

VEGETARIAN *Living* NZ

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WORLD VEGETARIAN DAY | OCT 1ST

WORLD VEGAN DAY | NOV 1ST

PLANT-BASED MEAT ALTERNATIVES: A HEALTHY CHOICE?

THINK KIND COMPETITION VOTING!

A VOYAGING VEGETARIAN

RECIPES

A PERSPECTIVE ON CLIMATE CHANGE: CAN INDIVIDUAL ACTIONS MAKE A DIFFERENCE?



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EDITORIAL



editor@vegetarian.org.nz

“Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can

change the destiny of humankind.” – Albert Einstein. With World Vegetarian Day coming up on 1st October, kicking off World Vegetarian Month, this quote resonates more than ever. Now is the time to take action as a community in response to the ever-present effects of climate change. World Vegetarian Day was first established in 1977 by the North American Vegetarian Society and was further endorsed by the International Vegetarian Union in 1978. Over time it has evolved into a vegetarian awareness month.

This year is particularly special, as the NZ Vegetarian Society is celebrating 80 years since its incorporation in October 1943. From the very beginning, officers and members of the NZVS were very active in advocating for the humane treatment of animals and for people to take up a plant-based diet as a way of ensuring less animals suffered. Geoffrey Hodson was the founder of the NZVS and its president until the 1970s. Hodson travelled extensively throughout NZ and other countries around the world, giving public talks to hundreds of people about the benefits of a plant-based diet from both the health and humane aspects. 80 years advocating vegetarianism has seen vegetarianism and veganism get to where it is in NZ today. We have exciting plans

for World Vegetarian Month this year and look forward to sharing more details with you soon!

In this issue, we feature an interview with voyaging vegetarian Annie Hill. Annie, who is a long time vegetarian and author of two books, tells us about her very fascinating life on a boat on pages 2 & 3. Tristan’s Corner celebrates spring seasonal vegetables and shares a delicious recipe on page 5. Dietitian Cat Lofthouse explores plant-based meat alternatives and how healthy they really are, with a very well researched article on pages 6 & 7. In addition, psychological coach and therapist Paul King discusses his opinion on climate change and whether individual actions really can make a significant difference to the ever-present climate effects (page 12).

On another note, entries for the Think Kind student competition have now closed and we’re very impressed with the quality of entries this year! The top ten entries will be selected in the coming weeks and public voting will open on World Vegetarian Day. You can read more about the competition on page 8. Good luck to all the entrants! As always, we also feature delicious new recipes from chef Anna Valentine (pages 10 & 11) and make sure you check out our Kindness Corner section (page 15) on BirdCare Aotearoa which rescues thousands of wild birds each year. Enjoy our spring issue!

- INA BABIC

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QUIZ AFTERNOON

Thank you to everyone who attended our quiz afternoon in June. We had a fabulous time with lots of prizes won and knowledge gained!

DID YOU KNOW?

Isinglass is made from fish bladders. What drink can have it as an ingredient?

- Wine
- Fruit juice
- Vodka

*Answer at the bottom of the page



TWANZ AGM & SUSTAINABILITY EVENT

Every year the Taiwanese Women's Association of New Zealand (TWANZ) hold a vegetarian dinner to raise funds for the NZVS. Once again, they have outdone themselves with an amazing sustainability evening, the food prepared by their volunteers was tasty and beautiful. This year Sharon Almog for the NZVS also shared a cooking demonstration on how to make her delicious hummus which everyone enjoyed.

We would like to say a big THANK YOU to the TWANZ for their ongoing support and generous donation raised!

