

 NZ VEGETARIAN SOCIETY

VEGETARIAN *Living* NZ

WINTER 2026

VOL. 82, NO. 4

ISSN 1176-9335

PLANT-BASED FLAVOURS OF THE BALKANS

WE INTERVIEW ONE OF LONDON'S BIGGEST FOOD STARS

WINTER WELLNESS

SUPPORTING IMMUNE HEALTH ON
A VEGETARIAN OR VEGAN DIET

INSIDE THE VEGGIE TREE KITCHEN

INTERVIEW WITH CHEF ANNA VALENTINE

THINK KIND

CALLING ON YOUNG NEW ZEALANDERS
TO STAND UP FOR ANIMALS

OVERCOMING DIABETES
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PRINTING SCG, 20 Vestey Drive, Mt Wellington, Auckland 1060

PRINTING ON FSC Mix certified paper. Chain of Custody Code: SAI-COC-001105.

Vegetarian Living NZ is produced and distributed by The New Zealand Vegetarian Society Inc.

No statements or opinions in this publication may be construed as policy or as an official announcement by the Society unless so stated.

We are always happy to receive contributions. All material undergoes an editing process and we cannot guarantee publication.

Vegetarian Living NZ is published in Spring (Sept–Nov), Summer (Dec–Feb), Autumn (Mar–May), Winter (Jun–Aug). Editorial copy and advertising deadlines are two months prior to publication: 1 July (Spring), 1 October (Summer), 15 January (Autumn), and 1 April (Winter).

To discuss advertising, contact the National Vegetarian Centre 09 523 4686 or editor@vegetarian.org.nz.

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EDITORIAL

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As we move into winter, this time of year often brings a natural shift in routine. We tend to spend more time indoors, gravitate towards comforting meals, and become more aware of the importance of taking care

of our physical and mental wellbeing.

So, it's fitting that we begin this issue with a practical and informative feature on winter wellness and immune health on pages 2 & 3. Exploring key nutrients such as vitamin B12, iron and vitamin D, along with the important connection between gut health and immunity, the article outlines evidence-based guidance on supporting wellbeing through a balanced vegetarian or vegan diet. Readers will also find comforting seasonal meal ideas and practical tips for maintaining health during winter.

On pages 6 & 7, this issue also takes readers on a culinary journey through the Balkans, the culturally rich region of Southeast Europe, with one of London's biggest plant-based Instagram food stars, Philip Zecevic, known online as *phitzee*. From recreating nostalgic family dishes in plant-based form, to building a global following around vegan Balkan cuisine, Philip shares how culture and connection continue to shape his approach to food.

We then step inside the kitchen of Chef Anna Valentine on pages 10 & 11, whose recipes have inspired *Vegetarian Living NZ*

readers for many years. Anna talks about her journey as a chef, educator and cookbook author. She also shares practical advice for making plant-based cooking both easy and satisfying.

On page 14, we look at the passing of legislation to end commercial greyhound racing in New Zealand and what this major shift means for animal welfare in Aotearoa. As the country transitions, many greyhounds will soon be looking for loving forever homes. This heartfelt feature explores the importance of adoption, while sharing insights about the gentle nature of these dogs and how readers can find out more about adopting a retired greyhound.

Finally, we feature an in-depth article from Doctors For Nutrition on pages 16 & 17, exploring the growing impact of type 2 diabetes in Aotearoa and the powerful role lifestyle medicine can play in prevention, management and even remission. The feature outlines practical and evidence-based advice for supporting long-term metabolic health.

I hope you enjoy this winter edition and find something within these pages that inspires, informs or resonates with you. As always, thank you for being part of the *Vegetarian Living NZ* community.

– INA BABIC

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WINTER WELLNESS:

Supporting immune health on a vegetarian or vegan diet

BY CATHERINE LOFTHOUSE

The winter months are often a time when people notice changes in their food preferences and energy levels, typically spending more time indoors, exercising less, and craving comforting foods. These seasonal shifts can influence overall health and may increase susceptibility to infections such as colds and flu. Maintaining immune health over winter is therefore important.

Food choices play a critical role in supporting immune function. The immune system relies on a regular supply of energy, protein, vitamins and minerals to function effectively. A well-planned veg-n diet can provide all the key nutrients required to support immune health.

SUPPORTING IMMUNE FUNCTION

The immune system consists of multiple components that work together to protect the body from illness. These include physical barriers, such as the skin and mucous membranes, immune cells that identify and respond to pathogens, and the gut microbiome, which helps regulate immune responses. Good nutrition helps support each of these functions.

For people following veg-n diets, careful planning helps ensure adequate intake of nutrients commonly associated with immune function. These include vitamins A, B12, C and D, as well as zinc, selenium and iron. Eating a wide variety of plant foods also supports gut health by providing fibre and promoting microbial diversity.

KEY NUTRIENTS FOR IMMUNE HEALTH

VITAMIN A

Vitamin A plays an important role in maintaining the integrity of the skin and mucosal surfaces, which act as the body's first line of defence. It is also involved in the development and regulation of immune cells.

Vitamin A is found in foods in two forms: preformed vitamin A (retinol) and provitamin A carotenoids (such as beta-carotene). Retinol is found in animal-derived foods, while beta-carotene is found in plant foods

and is converted to vitamin A in the body as required. Including a source of fat (e.g. oil, nuts or seeds) helps improve absorption of beta-carotene.

Food sources:

- Orange and yellow vegetables such as kūmara, carrots and pumpkin.
- Dark green leafy vegetables such as spinach, silverbeet and kale.
- Eggs and dairy products.

Meal ideas:

- Pumpkin and lentil soup.
- Roasted kūmara and vegetables.
- Leafy greens added to curries or stir-fries.
- Eggs on wholegrain toast with sautéed greens.

VITAMIN B12

Vitamin B12 supports immune function by supporting the production and activity of immune cells. It is also important for making red blood cells and DNA synthesis. Vitamin B12 is naturally found in animal products only, therefore people following a vegan diet need to obtain B12 from fortified foods or supplements.

Food sources:

- Dairy products.
- Eggs.
- Fortified plant milks.
- Fortified breakfast cereals.
- Yeast extract or nutritional yeast (fortified).

Meal ideas:

- Fortified cereal with plant milk or dairy milk.
- Eggs on wholegrain toast.
- Meals using fortified nutritional yeast (e.g. pasta, sauces).

VITAMIN C

Vitamin C supports immune cell function and acts as an antioxidant. It also enhances the absorption of iron from plant foods. Vitamin C is widely available in fruits and vegetables. Including a source of vitamin C with meals can improve iron absorption.



Food sources:

- Citrus fruits and kiwifruit.
- Capsicum, broccoli and other vegetables.
- Tomatoes, including canned varieties.

Meal ideas:

- Vegetable-based soups or stews with canned tomatoes.
- Fresh fruit as a snack or dessert.
- Stir-fries with capsicum and broccoli.

VITAMIN D

Vitamin D supports immune function and helps regulate calcium levels in the body. It is also important for bone and muscle health.

Very few foods naturally contain significant amounts of vitamin D, making it difficult to obtain enough through diet alone. The body produces vitamin D through direct sunlight exposure on the skin. To maintain adequate vitamin D levels in New Zealand, short periods of sun exposure are recommended. The amount of time required varies depending on factors such as skin type, location, season and time of day. As a general guide, this may range from a few minutes in summer to longer periods in winter. Sun-safe practices should always be followed.

Sources:

- Sensible sunlight exposure.
- Egg yolks.
- Dairy products.
- Fortified dairy products, plant milks or margarine.

ZINC

Zinc supports the development and activity of immune cells and contributes to wound healing and normal growth.

Zinc is available from a range of plant and animal foods. Zinc from plant sources is less readily absorbed due to phytates, which are naturally occurring compounds found in wholegrains and legumes that can bind minerals and reduce absorption. Food preparation techniques such as soaking, sprouting, fermenting and cooking can help reduce phytate levels.

Food sources:

- Dairy products.
- Wholegrains.
- Legumes (beans, lentils, chickpeas).
- Fortified breakfast cereals.
- Nuts and seeds.

Meal ideas:

- Lentil or bean-based soups and stews.
- Chickpea curries.
- Wholegrain porridge with nuts and seeds.
- Yoghurt with fruit and seeds.

SELENIUM

Selenium supports immune health by acting as an antioxidant, helping to reduce oxidative stress and support the body's response to infection. It also supports proper thyroid function and reproductive health.

Food sources:

- Brazil nuts.
- Eggs.
- Mushrooms.
- Tofu.
- Brown rice.
- Lentils.



Meal ideas:

- Brazil nuts as a snack.
- Tofu or lentil curry served with brown rice.
- Eggs included in meals or snacks.

IRON

Iron supports immune health by contributing to the growth and activity of immune cells. It is also essential for oxygen transport in the body.

