Zealand.

One of my favourite moments each year is seeing the creativity from students in our Think Kind competition. It has now wrapped up for 2025, and the entries were thoughtful, bold, and full of heart. The winning and runner-up projects are featured on pages 14 & 15.

On pages 16 & 17, we chat with Amber Bremner, author of *Simply Veg*, about creating meals that are flexible, flavourful, and family-friendly.

This issue also features a restorative retreat in Bali on pages 18 & 19. On page 20, we spotlight Project Jonah's inspiring work training volunteers to rescue stranded marine mammals, followed by a tribute to the remarkable life of Jane Goodall on page 21.

As we head towards the end of the year, many of us begin to reflect on what challenged us, what changed us, and what we want to carry forward. I hope you find time to rest and enjoy the company of the people you love this holiday season!

– INA BABIC

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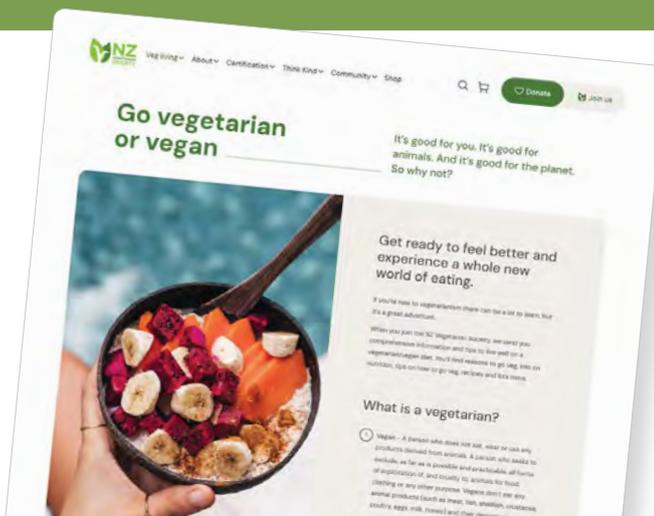
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18 Power Foods

FOR VEGETARIANS AND VEGANS

BY CATHERINE LOFTHOUSE

Following a veg~n diet is a great way to support your health while enjoying a range of flavourful and nourishing foods. However, it can be hard to know if you're still getting all the nutrition you need, particularly for nutrients that are typically more abundant in animal products, such as vitamin B12, protein, calcium, and iron. The good news is that if you eat a varied, balanced plant-based diet that includes fortified foods, you can get a good supply of these key nutrients. This guide highlights 18 power foods that support a nutritionally complete veg~n diet. Each entry outlines the food's nutritional benefits and practical ways to incorporate it into everyday meals.

PROTEIN POWERHOUSES

TOFU AND TEMPEH

Made from soybeans, tofu and tempeh are staples of many veg~n diets. They are high in protein, contain all nine essential amino acids, and also provide calcium and iron. Tempeh, made from fermented soybeans, has the added benefit of being a source of probiotics for gut health.

How to use: Silken or soft tofu can be used as an alternative to scrambled egg or blended into a creamy consistency perfect for sauces, dips and desserts. Firm tofu can be shredded and fried, or cubed and baked in the oven with your favourite Asian flavours. Tempeh has a nutty flavour and firm texture that works well sliced into sandwiches or burgers, or pan-fried in stir-fries.

SEITAN

Sometimes called "wheat meat," seitan is made from vital wheat gluten. It is rich in protein and has a chewy, meat-like texture that makes it a good alternative to meat.

How to use: Use seitan in stir-fries, kebabs, or curries. Slice it into strips for fajitas. It soaks up marinades well, so flavour it boldly.

TEXTURED VEGETABLE PROTEIN (TVP)

TVP is a dehydrated soy product that expands when rehydrated. It's low-fat, high-protein, and inexpensive, making it a convenient pantry staple. Once soaked, it has a mince-like texture, perfect for recreating meat dishes in plant-based form.

How to use: Soak for five minutes in hot water or stock to rehydrate, then cook the same as you would for mince in bolognese, chilli, shepherd's pie, or tacos.

LEGUMES (BEANS, PEAS AND LENTILS)

Legumes provide protein, fibre and iron. Different legumes have slightly different benefits, so aim to have a variety in your diet. Whether you buy dried legumes and cook them at home or use canned legumes, they are a cheap and versatile staple to have in your diet.

How to use: Add lentils to curries or soups, use kidney beans or black beans in your favourite Mexican meal, or season and roast chickpeas for a crunchy snack. The liquid from canned chickpeas, called aquafaba, can be whipped and used as a replacement for egg white to make meringue, mousse and baked goods.

QUINOA

Quinoa is a gluten-free seed often treated as a grain. It's one of the few plant sources that provide complete protein, along with fibre and iron.

How to use: Use quinoa in place of grain-based foods such as rice or couscous. Quinoa goes well in salads or added to soups and stews, or cook it into porridge for a protein-rich breakfast.

SOYBEANS AND EDAMAME

Soybeans in their whole form are highly nutritious, offering protein, fibre and iron. Edamame (young soybeans) are especially popular as a snack or appetiser.

How to use: Boil or steam edamame pods and sprinkle with sea salt for a quick snack. Add shelled edamame to grain bowls, fried rice, or salads.



HEALTHY FATS AND OMEGA-3 SOURCES

CHIA SEEDS

Chia seeds are rich in omega-3 fatty acids, selenium, fibre, and iron. When soaked, they form a gel, making them a good alternative to eggs in vegan baking.

How to use: Add a teaspoon of chia seeds to puddings, overnight oats or smoothies. If using chia seeds to replace egg in baking, mix one tablespoon of chia with three tablespoons of water (per egg) and let it sit for 5 to 15 minutes to form a gel-like consistency.

GROUND FLAXSEEDS

Like chia, flaxseeds are an excellent source of omega-3 fatty acids. They can also be used as a substitute for egg in baking (a 'flax egg'). Ground flaxseeds are easier for the body to digest than whole seeds.

How to use: Stir into porridge, add to smoothies, or add to your breakfast bowl. If using as an egg replacement, mix one tablespoon of ground flaxseeds with three tablespoons of water (per egg), then refrigerate for 15 minutes.

AVOCADO

Avocados are rich in heart-healthy monounsaturated fats and fibre. They also help you feel fuller for longer.

How to use: Spread on toast, mash into guacamole, slice into salads, or blend into smoothies for creaminess.

COCONUT OIL

Coconut oil contains saturated fats, which should be eaten in moderation, but can still be part of a veg~n diet as an alternative to butter. Coconut oil adds flavour and richness and is useful for high-heat cooking.

How to use: Use sparingly in curries, baking, or to sauté vegetables where a coconut flavour is desired.

NUTS AND SEEDS

Nuts and seeds provide a concentrated source of protein, healthy fats, and minerals including zinc, iron and selenium. Different varieties bring different benefits:

- Brazil nuts: eating 1-2 nuts can meet your daily selenium needs.
- Walnuts and hemp seeds: excellent sources of omega-3s.
- Pumpkin seeds: rich in zinc and iron.
- Almonds and cashews: provide calcium and magnesium.

Nut and seed butters (like peanut butter, almond butter, or tahini which is made from sesame seeds) are versatile spreads that also deliver protein and healthy fats.

How to use: Sprinkle nuts and seeds on breakfast bowls or stir into salads. Enjoy nut butters on toast or topped on breakfast bowls. Tahini adds creaminess to salad dressings and can be a substitute for fats or oils when added to baking.

CALCIUM AND IRON BOOSTERS

DARK LEAFY GREENS

Greens like spinach, kale, bok choy, and broccoli are excellent sources of calcium, iron and fibre.

How to use: Add kale or spinach to smoothies, sauté bok choy with garlic, or steam broccoli as a side dish. Pair greens with vitamin C-rich foods like lemon or tomatoes to increase iron absorption.

DAIRY AND FORTIFIED PLANT-BASED MILKS

Milk, cheese, and yoghurt are naturally rich in protein, calcium, vitamin D, and vitamin B12, making them valuable components of a vegetarian diet. Some dairy products are fortified to further enhance their nutritional content. In contrast, plant-based milks typically contain lower levels of these nutrients, but many are fortified to match the quantities found in dairy milk. When choosing a plant-based milk, check the label to ensure it includes added calcium, vitamin D, and vitamin B12.

How to use: Enjoy milk alternatives in your favourite hot drink, blend into smoothies or stir into porridge. Enjoy yoghurt alternatives with fruit and nuts or spooned over breakfast cereal.



VITAMIN B12 AND IODINE HELPERS

NUTRITIONAL YEAST

Nutritional yeast (often called 'nooch') is a veg~n staple. It has a mild cheesy, nutty flavour and is usually fortified with vitamin B12, which is otherwise difficult to obtain from plant foods. It also provides protein and B vitamins.

How to use: Sprinkle over popcorn, pasta, or salads. Stir into sauces for a cheesy flavour boost.

SEAWEED

Seaweed (eg, nori, kelp, wakame) is a natural source of iodine. It also contains fibre, antioxidants, and small amounts of calcium and iron.

How to use: Use nori sheets to wrap sushi, add kelp or wakame to miso soup, sprinkle dried seaweed flakes as a seasoning to salads or rice dishes.

SPIRULINA

Spirulina is a blue-green algae often sold as a powder or tablet. It is high in protein, iron, B vitamins, and antioxidants. It's best used as a nutrient booster rather than a staple food.

How to use: Add a teaspoon of spirulina powder to smoothies, juices, or açai bowls. Start small, as the flavour can be strong.