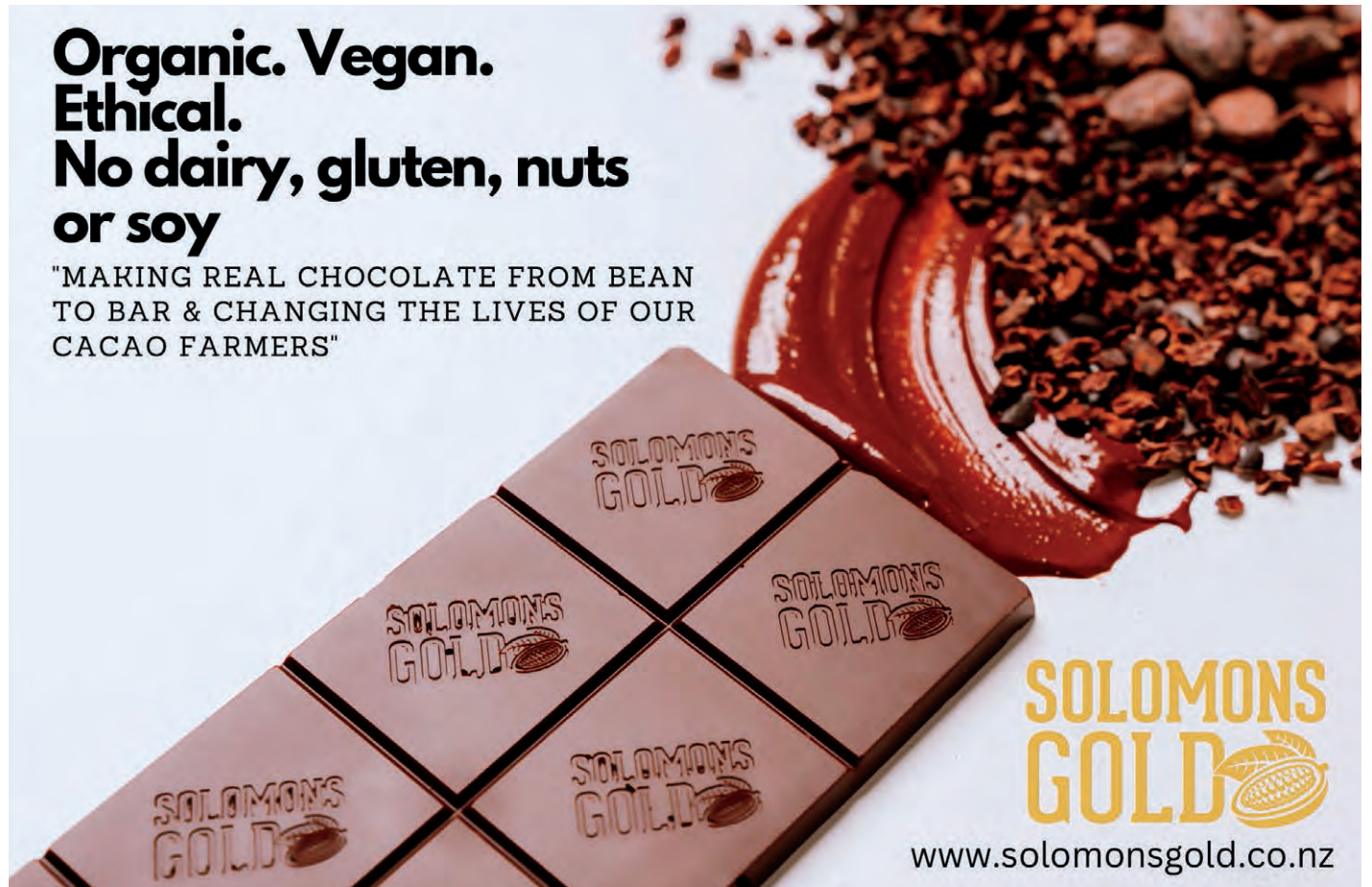


2023 BARFOOT & THOMPSON AUCKLAND MARATHON

As part of our 80th anniversary celebrations during World Vegetarian Month, NZVS staff will be running the Auckland Marathon this year on Sunday 29th October. Support us by fundraising or making a donation! <https://aucklandmarathon.co.nz/run-for-charity/>

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A VOYAGING VEGETARIAN

BY MARGARET JOHNS



We received an email from Annie Hill, a voyaging vegetarian who lives on a small boat, with queries and comments on our 21-day plant-based challenge and because we were intrigued by her lifestyle, we decided to interview her.