Iron is found in both plant and animal foods. Iron from plant foods (non-haem iron) is less readily absorbed, however absorption can be improved by pairing these foods with vitamin C-rich foods. Tea, coffee and calcium-rich foods can reduce iron absorption if consumed at the same time. Allowing at least one hour between consuming these and iron-rich meals can help improve absorption.

Food sources:

- Tofu and soy products.
- Legumes.
- Dark green leafy vegetables.
- Eggs.
- Wholegrains.
- Breakfast cereals fortified with iron.

Meal ideas:

- Lentil and vegetable stew with tomatoes.
- Bean-based chilli.
- Tofu and vegetable stir-fry.
- Eggs with wholegrain toast and vegetables.



THE GUT-IMMUNE CONNECTION

The gut microbiome plays a central role in immune function. A large proportion of immune activity occurs in the gut, and diet directly influences the composition of gut bacteria.

Dietary fibre is particularly important for gut health. Certain types of fibre act as prebiotics, meaning they provide a food source for beneficial gut bacteria. When these bacteria ferment fibre, they produce compounds that help support the gut lining and regulate immune responses.

Diets rich in plant foods typically provide higher amounts and a wider variety of fibre. Eating a diverse range of plant foods helps support a more diverse gut microbiome, which is associated with better overall health.

Probiotics are live microorganisms found in some fermented foods. These may help support the balance of gut bacteria, although their effects can vary depending on the type and amount consumed.

For more information on gut health, see 'Gut health: How veg~n diets are key', *Vegetarian Living NZ*, VOL. 80, NO. 2.

Practical strategies:

- Include a variety of plant foods across the week.
- Eat wholegrains, legumes, vegetables, fruits, nuts and seeds daily.
- Include fermented foods such as kefir, kimchi, kombucha and sauerkraut where available.

WINTER-FRIENDLY FOODS AND MEALS

Winter meals can support immune health while remaining practical and cost-effective. Seasonal produce such as root vegetables, brassicas (eg, cabbage, broccoli and cauliflower) and citrus fruits is often more affordable and widely available during the winter.

Meals that combine several food groups can help meet nutrient needs while being comforting and filling. Examples include:

- Vegetable and lentil soups or stews.
- Chickpea or bean-based curries.
- Roasted vegetable bowls with wholegrains.
- Oats topped with fruit, nuts and seeds.

Canned and frozen vegetables can help manage cost and reduce food waste. These options retain most nutrients and provide a practical alternative when fresh produce is limited.

In addition to nutrition, adequate sleep, regular physical activity and stress management are important for supporting immune function during winter.

DIETARY SUPPLEMENTS

A well-planned veg~n diet can provide most nutrients required for good health. In many cases, nutritional needs can be met through a varied and balanced diet. However, some nutrients require particular attention. Vitamin B12 is not reliably available from plant foods, and supplementation or fortified foods are recommended for people following a vegan diet. Vitamin D intake may also be low during winter months, particularly for those with limited sun exposure.

For more detailed information about dietary supplements, see 'Are nutritional supplements needed on a veg~n diet', *Vegetarian Living NZ*, VOL. 80, NO. 3.

CONCLUSION AND RECOMMENDATIONS

- A varied veg~n diet that includes wholegrains, legumes, vegetables, fruits, nuts and seeds can provide the nutrients required for normal immune function. Aim for a wide variety of foods.
- Use seasonal and locally available foods to support affordability and dietary quality.
- Check the NZ Vegetarian Society webpage for delicious vegetarian-friendly recipes: www.vegetarian.org.nz/veg-living/recipes
- Include lifestyle habits that support health, such as adequate sleep, regular physical activity and stress management.
- Pay particular attention to nutrients such as vitamin B12 and vitamin D, and consider supplementation if needed.

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

 www.vegetarian.org.nz/about/news

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



NUDAIRY'S

DAIRY-FREE MELTY GOODNESS



NEW WORLD





TRISTAN'S Corner

Didn't this winter suddenly sneak up on us? Or maybe I say that every year. It feels like one moment I was still in jandals and the next I was helping everyone find their winter clothes and digging electric blankets out of the cupboards. I actually love winter. Not only in the, 'isn't the frost pretty,' kind of way, but also in the practical, 'let's get cosy and make warm food,' kind of way.

Keeping our family happy and well through winter isn't complicated. It's a combination of warm, hearty food, good vibes and psychological support. Research shows that emotional wellbeing, social connection and reduced stress are linked to healthier immune function, so a positive home environment can help fend off winter viruses. For us, this means shared family meals, relaxed routines, time for hobbies and plenty of opportunities to laugh and connect, even on the coldest, darkest days of mid-winter.

Winter vegetables are dense with nutrients, and thankfully, they make your kitchen smell amazing. Kumara, pumpkin, and carrots provide beta-carotene, silverbeet and kale bring iron and vitamin C and lentils, chickpeas and beans are



protein-rich for fast-growing kids and teenagers. Our winter staples are soups, stews and casseroles built around these ingredients. I load them up with warming spices like ginger, turmeric and cinnamon, not just for extra flavour and comfort, but because ginger and turmeric contain compounds traditionally associated with supporting the immune system, while cinnamon adds a rich, antioxidant-packed warmth to the dish. A big pot on a Sunday afternoon sets us up for the week and fills the house with the kind of smell and feel you want to come home to.

Even with the best diet, winter colds are bound to happen. I love that kids are really good at washing their hands these days and have become much more aware about viruses after lessons learned over the past few years. We can't avoid them all, but we can stack the odds in our favour. Fermented foods like sauerkraut, kimchi and miso have become popular in our house, and a healthy gut is one of our best defences.

Vitamin D can be tricky in winter. Many New Zealanders, including adults and children, tend to have lower vitamin D levels in winter because we get less direct sunlight. National nutrition data from the Ministry of Health

suggests that a sizeable proportion of New Zealanders fall below recommended levels of vitamin D, which is why we include fortified plant milks in our family's winter diet and, when needed, top up with supplements.

On top of that, we prioritise good sleep, plenty of water, regular handwashing, and getting outside before dinner, even if it's just for a short walk. Natural light helps regulate sleep and lifts mood, and doing it consistently really helps. On days spent indoors, routines and small rituals matter. Family meals are non-negotiable in our house, and sitting down with a herbal tea, a book or a creative project adds a comforting structure.

Another great idea is yoga, bodyweight workouts, or tai chi in the living room. Staying active keeps energy levels up, supports mental health and balances all those root-vegetable casseroles.

So, if you keep up with fresh air and regular exercise, enjoy hearty, warming meals, don't forget plenty of leafy greens and colourful vegetables, and take a little time for connection, creativity and good vibes, winter can be a season where your vegetarian family stays happy, healthy and resilient.

Tristan Stensness (BSocSci, Psychology) writes about raising vegetarian children and family life. She also creates and sells natural, handcrafted perfumes from her home studio, available at www.tristan.nz.

PLANT-BASED FLAVOURS OF THE BALKANS

BY INA BABIC

As plant-based eating continues to grow globally, so too does interest in how traditional cuisines can be reimagined without compromising on flavour, culture or connection.

In this issue, we speak with Philip Zecevic (also known as Phitzee online), one of London's biggest plant-based Instagram food stars, bringing Balkan cuisine from the culturally-rich region of Southeast Europe, including countries such as Montenegro, Serbia, Bulgaria and North Macedonia, into a new era.

Tell our readers a little about yourself and your heritage. How has your cultural background influenced the way you cook today?

I was born and raised in London, but both of my parents are from Montenegro, so I grew up in a very Balkan household. We always spoke Serbian at home, and culturally it was very much a Yugoslav environment.

As I've gotten older, I have really embraced that heritage. It has become something I'm proud to share, and it plays a huge role in how I cook today. A lot of my work focuses on recreating the dishes I grew up with, not just for the flavours, but for the memories, emotions and cultural identity tied to them.

What led you to adopt a vegan lifestyle, and how did that change your relationship with traditional Balkan cuisine?

I came into it through health. When I was at university, I started cooking for myself for the first time and became really interested in how food made me feel. After university, I began experimenting, cutting out different foods to see the impact. Removing dairy from my diet made a big difference, and over time, I gradually reduced meat. After about a year, I found I felt best when eating mostly plant-based food.

What made me stay vegan was the ethical side. I realised my actions did not align with how I felt about animals. That shifted everything for me. In terms of Balkan cuisine, it did not push me away from it, but actually brought me closer. It made me want to find ways to keep those dishes

in my life; just in a way that aligned with my values.

Many Balkan dishes are traditionally centred around meat and dairy. What inspired you to start recreating these recipes in vegan form?

It made me realise there must be a way to still enjoy the foods we grew up with, not just for vegans, but for anyone who does not eat meat for different reasons.

That's how my 'Best of Balkans' series started. I recreate traditional dishes like ćevapi, burek, sarma and moussaka in a plant-based way. It's about showing that the essence of these dishes is not the meat; it is the flavours, the culture and the experience around them. I have had messages from people in the Balkans and beyond saying how meaningful it is to see these dishes reimagined. That's when I realised it's not just about food, it's about connection.