ENERGY AND VERSATILE STAPLES

OATS

Oats are a versatile, high-fibre grain that support heart health. They also provide protein, iron, and slow-release energy.

How to use: Make porridge, overnight oats, or blend into smoothies. Oat flour (ground oats) works well in baking.

OTHER WHOLEGRAINS

Wholegrains, such as brown rice, millet, pearl barley, and buckwheat are unrefined and minimally processed, compared to refined products such as white flour or white rice. Wholegrains provide fibre, iron, protein, and antioxidants, and eating a variety of wholegrains supports healthy gut health.

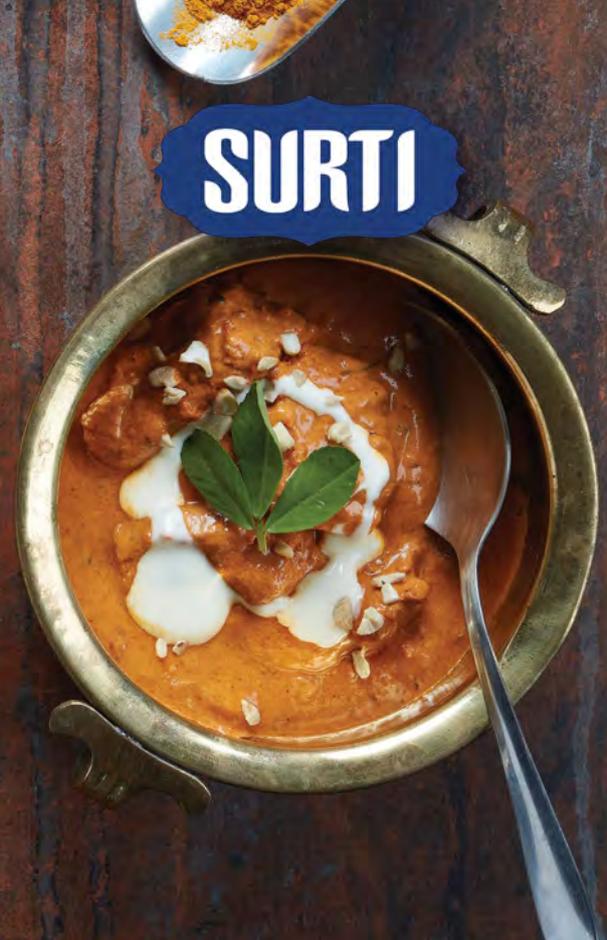
How to use: Use as an alternative to white rice or pasta. Serve as a base for grain bowls or stir into soups or casseroles.

CONCLUSION AND RECOMMENDATIONS

- Eating a veg~n diet provides plenty of opportunities to explore new flavours and foods. By building meals around these 18 plant-based power foods, you'll cover key nutrients that can be harder to obtain on a veg~n diet.
- Variety is key. Try new recipes and explore a range of foods. This keeps your nutritional intake diverse, your gut healthy, and your meals interesting.
- If you drink plant-based milks, look for those that are fortified with vitamin B12, vitamin D and calcium. See "Plant-based milks: How to decide what is right for you", *Vegetarian Living NZ*, VOL. 80, NO. 4.
- People following a strict vegetarian or vegan diet may still want to consider taking a dietary supplement. For more information, see "Are nutritional supplements needed on a veg~n diet?", *Vegetarian Living NZ*, VOL. 80, NO. 3.

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





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TRISTAN'S Corner

By the time December rolls around in our house, everything has started to smell like sunscreen, summer fruits and fresh herbs from the garden. My sons have finished exams and completely moved into summer mode, which means lounging around the pool, catching up with friends online and wandering in and out of the kitchen to see what's for dinner or grab a snack. They're independent enough now to make their own food but they still appreciate a Christmas dinner that feels like a real feast.

Now that the boys are teenagers they've outgrown the Christmas magic of stockings and Santa. But they still like the part where food magically appears on the table! One big change is that they eat double what they used to, so these days I double every recipe to keep up with them. Some of my family's favourite things about summer are sweetcorn, berries, seasonal stone fruit and of course the first good tomatoes of the season. And there's that lovely summer holiday vibe, when the boys are doing their own thing. I'm usually buzzing around in the kitchen and then we all converge at meal times. No matter how grown-up and

independent the kids are, I still appreciate that meal-time ritual that keeps us connected. And Christmas is one day when we can all agree to slow down, turn off our screens and enjoy some extra delicious food.

I'm glad we're on this side of the world where we get to have a summer feast for Christmas. It lends itself to salads, barbecued veggies, fresh fruit and of course a nice, cold dessert. It all feels so light and free, and very fitting for long evenings and the sound of cicadas.

This year I'll be making a dish that I think hits all the right notes: It's summery, it's simple, and it's festive. It can be made ahead of time and served cold or eaten while it's still warm. It works well either way. Pair it with crusty bread and a sparkling drink. Ginger beer is a good match. This recipe uses halloumi, but for a vegan option use thick slices of grilled tofu, which will soak up the dressing beautifully.

CHRISTMAS SALAD WITH ROASTED KUMARA, HALLOUMI AND CRANBERRY DRESSING

Serves 4-6 (or 3 teenage boys)

INGREDIENTS:

- 2 large orange kumara, peeled and cubed
- Olive oil
- 1 tsp smoked paprika
- 1 block halloumi, sliced
- 4 cups mixed salad greens (spinach, rocket, cos or whatever's fresh)
- 1 cup cherry tomatoes, halved
- ½ red onion, finely sliced
- ½ cup toasted walnuts or pecans
- ¼ cup dried cranberries
- Fresh mint leaves to serve

DRESSING INGREDIENTS:

- 3 tbsps olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp cranberry sauce or relish
- 1 tsp Dijon mustard
- Salt and pepper to taste

METHOD:

1. Preheat oven to 200°C. Toss kumara cubes with olive oil, paprika, salt and pepper. Roast for 25-30 minutes until golden and crisp on the edges.
2. Whisk together dressing ingredients in a small jar or bowl. Adjust balance with a splash of water if too thick.
3. Heat a frying pan and grill the halloumi until golden on both sides.
4. In a large serving bowl, layer greens, roasted kumara, tomatoes, red onion, nuts and cranberries.
5. Drizzle with dressing, top with halloumi and scatter mint leaves on top.



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



LOVE YOUR HEART

PROVEN LIFESTYLE HABITS FOR LIFELONG CARDIOVASCULAR HEALTH

Every 90 minutes, a New Zealander loses their life to cardiovascular disease^[1], yet up to 80% of these deaths are preventable.^[2] The secret to prevention lies not in a pill, but in how we live our lives. From the food on our plates to the quality of our sleep, the habits we develop over our lifetime shape our cardiovascular health – for better, or worse.

In the last issue, we introduced readers to the six pillars of lifestyle medicine, and their vital role in maintaining wellbeing. Let's take a closer look at how each pillar impacts heart health, and share simple ways to protect your heart and optimise your cardiovascular health.

What does the term 'cardiovascular' mean?

Cardio = heart
Vascular = blood vessels

Your **heart** is the central organ of the cardiovascular system which functions like a pump to push blood through your **blood vessels** (including arteries, veins and capillaries), supplying oxygen and nutrients to all of your cells, nerves, muscles and other organs in your body.

Cardiovascular disease (CVD) describes a group of conditions affecting the heart and blood vessels, including coronary heart disease, heart failure, stroke, and vascular dementia. These conditions all impair blood flow throughout the body.^[3]

The primary cause of CVD is atherosclerosis, where fatty deposits called plaque build up inside artery walls. This process begins with damage to arteries, triggered by high blood pressure, high cholesterol, smoking, and other risk factors. Cholesterol and fats become trapped, inducing an immune response resulting in the formation of plaques. Over time, plaque narrows and hardens the arteries, making blood flow difficult. If a blockage occurs or, more commonly, if a plaque ruptures, it can cause a blood clot that blocks circulation, leading to a heart attack or stroke.^[4]

High levels of cholesterol play a critical role in the development of CVD. Low-density lipoprotein (LDL) cholesterol, which carries cholesterol from the liver throughout the body, is primarily implicated in the formation of arterial plaque, and is often given the moniker 'bad cholesterol'. High-density lipoprotein (HDL) carries cholesterol back to the liver to be processed and 'flushed' from the body – hence it is often referred to as 'good cholesterol'. HDL cholesterol, however, may not protect against CVD as much as once thought, with high levels being linked with increased risk of cardiovascular events.^[5,6] Current evidence emphasises focusing on lowering LDL cholesterol and maintaining a healthy balance of lipoproteins rather than simply raising HDL levels. Managing cholesterol levels alongside other risk factors remains essential for protecting heart and blood vessel health.^[4,7]

PROTECT YOUR HEART WITH SIMPLE LIFESTYLE MODIFICATIONS

WHOLE FOOD PLANT-BASED EATING PATTERNS

The type and amount of fat you consume through your diet are key factors in determining your cholesterol levels. Eating foods high in saturated and trans fats causes the liver to produce more cholesterol, slows its removal from the blood and elevates LDL cholesterol levels. Trans fats are particularly harmful. They raise LDL and lower HDL cholesterol levels, thereby significantly increasing the risk of heart disease.^[8,9]

Foods that can raise cholesterol levels due to their saturated fat content:

- Eggs (also high in cholesterol)^[10,11]
- Processed (e.g. ham, sausages, salami) and red meat
- Dairy products e.g. cream, cheese, butter, milk, yogurt, and ice cream
- Commercially baked goods e.g. pastries, biscuits, cakes, brownies
- Deep-fried and takeaway foods, e.g. crisps, hot chips, burgers and pizza

Trans fats occur naturally in small amounts in animal products and can exist in higher amounts in processed foods where they are deliberately added. You can easily

spot these in packaged goods as they'll have 'hydrogenated oils' or 'partially hydrogenated vegetable oils' listed on the packaging.