Q. WHERE WERE YOU BORN AND RAISED?

Liverpool, England.

Q. HOW LONG HAVE YOU BEEN VEG~N?

By choice, for about 45 years, but while I was married, I used to indulge my then husband with meat and/or fish once or twice a week.

(We'd been sailing for a few years when I discovered beans which were ideal for storing and using on board the boat; then I discovered *The Bean Book* by Rose Elliot, and suddenly I was producing delicious meals that came from an incredibly cheap basic product!).

Q. WHEN DID YOU BECOME VEG~N?

I chose to become vegetarian in my early 20s.

Q. WHY DID YOU DECIDE TO BECOME VEGETARIAN? WHAT INSPIRED YOU?

Several things. I found the thought of raising animals in order to kill them, revolting and as I personally am not prepared to hunt and kill animals, I don't think I have a right to expect others to do so. Since the late '80s I have also become aware of how incredibly inefficient animal farming is and how much damage it does to the planet. Another plus is that it's a lot cheaper than eating dead animals: this is what enabled me to convince my first husband to adopt a largely vegetarian diet – he hated spending money!

And I am very happy with my choice.

Q. WHAT ARE THE BENEFITS TO BEING VEG~N? WHAT DO YOU LOVE MOST ABOUT BEING VEG~N?

It's inexpensive; I love the food; I feel happy not to be exploiting animals; and it reduces my carbon footprint.

Q. ARE THERE ANY DISADVANTAGES TO BEING VEG~N?

Yes, especially in New Zealand. So many people treat you as though you are weird or virtue-signalling. If people invite me for dinner, they don't always ask and I have occasionally had to force down a bit

of dead animal. If they do ask, I say I'm vegetarian – it's almost impossible to be vegan outside of metro NZ. My budget doesn't extend to eating out, but occasionally I do so, and I have found the choices are either something with eggs and cheese ('vegetarian') or with bizarre combinations of beetroot (which I detest) and quinoa and an assumption that I'm gluten free. I have managed to cook 'mainstream style' veg-n food for decades: why can't restaurants? However, this is a *social* disadvantage. I can't think of any other.

(This has changed quite markedly in the larger towns and cities in NZ over the past few years, with the increase in interest in veg-n food. – MJ)

Q. HOW OR WHAT HAS HELPED YOU MAINTAIN YOUR VEG~N DIET AND LIFESTYLE AND DO YOU EAT EGGS OR DAIRY PRODUCTS?

Thinking about the unpleasant lives that farm animals lead and thinking about the biodiversity crisis and the plight of the planet helps me maintain my diet. I eat dairy in company and very occasionally buy some cheese from a local manufacturer (I've been to the farm and it's like something out of a children's story book), but I know the cows still get their calves taken from them, are slaughtered long before they grow old and no doubt the bobby calves are sent off to slaughter. I also occasionally eat eggs (I really, really miss fried eggs, poached eggs and omelettes –



chickpeas are no substitute; with no fridge I can't use tofu, also it comes in plastic packaging and anyway, I'm not fond of it), but the thought of the day-old male chicks being minced alive is a pretty good disincentive. I am in the process of developing a recipe to substitute for scrambled eggs that produces a soft, creamy alternative to the rubbery grain flour recipes.

Q. HOW DO YOU COPE WITH REGARD TO FRESH FRUIT AND VEGES WHILE ON YOUR BOAT?

I don't 'cope', I manage, with so few problems that I rarely think about it. The necessity of refrigeration is yet another myth, largely driven by the fact that dead animals spoil very quickly. Not using milk or cheese is also an advantage. Some things have to be eaten almost straight away, like soft berries (which I can't afford, anyway) and if you buy produce already refrigerated, it won't last very long. However, over the years (spent living on a boat without a fridge) I have worked out many techniques for helping things to last longer.