Your recipes have gained a strong following online. When did you first realise that people were really connecting with your content?

I have been posting for about seven years now. In the beginning, it was just about sharing what I was cooking and finding inspiration. It took two or three years before I noticed a real traction. I remember reaching around 10k followers, and then in the following year, it jumped to over 100k; that's when I realised there was something there.

I also saw that there was space for what I was doing, especially sharing plant-based Balkan food, which is not something you see very often.

You share many of your recipes on your website as well as social media. How do you approach developing recipes that stay true to Balkan flavours while being completely plant-based?

I break each dish down into its core elements – texture, flavour and overall experience – and then work out how to recreate that without meat.

For example, with sarma (stuffed cabbage rolls), you can use plant-based mince or crumble tofu or tempeh and season it with smoky flavours like paprika and garlic. Once it is all cooked together, you still get that same satisfying, familiar result.



Sometimes the swaps are even simpler, using vegan cheese in burek or oil instead of animal fats. It's about keeping the integrity of the dish while making thoughtful substitutions.

You also host Supper Clubs where you cook Balkan-inspired vegan dishes in restaurants. What are those evenings like, and what do you hope guests take away from the experience?

For me, it's about more than just the food, it's about the whole experience. Balkan hospitality is very warm and generous, and I want guests to feel that as soon as they walk in.

I also enjoy elevating traditional dishes into something a bit more modern. Balkan cuisine is not as globally recognised as others, so it is a chance to introduce people to something new. Ultimately, I want guests to leave feeling satisfied, connected, and like they have experienced something memorable.

Is there a particular dish from your childhood or cultural heritage that you were especially proud to recreate in a plant-based way?

Definitely moussaka, the Balkan version, which is quite different from the Greek one. It is made with layers of potatoes, mince and vegetables, topped with a creamy mixture.

It's a very nostalgic dish for me, something my mum made regularly when I was growing up. I recreated it as a plant-based version and even served it at one of my Supper Clubs in a more elevated way. That one means a lot to me.

You have also started producing and selling your own ajvar (a traditional Balkan roasted pepper spread). What inspired you to turn this traditional condiment into a business?

It actually was not something I originally planned. A few years ago, a company approached me and suggested it, which



got me thinking – Ajvar felt like the perfect choice. It's authentic to my culture, but not widely known in places like the UK. I started by making everything myself, which was very time-consuming but a great learning experience.

Eventually, I partnered with a producer in North Macedonia, which is known for producing high-quality ajvar. Now it's something I can share more widely, and it's exciting to see it growing, even being used in restaurants.

From your perspective, how important is clear labelling and certification for vegetarian and vegan products?

It is really important. Having a recognised certification, like the Vegetarian Society Approved trademark, gives people immediate confidence.

It's such a simple visual cue, but it carries a lot of trust. People know that the product has been assessed and meets certain standards, which makes a big difference when choosing what to buy.

What message would you share with people, particularly in cultures where meat is deeply ingrained, who are curious about exploring more plant-based eating?

I would say just eat more plants. You don't have to become vegan overnight, or at all. Just focus on increasing the amount of plant-based foods on your plate. That alone can have a positive impact on your health, the planet and animals.

Small changes lead to meaningful change, and that is where it starts.



POTATO MUSAKA (MOUSSAKA) RECIPE:

INGREDIENTS:

3 large potatoes, peeled
1 white onion, diced
1 carrot, grated
1 celery stalk, chopped
350g plant-based mince
1.5 tbsp mix dried vegetable seasoning
1 tsp smoked paprika
black pepper, to taste
salt, to taste
1 tbsp fresh parsley, chopped
250ml dairy free single cream
1/4 cup soya milk, unsweetened

DIRECTIONS:

Preheat the oven to 190°C.

In a lightly oiled pan over medium heat, fry the chopped onions until translucent. Add in the grated carrot and chopped celery, continue cooking until softened.

Add in the mince, vegetable seasoning, smoked paprika, salt, black pepper. Stir together and cook for another 2–3 min, then set aside.

Peel the potatoes and thinly slice them. You want each slice approx 0.5cm thick.

Place one layer of the sliced potatoes in a baking dish covering the entire base of the dish, top with the mince mix, fresh parsley, then add another layer of potatoes on top covering the surface.

Repeat once more to form 3 layers of potato and 2 layers of mince. Sprinkle with some smoked paprika on top.

Mix together the single cream and soya milk in a mug, pour evenly over the entire dish.

Cook in the oven for 50–55 min.

Allow to cool slightly before slicing and serving. I recommend serving with a dollop of vegan cream cheese and parsley to garnish.

VEGETARIAN APPROVED & VEGAN CERTIFIED



Product News

BY SIANNE DIXON-HALL, NZVS PARTNERSHIPS MANAGER

YOUR ESSENTIAL GUIDE TO WINTER WELLNESS WITH KIWHERB

Founded in 2000, Kiwiherb has established itself as a leader in premium plant-based natural health products. Their philosophy centres on combining the wisdom of traditional herbal medicine with modern pharmacological research. Committed to sourcing sustainable organic ingredients, they partner with local growers to ensure the native New Zealand botanicals they use are harvested at their peak potency, then tested and manufactured in their specialised Auckland facility.

As winter approaches, the Kiwiherb range offers potent, certified organic solutions for immune and respiratory support. Here are some recommended products for the colder months:



KIWHERB



KIWHERB CHILDREN'S ORGANIC CHEST SYRUP

Vegetarian Approved

Specifically formulated for little ones (0–12 years), this syrup soothes both wet and dry chest irritation and helps clear airways. A gentle yet effective alternative to adult formulas, it replaces stronger herbs with hyssop and thyme, traditionally used in western herbal practice. It also helps calm children who may be struggling to sleep due to congestion.



KIWHERB ORGANIC DE-STUFF RUB

Vegetarian Approved

External support for all ages, this organic rub helps clear a tight chest and blocked nose. It blends six essential oils, including peppermint, eucalyptus, and thyme, in a base of coconut oil, olive oil and New Zealand beeswax. Lavender provides a pleasant aroma and a calming effect, making it ideal for application before bed.



KIWHERB ORGANIC CHEST SYRUP

Vegetarian Approved

A versatile, family-friendly formula designed for both chesty coughs and dry, irritating ones. It features marshmallow root, a natural demulcent celebrated since ancient times to ease throat scratchiness. White horehound and elecampane relax the lungs and airways to help relieve chest congestion, while being naturally sweetened with Mānuka honey.



KIWHERB ECHINATURE®

Vegetarian Approved

A quality product for year-round defence, Echinature® is a premium blend of New Zealand grown echinacea and Mānuka honey. Unlike many other supplements, Kiwiherb uses the echinacea root to ensure high levels of alkylamines, the active compounds that support immune function. A potent tonic for everyday immune support and to help lessen the severity and duration of winter ills and chills.

By focusing on high-potency, organic extracts, Kiwiherb provides reliable, New Zealand-made products to navigate the winter season naturally. Discover their full range at kiwiherb.co.nz

You will find a complete list of our current Vegan Certified and Vegetarian Approved products listed at the end of the magazine. However, if any of your favourite products aren't listed, send an email to trademark@vegetarian.org.nz and we'll get in touch with them. The more products we can trust the better!

VEGETARIAN & PLANT-BASED NEWS HIGHLIGHTS...

FROM NZ & AROUND THE WORLD



VEGETABLE SECTOR RAISES CONCERNS OVER FACTORY CLOSURES

New Zealand's vegetable industry has voiced concern over proposed processing plant closures by Wattie's, warning the move could have significant impacts on growers, supply chains and local food security. Industry representatives say reduced processing capacity may leave farmers without viable markets for their produce and increase reliance on imported vegetables, while also putting pressure on an already challenged sector.



LIVE ANIMAL EXPORT BAN REMAINS IN PLACE

The New Zealand government has confirmed the ban on live animal exports by sea will remain in place, following a decision not to proceed with plans to reinstate the trade. The move has been welcomed by animal welfare advocates, who have long raised concerns about the risks to animals during long-haul sea transport.



PLANT-BASED DIETS LINKED TO CELLULAR HEALTH

New research published in the journal Nutrition Research suggests vegans may have higher levels of NAD⁺, a key molecule linked to cellular energy and ageing, potentially supporting healthier ageing at a cellular level. While more research is needed, the findings add to growing evidence of the benefits of plant-based diets.



GREYHOUND RACING TO END IN NEW ZEALAND

Greyhound racing in New Zealand will be phased out, with the final races expected by July 2026. The decision follows ongoing animal welfare concerns and marks a significant shift for the racing industry.

As the industry winds down, thousands of greyhounds will need to be rehomed, creating an important opportunity for adoption organisations and the public to support these dogs into life beyond racing. [Read more on page 14.](#)



HORSE MEAT PIES BACK ON THE MENU AT AUCKLAND BAKERY

The return of horse meat pies to an Auckland bakery has raised concerns, particularly given that it remains legal to sell horse meat in New Zealand. According to the Ministry for Primary Industries, only one processor is currently registered to slaughter and process horse meat for human consumption.