While plant-based meat alternatives generally contain less saturated fat than their animal-based counterparts, and can help reduce CVD risk when they replace meat, they can still be a significant source of saturated fat and typically contain more fat than whole plant foods.^[12] Reducing saturated and trans-fat intake is key to lowering cholesterol and CVD risk.

Conversely, diets rich in fibre, antioxidants, unsaturated fats, and phytonutrients help reduce cholesterol, blood pressure, vascular inflammation, and tissue-damaging oxidative stress.^[13]

→ **Aim to** incorporate the following heart-healthy foods in your diet daily

- Whole grains, e.g. oats, brown rice, quinoa
- Legumes, e.g. lentils, beans, chickpeas, peas, edamame, soybeans
- Dark leafy greens, e.g. spinach, kale
- Cruciferous vegetables, e.g. broccoli, cauliflower, cabbage
- Fruit, e.g. berries, apples, citrus, kiwifruit
- Nuts and seeds e.g. walnuts, almonds (¼ cup max), flaxseed & chia (1 Tbsp)
- Garlic, onions, herbs and spices
- Colourful vegetables, e.g. capsicum, beetroot, carrots

A note on blood pressure, sodium & CVD Risk

High blood pressure (hypertension) is another major contributor to CVD in New Zealand, increasing the risk of heart attack, stroke, heart failure, and kidney disease.^[14] In New Zealand, around 1 in 5 adults lives with hypertension, with even higher rates in Māori & Pacific populations.^[15,16]

Eating too much sodium causes the body to retain water, increasing blood volume and blood pressure. This, in turn, increases pressure on arterial walls, causing damage and accelerates the development of atherosclerosis. Approximately 75% of the

sodium in the New Zealand diet comes not from the salt shaker but from processed and packaged foods.^[17] Reducing processed food intake and favouring whole foods is the simplest route to cut sodium and reduce cardiovascular disease risk.

PHYSICAL ACTIVITY

Regular physical activity helps your heart work more efficiently, improves blood flow, and supports healthier cholesterol levels.^[18] It can also help lower blood pressure and improve how your body uses insulin to manage glucose, both important for protecting heart health.^[19,20] Exercise keeps your arteries flexible by increasing the natural production of nitric oxide – a compound made by the vessel walls that helps them relax and widen for better circulation.^[21]

On the flip side, sedentary behaviours have wide-ranging adverse impacts on the human body, increasing the risk for hypertension and CVD.

→ **Aim for** at least 2 ½ hours of moderate-intensity or 1 ¼ hours of vigorous physical activity spread across the week. Bump the time spent active up to 5 and 2 ½ hours, respectively, and enjoy even greater heart health benefits.^[22] Try to spread these activities across the week and aim to do muscle-strengthening exercises at least twice a week.

RESTORATIVE SLEEP

Sleep is a critical regulator of cardiovascular health. Getting less than 6 hours of sleep is strongly linked to higher risks of heart disease, stroke and high blood pressure.^[23,24] Inadequate sleep disrupts blood pressure regulation, increases stress hormones such as cortisol, and elevates inflammation, all of which can damage blood vessels over time. Even when sleep quantity is adequate, poor sleep timing can also raise risks. Shift workers, for example, experience up to a 26% higher risk of coronary heart disease compared to day workers due to disruption of natural sleep-wake cycles.^[25]

Improving sleep can be one of the most powerful ways to protect your heart. If you struggle with persistent insomnia, loud snoring, or daytime sleepiness despite adequate time in bed, it is important to speak with your doctor. Early assessment and treatment can significantly improve long-term heart health.

→ **Aim for** 7–9 hours of good-quality sleep per night (or 7–8 hours for those over 65).^[26] Maintain a regular sleep schedule, create a cool, dark, quiet bedroom, avoid screens close to bedtime, and limit caffeine, and heavy meals in the evening.

STRESS MANAGEMENT

Chronic stress is insidious. It keeps your cardiovascular system activated, maintains elevated cortisol and adrenaline, promotes inflammation, dysregulates blood pressure, and deteriorates the function of the inner lining of blood vessels (endothelium). Over time, these damaging effects promote hypertension, plaque buildup, and vascular stiffening. Stress can also reduce blood flow to the heart, triggering chest pain, irregular heartbeats, or even heart attacks in vulnerable people – sometimes even in those without prior heart disease.^[27,28]

Research indicates that those with high stress hormones have a 63% higher risk of cardiovascular events.^[29] So, if stress feels overwhelming, leads to anxiety, sleep disturbance, or persistent low mood, it is important to see your doctor. They can assess underlying health issues, refer you to support services, and connect you with effective therapies. And if you ever notice new, severe, or worrying physical or other symptoms, it's safest to seek medical help immediately.

→ **Aim to** adopt regular stress-management practices, e.g. mindfulness, breathing exercises, yoga, meditation, progressive muscle relaxation, and nature walks. Cultivate hobbies, work-life balance, and downtime.

AVOIDANCE OF RISKY SUBSTANCES

SMOKING AND VAPING

An overall downward trend in daily smoking rates among adults in New Zealand is cause for celebration.^[30] Tobacco smoke contains numerous toxins that injure the endothelium, increase blood pressure, decrease HDL, promote inflammation, and accelerate plaque formation.^[31] While e-cigarettes and vaping are often promoted as alternatives to smoking, they are not risk-free. Growing evidence highlights significant cardiovascular risks associated with their use.^[32] Being both tobacco-free and nicotine-free is the ideal option for maintaining a healthy heart.^[31]

ALCOHOL

Alcohol intake raises blood pressure, promotes arrhythmias, increases triglycerides, contributes to weight gain, and can trigger cardiomyopathy (weakening of the heart). Over time, drinking accelerates vascular ageing and increases CVD risk.^[33] Alcohol is a carcinogen, and no level of consumption is safe for health.^[35]

→ **Aim to** reduce or quit smoking, vaping or alcohol for optimum cardiovascular health. Seek counselling, social support, and connect with quit programs or addiction services when necessary. These services will help you establish healthier routines and environments that support your long-term wellbeing.

POSITIVE SOCIAL CONNECTIONS

Studies show that strong, meaningful relationships – with friends, whānau, community – buffer stress, offer emotional support, reduce loneliness, and promote healthier behaviours. Conversely, loneliness and social isolation have been shown to increase inflammation, blood pressure, and overall cardiovascular disease risk. One meta-analysis found that social isolation increased heart disease risk by up to 50%.^[32]

→ **Aim to** prioritise relationships – schedule regular catch-ups, join community or interest groups, volunteer, lean into whānau and cultural connections. Nurture a support network and reciprocate support.

READY TO TAKE THE NEXT STEP TO PROTECT YOUR CARDIOVASCULAR HEALTH?

Sign up for our **Tackling Heart Disease** course to get structured guidance, support, and tools to transform your heart health through nutrition and lifestyle.



VISIT OUR WEBSITE TO FIND OUT HOW

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.



A LIFELONG COMMITMENT TO COMPASSION

BY INA BABIC

For many decades, Jeanette Blackburn has been at the heart of the NZ Vegetarian Society, serving as Vice President, Secretary, Executive Committee member, and long-time advocate for compassionate living. In this conversation, Jeanette reflects on her journey with the Society and how vegetarianism has changed in New Zealand over the years...

HOW DID YOU FIRST GET INVOLVED WITH THE NZ VEGETARIAN SOCIETY, AND WHAT INSPIRED YOU TO VOLUNTEER IN THE FIRST PLACE?

My journey with the NZVS started way back in the late 70s when I was a student in Christchurch, helping my mother run the small branch there, although my vegetarian journey began a few years earlier in my mid-twenties. I was largely influenced by my mother, who became a vegetarian when I was around 10 years old, and was a dedicated volunteer. She felt it was important to 'give back' where she could, and I assumed that, as a vegetarian I should do the same with the NZVS. I have always joined committees as a way of meeting people and making friends, inheriting a strong ethic of service to the community.

YOU'VE DEDICATED SO MANY YEARS TO THE SOCIETY - WHAT HAS KEPT YOU PASSIONATE AND COMMITTED THROUGHOUT THAT TIME?

When I moved to Auckland to find a job in 1983, it seemed obvious that I should transfer my membership to the Auckland Branch of the NZVS, as it was in those days. And being in a new city where I didn't know many people, I thought being part of the committee was a good way to start making friends and being useful. The commitment to the NZVS seemed easy when I discovered there was so much to learn; not just about vegetarianism but also how societies and branches are run and how to get the message out there about vegetarianism.

AS VICE PRESIDENT, SECRETARY AND AN EXECUTIVE COMMITTEE MEMBER, WHAT WERE SOME OF THE MOST MEMORABLE PROJECTS OR MILESTONES YOU HELPED LEAD?

I started off as a committee member in the mid-1980s and then became Secretary when Joan Wilson retired after many years. In those days, everything was initially written down and typed up later, with any correspondence typed on my trusty Brother electronic typewriter. No Microsoft Office back in the late '80s. Probably the most memorable projects as Secretary were the Auckland Vegetarian Expos, started in the 2000s at the Mt Eden Memorial Hall, and ending with our largest expo in Shed 6 at the Auckland Showgrounds in 2010. It was a lot of work, but also huge fun and really helped put vegetarianism and the Society into the community. After 2010, we recognised that we had reached that tipping point where further expos needed to be organised and run on a more professional basis and we didn't have the resources to continue with them.