Q. WHAT ARE YOUR MAIN SOURCES OF PROTEIN?

These days, I never think about it, but I eat a lot of legumes, only wholegrain flour, brown rice and so on. I reckon most people probably eat far more protein than they need. In the early stages, I did my homework and am still interested in how the nutritional theories are changing. I was never entirely convinced that our bodies were so inefficient that we had to take in all 9 amino acids in one meal, and I see that this is now a generally accepted view.

Q. WHAT DO YOU SAY TO PEOPLE ABOUT YOUR VEG~NISM? HOW DO YOU EXPLAIN WHY YOU'VE BECOME VEG~N?

I usually tell them "I don't like eating dead animals". People wince at such a forthright comment! I don't try and convert people – most people prefer hypocrisy to facing facts and it's not worth the effort.

Q. WHAT ARE SOME OF THE MAIN CHANGES YOU'VE SEEN IN RELATION TO VEG~NISM OVER THE YEARS?

It's astonishing how I've gone from being really eccentric to fashionably mainstream. It upsets me that so many people are vegan for their health and not because of the animals or the planet. However, who cares what the reason is as long as there's the same outcome? I've also noticed a vast array of ready-made veg-n food on the shelves and in refrigerated cabinets. I'm not interested in them on the whole. Probably the best thing is the ease of buying nutritional yeast and my relatively recent introduction to seitan. I love making 'chorizo' and I like seitan in curries for the different texture.

Q. DESCRIBE HOW YOU PERSONALLY SEE THE ROLE VEG~NISM WILL PLAY IN THE FUTURE?

I hope that it's not just a fad. If we have a chance of saving our planet and biodiversity, veg-nism has to become mainstream. The West has to drastically cut down on its use of animal products so that aspiring countries, who tend to emulate our lifestyle, won't keep ramping up their consumption of meat.



Q. WHAT PLACE DO YOU THINK VEG~NISM HAS IN HELPING ENVIRONMENT/CLIMATE CHANGE PROBLEMS AND CHALLENGES?

I think veg-nism is essential. It's also a lot cheaper and easier than trying to create meat from cells or fungus.

Q. IS THERE ANYTHING ELSE YOU'D LIKE TO CONTRIBUTE ABOUT YOUR LIFESTYLE AND HOW YOU ENJOY IT?

I live on a small budget – about the amount of money a moderate smoker would spend each week on cigarettes. This means I have far fewer choices than most people. In fact, this lack of choice is astonishingly liberating; the same applies to being veg-n – I like the fact that I don't need to worry about trying to stop animal products from deteriorating. I love the endless changes I can ring on the same ingredients, and I also like the fact that I always have heaps of basic food on board, so that I can go for a couple of weeks or more without having to shop.

Living on a small boat is simply wonderful. I am so close to nature, and I feel happy that I minimise my carbon footprint and the damage that I do to our beautiful planet.

1 Annie Hill is the author of two books, *Voyaging of a Small Income*, and *Brazil and Beyond - Long Distance Voyaging* and now writes a blog, *The Voyaging Vegetarian* which you can find at <https://thevoyagingvegetarian.blogspot.com/>

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TRISTAN'S Corner

Can you feel it? Spring is in the air. The days are longer, the trees are blossoming and best of all, it's time to celebrate seasonal fresh vegetables!

Hopefully, if there's not too much more of that wild weather, there will be a nice variety of spring fruits and vegetables throughout New Zealand. Here in the Waikato, my family will be enjoying a bountiful harvest from our home garden, as well as crop-swapping and sharing with neighbours. The farmer's markets are always a great source of local fruit and vegetables in spring when our favourite fruits and veggies are at their peak of flavour and nutrition.