GOVERNMENT PLANS TO RESHAPE ENVIRONMENT MINISTRY

The New Zealand government has proposed abolishing the standalone Ministry for the Environment and merging its functions into a new 'mega ministry' covering housing, transport and regional development. Supporters say the move will reduce duplication and improve coordination, while critics warn it could weaken environmental oversight and accountability.



PLANT-BASED FOOD DEMAND CONTINUES TO GROW GLOBALLY

Global demand for plant-based food continues to rise, with steady growth reported across key markets including Europe and North America. Industry analysts point to increasing consumer awareness of health, environmental and animal welfare issues as key drivers behind the trend, alongside continued innovation in plant-based products.

Inside The Veggie Tree Kitchen:

WE INTERVIEW CHEF ANNA VALENTINE

BY INA BABIC

From a childhood decision to stop eating animals to becoming a trained chef and passionate plant-based advocate, Anna Valentine's purpose-driven journey now inspires others through The Veggie Tree, her Northland-based cooking school and online platform. The Veggie Tree is where Anna shares her passion for plant-based cooking through hands-on classes. We caught up with Anna to talk about her approach to food, her love of foraging, and how she continues to share her knowledge with a wider community.

Can you share a little about your journey into plant-based cooking... What first inspired you to become a plant-based chef, and what continues to motivate you today?

Committing to a vegetarian diet from the age of twelve, I decided I liked animals alive more than I enjoyed eating them, so embarked on this journey with childhood stubbornness and naivety to which I have never felt any regret. I did the classical French chef training and have used these skills to develop recipes that don't scrimp on flavour or texture. Now I empower and inspire others to eat more plants, holding cooking schools and workshops from my home in Kaeo. I thrive in sharing the knowledge I've picked up along the way, and the positive feedback I get from cook schoolers and folks that have my cookbooks encourages and motivates me to carry on doing and sharing what I love.

You've been contributing recipes to *Vegetarian Living NZ* for many years. How has your approach to plant-based cooking evolved over that time?

Yes, it's been nine years now. Most of the recipes I create these days have vegan and gluten-free options and I find myself eating less dairy and gluten myself because the recipes without them are so tasty! Foraging and wild food has become an extension and passion of my love of plants, and the nutrition and medicinal qualities of the wild plants is constantly inspiring.

Your recipes are known for being adaptable, including gluten-free options - how do you approach creating dishes that are both inclusive and flavourful?

Thank you, I do really try to be as inclusive as I can with my recipes and have come to realise so very many people have intolerances to foods. It breaks my heart that people are not able to enjoy the simple things in life like a piece of toast without getting severe pain. I have had folks in tears after retreats where they haven't been able to eat a meal without some kind of medication to help them digest it. If the majority of them are gluten free I just do the whole group gluten free, and they haven't had to take the pills they usually would all week. The recipe isn't going anywhere if I don't like it, and I have a very discerning palate.



For readers who are new to plant-based cooking, what are some simple swaps or techniques that can make the transition easier?

Cheese is one of the major ones for sure and luckily now there are heaps of alternative options out there which wasn't the case 10 years ago, plus there are many recipes around to make your own, including my recipes in Abundance cookbook. Plant-based milks also can be used instead of dairy. It's just a matter of finding the one you like the most, but I also find some are best suited to savoury dishes like rice milk for example. Getting the smoky flavours we all love into foods is also up there; again, there are many convenience products, or you can add ingredients like liquid smoke and smoked paprika to help with these flavour profiles.

What are your go-to ingredients or pantry staples that you believe every plant-based kitchen should have?

Plant milk, plant butter, extra-virgin olive oil, coconut oil, beans and legumes which you then get aquafaba from as a bonus, tempeh, tofu, nutritional yeast, agar powder, a good variety of nuts and seeds, hemp hearts/oil, dried seaweed and a couple of different varieties of salt.

You also run cooking demonstrations - what do you find people are most surprised to learn when they see plant-based cooking in action?

How much variety there is and what you can make out of plants, not just salad. They are always surprised at how satisfyingly full they are after eating and that it is not too complicated. I often use similar ingredients for certain cuisines, because folks don't want to go out and buy heaps of new ingredients they'll never use. It's reassuring to watch and have people being involved in making the recipes in my cooking schools, asking questions and being able to immediately see and taste the result.

How do you balance creating recipes that are both nourishing and satisfying, while still feeling accessible for everyday home cooks?

Making my recipes family friendly was the cornerstone of creating recipes that would be accessible to all, as well as kids being able to make them. My fascination into plant-based nutrition was sparked by the constant questions of, 'are you getting enough of this or that nutrient?', when in the end a wholefoods plant-predominant diet has been proven to be the healthiest for humans. My job is to make them delicious and satisfying, and I do this mostly for myself which in turn benefits everyone else.

You've published several cookbooks... What has been the most rewarding part of sharing your recipes in this way?

Being able to reach further afield than Northland New Zealand, my first two books were self-published and were an extension of what we were making in my cooking schools here in Kaeo. I just adore developing recipes and taking photos of them, because we eat with our eyes first and I wanted every recipe's picture to invoke an 'Oh yum! I want to make that'.

Looking ahead, what's next for you? Are there any new projects, recipes, or ideas you're particularly excited to explore?

Yes! I have very recently launched The Veggie Tree Online, with cooking schools and workshops, which I hope to reach more folks who can't travel to Kaeo for a class. With the rise in the cost of living, I hope to share the same quality experience as I have here at The Veggie Tree HQ in the comfort of your own kitchen. You can ask questions and create delicious recipes that you will use again and again, and then share with family and friends. There are a bunch of different classes to choose from – themed meals to gluten free staples, to foraging and wellness workshops. I'm excited to meet more people and share my love of plant-based cooking throughout New Zealand and abroad if timing permits.

W www.theveggietree.com



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Recipes



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



CASHEW SOUR CREAM

This tangy, creamy, probiotic sour cream is a staple in our fridge. We enjoy it with many meals, including nacho's, taco's, wraps, baked potatoes, soups and as a dip. It thickens up in the fridge but I will often leave it out for 24 hours, drizzled with olive oil and a muslin cloth or similar over the top to start the fermentation which gives it an extra tang and flavour. It keeps in the fridge for a couple of weeks in a clean sterilised jar.

INGREDIENTS:

1 cup cashews, soaked 1 hour in boiling water

150ml water

zest and juice 1 lemon

2-3 tablespoon apple cider vinegar

METHOD:

1. Add the cashews, water, lemon, apple cider vinegar and salt to a high-speed blender and blitz until very smooth.
2. Check for acidity and add the extra measurement of vinegar if needed.
3. Store in the fridge.



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The NZ Vegetarian Society welcomes and values highly all financial gifts.

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

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

SMOKY SUBSTITUTES

One of my favourite flavour profiles is smoky. Many people on a plant-based diet say the main thing they miss is bacon, so I like to have a few alternatives in my back pocket for satisfying this craving. Marinating some ingredients for a few hours enhances the depth of flavour, especially for the tofu and mushrooms, but it is not essential.

INGREDIENTS:

2-3 tablespoons light soy sauce, Tamari or coconut aminos

2-3 tablespoons oil, extra virgin olive or hemp seed oil

1 tablespoon liquid smoke

1 tablespoon maple syrup

1 tablespoon smoked paprika

1 tsp garlic powder or 1 clove garlic, crushed

1/2 tsp of Himalayan or flaked salt

1x300g block firm tofu, sliced into 12x5mm slices width-ways

OR

1x300g block tempeh, sliced into 18x5mm slices thin slices width-ways

OR

300g mushrooms, into 5mm slices (amount varies depending on mushroom)

2 tablespoons coconut oil, virgin or refined, melted

PLANT-BASED &
GLUTEN-FREE

Makes approx 15 pieces

METHOD:

1. Gather your ingredients and add the soy sauce, oil, liquid smoke, maple syrup, smoked paprika, garlic and salt to a flat container or bowl.
2. Stir together then add the tofu, tempeh or mushrooms and mix carefully to coat all the pieces.
3. Leave to marinate if time allows, flipping once during this time.
4. Preheat the oven to 150°C and line a tray with baking paper.
5. Place each slice onto the paper with as much marinade stuck to it as possible with 1cm space between each and bake for 25 minutes, remove from the oven.
6. Drizzle with 1 tablespoon of coconut oil, flip over, brush any remaining marinade over the top of each slice, drizzle with the other tablespoon of coconut oil and return to the oven for 25 minutes.
7. Remove from the oven, slice or add whole slices to BLT's, wraps, pasta dishes, into pies and quiches or serve with a cooked breakfast.
8. Keep in a covered container in the fridge.
9. Use plenty of oil and a low heat to warm up if needed.



