

# VEGETARIAN

# *Living* NZ

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**CHOOSE PRODUCTS YOU CAN TRUST...**  
UNDERSTANDING VEGETARIAN & VEGAN CERTIFICATION

**ULTRA-PROCESSED  
FOODS & VEG~N DIETS:**  
WHAT THE EVIDENCE REALLY SAYS

**INSIDE THE BODY**  
WHISPERING™ APPROACH  
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**CULINARY MEDICINE**  
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**WASTE TO WORTH:**  
HOW GEN Z IS REENGINEERING  
FOOD SYSTEMS

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HEALTHIER  
WORLD**



# EDITORIAL

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Autumn is a season of transition, when well-being often comes into sharper focus. With cooler days and busier routines, it's easy to feel run-down or disconnected from healthy habits. This edition offers

practical support for the seasonal shift through nourishing food, informed choices, and stories which remind us that we're part of a wider community.

We start this issue with an exploration of ultra-processed foods (pages 2 & 3) and what the evidence really says for vegetarian and vegan diets. This feature explains how to make informed, realistic choices in today's food environment.

On pages 6 & 7, Doctors For Nutrition introduce *Culinary Medicine*, where nutrition science meets everyday cooking. This article explores how practical food skills and a whole-food, plant-forward approach can help prevent and manage chronic disease and support long-term health.

You'll also find a new regular section on page 9, *Vegetarian & Plant-Based News*, highlighting key developments from New Zealand and around the world. If you come across news you think should be featured, I'd love to hear from you.

As more Kiwis embrace vegetarian and vegan living, knowing which products you can trust is key. In this issue, we explore the NZ Vegetarian Society's Vegetarian Approved and Vegan Certified programmes on pages 10 & 11. Read about the work behind the trademark programmes and what certification means for conscious consumers.

On page 15, new columnist Sarah Powell shares the journey of *Small Vegan Kitchen*, from cooking plant-based meals on a family sailboat to life on the road in Aotearoa. It's an inspirational story about making vegan food work wherever you are.

We then turn to holistic wellbeing on pages 16 & 17, with an in-depth conversation with Dr Adeela Afiz, founder of the Body Whispering™ method. This interview unpacks the connection between the nervous system, trauma, and embodiment, and how greater awareness of the body can support lasting healing.

On page 18 & 19, *Waste to Worth* examines food waste and the role of Gen Z in responding through practical action, while questioning the systems and policies that shape our food supply. Finally, on page 20, our *Dining Out* section is back with an international twist, featuring my top five vegetarian-friendly restaurants from a recent trip to Los Angeles.

One of the things I love most about this magazine is its ability to meet readers where they are. Whether you're new to vegetarian living or have followed this path for many years, there's space here for curiosity and growth, wherever you are on your plant-based journey.

Enjoy our autumn issue!

– INA BABIC

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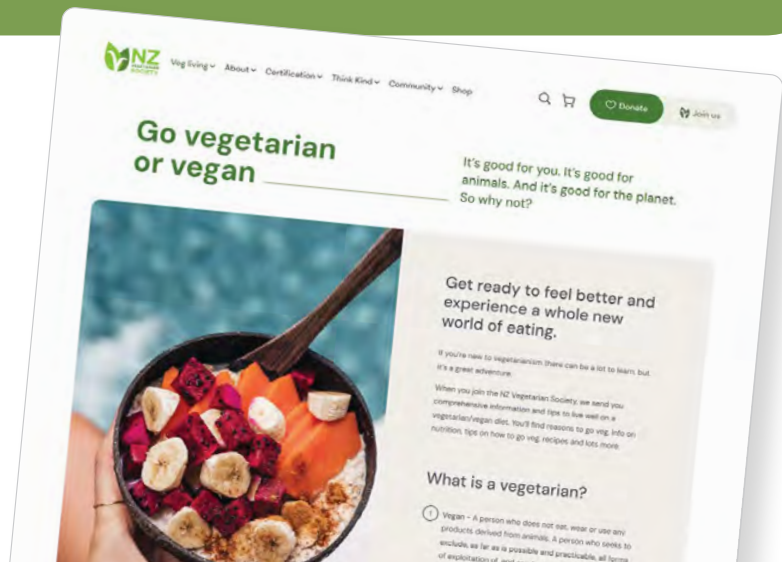
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# ULTRA-PROCESSED FOODS AND VEG~N DIETS: what the evidence really says

BY CATHERINE LOFTHOUSE

Over the past few years, ultra-processed foods (UPFs) have frequently made the headlines due to their role in driving poor health outcomes such as obesity, diabetes, heart disease and other chronic illnesses. We are seeing an increase in UPFs in diets worldwide, and in New Zealand, they are now a major contributor to what we eat.

For people following a vegetarian or vegan diet, this conversation is relevant. Many of us rely on packaged foods at least some of the time – whether that’s plant-based sausages, meat-free mince, ready meals, breakfast cereals or plant milks. These foods are convenient, familiar, widely available in New Zealand supermarkets, and for many people they make a veg~n diet more practical and enjoyable.

Research suggests that vegetarians and vegans obtain a slightly higher proportion of their total energy from UPFs compared to meat eaters. This raises some important questions. What exactly are UPFs? Are all UPFs equally harmful? And how well do the concerns about UPFs apply to people following veg~n diets?

## WHAT ARE ULTRA-PROCESSED FOODS?

UPFs are commonly defined using the NOVA food classification system, which groups foods based on the level of industrial processing<sup>(1)</sup>.

In brief:

- **Unprocessed or minimally processed foods** include vegetables, fruit, legumes, wholegrains, nuts, seeds, and dairy milk.
- **Processed foods** include foods made by adding salt, sugar or oil, such as freshly made bread, canned vegetables, and fermented foods.
- **Ultra-processed foods** are industrial formulations made with ingredients not commonly used in home cooking (such as protein isolates, emulsifiers or flavourings), or additives designed to enhance taste, texture or shelf life. Examples include plant-based meat alternatives, soft drinks, industrially processed bread, most breakfast cereals, and snack foods.

Numerous studies have shown an association between UPF intake and increased risk of health outcomes including obesity, type 2 diabetes, cardiovascular disease, some cancers and all-cause mortality.

It’s important to note that NOVA doesn’t necessarily distinguish foods as ‘healthy’ or ‘unhealthy’. Foods are grouped according to level of processing, not nutrition, and many UPFs contain important nutrients such as fibre, protein or added vitamins or minerals. This complicates the picture when we’re told broadly that UPFs contribute to poor health outcomes. Not all UPFs are created equally, and some are worse for us than others.

## WHY ULTRA-PROCESSED FOODS ARE UNDER SCRUTINY

UPFs are now everywhere: in 2021, researchers reported that 70% of packaged foods at New Zealand supermarkets were considered ultra-processed<sup>(2)</sup>. UPFs have been part of the human diet for decades, but concern about them has intensified as their contribution to total energy intake has risen sharply in many high-income countries, including New Zealand. It is estimated that around half of our diet now comes from UPFs, consistent with other countries such as the United Kingdom and the United States<sup>(3-4)</sup>.

Numerous studies have shown an association between UPF intake and increased risk of health outcomes including obesity, type 2 diabetes, cardiovascular disease, some cancers and all-cause mortality<sup>(5-11)</sup>. These findings have been consistent across different populations and dietary patterns. Several reasons have been proposed for this link, including UPFs that are easy to overeat, quick to



consume, and less filling than meals based on minimally processed foods. They may displace foods like vegetables, legumes and wholegrains in the diet.

The concept of ultra-processing has generated anxiety and confusion for consumers. The term is sometimes used generically to describe foods seen as ‘unnatural’ or ‘unhealthy’ and can carry moral overtones about what people *should* eat. This can obscure an important reality: in modern food systems, UPFs are widespread, affordable and convenient. For many people, including veg~ns, avoiding them entirely is neither realistic nor necessary.

## ULTRA-PROCESSED FOODS IN VEG~N DIETS

Vegetarian and vegan diets include foods across the full NOVA spectrum.

At one end are unprocessed or minimally processed foods that form the foundation of many veg~n diets: vegetables, fruit, legumes, dairy milk, eggs, wholegrains, nuts and seeds. These foods are consistently linked with better health outcomes and sit at the core of most evidence-based dietary advice.

Many everyday veg~n foods sit in the middle ground of processing. Tinned vegetables and legumes, unflavoured plant-based milks, and fermented foods such as tempeh and miso are all processed, but not ultra-processed.

Ultra-processed veg~n foods include a wide range of products such as plant-based meat alternatives, some flavoured dairy and plant-based dairy alternatives, most breakfast cereals, ready meals, snack foods and desserts. These foods vary enormously in nutritional quality, ingredients, and how often people eat them. Common indicators of a UPF include a long ingredient list, unfamiliar ingredients, a long shelf life, and products manufactured at industrial-scale by large food companies<sup>(1)</sup>.