HOW HAS THE NZ VEGETARIAN SOCIETY CHANGED SINCE YOU FIRST JOINED, AND WHAT ARE THE BIGGEST SHIFTS YOU'VE NOTICED IN VEGETARIANISM IN NZ?

When I first joined the NZVS everyone volunteered and it was all done from our homes. Mostly the committee meetings were held on an as-needed basis, and all records were kept by one or two committee members in their homes. Being vegetarian was still considered by many in the community to be very different, and going out to eat often meant pre-ordering a vegetarian option – usually a salad or 'vegetable stack'! Any form of protein, if you were lucky, was usually added cheese. This meant the main function of the Society was to support vegetarians with information and events where we could gather and share vegetarian food without having to check for any meat or fish first. These events were held in committee members' homes, usually once or twice a year, as various forms of a dinner. While several members of the committee were living quite close to each other, for a few years we had a 'gobble and wobble' where each course was held at a different house and we were able to



walk between the houses, building up appetites for the next course. Of course, people don't stay in one house forever, so for the following few years, I had annual NZVS dinners at my house, on a few occasions filling it up with around 60 members and families.

Now that vegetarianism is more mainstream, and it's a rare thing to visit any café or restaurant and not find something vegetarian, the need for these events is much less.

For some years while my children were young, I also helped Fiona Brodie, another committee member, run the mothers support group, meeting once a month in either her home or mine. In the late '90s we had around 10 to 16 mothers and pre-schoolers attending, all wanting to raise their children as vegetarians.

YOU ALSO PROOFREAD ARTICLES FOR VEGETARIAN LIVING NZ - WHAT DO YOU ENJOY MOST ABOUT THAT PART OF THE WORK?

I've always been a keen reader and, dare I say it, a stickler for the correct grammar. I enjoy the process of correcting the words and re-writing to make an article make sense. Plus, I always learn something new from reading the articles in depth.

OVER YOUR TIME WITH THE SOCIETY, WHAT CHALLENGES HAVE YOU SEEN IN PROMOTING VEGETARIANISM, AND HOW WERE THEY OVERCOME?

I'd like to think that over the last 40 years I have been involved with the NZVS, there has been considerable progress for vegetarian diets to be seen as mainstream and, in many instances, that is definitely the case. However, our work is still not done! In two cafes I regularly visit, there is mostly very little choice of vegetarian food in the cabinet. I always make a point of mentioning this to the staff in what I hope is a friendly and encouraging way, even suggesting options they might like to include in their



WHAT HAS VOLUNTEERING TAUGHT YOU PERSONALLY, AND HOW HAS IT SHAPED YOUR PERSPECTIVE ON VEGETARIANISM?

offerings. I'm pleased to report that one café has responded well, but the other one still will only make something 'special' for me on the day I visit. I very much believe that we all have a responsibility to make our vegetarian voices heard, as the more we all request vegetarian options, the more likely we are to get a positive response. I don't have to explain that vegetarians eat 'no flesh, fish or fowl' so often these days, but I usually mention that vegetarian food is also fine for non-vegetarians, so it should be more popular, not less.

HOW DO YOU THINK THE SOCIETY'S WORK HAS HELPED SHAPE AWARENESS AND UNDERSTANDING OF VEGETARIAN LIVING IN NZ?

I've become aware over the years that not many people in New Zealand know that the NZVS exists, let alone what we actually do. Our main focus has always been to get the message out there through stalls and public displays. Every fair, expo and market that might be relevant was earmarked for an NZVS stall, with enlisted volunteers and committee members. Several times a year, we would turn up, often with children and partners in tow, with boxes of recipe books, NZVS magazines, pamphlets, posters and sometimes t-shirts, and set up the stall. We learned that having lots of free recipes and information pamphlets was a great draw-card, and when we could manage it, free food samples were extremely popular. The stalls are always colourful and interesting, enabling us to easily encourage people to come and talk to us.

In 2000, when the Society set up the National Office in Epsom, Auckland, we began the Vegetarian Approved Trademark Programme, managed by one person employed part-time. This move showed great foresight as it has now been developed into a professional Trademark, alongside the Vegan Certified Programme. In the office, we now employ an Office Manager and a Trademark Manager, plus the *Vegetarian Living NZ* Editor. We could never have done this with only volunteers.

LOOKING BACK, WHAT'S ONE ACHIEVEMENT, EVENT, OR INITIATIVE YOU'RE ESPECIALLY PROUD TO HAVE BEEN PART OF?

I think the one event I particularly remember was back in 1993 when the NZVS celebrated its 50th anniversary. Looking back now, I realise it was probably the biggest thing we had done to date, held at the Aotea Centre over several days. There were workshops, talks and seminars throughout the 3 days, with international speakers from the US and UK, culminating in a banquet in the Hauraki room downstairs, for over 100 people.



I have volunteered on a number of committees for various organisations over the years. I always loved getting involved, meeting new people and doing tasks I thought might be useful. I had to develop good time management skills, especially when my 3 children were small, and quickly learnt to set priorities to ensure the work got done. Of course, during the process I also learnt a lot about being vegetarian – there's no point being on a stall and talking to the public if you don't know what you're talking about. Passion always comes through and helps to engage others to join you.

WHAT ADVICE WOULD YOU GIVE TO NEW MEMBERS OR VOLUNTEERS WHO WANT TO CONTINUE THE LEGACY YOU'VE HELPED BUILD?

Although vegetarianism has become much more mainstream than when I first joined the Society, there is still a lot more work to do. With the rise of prolific advice on many social media platforms on just about any topic, I like to remind people to be discerning about what they read or listen to. The NZVS is still the best reference point for advice and support for those on a vegetarian journey. We're all on a journey in life, and for many people becoming vegetarian is a major step. Often, people start in a small way, with just one vegetarian meal a week, and that's okay. Changing your diet quickly can be overwhelming, particularly if you don't have much support from your own family or community. Of course, that's where the NZVS comes in. Once people start, we want them to keep going and make a commitment towards a kinder, healthier world.

Cheese Matters BOOK REVIEW

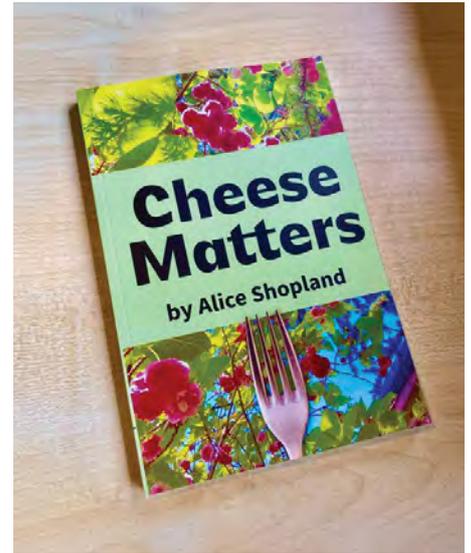
Cheese matters
by Alice Shopland
(153 pages)

BY MARGARET JOHNS

Buy the book in either paperback or as an ebook at www.aliceshopland.com

Alice takes us on a fascinating and informative journey about her life – why and how she became vegan, why cheese matters, and why Angel Food and (tasty) vegan cheese became a reality for her. Her passion for changing the world for the better is expressed through her writing, and although tempered to some extent by experience, it remains strong. She gives practical and sensible reasons just why cheese matters to most people and why veganism should also matter because of the damage still being done to the environment by agriculture (despite efforts made by environmentalists).

Alice has included nine recipes for those who need further inspiration for using vegan cheese. There are helpful hints for meals, as well as a list of pantry, fridge and freezer items which she finds useful. There are also charts comparing the environmental impact of vegan cheese with dairy cheese plus information on facts and figures quoted through the book. She has also included several of her tried and true meals using her favourite ingredients. Of particular note is an inclusion in the appendices of an open letter to parents of new vegans plus one for new vegans, which many may find helpful in their journey to veganism.



As Alice herself says in the book:

'This book has been part memoir, part guide, part love letter to cheese—and to the people who love it. I hope it's helped demystify some of the challenges and remind you that living in alignment with your values doesn't have to mean giving up pleasure. Quite the opposite: it can open the door to a more joyful, connected way of eating and living.'

We all have influence. With every meal, every purchase, every conversation, we get the chance to shape a kinder future. That

doesn't mean you need to do everything. Just do one thing. And then another thing. And then another'.

Read it and be inspired to do at least one thing to help shape a kinder future!

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



NZ VEGETARIAN SOCIETY ANNUAL GENERAL MEETING

This year's NZVS AGM was held in Auckland, where members came together to reflect on the year's achievements.

We farewelled long-serving Vice President and Executive Committee member Jeanette Blackburn, who has contributed tirelessly to the Society for many years. Jeanette's dedication, warmth, and wisdom have left a lasting impact. We were pleased to welcome Rose Bygrave as her successor in the Vice President role.

The Committee also formally closed the NZVS Wellington Branch, recognising that with so many vegetarian and vegan eateries now thriving in the capital, a separate branch is no longer needed. It's a positive reflection of how mainstream plant-based living has become in Wellington.

After the AGM, members enjoyed a delicious vegetarian meal at Status Restaurant in Epsom, rounding off the day with great food and conversation.