Many towns around New Zealand also have local groups which host get-togethers to share produce. In Hamilton we have the Go Eco Environment Centre which sometimes has vegetable swap-meet days, and Kaivolunt which will take away any excess you can't use or swap, to donate to people in need. Many towns have a Timebank - it's worth having a look in your vicinity to see what groups are around for sharing produce.

I'm getting better at growing vegetables in my own back yard and I love looking around to buy anything which I can't grow myself. Here are a few of the delicious fruits and vegetables we can expect to find in season this spring:

Asparagus is delicious and contains iron, vitamins C and B6 and fibre. It is featured in my Spring Vegetable Risotto recipe, which I've included below.

Blueberries are packed with antioxidants and other nutrients and they're a great way to get some purple into your diet!

Radishes can easily be underestimated, but they're a good source of vitamin C and very easy to grow. Try them thinly sliced in a salad for a gentle touch of spice, or in my risotto recipe (below).

Carrots are a sweet, versatile root vegetable which supplies beta-carotene, which is converted to vitamin A in the body. Carrots can be eaten raw, cooked, or juiced.

Cauliflower is a member of the cabbage family. It is a good source of vitamin C and potassium. Try whole, roasted cauliflower, or as a substitute for potato or rice.

Cucumbers are refreshing and hydrating and can be eaten alone or added to salads. One cup of cucumber will provide you with 4 percent of your daily potassium and vitamin C.

Lettuce is a good source of vitamins A and C and is great for salads, sandwiches and wraps.

Peas are sweet little protein powerhouses and will provide you with vitamins A and C. They can be cooked in many ways, or eaten straight out of the garden.

Spinach is a good source of vitamin C, iron and magnesium. Try it raw, cooked, or juiced.

All this talk about season fruits and vegetables is making me hungry! So, I'd like to share one of my favourite recipes containing seasonal veggies. Remember, fruits and vegetables are at their peak nutritional value when they're grown in the right environment and harvested at the right time. Enjoy!



SPRING VEGETABLE RISOTTO

INGREDIENTS:

- 1 cup Arborio rice
- 4 cups vegetable stock
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves of garlic, minced
- 1 cup asparagus, trimmed and cut into 1-inch pieces
- 1 cup fresh peas
- 1 cup spinach leaves
- 4-5 radishes, thinly sliced
- Zest of 1 lemon
- Salt and pepper to taste
- Grated Parmesan cheese (optional)
- Fresh parsley or mint leaves for garnish

INSTRUCTIONS:

In a large pot, heat the vegetable stock over medium heat. Keep it simmering while you prepare the risotto.

In a separate pan, heat the olive oil over medium heat. Add the chopped onion and minced garlic, sautéing until they become translucent.

Add the Arborio rice to the pan, stirring it for a couple of minutes until it becomes slightly toasted.

Begin adding the simmering vegetable stock to the rice, one ladleful at a time, stirring constantly until each addition is absorbed. Repeat this process until the rice is cooked but still slightly al dente, about 20-25 minutes.

In the last few minutes of cooking, add the asparagus, peas, and spinach. Cook until the vegetables are tender, yet still vibrant green.

Remove the pan from heat and stir in the sliced radishes, lemon zest, salt and pepper.

Serve the risotto hot, garnished with fresh herbs and a sprinkle of lemon zest.

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

PLANT-BASED MEAT ALTERNATIVES: ARE THEY A HEALTHY CHOICE?

In the last few years, there has been a surge in the popularity and availability of plant-based meat alternatives (PBMA). In particular, they have become a popular option for people who want to reduce their meat intake, or are transitioning to a vegetarian or vegan diet. PBMA are frequently marketed as healthier than conventional meat products, and better for the environment. But what are PBMA, and how healthy are they?