Importantly, UPF intake among veg~ns does not come solely from plant-based

meat alternatives. Studies show that bread, cereals, spreads, sauces and snack foods contribute a substantial share of ultra-processed energy intake among veg~ns, just as they do among the general population.

## DO VEG~NS EAT MORE ULTRA-PROCESSED FOODS THAN NON-VEG~NS?

Several large studies suggest that vegetarians and vegans obtain a slightly higher proportion of their total energy from UPFs than meat eaters.

In a large UK-based study, vegetarians and vegans consumed more UPFs than meat eaters, largely due to bread, convenience foods and meat or dairy substitutes <sup>(12)</sup>. Another large study in the United Kingdom comparing UPF intake among meat eaters, flexitarians, pescatarians, vegetarians and vegans found that vegetarians consumed slightly more UPFs than meat-eaters and obtained a higher percentage of their daily energy intake from UPFs <sup>(13)</sup>.

However, this doesn't mean veg~n diets are inherently worse. Veg~ns in these studies also consumed more unprocessed and minimally processed plant foods, particularly legumes, vegetables and wholegrains. They tended to consume fewer UPFs high in animal fats and added sugars. In other words, higher UPF intake among veg~ns does not necessarily reflect poorer diets overall. It reflects different food choices within the same food environment.

In New Zealand, available evidence suggests similar patterns: while bread and packaged foods are common across all diets, veg~n eaters tend to consume more legumes, vegetables and wholegrains than average meat eaters.

## WHERE PLANT-BASED ALTERNATIVES FIT

On average, plant-based meat alternatives available in Australian and New Zealand supermarkets are nutritionally better than processed meat products. They tend to be lower in saturated fat and energy, and higher in fibre, although this varies between brands and products. This means that many

By contrast, UPFs such as bread, cereals and plant-based meat alternatives show little or no consistent association with adverse health outcomes.

plant-based alternatives are likely to be a better choice for heart health, despite being classed as ultra-processed foods. See *Plant-based meat alternatives: Are they a healthy choice? Vegetarian Living NZ, Vol. 80, No. 1.*

The key question is not whether a plant-based sausage is 'healthy', but what it replaces. Replacing a meal based on vegetables and legumes with a plant-based sausage may not add much nutritional value. However, replacing a processed meat sausage with a plant-based alternative is likely to be a better option from a nutritional and heart health perspective.

## ARE ALL ULTRA-PROCESSED FOODS EQUALLY HARMFUL?

One of the most important insights from recent research is that not all UPFs carry the same health risks. This is particularly relevant for veg~n eaters, as many plant-based foods are classed as ultra-processed, despite wide differences in nutritional quality.

Evidence suggests that the strongest links between UPF intake and cardiometabolic risk are driven by specific food groups, particularly processed meats, sugar-sweetened beverages and animal-based products, rather than UPFs as a whole. By contrast, UPFs such as bread, cereals and plant-based meat alternatives show little or no consistent association with adverse health outcomes <sup>(14)</sup>.

This reinforces a key message: overall dietary pattern matters far more for health than whether an individual food is classified as ultra-processed. Most experts agree that reducing reliance on UPFs is sensible. However, aiming for a *zero-UPF* diet is unrealistic and unnecessary for good health, especially in our food environment where UPFs make up a large proportion of the food supply <sup>(15)</sup>.



## CONCLUSION AND RECOMMENDATIONS

Taken together, the evidence suggests:

- Veg~n diets can be high or low in UPFs.
- Veg~ns may obtain a slightly higher share of total energy from UPFs, but also consume more minimally processed plant foods.
- The strongest health risks linked to UPFs are driven by specific foods, particularly processed meats and sugary drinks.
- Plant-based UPFs are not nutritionally identical to animal-based ones, and often compare favourably.
- Overall dietary pattern matters far more than avoiding UPFs entirely.

For vegetarian and vegan eaters who want to maximise health and wellbeing:

- Think about the pattern of your eating over time, not individual food labels.
- Build meals around minimally processed foods, including vegetables, legumes, wholegrains, nuts and seeds.
- Use ultra-processed plant-based foods such as meat alternatives, plant milks, cereals, and snacks as convenient or occasional components of meals, rather than the foundation of your diet.
- Be mindful of foods high in saturated fat and added sugars and sodium, whether plant-based or not.

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](http://www.vegetarian.org.nz/about/news)

For vegetarians and vegans, choosing where to eat out can be tedious. We've all been there. You scroll through endless online menus, squinting at tiny PDFs on your phone, trying to decipher if the Pumpkin soup contains chicken stock. Or worse, you arrive at a place that claims to be 'vegetarian-friendly', only to discover that the vegetarian option is a sad, underdressed side salad with the bacon bits picked off.

It's frustrating and time-consuming, whether you are vegetarian, coeliac, keto, halal or managing food allergies.

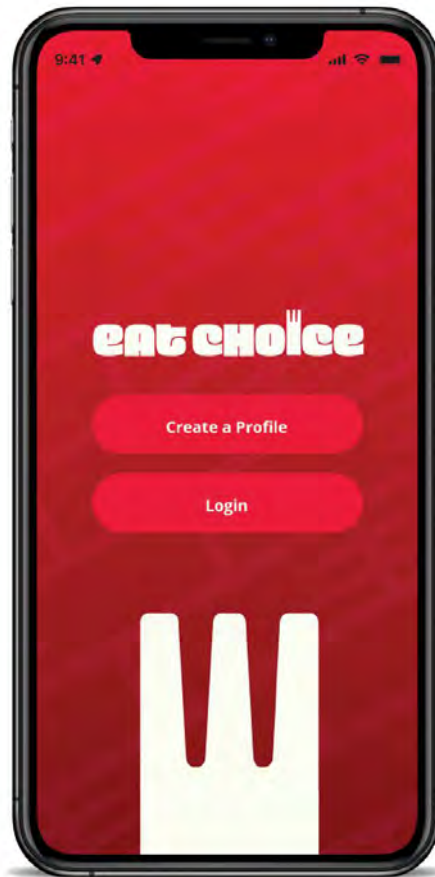
**This is exactly why Eat Choice was created.**

Eat Choice is proudly local, owned and operated by Kiwis. And perhaps most importantly, it was built by a vegetarian.

Designed to help you easily find nearby dining spots, Eat Choice cuts through the noise to find venues that actually have the right options for your specific dietary needs.

Eat Choice allows you to create a personalised profile. You simply select your dietary requirements, and we mean all of them. Are you a vegetarian who is also gluten-free? No problem. Halal and allergic to peanuts? We've got you covered. No matter how complex your combination of needs, the app filters to recommend restaurants, cafes, and food trucks that are guaranteed to have things for you to eat.

We then show you your menu. Eat Choice automatically cuts down and customises the restaurant's menu to display only the meals that fit your profile. This makes it incredibly easy to scroll through local spots and see exactly what you can order. You can spot instantly if a place has a robust selection of mains or if the only option for you is, indeed, just chips. (And hey, sometimes you want chips, but at least now you'll know before you sit down!)

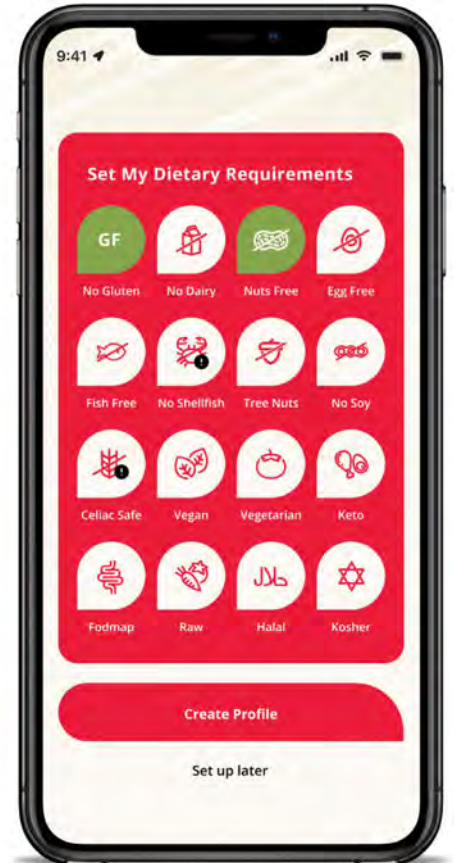


Of course, the challenge of finding a suitable place to eat gets even worse when it's not just you. We've all felt that sinking feeling when a family dinner, a birthday party, or a work lunch is being organised. You don't want to be 'the difficult one,' but you also need to eat safely.

Solo dining is one thing, but managing a group with conflicting dietary needs can be a logistical nightmare.

With Eat Choice, you can search for the perfect place for everyone to eat together. The app allows you to input multiple diet profiles for a single search. Imagine your group of friends consists of a vegetarian, a pescatarian, someone with a tree nut allergy, and that one friend who is strictly keto. In the past, this would require lots of open browser tabs and several phone calls.