VEGETARIAN APPROVED & VEGAN CERTIFIED



Product News

BY BEN MOLLISON, NZVS TRADEMARK MANAGER

More busy times for us here at the NZVS! With all the excitement of our Think Kind competition, World Vegetarian Month, and an oral hearing on the Vegan and Vegetarian labelling petition we submitted to Parliament in March, it has been all go!

We've been delighted to present several awesome giveaways across our social media platforms during World Vegetarian Month, with certified products provided by Holistic Hair and Cookie Time.

An exciting addition to our certification programmes are two new products from Surti, who already offer some delicious vegan and vegetarian products. With more certified products on the way, be sure to keep an eye out across our social media and future issues of *Vegetarian Living NZ!*



"The traditional taste of India"

SURTI – TWO NEW PRODUCTS, BOTH VEGETARIAN APPROVED!

Butter Paneer Samosa

A brand-new vegetarian flavour – and already a favourite! It's a take on the popular butter chicken, but perfect for vegetarians! Precooked, oven & air-fryer-ready, and suitable for the pie warmer. Adding to their existing Vegan Certified Vegetable Samosa, this tasty option is available for a limited time, so be sure to grab a pack soon!

Butter Paneer with Rice

Craving a curry but don't want the hassle of cooking a time-intensive dish? This ready-to-eat meal is so handy to keep in the fridge for a quick and delicious lunch or dinner. Judging by Surti's other offerings, this Butter Paneer will be sure to satisfy the taste buds. Now Vegetarian Approved, this is a great option for stress-free mid-week eats!

www.surti.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.

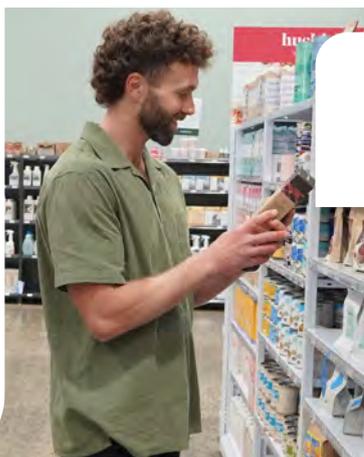
Have you found a product that seems vegan or vegetarian? Why not email the producer and ask if they have considered getting it Vegan Certified or Vegetarian Approved? We can help them spread the word! Alternatively, send an email to trademark@vegetarian.org.nz, and we'll get in touch with them.

NZVS MEMBERSHIP PROGRAMME DISCOUNT BOOKLET

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

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

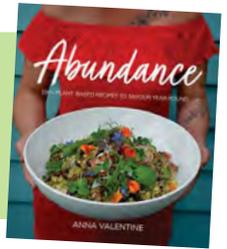
For more information and to access our Membership Programme discount booklet please email info@vegetarian.org.nz



Recipes



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



PŌHUTUKAWA FIZZY RECIPE

This fizzy is like drinking in the Kiwi Summer. Made with our iconic Christmas tree, the pōhutukawa, the flowers taste like honey, and matched with fresh ripe strawberries, it becomes fruity and sparkly – the perfect Christmas drink. It gets its fizziness from the natural yeasts on the flowers and strawberries, so you're best to use organic or spray-free strawberries because you don't want to wash these off. When picking the pōhutukawa flowers, catch as much pollen as you can and avoid washing them also.

INGREDIENTS:

- 4 cups pōhutukawa flower stamens
- 1 cup strawberries, crushed
- 1 elderflower head, flowers only (optional)
- 1 1/2 cups organic golden sugar
- 1 lemon, sliced
- 2.5L water

METHOD:

1. Measure the sugar, water and lemon into a large jar or similar and stir well to dissolve the sugar.
2. Add the pōhutukawa stamens, elderflowers and strawberries. Stir well to submerge under the liquid. It will rise straight back out, but then sink as the fermentation process takes over.
3. Cover with muslin or similar, secure with a rubber band and write the date.
4. Stir vigorously every day for 3–4 days. In this time, the flowers should rise up as it ferments, and bubbles will appear when you stir it.
5. Strain through muslin to remove any impurities and bottle up in flip-top bottles.
6. Leave at room temperature for 1–2 days, then check the fizz and store in the fridge after it's reached the fizziness you're after.
7. Best enjoyed cold and lasts for ages in the fridge. If you don't drink it up immediately, the cool fridge environment slows the fermentation process and keeps it stable.



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.

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

CASHEW CHEESE

Perfect for a plant-based cheese board or antipasto platter, this cashew cheese is soft and spreadable when young, and it becomes harder the longer you leave it. It also makes really great Parmesan cheese after 6 months of ageing. It's packed with protein, vitamin B12 and totally delicious. It gets its cheesiness and vitamin B12 from the nutritional yeast.

Cashew nuts are nutrient-dense and linked to many positive health benefits. This cheese is easy to whip up and will store in the fridge for over a year if kept in the ideal environment.

You will need a cheese cloth, muslin or something similar to form the cheese, and it must be sterilised. Cover the cloth in boiling water and boil for five minutes, then drain, leave to cool a moment before touching it, then drape over the sieve and leave to dry out a bit. Choose your preferred herbs for coating the cheese. I have given a few suggestions, and you can mix and match to your taste.

INGREDIENTS:

2 cups raw cashews

1 L water – hot for quick soak

2 cloves garlic, peeled

zest and juice of 2 lemons

2 tbsp extra virgin olive oil

1/4 cup nutritional yeast flakes

1/4 tsp cracked black pepper

1 tsp salt

1 tbsp sweet smoked paprika (for smoky version)

2 tsp smoke liquid (for smoky version)

FOR HERB FINISH:

1/2 cup dried herb mix; parsley, dill, chives (onion weed) or dried weedchi with chilli flakes

1 tsp flaked sea salt

1/4 tsp cracked black pepper

FOR SMOKY FINISH:

2 tbsp smoked paprika (sweet or hot)

2 tbsp cracked black pepper

1 tsp flaked sea salt



METHOD:

1. Gather, prepare and soak the cashews in water – 4 hours in cold water or 1-2 hours in hot water.
2. Drain and add to a food processor along with the garlic, lemon, olive oil, yeast flakes, salt and pepper.
3. Add the smoky elements if needed.
4. Whizz ingredients together to form a smooth paste. You will need to scrape the processor a couple of times to incorporate all evenly.
5. Place the sterilised cloth over a sieve placed on a bowl.
6. Scoop the mix out of the processor into the cloth, gather up the edges and twist gently to form a disk shape.
7. Secure with a rubber band and place in the fridge to set for 12 to 24 hours.
8. Not a lot (if any) liquid will come out, but the dry cold of the fridge takes any excess moisture away.
9. Prepare the coating and place it onto a plate.
10. Take the cheese from the fridge and remove the cheesecloth carefully.
11. Undo the rubber band, open out the cloth and tip the cheese disk straight onto your chosen finishing mix on the plate.
12. Then remove the rest of the cloth, using a spatula to flip the cheese over and gently pat the herbs over the rest of the cheese.
13. Return to the fridge uncovered for another 24-48 hours. This will dry the cheese further and create a 'rind'. The longer you leave it, the firmer the rind will be. It is now ready to serve.
14. Store uncovered in the fridge for 1 to 3 weeks.
15. The cheese ages as it sits in the drying air of the fridge. If you cover it, it will sweat and potentially become mouldy.
16. Turn periodically if you want to age the cheese longer. If it starts to crack, it is time to wrap it in a paper towel and pop it in a container.
17. Check on it now and then and flip when you check it.

Think KIND

STUDENT COMPETITION

2025

AND THE WINNER IS

The votes are in for the 2025 Think Kind student competition, and the WINNER is year 11 student Lori Boghossian from Palmerston North Girls' High School!

ARTIST STATEMENT: This is a one-minute paper stop-motion animation that took over 20 hours of work to sketch (267 drawings), trace, shade, and record. Its goal is to raise awareness about the need to protect animals and highlight the importance of caring for the environment. The animation also provides three simple actions that anyone, at any age, can take to support this cause.

Lori has won an amazing \$1,000, which will be donated to her school thanks to our generous sponsor Quorn and the NZ Vegetarian Society!

A huge thank you to all the students who entered! We were genuinely moved by the compassion and creativity you showed in your submissions highlighting kindness toward animals. Your ideas inspired us, and we hope to welcome you back for next year's competition!

A final huge THANK YOU to our sponsors this year, without whom the competition wouldn't be possible.