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POPPY'S LEGACY: A SECOND CHANCE FOR EVERY GREYHOUND

BY SIANNE DIXON-HALL

This week, our home is far too quiet and empty. After 12 years as a cherished member of our family, our beautiful greyhound Poppy passed away aged 14. Those sweet nudges for a walk, the clickety clack of her nails on the floor, sprints at the beach, the silly playtimes, and quiet cuddles are now treasured memories that we will never forget.



Yet as we mourn her, I am very aware of the significance of the timing. On April 2, 2026, the New Zealand Parliament passed the Racing Industry Amendment Bill, officially voting to end commercial greyhound racing in Aotearoa by August 1 after years of debate and welfare concerns. But as the racing is about to stop, there is a new challenge, as hundreds of dogs will soon be looking for their forever homes. These dogs have spent their lives being treated as commodities, valued for their speed and profit. For us in the vegetarian community, compassion is a lifestyle, and by adopting one of these special creatures into your life, you are offering it a peaceful retirement and teaching it what it means to be a part of a loving family.



THE PERFECT COMPANION

Many assume greyhounds require hours of running, when in reality they prefer a twenty-minute stroll followed by a 20-hour nap. They are naturally clean and quiet, rarely bark, and with their short, fine hair, they don't shed – making them excellent for indoor living. In addition, they are generally very healthy and walk beautifully on a lead, making them incredibly low maintenance. What makes them most special is the deep bond they develop with their new family and their ability to reflect the energy of the household. You may even experience the famous 'greyhound lean' – their unique way of leaning their full weight against your legs in a silent, loving hug. Ask any owner; they really are magical, and watching one discover a new life outside of a kennel is extremely heart-warming and rewarding.

Poppy gave us over 12 years of unconditional love and taught us that the most rewarding companions are those who have been given a second chance. If you have room in your heart and home, please look into adopting through agencies like Greyhounds as Pets (GAP). Let's make sure that in this new, racing-free New Zealand, every Poppy out there finds the retirement they deserve.

Find out more here: greyhoundsaspets.org.nz.

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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MORNING TEA ON THE ROAD

CREATING HOME-BAKED TREATS IN EVEN THE SMALLEST SPACES

BY SARAH POWELL

Preparing healthy and tasty plant-based meals for a family of three in a space not much bigger than a cupboard has never been straightforward. For the past five and a half years, sailing in remote places has meant working with whatever we could find. Often that was unfamiliar produce, short in supply, or priced in a way that makes you pause for a moment before committing.

It hasn't always gone to plan. Some experiments are better forgotten, particularly when small people are involved and not shy about sharing their opinions.

Over time though, you get a feel for it. You learn how to swap, stretch and rework things until most recipes bend in your favour.

Travelling around Aotearoa in a motorhome has felt, in comparison, surprisingly generous. There's an ease to finding what you need here. Roadside stalls, weekend farmers' markets and the reliably-stocked supermarkets mean I can pick up what I need, whether it's fresh beans from a stall or my favourite flour. Cooking takes on a different meaning and I have enjoyed returning to traditional recipes rather than trying to figure everything out.

The oven, all 45 centimetres of it, gets a decent workout, and baking has become a bit of a constant, from blueberry muffins and banana bread to ginger loaf, carrot cake, and the trusty choc chip cookies. No prizes for guessing we have a bit of a sweet tooth. We regularly enjoy a home-baked treat for morning tea, whether at a picnic spot or on a hike.

Popping into a cafe on our travels can be slightly trickier. Plant milk being almost always an option now, something sweet to go with it is less guaranteed. On days when nothing quite hits the spot, we turn to our trusty choc chip cookie recipe, which has become part of our weekly baking ritual. Nothing complicated, just the sort of thing you can make with ingredients you will have at home. Crisp at the edges, chewy through the middle, and reliably good, they hit the spot every time.

The cookie dough will need to rest in the fridge for 30 mins. You can also leave it overnight or even pop it in the freezer for when you need that cookie fix. Why not add other ingredients with your choc chips? Our family favourite is crushed walnuts and desiccated coconut which are folded in with the choc chips.

INGREDIENTS

Wet ingredients:

- ½ cup vegan butter (or olive-based spread also works well!)
- ½ cup sugar
- 2 tbsp plant milk
- 1 tsp vanilla essence

Dry ingredients:

- 1¼ cups plain flour
- 1 tbsp cornflour
- ½ tsp baking powder
- ¼ tsp salt
- ½ cup choc chips

METHOD

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. Cream the butter and sugar together until smooth and creamy.
3. Add plant milk and vanilla essence, mixing until combined.
4. Sift together the dry ingredients (flour, cornflour, baking powder, salt) and fold into the wet mixture until smooth.
5. Stir in the choc chips.
6. Chill the dough in the fridge for at least 30 minutes. You can also leave it overnight or freeze it for later.
7. Scoop tablespoon-sized balls of dough onto the prepared tray, leaving space for spreading.
8. Bake for 10–12 minutes, or until the edges are lightly golden but the centres remain soft.

Tip: If your oven is a little unpredictable, like mine, the cookies may not come out perfectly flat. No worries. Gently press each one down with a metal spoon as soon as it's out of the oven.

Leave the cookies on the tray for a few minutes before transferring to a wire rack. This is key for a crispy base. They will firm up slightly but stay delightfully chewy.

TIPS FOR CHEWY PERFECTION

- Don't overbake. The centres should look soft when you pull them from the oven.
- Chilling the dough helps control spreading and keeps the cookies chewy.
- Swap ingredients to make them gluten free but pay attention to texture for that perfect chew.



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W www.smallvegankitchen.com

W www.plantforward.co.nz

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



OVERCOMING DIABETES

HOW TO PREVENT, MANAGE, AND REVERSE TYPE 2 DIABETES, AND REWRITE YOUR HEALTH STORY

Type 2 diabetes is one of the most urgent health challenges facing Aotearoa New Zealand. More than 300,000 New Zealanders are currently living with diabetes, the vast majority with type 2 diabetes, and rates continue to rise. The burden is not shared equally. Māori and Pacific communities experience rates of diabetes three times higher than other New Zealanders, alongside greater exposure to the social and environmental drivers of chronic disease.^[1] Adding to this urgency, more than one in four adults has prediabetes, and type 2 diabetes is increasingly being diagnosed in younger people, raising the risk of earlier complications and reduced life expectancy.^[2]

Despite this, type 2 diabetes is largely preventable and, in many cases, can be successfully managed – or even put into remission – via comprehensive lifestyle changes, where the key principles of lifestyle medicine work together to improve insulin sensitivity and general metabolic health.^[3]

But what exactly causes type 2 diabetes?

Type 2 diabetes is a long-term condition where the body has trouble using insulin properly. Insulin is the hormone produced in the pancreas that helps move glucose from the bloodstream into the body's cells, where it's used for energy. Normally, when we eat foods containing carbohydrates – like fruit, vegetables, or grains – they're broken down into glucose, which travels through the blood and is let into cells by insulin, like a key opening a door lock. In type 2 diabetes, this system doesn't work as well. The 'lock' becomes harder to open – often owing to factors like excess fat in the liver and muscles, low physical activity, and regularly taking in more energy from food than the body needs. Glucose can't enter the cells, so it builds up in the bloodstream. Over time, this build-up can damage blood vessels, organs and tissues.

In this issue, we examine the key lifestyle medicine principles, or pillars, and their influence on this chronic condition.

WHOLE FOOD PLANT-BASED NUTRITION

A whole food plant-based (WFPB) dietary pattern centres on vegetables, fruits, whole grains, legumes, nuts, and seeds, while minimising or excluding animal products and highly processed foods.

Large cohort studies consistently show that plant-based dietary patterns are associated with a significantly lower risk of developing type 2 diabetes.^[4] Clinical trials further demonstrate that low-fat plant-based diets can improve HbA1c (a measure of average blood glucose levels over the past 3 months), reduce body weight, and enhance insulin sensitivity (allowing your body's cells to respond to insulin and absorb glucose) in people already living with the condition.^[5,6]

Crucially, this approach tackles underlying insulin resistance (where the body's cells aren't responding to insulin properly) rather than simply attempting to manage blood glucose levels. High-fibre foods slow glucose absorption and improve satiety, while lower levels of dietary fat – particularly saturated fat – can decrease fat accumulation within muscle and liver cells, a key driver of insulin resistance.^[6] In New Zealand, where rising rates of excess body weight are closely linked with increasing diabetes prevalence, this mechanism is particularly relevant.^[7]

By improving the body's ability to regulate glucose effectively, a whole food plant-based approach offers a path not just to

management, but to optimum metabolic health – that is, the body's ability to efficiently convert food into energy, regulate blood glucose, and appropriately store or use nutrients.