We combine those needs and show you where the whole crew can go, along with a personalised menu for everyone in the group, including sharing options. We have the whole menu there as well, just in case.



The best part? It is currently completely free to download and use. We believe everyone deserves to eat safely without a paywall standing in the way of their next meal.

However, we are just getting started. The team is working hard behind the scenes to bring new features to the app. We will be launching a premium subscription offering with even more control.

We also value our community partners. We are thrilled to announce that when our premium subscription launches, members of the NZ Vegetarian Society will receive a special discount

So, stop settling for the side salad. Stop guessing about allergens. **Download Eat Choice today and dine your way.**



You can download the app from the Google Play Store or Apple

**W** [www.eatchoice.nz](http://www.eatchoice.nz)



## TRISTAN'S Corner

Autumn has returned. The gardens and vines are pushing out all those lovely fruits and vegetables, and we're all getting ready for the colder months. At our house, the grapevine is heavy with fruit. Every year, it produces masses of large, plump, purple grapes. They're juicy and delicious, and we use them for everything – snack platters, in salads, in desserts, juiced as a drink, or sometimes we just stand under the vine and shove them straight into our mouths off the vine. It's a good way for the boys to prove how tall they are. If you can stretch high enough to bite a grape off the vine without using your hands, that wins you a round of applause.

Over summer, my youngest son turned 16, so now we have a 16 and a 17-year-old in the house, and they've both really stepped up in the kitchen! This autumn, both boys are taking turns preparing dinner. One night it will be a bright red tomato soup from the jars of tomatoes we bottled over summer, the next night a lovely spicy dahl with rice and homemade naan bread. I sit on a stool overlooking the kitchen, pretending to supervise, but really, I'm watching because I'm

tickled and proud. Watching them cook has become a highlight of the season for me.

Things we can find at the farmer's markets now include pumpkin, kumara, cabbage, carrots, beetroot, silverbeet, apples, pears and, of course, grapes. I love going to farmers' markets in autumn. It seems like my hessian tote bags match the season, and I like to wear reds and yellows to really get into the spirit.

My 17-year-old has now developed a taste for Asian cuisine, especially dumplings. He says there's something really calming about finely chopping the ingredients and gently wrapping them in the dough. And

he's proud to have perfected the technique of browning them in a pan before steaming. Our dipping sauces include homemade Sweet & Sour and Worcestershire sauces, made by my sister with produce from her garden in the far north.

The accompanying photo shows the view from my stool in the kitchen, with my son plating up dumplings for the family. He would like everyone to know that you can change the ingredients in the fillings to anything you like. You can even turn them into dessert dumplings with sweet fillings. We're currently discussing whether we could use our grapes as dumpling fillers!

### AUTUMN DUMPLINGS

Makes about 24 dumplings

#### INGREDIENTS:

##### Dough:

2 cups plain flour  
½ cup warm water

Pinch of salt

##### Filling:

1 cup finely chopped cabbage  
1 small carrot, grated  
½ cup chopped shiitake mushrooms  
2 cloves garlic, minced  
1 tsp grated ginger  
1 tbsp soy sauce  
1 tsp sesame oil

#### METHOD:

1. Combine flour, salt and water. Knead until smooth Rest 20 minutes.
2. Mix all filling ingredients in a bowl.
3. Roll dough into a long sausage, cut into pieces, and roll each into a thin circle.
4. Place a spoonful of filling in the center, fold, pinch edges to seal.
5. Heat a little oil in a non-stick pan. Fry dumplings until bottoms are golden, 2–3 minutes.
6. Add ½ cup water, cover and steam 5–7 minutes.
7. Garnish with chopped spring onions.



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](http://www.tristan.nz)

# CULINARY MEDICINE

WHERE THE SCIENCE OF NUTRITION MEETS THE ART OF COOKING

**Culinary Medicine is about bringing the kitchen into the heart of health. It's not just about knowing which foods are good for you, but learning how to prepare, cook and share them, and make healthy eating a joyful part of everyday life. Discover how everyday food choices – made right in your own kitchen – can change your health, mood, and habits for good.**<sup>[1-3]</sup>

In our last article, we explored how small daily habits can protect your heart and overall well-being. In this issue, we go beyond science and get practical with Culinary Medicine, a new way to make healthy eating simple, enjoyable, and lasting.

## WHAT IS CULINARY MEDICINE?

Culinary Medicine blends nutrition science with practical food skills: planning, cooking, and sharing meals in ways that support everyday health.<sup>[1-3]</sup> It's not solely reserved for gourmet chefs or health professionals; it's an approach anyone can use to help prevent and manage disease through simple, meaningful choices in the kitchen.

At its heart, Culinary Medicine is hands-on. Whether taught in community workshops, integrated into medical training, or practised at home, it brings people together to build confidence and knowledge. Empowering people with real-life skills transforms healthy eating from an abstract idea into something practical, enjoyable, and achievable every day.

## WHY CULINARY MEDICINE MATTERS

In New Zealand, cardiovascular disease remains the nation's leading cause of death, claiming one life every 90 minutes.<sup>[4]</sup> High blood pressure affects one in three adults, with disproportionately higher rates among Māori and Pacific peoples, and type 2 diabetes now affects tens of thousands, with cases rising rapidly among both adults and young people. Many chronic conditions – heart disease, diabetes, obesity – are largely preventable, yet the numbers continue to climb.<sup>[4,5]</sup>

Most people understand that healthy eating and regular movement are important to prevent the onset of chronic disease. Still, the pressures of daily life, ingrained habits, and even limited access to nutritious food often make change difficult. The ripple effects are manifested in reduced well-being, increased financial strain, and diminished overall quality of life.

Culinary Medicine provides a practical, evidence-based pathway forward. By teaching everyday cooking skills and helping people reconnect with whole, nourishing foods, it empowers individuals to make sustainable, meaningful shifts that support long-term health.

## CULINARY MEDICINE IS CHANGING THE WAY DOCTORS SUPPORT PATIENTS

Most doctors receive limited education in nutrition or practical food skills.<sup>[6]</sup> Even when clinicians understand what constitutes healthy eating, many feel unsure about how to guide patients in making realistic changes.

This gap is slowly beginning to close. Culinary Medicine is increasingly integrated into medical education, giving future health professionals greater confidence, empathy, and practical, real-world skills. When doctors understand not only what to eat but also how to make healthy eating achievable in daily life – and can translate that into meaningful guidance – patients are far more likely to experiment with new foods, cook at home, and maintain healthier habits over time.<sup>[1,6]</sup>

## THE PROVEN BENEFITS – WHAT RESEARCH SHOWS

Culinary Medicine interventions have shown tangible improvements in:

- Increased fruit, vegetable, and whole grain intake.<sup>[1,2,7]</sup>
- Improved cooking confidence and meal planning skills.<sup>[1,7]</sup>
- Lowered blood pressure, cholesterol, and HbA1c in diabetes.<sup>[8,9]</sup>
- Enhanced quality of life and mood.<sup>[8,9]</sup>

## THE WHOLE FOOD PLANT-BASED ADVANTAGE

Choosing what to eat can be confusing, but evidence continues to highlight the unique health benefits of whole plant foods: vegetables, fruits, legumes, whole grains, nuts, and seeds.

These foods are naturally rich in fibre, phytonutrients (including antioxidants), and a diverse range of vitamins and minerals. All of these components have been shown to lower the risk of heart disease, type 2 diabetes, and certain cancers.<sup>[8-11]</sup>

These beneficial compounds are naturally absent from animal products such as meat and dairy, which contain no dietary fibre and a narrower array of protective nutrients. When we look at the wider body of scientific research, whole plant foods consistently demonstrate positive impacts on health. At the same time, the evidence for animal products ranges from neutral to harmful effects on long-term health.<sup>[8,12]</sup>

That's why at Doctors For Nutrition, our approach to Culinary Medicine focuses on maximising whole plant foods and minimising or eliminating animal products and ultra-processed foods, which often lack the components required for optimal health.

## WHAT EXACTLY ARE WHOLE PLANT FOODS?

Whole foods look much the same as they did when picked, pulled, or harvested – bananas, kumara, spinach, and brown rice; no ingredient list needed here. In contrast, ultra-processed products bear little resemblance to their origins and often need a back-of-pack explanation.

To keep it simple in the supermarket:

- If you can easily tell where it came from, it's likely a whole food.
- If something healthy (like fibre or nutrients) has been removed, or something less healthy (like salt, sugar, or preservatives) has been added, approach with caution.<sup>[13]</sup>
- Corn on the cob, frozen corn, or canned corn are all close to whole; cornflakes, however, have lost nutrients and gained sugar and salt.<sup>[13]</sup>

Some processing can improve nutrition, like cooking tomatoes to increase lycopene, making tempeh without losing fibre, or simply freezing berries. The healthiest foods retain the 'good stuff' and don't hide behind lengthy labels.