★ WINNER ★

LORI BOGHOSSIAN

Stop Motion Video, Year 11 from Palmerston North Girls' High School



★ TOP 10

HENRY HUANG

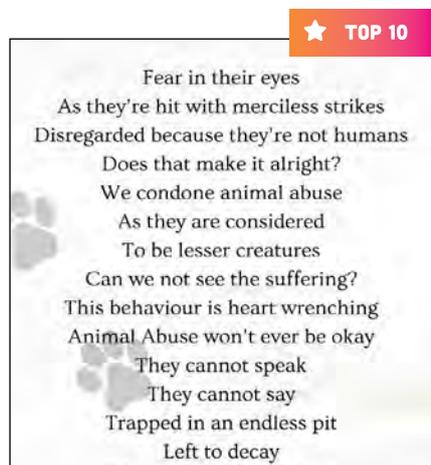
Artwork, Year 9 from Rangitoto College



★ TOP 10

LYLA SKINNER

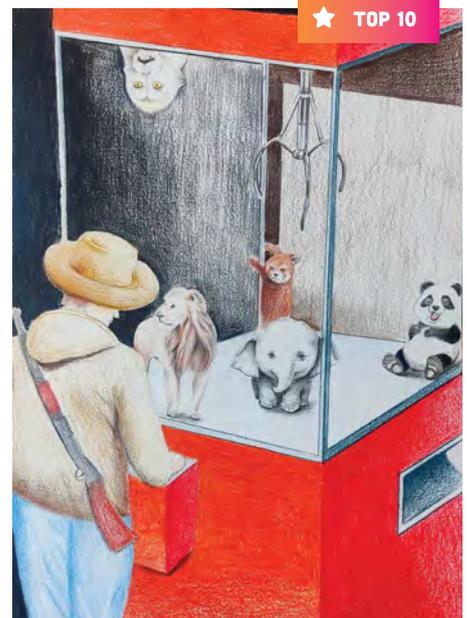
Speech, Year 8 from Pasadena Intermediate



★ TOP 10

MISHIKA MEHTA

Poem, Year 9 from Papatoetoe High School



★ TOP 10

ZHIFAN (APRIL) MENG

Artwork, Year 7 from ACG Parnell College

Be Kind To Animals

★ TOP 10



CASSIE KOON

Artwork, Year 8 from Glen Eden Intermediate School



★ TOP 10

CASSIA YOU

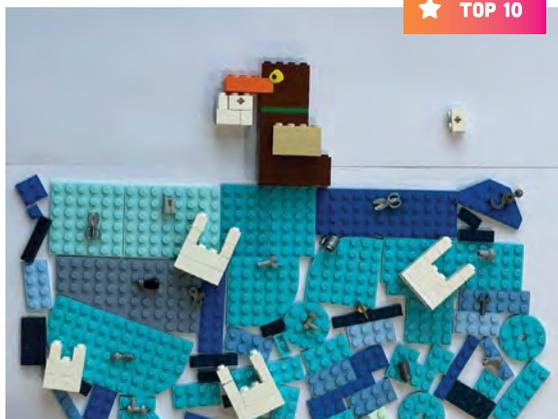
Artwork, Year 8 from Sharon Art (Art School)



★ TOP 10

ABIGAIL BLENCOWE

Video, Year 8 from Beckenham Te Kura O Puroto

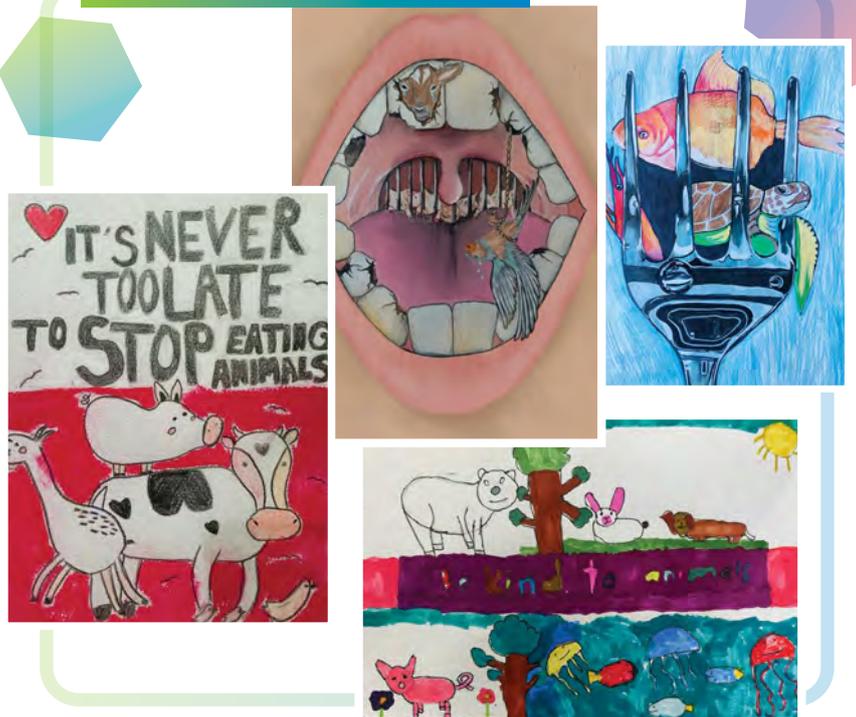


★ TOP 10

TVIN BOGHOSIAN

Stop Motion, Year 5 from College Street Normal School

A FEW OF OUR RUNNERS UP



Animals Need to Roar, Meow and Squeak

Have you ever considered not buying meat?
Or other things we like to eat
Because this is harming the animals
So start thinking about vegetables.

Animals of all shapes and sizes
Live around the world in different climates
They all love just the same way as us
And deserve to be treated with the same fairness.

But currently that isn't right
Not all animals sleep soundly at night
Some of them are in the zoo
And some don't live past the age of two.

★ TOP 10

SOPHIA WALTERS

Poem, Year 8 from Selwyn House School

FOR LARGER / FULL VERSIONS CHECK OUT:
www.vegetarian.org.nz/think-kind/voting



***SIMPLY VEG:* COOKING WITH PURPOSE & SIMPLICITY**

BY INA BABIC

Recipe developer and food writer Amber Bremner has built a loyal following through her warm, approachable take on plant-based cooking. In this interview, she shares the story behind her debut cookbook *Simply Veg* – a celebration of flavourful, family-friendly meals and her philosophy that every meatless meal is a good one.

***Simply Veg* is described as ‘more than just a cookbook’ – what inspired you to write it, and what do you hope readers will take away beyond the recipes?**

Simply Veg has been percolating in my mind for a long time. I’ve aspired to write a cookbook since I was a girl, but as an adult taking on that task, the most important thing on my mind was ‘Who is this book for?’. While *Simply Veg* represents the meals my family enjoys, the book isn’t for me and I kept that front of mind. I want my readers to feel inspired and confident to try some new meals, without feeling like they’re missing out on anything by eating a veg meal. And I want them to be able to serve a meal the whole family will enjoy.

You’ve said your food ethos is about making ‘more good decisions more of the time.’ Can you expand on what that means in practice, especially for busy families?

I’m a big believer in progress over perfection and the adage that many people doing something imperfectly is more impactful than a few doing it perfectly. For most of us, reducing our consumption of animal products, and increasing the diversity of plants in our diets, is the single biggest way we can reduce our impact on the world. I’d be happy to know traditional omnivore families were giving it a go some of the time. Every meal counts.

You also emphasise that ‘every meatless meal is a good one.’ Why was it important for you to take such an inclusive, flexible approach?

I don’t think we can change the world by telling people how to eat. How we eat is deeply personal and entwined with our culture, family history and socio-economics – having the ability to choose what’s on or off our plate is an enormous privilege. I don’t want people to think they can’t eat a veg meal unless they commit to vegetarianism or veganism (or anything in between), or

to feel any shame in relation to their food choices. I wanted *Simply Veg* to be friendly and welcoming, non-judgmental, and a book that anyone can pick up and feel inspired to cook from.

Coming from a household with mixed dietary preferences, how do you navigate cooking for everyone – and what advice would you give to readers in a similar situation?

I’ve had so many meals where I was served what everyone else was having, minus the meat. That can lead to a pretty sad, and nutritionally lacking, plate of food. In our household we do it the other way – plan a nutritionally sound veg meal for everyone, then meat can be cooked separately and served on the side for those who eat it and really want it. Other than that, we don’t usually make multiple meal variations. My girls have been raised on a mostly plant-based diet and eat what I eat. My advice is don’t overthink it and let go of the thought that just because people eat meat, they need to eat it at every meal. They’ll cope without it! Veg meals are inclusive by nature and have made things very easy for me when my daughters’ Hindu or Muslim friends visit (most plant-based food is halal-friendly).



The book spans everything from quick weeknight dinners to feasts. Do you have a personal favourite recipe that you come back to again and again?

That's a bit like choosing your favourite child! There are many recipes in *Simply Veg* that I've made again and again. The mushroom and lentil Bolognese, and black bean burger patties, have been staples for many years. Lately we've been having kimchi and tofu fritters on repeat; my girls love them and they're quite craveable.

Many of your dishes are inspired by your travels in Asia and India. Can you share one flavour or ingredient from your travels that has become a staple in your kitchen?

There's no one flavour or ingredient. I've picked up lots of new loves along the way, like makrut lime leaves and jackfruit, and also learned how the same ingredient works in different cuisines (like cashews, turmeric or chilli).

For readers who are new to plant-based cooking, which recipe would you suggest they start with to build confidence?

My mushroom and lentil Bolognese is an ideal starting point. It's loaded with vegetables, flavour, texture and protein, and has really familiar, satisfying flavours for most people. I've started a few people on their veg journey by suggesting they try it.

The book includes conversion charts, pantry staples, and equipment guides. Why was it important to you to include these resources alongside the recipes?

My audience is global and I want anyone to be able to pick up this book and cook from it. In the US they prefer cup measures, so I've included them to make it easy for people to use if they're not into using scales. I just want my recipes to be accessible and easily understood.

You photographed and styled the book yourself, which is no small feat! What was that process like, and how did it feel to bring your recipes to life visually?