DEFINITION AND MARKETING CLAIMS FOR PBMA

PBMA refers to products made from plant proteins that contain added flavourings, colourants, fats or other binding agents (Andreani et al., 2023). Sometimes referred to as meat analogues, they offer a substitute for commercial meat-based products: common examples of PBMA include burgers, sausages, mince and coated poultry. This is distinct from traditional meat alternatives that are primarily made from one ingredient, for example tofu, tempeh or jackfruit.

PBMA are increasingly being manufactured to mimic the taste, texture, appearance and overall experience of eating meat products. They replicate the experience of cooking and eating traditional meat products, offering consumers a way to enjoy non-meat products in a format that is both familiar and convenient.

PBMA are frequently marketed on the premise that they are a healthier choice and better for the environment, compared to meat alternatives and are not associated with the same risk factors for disease, such as colorectal cancer, heart disease and type 2 diabetes. Also they do not carry the same risk of food-borne illness, such as Salmonella or Campylobacter (Kalocsay et al., 2020).



The main drivers for people purchasing PBMA are: healthiness, taste, convenience, environmental benefits, appearance, attitudes towards PBMA and social norms (Onwezen et al., 2021). Shoppers are most commonly aged under 35 years, female, college-educated and earn higher-income (Neuhofer & Lusk, 2022).

There is evidence of a possible halo effect surrounding PBMA. That is, a tendency for consumers to overestimate the healthiness of PBMA due to their marketing. Recent research has shown that the average consumer perceives PBMA to be more healthy than they objectively are, and more healthy than traditional meat (Gonzales et al., 2023).

MANUFACTURE OF PBMA

PBMA are typically made from plant proteins such as soy, wheat, pea or rice, or from mycoprotein, a protein derived from fungi. Fats (for example, canola oil, coconut oil or sunflower oil) are added, along with starches, colourings, binders, flavourings, or other plant derivatives. Vitamins and minerals naturally found in meat may also be added to PBMA (for example, vitamin B12, zinc, and iron).

Depending on the ingredient and product type, different methods are used to manufacture PBMA.

Fractionation is used to extract protein from crops such as soybeans and peas. The most common manufacturing method, however, is extrusion. In this, the raw proteins are hydrated and exposed to a series of thermal and mechanical pressures to create a meat-like structure. Developments in manufacturing processes and optimisation of ingredients has made it possible to develop PBMA that more closely mimic the characteristics of traditional meat products. However, this can come at the expense of adding more ingredients and further processing to recreate the real meat experience (Andreani et al., 2023).

Several studies have highlighted that the majority of PBMA available for sale in our supermarkets meet the criteria for 'ultra-processed', according to the NOVA classification system. In a recent analysis of PBMA available at Australian supermarkets, 84% of all PBMA were classified as 'ultra-processed', meaning that they are 'formulated mostly or entirely from substances extracted from foods or derived from food constituents' (Monteiro et al., 2019).



This may be off-putting for some consumers. However, it is worth noting that PBMA typically do not share the same characteristics as most ultra-high processed foods (for example, products high in fat, sugar, salt, low in fibre and highly energy-dense). Although most PBMA are ultra-processed, so too are the traditional meat products that they replace, such as burgers, sausages, bacon and crumbed poultry (Kalocsay et al., 2020).

HEALTH IMPACT OF PBMA

A recent report evaluated the nutritional profile of PBMA available in Australian and New Zealand supermarkets, and compared them with traditional meat products. According to this report, PBMA had on average comparable or less energy and sodium compared to meat alternatives. PBMA also had comparable or higher protein and lower fat and saturated fat per 100g. Additionally, PBMA had higher fibre and higher Health Star Rating (Kalocsay et al., 2020).

Although PBMA were, on average, nutritionally superior to meat products, this varied across product category, and not all PBMA rated highly when compared to meat products. For example, mean sodium levels were comparatively lower in the plant-based bacon but higher in the plant-based mince, compared to meat alternatives. See Table 1.