### A few label-reading tips:

- In Australia and New Zealand, ingredients are listed in order, with the most abundant first. If sugar or oil is near the top, or 'added vitamins' are listed near the end, pause to consider if a less processed version is available.<sup>[14]</sup>

### Key questions:

- Can I tell where this came from?
- Has anything good been removed?
- Has anything not-so-great been added?

## PRACTICAL TIPS FOR EVERYDAY HEALTHY EATING

Eating well doesn't have to be complicated or time-consuming. Small, practical strategies can make healthy meals achievable for everyone, no matter how busy life gets. Batch cooking, prepping ingredients ahead, and relying on simple one-pot meals save time, while affordable staples like canned beans, frozen vegetables, and bulk grains keep costs down. Start with easy recipes and build your skills gradually. Remember, every meal prepared at home is a win. Arranging your kitchen so wholesome foods are visible and accessible, keeping pre-chopped veggies and fruit on hand, and making cooking a shared, social activity all help to turn healthy choices into lasting habits.

### 1. PLANNING & PREPPING

- **Prep ahead:** Chop vegetables or fruit for easy snacking, and use the 'chop & stop' method – chop garlic, onions, or broccoli and rest for 10 minutes before cooking to maximise beneficial cancer-reducing compounds.
- **Prepare extra veggies:** Boost family favourites with more vegetables, legumes, or grains.
- **Try new ingredients:** Experiment with grains and legumes like quinoa, brown rice, and chickpeas.



- **Keep convenience on hand:** Use microwavable, tinned, or frozen beans and vegetables for quick nutrition.
- **Meal plan:** Map out the week ahead to simplify shopping and cooking, reduce stress, and make healthier choices.

### 2. COOKING

- **Start simple:** Focus on easy recipes that fit your lifestyle and skill level.
- **Modify family favourites:** Add more veggies or lentils to a dish you cook regularly.
- **Use flavour smartly:** Enhance meals with spices, herbs, garlic, and citrus instead of relying on salt, oil, or heavy sauces.
- **One-pot meals:** Stews, stir-fries, or sheet-pan dishes save time and reduce cleanup.
- **Batch cook meals:** Make extra servings to freeze or store for quick, healthy options later.

- **Mindful experimentation:** Make cooking enjoyable by trying new ingredients or plant-based swaps for processed or animal foods.

### 3. SHARING & SOCIAL EATING

- **Cook together:** Invite family, friends, or whānau to join in the kitchen – mealtime is more enjoyable when it's social.
- **Community connections:** Organise veggie potlucks, recipe swaps, or family cook-offs. Sharing meals strengthens relationships and reinforces healthy habits.
- **Respect culture and tradition:** Look for ways to add healthy twists to favourite recipes while honouring family and cultural practices.

## TAKE YOUR NEXT STEP

Culinary Medicine takes the guesswork out of healthy eating, giving anyone the tools to make lasting, positive changes at home. You don't need to be a chef. Change starts with you, your chopping board, and your kitchen – one simple meal at a time.

### 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](http://doctorsfornutrition.org).



Want to dive deeper and learn how to create nourishing meals, master essential kitchen skills, and build healthier habits?

Check out our Culinary Medicine course today.

Visit our website to find out more (and sneak a free preview)



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# VEGETARIAN & PLANT-BASED NEWS HIGHLIGHTS...

FROM NZ & AROUND THE WORLD



## NEW US DIETARY GUIDELINES FLIP THE FOOD PYRAMID IN FAVOUR OF MEAT AND DAIRY, DRAWING CRITICISM FROM HEALTH ADVOCATES

While the guidelines introduce a simplified approach that discourages processed foods and added sugars, they continue to endorse high consumption of meat and dairy, prompting criticism from health organisations and plant-based food stakeholders who say this framing reflects the influence of powerful agricultural lobbies rather than current evidence on nutrition and chronic disease.



## HORRIFIC FOOTAGE EXPOSES OCTOPUS CRUELTY AS NZ'S SECRETIVE RESEARCH CONTINUES

On World Octopus Day, new undercover footage has revealed the disturbing reality of octopus slaughter – as secretive research into farming octopuses continues here in New Zealand.



## NO CONSULTATION ON PIG WELFARE REGULATION CHANGES

The SPCA, not initially consulted on the government's changes to pig welfare regulations, has told MPs the bill reveals 'serious failings' at Parliament. The NZ Pork industry group, which was consulted, says it did not get everything it asked for.



## REPORT SAYS FACTORY FARMING IS THE WORLD'S BIGGEST CAUSE OF FOOD WASTE

A new report by Compassion in World Farming has found that an additional two billion people per year could be fed if grain were not used to feed factory-farmed animals.



## IKEA BRINGS ITS FAMOUS PLANT-BASED OPTIONS TO NEW ZEALAND

There was plenty of buzz leading up to IKEA's grand opening in Auckland on December 4th. The store has plant-based options in both its shop and restaurant, including its iconic meatless meatballs.



## EU LABELLING RULES COULD RESHAPE THE PLANT-BASED MARKET – INDUSTRY VOICES ARE SOUNDING THE ALARM

Europe's plant-based industry may be heading for one of its most consequential regulatory shifts in a decade. The European Parliament has voted in favour of restricting meat-related terms such as 'burger,' 'steak,' and 'chicken'.

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# CHOOSE PRODUCTS YOU CAN TRUST...

## Understanding Vegetarian & Vegan Certification

As consumer demand for transparent, trustworthy vegetarian and vegan products continues to grow, certification plays an increasingly important role in helping shoppers make informed choices. With plant-based living becoming more mainstream, consumers are looking beyond marketing claims – seeking clear verification that the products they purchase align with their values.



For brands, certification represents more than just a logo. It signals credibility, transparency, and a commitment to meeting the evolving expectations of conscious consumers. As the plant-based market continues to expand across Aotearoa, these programmes play a vital role in strengthening trust between producers and the communities they serve.

The NZ Vegetarian Society's Vegetarian Approved and Vegan Certified trademark programmes provide that assurance. Backed by robust assessment processes, these trademarks help remove the guesswork from shopping, offering confidence that certified products meet strict criteria around ingredients, production methods, and ethical practices.

We're thrilled to introduce Sianne Dixon-Hall, our new Partnerships Manager, who will be leading the growth of these programmes across Aotearoa.



"Joining the NZVS team has been a natural fit; I've been vegetarian for over 20 years – a journey that has shaped my values and a deep commitment to a more compassionate, sustainable way of living. Originally from Rotorua, I studied Law and Commerce at Otago before embarking on a career in sales and marketing, including senior roles in FMCG, grocery retail, and supplements. I also spent a decade in

Singapore, where I founded a successful New Zealand wine distribution business. These experiences taught me that the most impactful change happens through strategic collaboration. I'm excited to help NZVS thrive – from expanding our Vegetarian Approved and Vegan Certified programmes, supporting our corporate partners and brands, to securing new benefits for our members.

At home, I live with my permaculture-gardening husband and two sons.

When not in the office, I'm usually at a yoga class, walking our adopted greyhound, experimenting with plant-based recipes, or planning our next travel adventure.

I'm thrilled to be in a position to drive change across Aotearoa, making vegetarianism more accessible for a kinder, healthier world. If you are a business owner interested in our Vegan Certified or Vegetarian Approved programmes, or if you have a partnership idea, I'd love to chat. Please get in touch at [sianne@vegetarian.org.nz](mailto:sianne@vegetarian.org.nz)."

*But what do these certifications actually involve? Let's take a closer look at the standards behind each trademark.*



### VEGETARIAN APPROVED

Belonging to the Vegetarian Society in the UK, the Vegetarian Society Approved trademark is a globally-recognised symbol and is the longest-standing and most well established trademark of its type. It has been used for almost 50 years, and over 15,000 products are currently licenced to display it.

The NZ Vegetarian Society is licenced to administer this trademark in New Zealand and does so governed by the standards set by the UK Vegetarian Society.

Vegetarian Society Approved products carry this trademark. When you see this symbol, you can be confident that the product is suitable for vegetarians and that it is:

- Free from ingredients resulting from animal slaughter
- Only free-range eggs used
- GMO-free
- No animal testing carried out or commissioned
- No cross-contamination during production



### VEGAN CERTIFIED

The Vegan Certified trademark was developed in 2018, in response to strong and increasing demand in New Zealand for an independent vegan certification programme.

It is owned and administered by the NZ Vegetarian Society and has been met with enthusiasm by the ever-growing vegan community.

Vegan Certified products carry the NZVS Vegan Certified trademark. When you see this symbol, you can be confident that the item is:

- Free from animal-derived ingredients
- GMO-free
- No animal testing carried out or commissioned
- No cross-contamination during production



# CERTIFIED PRODUCT SPOTLIGHT



Marisco Wines has added multiple new vintages to its already impressive range, including a Rosé and Sauvignon Blanc from The Ned series, along with a Sauvignon Blanc, Pinot Gris, Gewürztraminer, and Riesling from the Leefield Station series.