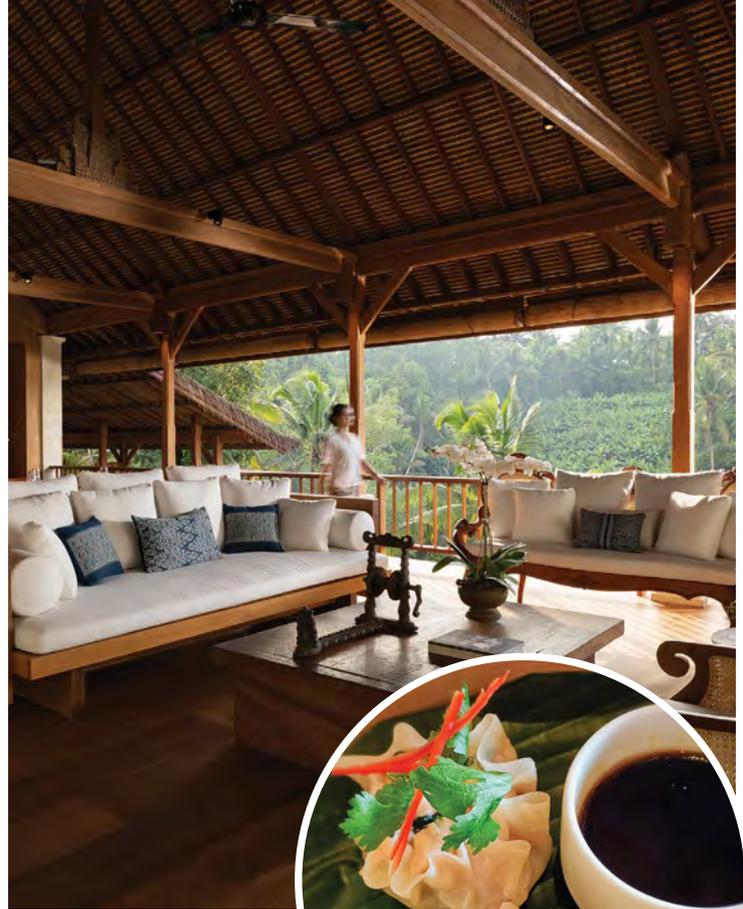
I'm not going to sugar-coat it, writing and photographing a cookbook is a huge amount of work. I've been writing for my blog quitegoodfood.co.nz for 10 years,

and magazines for five years or so, so I was already used to recipe writing, styling and photography – just never before at this sort of magnitude. I started with a giant spreadsheet of recipe ideas and notes, then methodically worked through writing, testing and photographing everything, taking the seasons into account as much as I could. I set up a very non-glamorous photography studio in my basement and worked on the cookbook every weekend for about six months. We had some strange feasts at times! Overall, it was really enjoyable and a great pleasure to see it take shape.

Now that *Simply Veg* is out in the world, do you already have ideas brewing for your next project?

I've been enjoying having my weekends back, spending time with my children and getting back to tinkering in the kitchen, cooking purely for pleasure. I'm a sourdough baker and have just made my first batch of kimchi, so I'm quite keen to learn more about fermentation and the world of possibilities it holds. It's too soon to say if there'll be another book or what that might look like, but I'm never short on ideas about food, so watch this space!

Explore Amber's delicious recipes at quitegoodfood.co.nz. You can order *Simply Veg* through the same website, via Upstart Press at upstartpress.co.nz, or from all good bookstores.



Health in the Hills

BY DIANA VON CRANACH

Only a fifteen-minute drive from the crowded city centre of Ubud, the majestic Como Shambhala Estate sits high above the Ayung River. It promises a possible return to good health in serene surroundings and the chance to enjoy a total escape from the world.

As the flagship of the many high-end COMO properties around the world, the Estate offers a myriad of different paths to good health. Its daily tailor-made schedules rebalance and optimise each individual's mental and physical well-being, drawing on traditional ancient healing principles and the latest innovations in modern medicine.

Because, as the old saying goes, "food is medicine", the signature, unique GLOW menus focus on optimal nutrition, serving both raw and considerably cooked, beautifully presented dishes with fresh flavours. These are made from sustainably sourced local produce that are anti-oxidant rich, high in protein, and support digestive health.

The team looks at each guest's health profile to create menus that align with their daily treatment plans, taking their individual dietary needs and preferences into consideration.

Breakfast is designed to kick start the metabolism with nourishing soups, fresh salads, and vibrant vegetable dishes showcasing regional ingredients to provide balanced and nutritionally rich menus. While the restaurant is not fully vegetarian, plant-focused options are celebrated and form the heart of the dining experience.

The 'all-you-can-eat' Sunday Brunch at GLOW's contemporary open restaurant is one of Bali's best-kept secrets and definitely one of the most serene on the island.

This special brunch menu is divided up into different categories: Late Risers, Garden & Pastures, Steamed, Hand-rolled, Grilled or Local Specialities, with

a health-conscious but wonderfully indulgent Chef's Selection of Sweet Treats to finish!

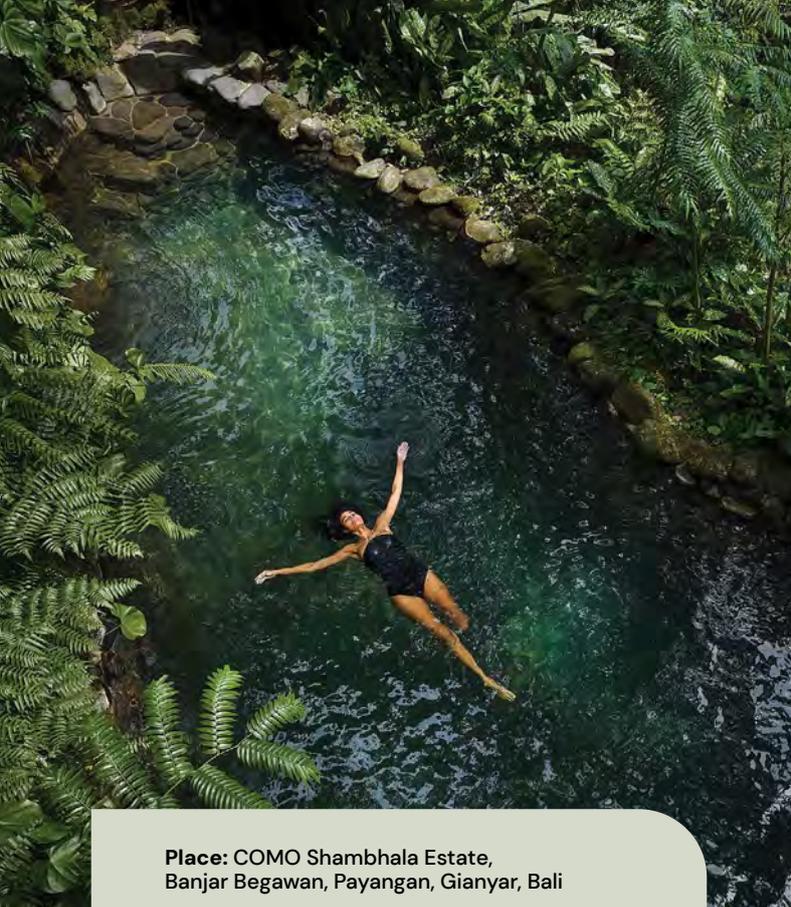
Guests can take their time to sample as many dishes on the menu as they like, together with COMO's signature selection of tea or coffee.

Their extensive menu of Wellness Juices, Vegetable Extractions, Blends, Tonics, Boosters and Medicinal Shots are extra.

Fully vegan and vegetarian menus or any special dietary requirements can be prepared with advanced notice.

If your travels take you to Bali, make time to explore this serene wellness haven. With vibrant, health-focused cuisine and a setting that feels a world away, COMO Shambhala Estate is an unforgettable escape for anyone seeking nourishment of both body and soul.





Place: COMO Shambhala Estate,
Banjar Begawan, Payangan, Gianyar, Bali

Time: Every Sunday from 11.00 am until 2.30pm

Information & Reservations: +62 361 978888

E-mail: res.cSestate@comohotels.com

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.



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

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



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PROJECT JONAH:

A DAY IN THE MARINE MAMMAL MEDIC COURSE

BY SHARON ALMOG

Wow! What a mind-blowing experience! Project Jonah started in 1974 as the anti-whaling movement in New Zealand, then became an activist charity, relying on volunteers in 3 key areas: rescue, action and protection. Project Jonah offers a training course in 'whale rescue' for volunteers, called the Marine Medic course.

NZ has one of the highest cetacean stranding rates in the world. About 300 whales and dolphins strand each year, mostly individual animals, but mass strandings also occur and can involve hundreds of animals at the same time.

About two months before the Marine Mammal Medic course, we signed up and started building up huge excitement. The idea of becoming involved in rescuing stranded whales and dolphins seemed so high and magical for me. I started dreaming about this fascinating marine world with its ancient intelligent mammals. Is it possible to actually understand them? I became really curious about all aspects of this and truly felt the bond and what felt like magical communication opportunities in a potential close meeting with those silent giants. I felt it could be a thread connecting us to the divine. A friend of mine who lives in Golden Bay told me that being in a stranding is a life-changing experience. I don't know if and when I would actually be able to be part of a rescue, but I knew I wanted to do this one-day course, learn the basic knowledge and be able to support a rescue as a volunteer.

The reasons for stranding are unknown, but possible causes may be old age or sick animals that can't keep up with their pod, injured animals, navigational errors or social bonds that can draw a pod together due to a stranding of one or two animals and their need to take care of their group.

Whales are protected in NZ by law: the Marine Mammals Protection Act (1978) and regulations (1992). The Department of Conservation (DOC) is responsible for governing this Act and is ultimately responsible for the welfare of all marine mammals in NZ. Therefore, DOC is responsible for the welfare of all stranded cetaceans, and their staff have complete authority to manage the rescue process during a stranding.

Project Jonah is an essential resource for the DOC owing to their vast knowledge and capabilities in supporting rescues, with thousands of trained medic volunteers across the country. The PJ rescue training programme has been adopted by the leading marine animal rescue group in the UK and other groups around the globe.