PHYSICAL ACTIVITY

Physical activity is one of the most effective ways to prevent and manage type 2 diabetes, and its benefits start almost immediately. When you move your muscles, they immediately take in glucose directly from the bloodstream – even without insulin.^[10,11,12] Using the 'lock and key' analogy above, exercise is so powerful that it's like kicking open the back door; no key necessary! Even short bouts of movement matter. A 10-minute walk after meals is able to significantly reduce the rise in blood glucose that usually follows eating, with effects lasting for hours.^[12]

Over time, regular activity improves insulin sensitivity, reduces fat stored in the liver and muscles, and increases overall metabolic health.^[12] People who are more active have a substantially lower risk of developing type 2 diabetes – up to 40% lower than inactive individuals. Even moderate activity, for example brisk walking for an hour a day, can reduce diabetes risk by about 34%.^[14,15,16]

You don't need to be perfect to benefit – small increases in activity, combined with other healthy habits, can meaningfully improve blood glucose control and reduce long-term risk.

LOW-FAT VS LOW-CARB: TWO APPROACHES TO TYPE 2 DIABETES

LOW-FAT, HIGH-CARBOHYDRATE (e.g. whole food plant-based eating)

- Focus on reversing insulin sensitivity and metabolic health – enabling the body to process and store carbohydrates more effectively.
- Associated with improvements in HbA1c, weight, and cardiovascular risk factors.^[5,6]
- High in fibre and nutrient density.
- A long-term sustainable dietary pattern.

LOW-CARBOHYDRATE, HIGH FAT (e.g. ketogenic diets)

- Focus on restricting carbohydrate intake to lower the amount of glucose entering the bloodstream.
- Can improve *short-term* glycaemic control.^[8]
- Lower in fibre and increases saturated fat intake.
- A short-term dietary option (no more than 6 months) – not recommended for people with type 1 diabetes or kidney disease, or pregnant/breastfeeding or at risk of eating disorder.^[9]

Although both approaches can influence blood glucose levels, a **whole food plant-based dietary pattern addresses the underlying causes of type 2 diabetes** – and can reverse insulin resistance – while also supporting cardiovascular health and long-term well-being.



'fight or flight' response provides energy in case the body needs to run or fight – but for people with prediabetes or type 2 diabetes, it can cause harmful prolonged high blood glucose levels. Over time, this hormonal imbalance may impair the body's ability to regulate glucose and strain insulin-producing cells.^[21]

Stress also drives behaviours that worsen metabolic health, including overeating, reduced physical activity, poor sleep, and alcohol use, creating a cycle that amplifies both emotional distress and blood glucose levels.^[22,23]

Reducing stress through exercise, relaxation techniques, better sleep, and healthy eating can break this cycle and improve blood glucose control.

RESTORATIVE SLEEP

Good-quality sleep is a fundamental part of type 2 diabetes prevention and management. Research shows that both the amount and quality of sleep affect insulin sensitivity and glucose metabolism, key factors in diabetes risk. Poor sleep additionally disrupts appetite hormones, increasing hunger and preference for high-calorie foods, which can also raise diabetes risk.^[17]

Sleeping less than 7 hours per night or experiencing disrupted sleep is linked to higher insulin resistance and impaired glucose tolerance.^[17,18] These effects can happen quickly – even a single night of poor sleep reduces the body's ability to manage blood glucose, and chronic sleep loss over weeks can increase insulin resistance by 15–20%.^[19]

Supporting healthy sleep habits – such as a regular sleep routine and limiting evening screen use – can improve insulin sensitivity and help reduce the long-term risk of type 2 diabetes.^[20]

STRESS MANAGEMENT

Chronic stress is a key contributor to the development and progression of type 2 diabetes. Stress triggers the release of cortisol, signalling the liver to release more glucose into the bloodstream. This

found that both smokers and vapers had a higher risk of diabetes, with dual users (those who smoke and vape) showing the highest risk.^[26,27]

ALCOHOL

Alcohol can interfere with the maintenance of safe blood glucose levels. It stops the liver from releasing stored glucose, which can cause low blood glucose – resulting in confusion, slurred speech, drowsiness, or unsteadiness – especially if you take insulin or certain diabetes medications.^[28,29] Alcohol is high in calories which can make weight management harder and worsen insulin resistance.^[30,31]

It can also reduce judgement, memory, and motivation, making day-to-day diabetes management harder – missed glucose checks, skipped insulin or tablets, or changes to usual meals are common. Heavier drinking is linked to poorer long-term blood glucose control (HbA1c) and inconsistent self-care.

If you want to cut down or quit smoking, vaping, or alcohol, talk with your doctor – they can help you find the right plan for you.

AVOIDANCE OF RISKY SUBSTANCES

SMOKING AND VAPING

Smoking doesn't just harm your lungs and heart; it also makes it harder for your body to manage blood glucose, increasing inflammation and driving insulin resistance, increasing your risk of type 2 diabetes by up to 50% compared to those who have never smoked. The good news? Quitting gradually reduces your risk, showing that it's never too late to benefit from stopping.^[24,25]

New research points to potential metabolic risks linked to vaping (e-cigarette use). Although evidence is still developing, several international studies have found that people who vape currently have higher odds of prediabetes – even if they've never smoked traditional cigarettes. Vaping has been associated with higher insulin resistance in some groups, particularly those who also smoke. Large population studies from Korea

POSITIVE SOCIAL CONNECTIONS

Social relationships play a powerful role in health and well-being. Strong social connections are associated with improved health outcomes, while social isolation is linked to increased mortality risk.^[32] In the context of type 2 diabetes, supportive relationships can improve motivation and help sustain lifestyle changes over time.

Community-based programmes in Aotearoa New Zealand can be especially effective in supporting people with or at risk of type 2 diabetes. For example, Green Prescription (GRx) programmes provide support to help people become more physically active, often through local group activities that build routine and social connection.

Group-based programmes such as diabetes education workshops also create opportunities for peer support, which can improve motivation, accountability, and long-term behaviour change.

Ready to take the next step to prevent, manage or reverse type 2 diabetes?

Sign up for our Overcoming Diabetes course to get structured guidance, support, and tools to improve your 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.





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GoodnessMe brings flavour, fun and choice to everyday lunchboxes with its growing Fruit Snacks range. Bursting with fruity favourites, the line-up includes Strawberry and Blueberry, alongside tropical Pineapple Passionfruit and Grape, with a limited-edition Watermelon flavour adding extra excitement.

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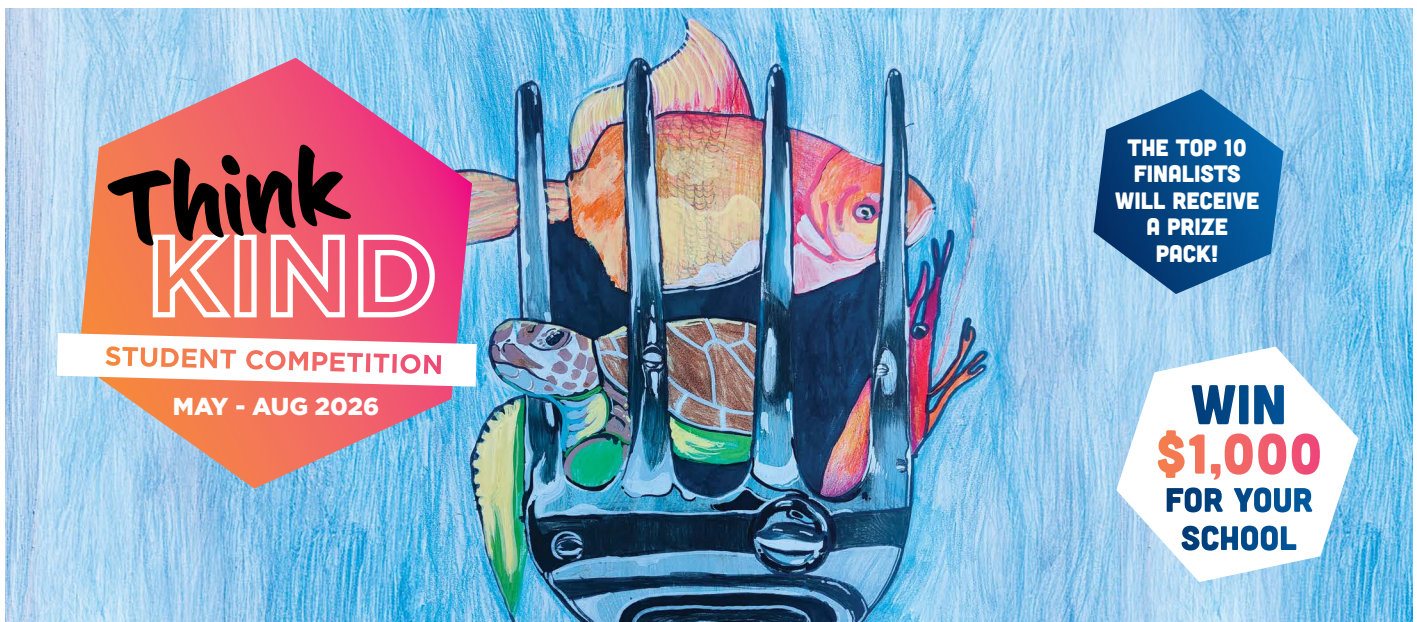
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YOUNG NEW ZEALANDERS ARE BEING CALLED ON TO SHARE THEIR VOICES FOR A KINDER WORLD



The **2026 Think Kind Student Competition** has officially launched, and we would love your help in spreading the word of this great cause, benefiting children, schools and the community.