Adding to the excitement, Marisco recently celebrated a standout result at the International Cool Climate Wine Show in Australia, taking home multiple Top Gold and Gold awards – including the top trophy for their Vegan Certified, The Ned Sauvignon Blanc 2024.

With such a broad and award-winning Vegan Certified selection, there's no shortage of options for your next dinner party, gift idea, or special occasion.

 [www.marisco.co.nz](http://www.marisco.co.nz)



You will find a complete list of Vegan Certified and Vegetarian Approved products at the end of the magazine, and you can stay up to date by liking our Facebook and Instagram pages or signing up to our newsletter at [www.vegetarian.org.nz](http://www.vegetarian.org.nz).



## 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](mailto: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*.



## HEMP PARMESAN

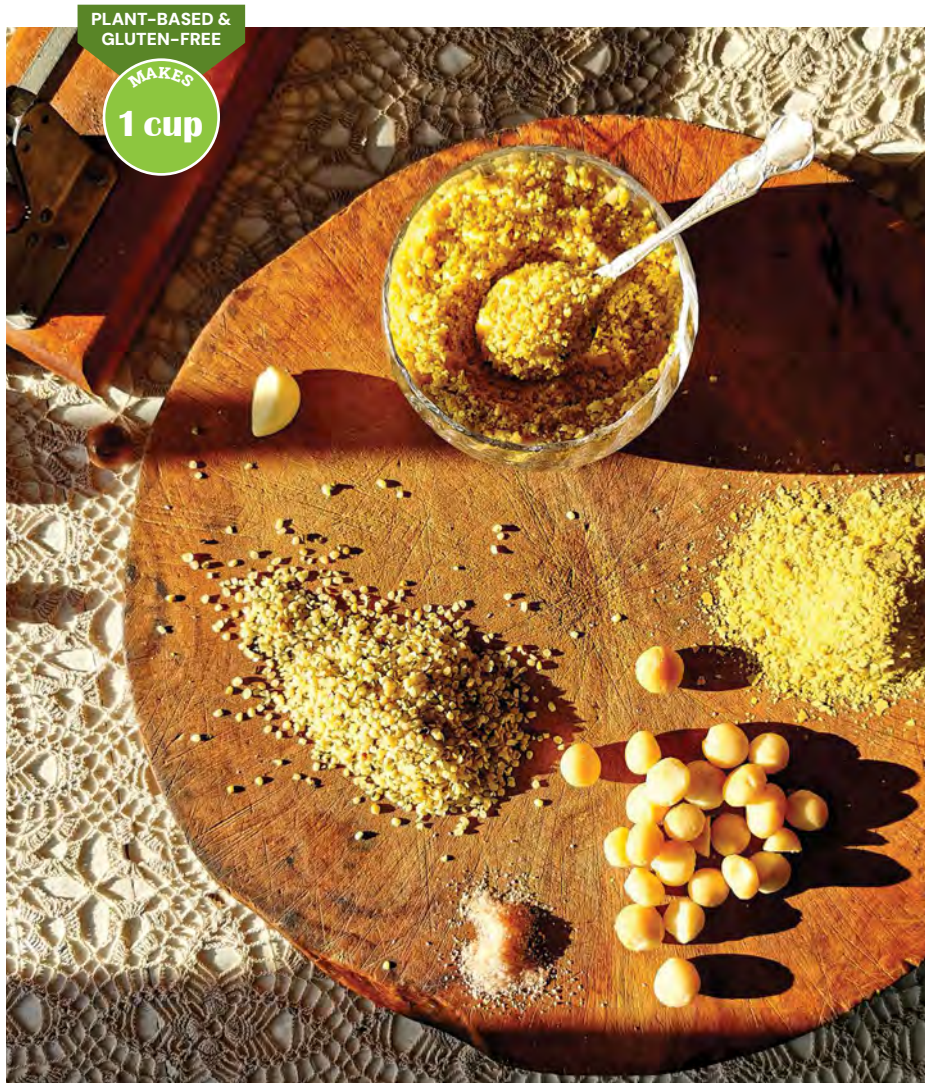
This hemp parmesan has become a staple in the fridge here at The Veggie Tree, we all love it! Savoury, salty, creamy and packed with nutrition it is the perfect topper for everything from pasta to risotto, pesto to fritters, basically anything you would usually add parmesan to. It doesn't melt but parmesan isn't really a melty cheese anyway. This hemp parmesan gives anything you add it to a delicious savoury creamy cheesy flavour which you will be addicted to in no time.

### INGREDIENTS:

- 1 clove garlic, peeled or 1 tsp garlic powder
- 1/3 cup hemp hearts
- 1/3 cup macadamia or cashew nuts
- 1/3 cup nutritional yeast
- 1 tsp salt

### METHOD:

1. Gather your ingredients and prepare the garlic, hemp hearts, macadamia or cashew nuts, nutritional yeast and salt into the food processor.
2. Pulse until finely chopped and store in the fridge in a sealed jar (if you use fresh garlic) otherwise it can be stored in the pantry.



## 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](http://www.vegetarian.org.nz) and [www.theveggietree.com](http://www.theveggietree.com).

## ALMOND RICOTTA

This delicate ricotta has a lovely taste and texture. The almonds benefit from a long soak which make the skins easy to remove, or just leave the skins on, it doesn't affect the finished cheese, it's purely aesthetic. It is essential to heat and stir slowly and gently, 90°C is just below boiling point, don't try and rush it. If you don't have a thermometer, you can tell it's coming to the boil by bubbles forming at the sides of the pot. Don't jump the gun however, give them a gentle stir and if they form immediately again then you are good to go. The little ricotta baskets are quite hard to come by, but you can make your own by drilling holes in a container or utilising a basket out of a bought mozzarella or a small salad spinner inner basket.



PLANT-BASED &  
GLUTEN-FREE

Makes 1 x 400g cheese

### INGREDIENTS:

2 cups almonds, soaked for 24 hours with cold water or 2 hours with hot water

4 cups water

a pinch of salt

2 tbsp apple cider vinegar

2 pieces of lemon peel

### METHOD:

1. Gather your ingredients and soak the almonds by covering completely with water. Drain the water off and remove the skins.
2. Blend almonds with the fresh water and salt.
3. Pop a sieve over a pot with a nut bag or very fine muslin and pour the mix through. Squeeze out as much liquid as you can and set the pulp aside.
4. Heat the milk very gently on a low heat, stir very gently at three-minute intervals until it reaches 90°C – approximately 15-20 minutes.
5. Remove from the heat and add the vinegar and lemon peel, stir gently and leave to cool, undisturbed.
6. Remove peels and pour through sterilised muslin. Leave to drain for an hour and a half.
7. Transfer into a mould then drain overnight in the fridge. Gently tip out of the mould and enjoy.
8. Store in the fridge in a lidded container.

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

For further info about gifting contact:  
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+ Go Veg Booklet + Nutrition Chart  
+ *Vegetarian Living NZ* Magazine (latest issue)

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# NZVS NEWS

## CELEBRATING THE TOP PRIZE IN THE 2025 THINK KIND STUDENT COMPETITION!



Year 11 student Lori Boghossian received her prize for being the People's Choice Winner of the NZVS 2025 Think Kind Student Competition.

Lori's beautifully illustrated video won \$1,000 for Palmerston North Girls' High School. The prize was presented by NZVS member, Eric Wolff, to both Lori and PNGHS Principal, Tracy Walker. Well done Lori! A big THANK YOU to our sponsor Quorn, who generously shared the top prize with the NZVS!

Also, thanks so much to all the amazing students who entered! We loved seeing your creativity and can't wait to see what you come up with this year. Keep an eye on our website for all the details about the 2026 competition!



# Think KIND

STUDENT COMPETITION

MAY - AUG 2026

WIN  
\$1,000  
FOR YOUR  
SCHOOL

## GET CREATIVE!

ANY PROJECT WITH THE TOPIC

### Being kind to animals!

OPEN TO YEAR 0 - 13 STUDENTS. FREE ENTRY.  
ALL ENTRIES GET A PRIZE AND CERTIFICATE

Entries open on 1st May 2026!

For more details on the competition, visit  
[www.vegetarian.org.nz/think-kind](http://www.vegetarian.org.nz/think-kind)

## GO GREEN EXPO

NZVS attended the Go Green Expo – November Edition at Auckland's Eventfinda Stadium. This was an amazing opportunity to connect with the community, sign up new members, and share information about the Society. **Come and join us at the next expo in Auckland on 16th & 17th May 2026!**



# FROM A SAILBOAT TO A MOTORHOME: *A Small Vegan Kitchen on the Move*

BY SARAH POWELL

I'm writing this from our motorhome where I have just popped a batch of cinnamon scrolls into the oven and poured myself a coffee as I watch my son and husband paddleboard in the serene waters of Lake Tarawera, Rotorua. My Small Vegan Kitchen hasn't always been on wheels, or even in New Zealand; it started on the other side of the world.