My partner, daughter and I joined the first MMM course for the season. It took place at St. Heliers School and the nearby beach on Sunday, September 28th. The day started at 8:30 am and lasted until about 5 pm. We had about 35 participants from around the country all from different backgrounds.

Louisa Hawkes, the Communications and Volunteer Manager, and Daren Grover, General Manager of Project Jonah, were the leaders of the training for the morning session. They gave us a theoretical overview regarding the biology and evolution of dolphins and whales, the species most likely to be encountered in NZ, the possible reasons for strandings, and where they were most likely to be geographically, relevant laws



Photo Credit: Project Jonah NZ

and regulations, the **five stages of a stranding rescue** response, and the health and safety aspects of rescues.

The five stages of a stranding rescue response are the main part of the course:

1. Basic first aid – make the animals cool, comfortable and calm.
2. Refloating techniques
3. Holding
4. Release
5. Wrap up

The last part of the day was a beach practice of the five stages above, using the rest of the theoretical knowledge taught earlier in the day.

Project Jonah is doing amazing work developing rescue methods with advanced innovative equipment. They have to manage this large-scale volunteer platform in order to attend to each stranding and rescue as many of these glorious marine mammals as possible. They are relying 100% on donations from members of the public and local businesses. The best ways of supporting this cause are by taking a MMM course, volunteering, or donating money and time.

This day was such an extraordinary experience!

Please check out Project Jonah's website and social media.

W www.projectjonah.org.nz

24 Hour Emergency Stranding Hotline: 0800 4 WHALE (0800 494 253)

DOC stranding hotline: 0800 DOC HOT (0800 362 468)



Tribute to JANE GOODALL

BY MATTHIEU RICARD LE

Jane Goodall is no longer with us...

It is with deep emotion and sadness that we learned of her passing. She seemed to defy time and age. She has left us at the age of 91, and we can only celebrate 91 years of a magnificent life, devoted to opening our eyes and hearts to what other sentient beings are: capable of emotions, friendship, caring, comforting each other, expressing grief, making tools, and so many other wonders.

A tireless spokesperson for other species, our co-citizens in this world, Jane commanded respect through her unique combination of gentleness and an unwavering firmness and determination to defend great apes, especially chimpanzees, whom she had observed with such patience, closeness, and insight.

She was a great lady of rare elegance who commanded respect and admiration. I had the good fortune to meet her on several occasions and to be the happy beneficiary of her friendship. She will remain forever in my heart as a powerful source of inspiration.

Here is an excerpt of a dialogue I had with her in Brisbane, Australia, in 2011.

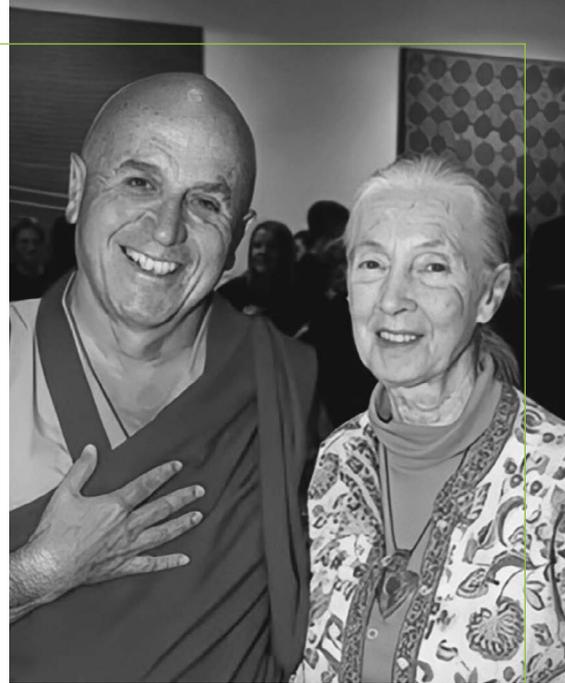
Matthieu: There is an unbroken connection and continuity between the various animal species and humans. The reality of this continuum should make humans re-examine the way we treat other animals

Jane Goodall: There is, of course, no question that there is a continuity of feelings and emotions. There is no question that animals feel pain. I don't know how far down the scale of species it goes, but I am sure that insects feel some kind of pain since they avoid bad stimulus. In the case of animals with more complex brains, it is not only the pain they experience, but also the fear and the suffering, mental suffering as well as physical.

What I find so extraordinary is that people seem to be almost schizophrenic when you speak to them about the terrible conditions in the intensive animal 'farms', this cruel cramming of sentient beings into tiny spaces, so bad that to keep them alive you have to give them antibiotics all the time otherwise they just give up. I tell people about the transportation nightmare, about the abattoirs where so many animals aren't even stunned before they are skinned alive, plunged into boiling water. It is horrible. If they fall while being transported, they are pulled up by one leg that gets broken. It is obviously excruciatingly painful. When I tell this to some people, they often reply, 'Oh please don't tell me, I am very sensitive, I love animals.' And I think, 'What's gone wrong in that brain!'

The practices of the food industry, the meat-eating industry, is particularly shocking because they are condoned by governments and by the people. Even if they do not consciously condone it, they are doing so by eating meat. And these practices are increasing as more and more people want to eat more and more meat. It is destroying the environment, it's shrinking water supplies, and it's wasting huge amounts of energy, transforming vegetable protein into animal protein in totally wasteful ways (it takes 10g of protein from plants to make 1g of meat protein). That's all quite separate from the huge suffering, the massive, massive, the endless suffering going on every day. It's suffering from birth to death. I grew up eating bits of meat, because we all ate meat, we didn't even think about where it came from and so on. I only learned about 'intensive farming', or the cruel way that animals are bred and slaughtered, when I first came back from Gombé, because it started in England before I left. I looked at this piece of meat on my plate, and I thought: 'That symbolises fear, pain, death.' That was the last bit of meat that I ever looked at on a plate of mine. I haven't touched meat or fish since.

But in addition to that, there is the animal testing that is going on. It's pharmaceuticals, which are the worst, and then it's medical. They are supposed to be guidelines, rules and regulations, but they are most of the time not enforced. Here again, you get



this schizophrenia: a man has a home, wife and children, and a dog. He talks about his dog as a member of the family, he says, 'she understands everything I say'. Then he goes into a lab, puts on a white coat and does unspeakable things to dogs.

Matthieu: TV broadcasts incredibly gory horror movies, but if you want to show a little bit of what is going on these industrial farms and slaughterhouses, nobody wants to look at it. I guess because it points at our complicity. It is a permanent torture house that goes on and on. How could we revive human values and make people more sensitive to the suffering we create?

Jane: This is what we are doing with 'Roots and Shoots', a programme I am doing to engage and empower youth with service. We don't tell the young people what to do. They sit around, talk, and choose three projects: to help people, to help the environment, and to help the other animals, including domestic ones. I bring these topics into all my talks, and they start thinking and learning, and begin to be completely horrified by what they are finding out. So, they will not tolerate those conditions when they grow up. The only way to sensitise people in the long run is working with the youth. I also meet with senators and congressmen. You have to get to their hearts. They are doing it all through their heads.

Jane Goodall's spirit lives on through the Jane Goodall Institute, which continues her work by protecting chimpanzees, raising awareness, and inspiring everyone to take action for a world where humans, animals, and nature coexist in peace.

You can view the original interview here: <https://www.matthieuricard.org/en/tribute-to-jane-goodall/>

Matthieu Ricard is a Buddhist Monk, Humanitarian, Author and Photographer.

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- 3** Keeping ingredients separate from meat
- 4** Keeping Vegan cheese separate from other cheese
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MEMBERSHIP



Changed your address or email?
Remember to drop the NZVS a line and let us know.

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

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

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

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

THE AIMS OF THE NZVS:

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

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

THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

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

MEMBERS AND SUPPORTERS

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

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

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

TO JOIN THE NZVS

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

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

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027 328 8518

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lyneke@orcon.net.nz

OVERSEAS

The Vegetarian Society U.K.

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

Vegetarian Resource Group

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

International Vegetarian Union (IVU)

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

Alterations or additions to this list?

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



BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

HEALTH & COSMETICS



BODHI ORGANICS
Bodhi Organics Everyday Hydrating Cream 50ml, Bodhi Organics Cream Cleanser 150ml



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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



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We Belong Outdoors
Goodbye OUCH Vanilla Lip Balm, Goodbye Sandfly



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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

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FOOD & BEVERAGES



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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



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



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Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewurtztraminer, Pinot Gris, Rosé, Home Block Sauvignon Blanc

FOOD & BEVERAGES



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



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NUDAIRY

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FOOD & BEVERAGES



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PROPER CRISPS

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Marlborough Sea Salt, Rosemary and Thyme, Smoked Paprika, Sea Salt and Vinegar, Kumara, Garden Medley, Onion and Green Chives, Cracked Pepper & Sea Salt, Proper Hand Cooked Cheeza-peno Tortilla, Proper Hand Cooked Salted Tortilla, Proper Crisps Barbeque Rub, Proper Crisps Dill Pickle with Apple Cider Vinegar, Proper 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 Chococolate 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 Chococolate 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 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



IS IT VEGAN CERTIFIED?





BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

HEALTH & COSMETICS



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



KIWIHERB
Effective Natural Family Healthcare

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



ORGANIC BIOACTIVES
Innovating From Tradition

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

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 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



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

LOOKING FOR VEG~N COMMUNITY EVENTS?

WWW.VEGETARIAN.ORG.NZ/COMMUNITY/EVENTS