The competition invites students across Aotearoa, from years 0 to 13 (including homeschoolers), to submit creative work that explores the importance of kindness towards animals and our planet.

The **grand prize of \$1000** towards the winner's school is graciously donated by the fine people at Kiwiherb. Additionally, each entrant receives a certificate and a voucher from Hell Pizza, and the **top 10 finalists** and runners up receive a prize pack, containing products from all of our amazing sponsors (listed below).

The Think Kind Student Competition is open to all creative formats; there are no limits on what students can make or how they choose to express themselves. Through their projects, we hope to inspire young people to reflect on how our food choices affect animals and the world around us, and to explore how reducing meat consumption or embracing a plant-

based diet, can protect the environment, improve human health, and make a real difference to the lives of animals. The competition is also an opportunity to reach young vegetarians and vegans across Aotearoa, reminding them that they are not alone and that they are part of a warm, growing community.

Entries open **May 1st and close mid-August**, with judging taking place in August and September. 10 finalists and a selection of runners-up are then chosen, with the finalists' projects going to a public vote on our website from **1 October, World Vegetarian Day**. Voting runs throughout October, World Vegetarian Month, and the grand winner is announced on 1 November, World Vegan Day.

NZVS President, Julia Clements, says, 'Young Kiwis never fail to surprise me; the creativity and passion they bring to this competition is truly something special. Every year we're blown away by the fresh, imaginative ways students explore kindness to animals, sustainability, and our relationship with the world around us. This competition proves that big ideas can come from any age group. We can't wait to see what they come up

with in 2026, and we're counting on the community to get behind them when voting opens later this year!'

Past entries have included artwork depicting ways we can be kind to animals, poems, short stories, home-made films, and many more! The 2025 grand prize winner was year 11 student Lori Boghossian from Palmerston North Girls' High School, with a one-minute paper stop-motion animation that took over 20 hours of work to sketch (267 drawings), trace, shade, and record.

Think Kind competition guidelines:
vegetarian.org.nz/think-kind/competition-guidelines

Past winners: vegetarian.org.nz/think-kind/past-winners

Got questions?

Contact Robecca Leyden, NZVS Marketing & Communications Manager

Email: marketing@vegetarian.org.nz
Phone: 027 900 13 44 / 020 423 4615

THANK YOU TO ALL THE GENEROUS SPONSORS OF THIS YEAR'S COMPETITION!



DINING OUT

REVIEWS BY INA BABIC



MUMBAIWALA - INDIAN DONE RIGHT

Mumbaiwala has firmly secured its place in my heart as the best Indian restaurant in Auckland, and that's coming from someone who was never a huge curry lover... until now. This restaurant has single-handedly converted me.

From the moment the food arrives, it's clear that flavour is the star here. Every dish is rich and beautifully balanced. Vegetarians are exceptionally well catered for at Mumbaiwala. Each dish feels thoughtfully crafted, with traditional Indian flavours and a refined, modern touch.

Every curry I've tasted has been delicious, but the standout for me is always the cauliflower! Hands down it's the best cauliflower dish I've ever eaten. Perfectly cooked and deeply flavoured, it's the kind of dish that keeps you coming back to a restaurant.

The atmosphere is warm and inviting, making it ideal for everything from a casual dinner to a special night out. The service is friendly and attentive, enhancing the overall experience. For lovers of flavour-packed, comforting food, this is an absolute must-visit.

Auckland: 252 Ponsonby Road, Ponsonby

Mon–Thu from 5pm; Friday 12pm–2.30pm & from 5pm onwards; Saturday & Sunday – 5pm onwards

Christchurch: BNZ Centre, 120 Hereford Street, Central City

Monday–Friday 12pm–2pm & 5pm til late; Saturday & Sunday – 5pm onwards

W www.mumbaiwala.co.nz



JANKEN - JAPANESE WITH STANDOUT PLANT-BASED OPTIONS

A strict vegan friend of mine took me to Janken, and I was pleasantly surprised. Not only by the number of plant-based options available, but also by just how good they were. While Janken isn't a fully plant-based restaurant, it offers an impressive range of vegetarian and vegan dishes that easily stand on their own.

The menu is thoughtfully curated, with plenty to choose from across sushi, noodles, rice bowls, and small plates. What really stood out was the quality and depth of flavour; nothing felt like a compromise or an afterthought. This is the kind of place that works just as well for mixed-diet groups as it does for dedicated plant-based eaters.

The atmosphere is relaxed and welcoming, making it ideal for casual lunches or dinners. If you're looking for Japanese food with excellent vegetarian and vegan options (without sacrificing flavour or variety), Janken is well worth a visit.

Address: 158 Jervois Road, Herne Bay, Auckland 1011, NZ

Hours: Tue–Sun 8am–3pm; Fri dinner 5pm–8pm

W www.jankenjapanese.com



LA BELLE POSTE CAFÉ - A HIDDEN GEM WITH A FRENCH TWIST

La Belle Poste Café is one of those places you stumble across and instantly want to keep coming back to. Tucked away in Grey Lynn, Auckland it brings together Kiwi café culture with a subtle French influence.

The menu is largely plant-based, with a thoughtful mix of brunch favourites and French-inspired dishes. Everything feels fresh and carefully put together without being overcomplicated. Whether you're in the mood for something savoury or leaning towards a sweeter option, there's plenty to choose from, and with strong vegetarian, vegan and gluten-free options, it's an easy go-to for mixed groups.

The atmosphere is light, relaxed and welcoming, making it perfect for a slow brunch or an easy catch-up. There's a warmth to the service that rounds out the experience and makes you want to linger a little longer.

Address: 537 Great North Road, Grey Lynn, Auckland

Hours: Mon–Fri 7am–3pm; Sat–Sun 7.30am–3pm

W www.instagram.com/labellepostecafe

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



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

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

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



WOULD YOU LIKE TO BE HEALTHIER,
LEAD A MORE COMPASSIONATE &
ENVIRONMENTALLY FRIENDLY WAY OF LIFE?



TRY OUR

21-DAY **PLANT-BASED** CHALLENGE!

SIGN UP TODAY AND WE'LL SEND YOU RECIPES,
INSPIRATION & ALL THE NUTRITIONAL INFORMATION!

WWW.VEGETARIAN.ORG.NZ/VEG-LIVING/21-DAY-PLANT-BASED-CHALLENGE

Welcome Vegetarian Cafe & Takeaways

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

OPEN MONDAY TO SATURDAY

12noon to 8pm

Open Sunday by prior arrangement.

Phone orders
or reservations
03 348 2630

2 Wharenui Rd,
(off Riccarton Rd)
Christchurch

WWW.WELCOMECAFE.CO.NZ

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



FREE from meat and animal by-products

FREE from GE

FREE from battery eggs

NOT tested on animals

FREE from cross-contamination

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

MEMBERSHIP



Changed your address or email?

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

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

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

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

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

THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

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

MEMBERS AND SUPPORTERS

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

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

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

TO JOIN THE NZVS

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

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

THE AIMS OF THE NZVS:

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

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

DIRECTORY

NEW ZEALAND

National Executive of the NZ Vegetarian Society Inc.

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www.vegetarian.org.nz

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Wairarapa

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eleanor.harper@gmail.com
027 328 8518

Whanganui

Lyneke
lyneke@orcon.net.nz

OVERSEAS

The Vegetarian Society U.K.

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

Vegetarian Resource Group

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

International Vegetarian Union (IVU)

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

Alterations or additions to this list?