In 2017, we bought our first family sailboat in Bristol, UK. The galley was no bigger than 1m<sup>2</sup>, and I remember feeling completely overwhelmed at the thought of cooking our first meal onboard. I didn't know where to start, so we went out for pizza. It quickly became clear that feeding a growing, active family sustainably and ethically on the high seas would require creativity, planning, and passion.



*Sailing past the Eiffel Tower in France*

## COOKING WITH PURPOSE

The first thing I did was invest in a few compact kitchen essentials that would actually make vegan cooking easier. They were the kind of tools that earn their keep when space is tight, like a blender, a good spatula, mixing bowls, etc. I filled the spice rack and stocked up on staples like linseed, nutritional yeast, chickpea flour and nut butters.

As we were an active family, nutrition soon became something I took seriously. I wanted to know that I could feed us in a way that was balanced, healthy and genuinely nourishing, as well as ethical and sustainable. To build that confidence, I studied plant-based nutrition online through the University of Winchester and completed a further course with the Vegan Chef School in London. Both gave me the reassurance that my passion was aligned with science and grounded in real world practicality.

## SMALL KITCHEN, BIG CONVERSATIONS

What started out as a personal goal quickly sparked interest among the fellow sailors we met along the way. I began sharing my recipes, often as part of wider conversations about food, travel and how to eat well at sea.

Many were surprised, and often quietly relieved, to discover that you could get all your protein from plants. From these exchanges, it became clear that there was a real appetite for this knowledge. Drawing on my background in the food industry, I began sharing it more deliberately through a blog for the sailing community. I was asked to give webinars for sailing rallies, write articles for boating magazines and speak on both vegan and sailing podcasts.

## TAKING PLANT-BASED COOKING TO THE SUPERYACHT SECTOR

From there, my work expanded into the superyacht world, where chefs were increasingly under pressure to provide inclusive meals for vegan owners, guests and crew. I found myself helping to adapt menus and systems so plant-based food could work in a busy kitchen where the stakes were high and expectations even higher. Alongside this, I wrote my cookbook *No Eggs No Worries*, focusing on practical plant-based alternatives to traditional egg-based recipes, all of which had been tested and refined in my Kitchen at Sea.

While moored in Lanzarote, a Spanish island in the Canary Islands, I landed a role cooking for the shore team and race crew of a high-profile, high-performance sailing superyacht. It was a clear moment of realisation that what had begun as a personal challenge had grown into something meaningful, practical and far bigger than I had first imagined.



*Santiago (our son) making vegan sushi onboard*



*Our new home in Aotearoa.*

## HOW YOU USE WHAT YOU HAVE

In 2024, we left Lanzarote for Cape Verde and crossed the Atlantic to Brazil. After four years of liveaboard life, we left the boat in a marina and set off on a five-month backpacking tour of South America. With minimal equipment and constantly changing ingredients and kitchens, I focused on what was fresh and available. Sometimes that meant improvising, like using banana flour from a small Brazilian market to make pancakes or turning fresh mushrooms into a ceviche in Peru to experience local flavours. I won't lie, being vegan in South America wasn't always easy, but it showed me the issue isn't the availability of ingredients, but rather how they're used. Once back on the boat in Brazil, we set off up the remote waters of the Amazon River, and French Guiana before making our way to Grenada in the Caribbean.

## SHARING PLANT-BASED KNOWLEDGE AND INSPIRING CHANGE IN AOTEAROA

After such an adventure, we decided it was time to sell the boat and buy a motorhome, so we could explore Aotearoa and show our son some of the wonders of his own country. Small Vegan Kitchen is also taking a new direction: Plant Forward Menu Development. I work with cafes and restaurants to make plant-based options accessible, practical, and delicious for everyone. It's rewarding to guide others, and I'm excited to keep showing how more plant-based options can fit naturally into New Zealand's culinary scene.

**W** [www.smallvegankitchen.com](http://www.smallvegankitchen.com)

**W** [www.plantforward.co.nz](http://www.plantforward.co.nz)

*Sarah Powell Fowler is the founder of Small Vegan Kitchen, now travelling Aotearoa developing plant-based menus for cafes and restaurants, rooted in simplicity, sustainability, and flavour.*





# INSIDE THE BODY WHISPERING™ APPROACH TO HOLISTIC HEALING

BY INA BABIC

Dr Adeela Afiz is the founder of the Life Whispering Institute and the creator of the Body Whispering™ Method – a holistic approach to healing that bridges science, embodiment, and intuitive awareness. With a background in Chiropractic, Neurology, and Kinesiology, her work focuses on helping people reconnect with their bodies, regulate their nervous systems, and release deeply held patterns of stress and trauma.

## What first inspired your journey into mind-body healing and transformational work?

My journey began as a Chiropractor, where I became fascinated by how the body holds memory, emotion, and intelligence far beyond what we consciously understand. Over time, I noticed that what created lasting change in people's pain or stress was when I addressed deeper emotional issues. That led me to explore more holistic techniques, and after learning and practising many of them over a decade, my own modality was born.

## With a background in Chiropractic, Neurology, and Kinesiology, how do you integrate science with more intuitive or energetic approaches in your practice?

The nervous system is the bridge between the physical and the energetic. In my sessions, I blend clinical understanding with intuitive awareness – combining knowledge of biomechanics, brain-body pathways, and stress physiology with the ability to read energetic patterns and emotional imprints. The body can hold years of trauma without us even realising it, and recognising this is the key to true healing. This integration is what allows real transformation, not just temporary symptom relief, but a return to wholeness, where old behaviours, beliefs, and pain rooted in past experiences can finally be released.

## You describe your work as 'where science meets embodiment.' How do you guide people to reconnect with themselves on a physical, emotional, and spiritual level?

Embodiment is about safety and empowerment – feeling safe in your own body, being fully present in your life, and having healthy ways to cope with stress instead of shutting down or going into fight-or-flight when something triggers you. When your body feels safe, true healing becomes possible.

Through gentle body work, guided facilitation, and nervous system regulation, I help clients release stored trauma and heal their mind, body, and energy simultaneously – that is what creates deep, lasting transformation from the inside out.

## You've developed the Body Whispering™ method – what inspired it, and how does it differ from traditional healing or chiropractic approaches?

Body Whispering™ was born after years of clinical practice, where I kept searching for a single approach that could bring together everything I had learned. After studying countless modalities, each addressing different aspects of the body, mind, or energy, I began to integrate them into sessions that worked simultaneously with the body and nervous system, my intuitive awareness, and verbal facilitation or energetic clearing. This three-pronged approach allows clients to release emotional blocks and undo trauma while recalibrating their entire system in real time. Unlike traditional healing or chiropractic that typically address only one or two layers and require repeated visits, Body Whispering™ achieves rapid and lasting results by working with all three elements of body, mind, and energy at once.

## Much of your work focuses on helping women move through pain, stress, or disconnection. What are some of the most common patterns you see, and how do you help shift them?

Many women carry deep patterns of over-giving, self-abandonment, and inherited beliefs that tell them safety comes from control, perfection, or putting others first. Over time, this creates burnout, chronic stress, and disconnection from their own worth and intuition. My work helps women regulate their nervous systems, rewire subconscious patterns, and reconnect with their innate power. The results include finally being free of major or minor pain and symptoms, some of the most common yet debilitating, which include anxiety, migraines, digestive issues, chronic symptoms, hormonal and reproductive issues.

## Over your years of practice, how have you seen attitudes toward healing and self-care evolve, especially among women?

There's definitely a shift happening in how we understand health and healing. As awareness grows around the role of the nervous system and trauma, more people are turning to holistic and integrative approaches. At the same time, frustration with the medical system – particularly among women whose chronic symptoms aren't fully explained by physical causes, is leading many to explore new paths. We're beginning to understand that stress and lifestyle can create very real symptoms, and that true healing requires restoring safety and balance within the body.

///

This is why practices like self-care, wellness retreats, and therapies such as energy healing, breathwork, and holistic or alternative treatments are becoming more mainstream. We're also recognising that women and men experience health, stress, and trauma differently – biologically, hormonally, and emotionally. Finding a practitioner who can look beyond surface symptoms to understand these differences and see the deeper connection between the body, the nervous system, and emotional well-being is key to creating lasting change.

**You've worked with clients around the world – can you share a story that captures a breakthrough moment or transformation that stayed with you?**

Most recently, I worked with a woman who came to me after years of trying everything, years of therapy, months of osteopathy, homoeopathy, chiropractic, and countless other treatments, to relieve ongoing pain, a disc injury, and anxiety. Nothing seemed to bring lasting change.

Like so many women, she was living with chronic stress, being emotionally overwhelmed, with layers of unprocessed trauma. In just three weeks of Body Whispering™ sessions, her pain dramatically reduced, her nervous system began to settle, and she finally felt relief from anxiety and exhaustion. She achieved more progress in three weeks than she had in the previous three years.

What I've learned is that when the body is stuck in survival mode, it doesn't need force or pressure, it needs gentleness, safety, and regulation. Some physical therapies can unintentionally cause the body to brace, and talk therapy offers understanding without releasing stored trauma from the body. That's where Body Whispering™ is different. It's a body-based, energy-informed approach that helps the nervous system to feel safe enough to heal.

**Your work asks people to embrace both science and spirituality. What do you say to those who are curious but sceptical of energy-based practices?**

Scepticism is healthy – I actually encourage it. I don't ask people to believe; I invite them to experience. The body doesn't lie. You can measure nervous system shifts, changes in heart rate variability, and even see postural differences after a session. Once people feel the difference – the calm, clarity, and coherence – they realise that energy isn't something mystical or imaginary. It's simply part of how everything in our world communicates, much like Wi-Fi: invisible to the eye, yet constantly creating real, measurable effects.

**Looking ahead, what's your vision for the Life Whispering Institute and the future of holistic healing?**

My vision is to be at the forefront of holistic, lasting healing. Through the Life Whispering Institute, I'm training and certifying a new generation of the world's leading healers, practitioners, and coaches – people who bridge science and soul with integrity, skill, and heart. Together, we're redefining what it means to heal by helping others reconnect with their bodies and be truly empowered in all areas of life.



**For those feeling inspired by your work, what message or piece of advice would you like to leave them with as they begin their own journey toward healing and self-connection?**

You do not need to suffer. You do not need to keep living in pain (emotional or physical), even if it feels like you've tried everything. Healing begins when all three levels (mind, body, and energy) are supported and acknowledged. When your system feels safe, seen, and aligned, your body naturally remembers how to heal.

If you take one thing from this, let it be this: your body is always communicating. Pause for a moment today and listen. We've become so used to putting everything and everyone else first, but instead, ask yourself, "What do I need from me right now?" Maybe it's rest, water, movement, stillness, or simply compassion. These small moments of awareness are powerful acts of self-care – the first step in teaching your body that you are worthy, and that it's time to begin to heal.

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*The Body Whispering Miracle Appearance Programme is a 12-week experience where powerful healing and recalibration meet physical transformation. Keep an eye on our socials for a chance to win one of two all-access passes or unlock 10% off the programme price using code 'VLIVINGNZ'.*

*To find out more, visit [www.lifewhisperinginstitute.com/life-whispering](http://www.lifewhisperinginstitute.com/life-whispering).*

# WASTE TO WORTH: HOW GEN Z IS REENGINEERING FOOD SYSTEMS

BY SHOBHA SINGH

Food waste is not merely an error of logistics, it is a wound of conscience. Each year, over **1.3 billion tonnes of food** is discarded, nearly a third of all that is grown, even as hunger gnaws at the edges of every continent and soil is stripped to grow what will never be eaten. This is not an accident. It is a system built on the forgetting of value, of labour, and of need.

Yet within this silence, something stirs. Not revolution, but refusal. A generation of young people, unspectacular and persistent, has begun to act not with noise, but with clarity. They compost what others discard. They recover what others overlook. They teach what others avoid. Their work is not glamorous, but it is grounded. And in their hands, food becomes not just nourishment, but a question: *what are we willing to waste, and whom?*

They do not promise perfection. But they prove that change – quiet, stubborn, and human – is still possible.

## THE SCOPE OF FOOD WASTE: A CRISIS IN NUMBERS

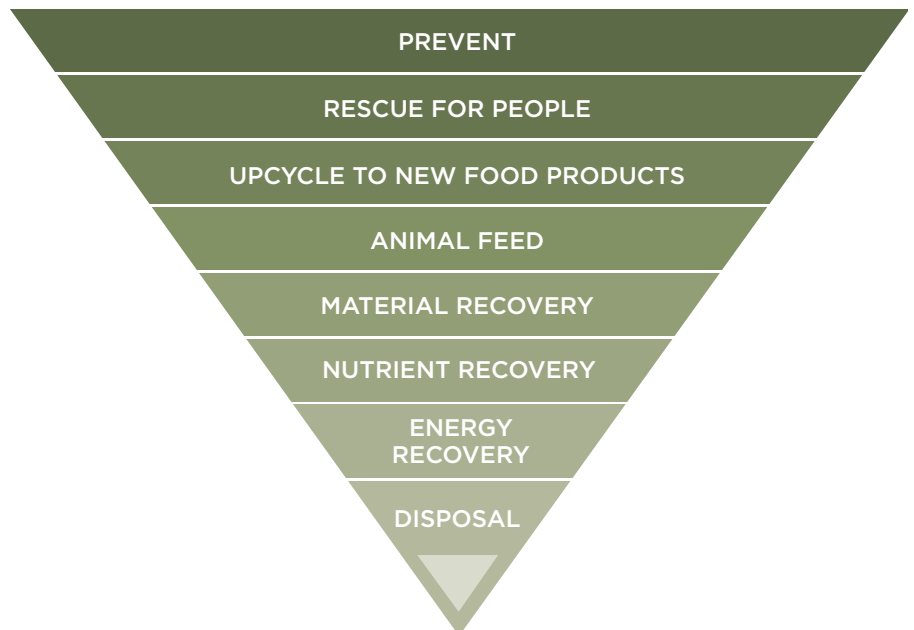
The scale of global food waste is not merely a statistic. It is a reckoning; a reflection of a civilisation that has learned to produce in excess yet forgotten how to value what it creates. It is, at once, an economic contradiction and an ecological indictment. The United Nations Environment Programme (2021) notes that if food waste were a nation, it would be the third-largest emitter of greenhouse gases, trailing only the United States and China; an imaginary country built on loss, and yet entirely real. The Food and Agriculture Organization (2022) tells us that 28% of the world's agricultural land is spent cultivating what will never be eaten. Meanwhile, 828 million people experience hunger. This is no accident. It is a structure.

But this structure is not distant. It is domestic. It is the unnoticed excess in households lit by comfort and forgetfulness. A 2023 study in the *Journal of Cleaner Production* found that in high-income nations, 40 to 50% of perishable goods are discarded, not out of necessity, but due to neglect, overabundance, and a planning so casual it becomes a kind of quiet cruelty. Supermarkets reject 5 to 10% of produce, not for safety, but for appearance. A bruise is enough to render a meal invisible.

So what, precisely, do we discard? The food, or the memory of what food once meant? The absurdity lies not in the waste alone, but in our calm endurance of it. To continue this way is not ignorance. It is a choice.

## YOUTH-LED SOLUTIONS: BRIDGING DATA AND ACTION

Figure 1: Food recovery hierarchy. Adapted from Teigiserova et al. and Moshtaghian et al.



## COMPOSTING: FROM LINEAR WASTE TO CIRCULAR SYSTEMS

Research shows that composting can reduce landfill methane emissions by up to 95% (EPA, 2021). Young innovators are applying this science at scale:

- In Auckland, a citywide rollout of weekly food-scrap bins in 2023 has diverted over **40 million kg** of organic waste, cutting kerbside rubbish by roughly **10% per person** and achieving an estimated **56% household uptake** as of early 2025.

## FOOD RESCUE: DATA-DRIVEN REDISTRIBUTION

Technology is enabling precision in food recovery. Apps like 'Too Good To Go' and 'Olio', often developed by young entrepreneurs, leverage real-time data to connect surplus food with consumers and charities.

- A 2022 pilot by Flashfood found that grocery stores using such apps reduced food waste by an average of 27%, with some stores reporting reductions of up to 45%.
- According to the 2023 Global FoodBanking Network report, youth volunteers contributed significantly to food redistribution efforts, making up a substantial portion of the 437,000 volunteers who helped deliver over 1 billion kilograms of food across 50+ countries.

## BEHAVIORAL CHANGE: THE ROLE OF EDUCATION

A meta-analysis of sixty-three studies, dry on the page but urgent in its implications, finds that education, mere knowledge, gently offered can shift the course of wastefulness. When understanding dawns, habits bend. Motivated hearts act.

In this spirit, campaigns such as *Save The Food* by the NRDC have emerged not as revolutions, but as reminders. Through simple lessons on meal planning and preservation, they've kindled awareness. Across the sea, kindred efforts in the UK have quietly achieved **15 to 20%** reductions in household food waste. No grand fanfare. Just lives, changed a little and affected a lot.

And perhaps that is how it begins not with mandates, but with meaning. Not with declarations, but with daily acts, repeated until they matter.

## BARRIERS AND OPPORTUNITIES FOR YOUTH ENGAGEMENT

Though they stand at the edge of a world they did not make, young leaders, restless and resolute, continue to step forward in the face of indifference. Their hands are not empty, but their path is often stripped of resources. A 2022 review by the World Bank, precise and indifferent as bureaucracy tends to be, revealed that less than **1%** of global climate finance finds

its way into youth-led initiatives. It is a figure that speaks not of economics, but of a quiet dismissal, a systemic forgetting of those who will inherit what is left behind.