Send to:

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



CLINICIANS
Research Based

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



GOODBYE
We Belong Outdoors

Goodbye OUCH Vanilla Lip Balm, Goodbye Sandfly



HOLISTIC HAIR

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



KIWIHERB

KIWIHERB
Effective Natural Family Healthcare

Kiwiherb De-stuff for kids, Kiwiherb De-Stuff, Kiwiherb Kid's Calm, Kiwiherb Children's Echinature, Kiwiherb Valerian, Kiwiherb Manuka Oil, Kiwiherb Liver Cleanse, PEA Curcumin Plus, Echinature 8.0



ORGANIC BIOACTIVES
NEW ZEALAND

ORGANIC BIOACTIVES
Innovating From Tradition

OceanDerMX® Lift & Firm™, OceanDerMX® Restore & Protect™, OceanDerMX® Balance & Brighten™, OceanDerMX® Lift & Firm FD™, OceanDerMX® KanuBright™, OceanDerMX® RosaThalia™, OceanDerMX® HydraThalia™



RED SEAL
Red Seal – Incredible Inside

Red Seal Natural Kids Toothpaste 70g, Red Seal Natural Kids Fluoride Toothpaste 70g, Red Seal Natural Whitening Toothpaste 100g, Red Seal Natural Whitening Fluoride Toothpaste 100g, Red Seal Natural Complete Care Toothpaste 100g, Red Seal Natural Complete Care Fluoride Toothpaste 100g, Red Seal Natural Baking Soda Toothpaste 100g, Red Seal Natural Lemon Toothpaste 100g, Red Seal Herbal Toothpaste 100g, Red Seal Strong Mint Toothpaste 100g, Red Seal Baking Soda + Hydroxyapatite (Natrue) 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
GLUTEN FREE

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, 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



Annie's
Food you trust

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

BABICH WINES
New Zealand's Most Experienced Family Owned Winery

Marlborough Organic Sauvignon Blanc, Marlborough Organic Pinot Gris, Marlborough Organic Chardonnay, Marlborough Organic Albarino, Marlborough Organic Pinot Noir, Marlborough Organic Rosé, Marlborough Select Blocks Sauvignon Blanc, Marlborough Classic Pinot Gris, Black Label Pinot Gris, New Zealand Rosé, Marlborough Pinot Noir Rosé, Strategic Sauvignon Blanc (Not sold locally!), Babich Classic Sauvignon Blanc, Babich Black Label Sauvignon Blanc, Babich Winemakers Reserve Sauvignon Blanc



BAKELS EDIBLE OILS

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

FOOD & BEVERAGES



BON ACCORD
Always the finest

Non-Dairy Vanilla Ice Premium Base Powder, Non-Dairy Ice Chocolate Premium Base Powder Fine Drinking Chocolate (CFCF1), Fruit Frappe Base Non-Dairy Premium Base Powder, Non-Dairy Belgian Style Drinking Chocolate, Non-Dairy Matcha Green Tea Premium Base Powder, Non-Dairy Crème Caramel Premium Base Powder, Non-Dairy No Added Sugar Matcha Green Tea Base Powder, Rainforest Alliance Certified Non-Dairy Belgian Drinking Chocolate Powder



CHASERS
Feel The Flavour

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



COOKIE TIME
For Serious Cookie Munchers

The Original Plant Based Chocolate Chunk Cookie



EM'S
Unleash Your Power!

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



FOLIUM ORGANICS
We're a Source of Good Nourishment

Organic Barley Leaf Powder, Organic Wheat Grass Powder, Organic Pea Leaf Powder, Organic Kale Powder, Organic Spearmint Powder, Whole Pea Powder, Manuka Leaf Powder



GIBBSTON VALLEY

Pinot Noir Gibbston Valley Gold River, Rose Gibbston Valley GV Collection, Pinot Gris Gibbston Valley GV Collection, Sauvignon Blanc Gibbston Valley GV Collection, Pinot Noir Gibbston Valley GV Collection, Riesling Gibbston Valley Red Shed, Pinot Blanc Gibbston Valley Red Shed, Chardonnay Gibbston Valley China Terrace, Pinot Noir Gibbston Valley China Terrace, Pinot Gris Gibbston Valley School House, Pinot Noir Gibbston Valley School House, Pinot Noir Gibbston Valley Diamond, Pinot Noir Gibbston Valley Glenlee, Riesling Gibbston Valley Le Maitre, Pinot Noir Gibbston Valley Le Maitre, Pinot Noir Gibbston Valley Reserve



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
Hemp Seed Oil, Hemp Hearts, Hemp Protein Powder, Golden Hemp Seed Oil, Hemp Bran Fibre/ Gut Health

FOOD & BEVERAGES



HUNTER'S WINES

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



LOTHLORIEN WINERY

Organic, From Our Trees, To Your Table

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



MARISCO VINEYARDS

Premium Wines By Marisco Vineyards

The Ned Series: The Ned Sauvignon Blanc (2020, 2021, 2022, 2023, 2024, 2025), The Ned Rosé (2020, 2021, 2022, 2023, 2024, 2025), The Ned Pinot Gris / The Ned Pinot Grigio (2021, 2022, 2023, 2024, 2025), The Ned Chardonnay (2019, 2020, 2021, 2022, 2023, 2024, 2025), The Ned Pinot Noir (2020, 2021, 2022, 2023, 2025), The Ned Pinnacle Sauvignon Blanc (2021, 2022, 2023, 2024, 2025), The Ned Noble Sauvignon Blanc (2021, 2022, 2024, 2025), The Ned Pinnacle Syrah (2023), The Ned Sparkling NV

The Kings Series: The Kings Favour Sauvignon Blanc (2020, 2021, 2022) / The Kings Series Sauvignon Blanc (2023, 2025), The Kings Bastard Chardonnay / The Kings Legacy Chardonnay (2019, 2020, 2021), The Kings Series Chardonnay / The Kings Bastard Chardonnay (2022, 2023, 2024, 2025)

Leefield Station Series: Leefield Station Sauvignon Blanc (2020, 2021, 2022, 2023, 2024, 2025), Leefield Station Rosé (2020, 2021, 2022, 2023, 2024), Leefield Station Pinot Gris (2020, 2021, 2022, 2024, 2025), Leefield Station Chardonnay (2019, 2021, 2022, 2023, 2024, 2025), Leefield Station Pinot Noir (2019, 2020, 2021, 2022, 2023, 2024, 2025), Leefield Station Stockman Syrah (2021, 2022, 2024), Leefield Station Gewurtztraminer (2022, 2023, 2024, 2025), Leefield Station Riesling (2023, 2024, 2025)

The Craft Series: Craft Series The Journey Pinot Noir (2020, 2021, 2022, 2023, 2024), Craft Series Pride and Glory Sauvignon Blanc (2021, 2022, 2023, 2024), Craft Series Exemplar Viognier (2021, 2022, 2024), Craft Series Pioneer Chardonnay (2020, 2021, 2022, 2023, 2024)

Emma Marris Series: Emma Marris Sauvignon Blanc (2021, 2022, 2023, 2024, 2025), Emma Marris Pinot Noir (2022, 2023, 2024, 2025), Emma Marris Chardonnay (2023, 2024, 2025) Fairhall Cliffs Sauvignon Blanc (2023, 2025)

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



PASTA VERA

New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto



PÂTISSERIE L'AMOUR

Patisserie L'Amour Plant-Based Pastry Roll

FOOD & BEVERAGES



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



SOLOMONS GOLD

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

Smooth Dark 70% 55g, Dark Nib 75% 55g, Dark Orange 70% 55g, Dark Mint 70% 55g, Dark Berry 70% 55g, Dark Caramel 70% 55g, Dark Velvet 65% 85g, Velvet Nib 70% 85g, Dark Chocolate Pieces 70% 500g, Cacao Nibs 500g, Smooth Dark 65% 55g, Dark Nib 70% 55g, Dark Orange 65% 55g, Dark Mint 65% 55g, Dark Berry 65% 55g, Dark Caramel 65% 55g, Dark Chocolate Pieces 65% 500g, Dark Mylk Range 45% (plain, caramel, berry, orange), Dark Chocolate Swirls 58%

FOOD & BEVERAGES



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
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 Organic Chest Syrup / Kiwiherb Organic Cough & Chest Syrup, Kiwiherb Organic ImmuneGuard, Kiwiherb Organic Chest Syrup / Kiwiherb Children's Cough, Syrup, Kiwiherb Herbal Throat Spray, Kiwiherb Children's Organic Throat Syrup, Kiwiherb Organic Baby Balm, Kiwiherb Organic De-Stuff Rub, Kiwiherb ImmuneBerry, Kiwiherb Echinature, Kiwiherb Herbal Allergy Formula, Kiwiherb Kawakawa Stomach Calm, Kiwiherb Organic Calendula Healing Balm, Kiwiherb Organic Comfrey Bruise Balm, Kiwiherb Organic Lung Clear Spray, Kiwiherb Manuka Mouthwash, Kiwiherb Manuka Paint, Kiwiherb Insect Repellent, Kiwiherb StressArrest, Kiwiherb Sound Asleep, Kiwiherb Children's Organic Lung Clear Syrup, Kiwiherb Gingko Alert



ORGANIC BIOACTIVES
Innovating From Tradition

OceanDerMX® Lift & Firm™, OceanDerMX® Restore & Protect™, OceanDerMX® Balance & Brighten™, OceanDerMX® Calm & Soothe™, OceanDerMX® Lift & Firm FD™, OceanDerMX® KanuBright™, OceanDerMX® RosaThalia™, OceanDerMX® HydraThalia™

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, Organic Wheat Grass Powder, Organic Pea Leaf Powder, Organic Kale Powder, Organic Spearmint 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, Premium Double Cream



PATISSERIE L'AMOUR
Patisserie L' Amour Flaky Pie
Pastry 10 Kg, 12 Kg, 15 Kg, Value
Flakey Pastry Sheets



SURTI
The Traditional Taste of India

Vegetable Samosa, Vegan
Kachori, Cocktail Vegan Samosa,
Butter Paneer Ready to Eat
Meal, Butter Paneer Samosa



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

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



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