Policy, too, remains an unfinished promise. The UN Environment Programme records that only **12% of nations** have found room in their official ambitions for the problem of food loss and waste. Infrastructure is absent. Incentives, if they exist, are whispers. And so, young reformers are often left to construct the future out of fragments, without scaffolding, without sanction.

Yet there is a glimmer. A stubborn, aching potential that refuses to be extinguished.

The World Economic Forum estimates that halving global food waste could **save over \$120 billion** annually and since food waste contributes **8–10%** of global greenhouse gas emissions, such reductions would have a significant climate benefit.

## CONCLUSION

The evidence does not shout, but it is resolute: these young changemakers are not simply dreamers adrift in hope, they are, in truth, agents of disruption, working quietly yet effectively against the machinery of waste. Their efforts mirror the call of **Sustainable Development Goal 12.3**, which urges humanity, so often indifferent, to halve its food waste by 2030.

To the researcher, their work is more than activism; it is a living laboratory where human behaviour and emerging technologies converge. To the architect of policy, these young efforts do not arrive dressed in utopias. They come weathered, tested by scarcity, shaped by compromise, and yet intact. Their blueprints are not imagined in offices but forged in the contradiction of doing much with little. Scalable

perhaps, but only if the will to look beyond delay exists.

And to the rest of us, the ones content with observing from the shore while others wade into the current, they offer something rarer still. They offer evidence that the machinery of change has already begun to turn. It is not hope they extend, but responsibility. A just food system is not a vision to be admired from afar. It is a burden we are free to lift or to ignore. And in that freedom lies the quiet tragedy that nothing changes unless we decide it must.

*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.*



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

 [www.vegetarian.org.nz/about/news](http://www.vegetarian.org.nz/about/news)

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.

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# DINING OUT INTERNATIONAL EDITION

## TOP 5 VEGETARIAN-FRIENDLY RESTAURANTS IN LOS ANGELES

BY INA BABIC

Los Angeles is a dream destination for plant-based eating. When my family and I visited LA, we were spoiled for choice. The city offers endless options that are flavour-packed and genuinely exciting. These are the top 5 places we kept thinking about long after the meal was over and the ones we'd return to in a heartbeat.

### 5. TOCAYA MODERN MEXICAN



For fast-casual dining that doesn't compromise on quality, Tocaya Modern Mexican is hard to beat. Their tacos are satisfying and full of flavour, with plant-based options that feel fresh and genuinely delicious.

What really stands out is how customisable the menu is, making Tocaya an easy choice when travelling as a family or with mixed dietary preferences. This was especially appreciated by us, as our kids are coeliac and we're always on the lookout for good gluten-free dining options — something that can be hard to find when travelling.

With multiple locations across Los Angeles, Tocaya is a reliable and convenient option when you want something quick, and flavour-packed.

[www.tocaya.com](http://www.tocaya.com)

### 3. ALFALFA

Before visiting Alfalfa, I was never a huge breakfast burrito person — but this place completely converted me. Known for their breakfast burritos, the menu is simple but done right, focusing on quality ingredients and flavour rather than unnecessary extras. A big bonus is their gluten-free doughnuts, which are genuinely excellent and make Alfalfa an easy win for anyone with particular dietary requirements.

It's the kind of spot that's perfect for a casual breakfast or brunch, whether you're grabbing something on the go or sitting down to fuel up for a busy day of exploring LA, Alfalfa is a must-visit.



[www.eatalfalfa.com](http://www.eatalfalfa.com)

### 4. NORTH ITALIA



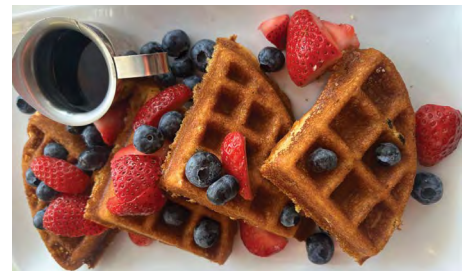
North Italia is a well-known chain across the United States, and it's easy to see why it's so popular. With a cool, modern vibe and a menu full of Italian classics done well, it's a great option when you're craving comforting, familiar food while travelling.

We visited the Santa Monica location for dinner and loved the relaxed atmosphere, stylish without feeling pretentious. While not a fully vegetarian restaurant, North Italia offers excellent vegetarian pizza, pasta and salad options that feel thoughtfully put together rather than like an afterthought.

It's an easy crowd-pleaser and works particularly well when dining with a group, as there's something for everyone on the menu. If you're looking for delicious Italian, North Italia is a solid and enjoyable pick.

[www.northitalia.com](http://www.northitalia.com)

### 2. BLUE DAISY



Blue Daisy is a brunch spot that is full of charm. The kind of place you instantly want to settle into. Their vegetarian options shine, with standouts including the Florentine crêpe, waffles, and French toast, all done with comforting flavours and generous portions.

This is the kind of café you visit when you want to linger over coffee and enjoy a slower start to the day. The atmosphere is relaxed and friendly, making it ideal for a laid-back brunch.

Blue Daisy is a reliable choice when you want something familiar but well executed. If you're in LA and looking for a brunch spot that feels warm and unpretentious, Blue Daisy is your place.

[www.bluedaisycfe.com](http://www.bluedaisycfe.com)

### 1. THE BUTCHER'S DAUGHTER



If I could only recommend one place in Los Angeles, it would be The Butcher's Daughter. Fully vegetarian, with plenty of vegan and gluten-free options available, it's effortlessly stylish and the kind of restaurant that feels just as good as the food tastes.

The dishes are both nourishing and beautifully presented. Everything feels thoughtfully made, from the flavours to the overall experience, making it easy to see why it's such a favourite with locals and visitors alike.

Whether you're stopping in for brunch, lunch, or dinner, The Butcher's Daughter delivers consistently. It's the perfect example of how plant-based dining can be vibrant and completely crave-worthy!

[www.thebutchersdaughter.com](http://www.thebutchersdaughter.com)



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GUARANTEED  
FAIR TRADE



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**ORGANIC  
FAIR TRADE  
DRINKING  
CHOCOLATE**

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RICH DRINKING  
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SMOOTH COCOA  
FLAVOUR



300g MADE IN NEW ZEALAND

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- 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](http://HELLPIZZA.NZ) OR VIA THE HELL APP



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[WWW.VEGETARIAN.ORG.NZ](http://WWW.VEGETARIAN.ORG.NZ)

## MEMBERSHIP



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

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

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

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

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

### THE AIMS OF THE NZVS:

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

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

### THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

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

### MEMBERS AND SUPPORTERS

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

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

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

### TO JOIN THE NZVS

Go to our website [www.vegetarian.org.nz](http://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.

## DIRECTORY

### NEW ZEALAND

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027 328 8518

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### OVERSEAS

#### The Vegetarian Society U.K.

Parkdale, Altrincham, Cheshire,  
WA124QG, England.  
[www.vegsoc.org](http://www.vegsoc.org)

#### Vegetarian Resource Group

PP Box 1463, Baltimore, MD21203, USA  
[www.vrg.org](http://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](mailto: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)



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Innovating From Tradition

Lift & Firm, Restore & Protect, Balance & Brighten



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Red Seal - Incredible Inside

Red Seal Natural Kids Toothpaste 70g, Red Seal Natural Kids Fluoride Toothpaste 70g, Red Seal Natural Whitening Toothpaste 100g, Red Seal Natural Whitening Fluoride Toothpaste 100g, Red Seal Natural Complete Care Toothpaste 100g, Red Seal Natural Complete Care Fluoride Toothpaste 100g, Red Seal Natural Baking Soda Toothpaste 100g, Red Seal Natural Lemon Toothpaste 100g, Red Seal Herbal Toothpaste 100g, Red Seal Strong Mint Toothpaste 100g, Red Seal Strawberry & Raspberry Toothpaste 100g, Red Seal Orange & Lemon Toothpaste 100g, Red Seal Tropical Fruits Toothpaste 100g, Red Seal Apple & Cinnamon Toothpaste 100g, Red Seal Baking Soda + Hydroxyapatite (Natruel) 100g

## 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



**BABICH WINES**  
New Zealand's Most Experienced Family Owned Winery

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



**BON ACCORD**  
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

## FOOD & BEVERAGES



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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



**EM'S**  
Unleash Your Power!

Em's Power Cookies: Chocolate Cranberry Craze Bar, Ice Cream Sandwich Cookie



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**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



**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



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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

## 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'S

### 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



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Fuel For Life

OSM Everyday Nutrition – Blueberry & Blackcurrant, 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

## FOOD & BEVERAGES



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Vegan Pesto



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Patisserie L'Amour Plant-Based Pastry Roll



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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 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



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

## FOOD & BEVERAGES



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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 GOODTIME PIE CO.

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Doing Good Tastes Great

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### TREASURED MORNING

Treasured Morning Apple Crumble 350 gr



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# 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**  
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**  
NEW ZEALAND  
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

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[WWW.VEGETARIAN.ORG.NZ/  
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