These findings are broadly consistent with another recent analysis of PBMA available in Australian supermarkets. The researchers also reported that, compared to meat products, PBMA contained more total sugar. Furthermore, only 12% of the PBMA were fortified with key micronutrients found in meat; specifically, vitamin B12, zinc and iron (Melville et al., 2023).

With ongoing research and modifications in the PBMA market, there is scope to reformulate PBMA to reduce the amount of sodium and sugar and increase the addition of key micronutrients. For example, the emerging use of novel plant ingredients such as lupins, fungi and algae offers alternatives to conventional ingredients that may currently present health concerns (Kalocsay et al., 2020).

COMPREHENSIVE NUTRITION TABLE

Table 1: Nutrition averages for plant-based meats and conventional meat equivalents (per 100g)

Nutrient	P/B Sausages	Sausages	P/B Burgers	Burgers	P/B Mince	Mince	P/B Bacon	Bacon	P/B Crumbed poultry	Crumbed poultry	P/B Uncrumbed poultry	Uncrumbed poultry
Energy (kJ)	785*	987	863*	950	758	767	971*	1310	847*	970	685	645
Protein (g)	16.3*	14.5	14.7	16.0	17.2†	22.5	22.4*	15.4	12.6	13.8	18.6	18.1
Fat, Total (g)	9.0*	18.7	10.9*	16.4	9.2*	10.4	12.2*	28.2	10.3*	12.5	5.8*	7.9
Saturated fat (g)	2.7*	8.7	3.7*	7.5	4.0*	4.7	2.0*	10.9	2.1*	2.7	1.0*	2.4
Dietary fibre (g)	4.5*	0	3.9*	0.1	5.8*	0	2.7*	0	4.9*	0.6	5.6*	0.1
Sodium (mg)	501*	740	417*	471	346†	51	639*	1274	541*	596	506	504
Health Star Rating	3.7*	1.5	3.7*	2.0	4.0	4.0	3.6*	0.5	4.0*	3.5	4.4*	4.0

Plant-based meat * Plant-based average is significantly superior to meat alternative † Plant-based average is significantly inferior to meat alternative
Source: Adapted from (Kalocsay et al., 2020).

A new review has found that swapping animal meat with PBMA in the short-term can significantly lower total cholesterol levels, which suggests possible heart health benefits of meat substitutes (Gibbs & Leung, 2023). However, further research is needed to understand the long-term health impacts of substituting meat products for PBMA. This would need to consider how PBMA compare nutritionally, and the long-term impact of consuming ultra-processed foods (Kalocsay et al., 2020).

ENVIRONMENTAL IMPACT OF PBMA

PBMA are sometimes marketed as more environmentally friendly than traditional meat products, and this is a common driver for consumers choosing to buy PBMA.

The manufacture of conventional meat products places many pressures on the physical environment due to crop growth, animal husbandry, and water use amongst others. As with meat products, PBMA are highly processed, therefore will always have some degree of environmental impact; however, this impact is substantially lower than meat production.

Comparisons of environmental impact of PBMA is still evolving, but there is a clear consensus that PBMA are more environmentally sustainable than meat across a range of outcomes (Andreani et al., 2023; Bryant, 2022; The Good Food Institute, Inc, 2019). One report states that, compared to traditional meat, the manufacture of PBMA uses 47-99% less land; emits 30-90% less greenhouse gases; uses 72-99% less water; and causes 51-91% less aquatic nutrient production (which means healthier and more diverse waterways) (The Good Food Institute, Inc, 2019).

CONCLUSION AND RECOMMENDATIONS

The PBMA market is a developing and interesting space. It offers consumers the ability to enjoy a variety of products that are convenient and familiar to them, without the adverse health and environmental impacts of eating meat. PBMA are, on average, nutritionally equivalent or superior to traditional meat products, but their overall healthiness may not meet the expectations created by marketing claims. The majority of PBMA are considered ultra-processed, which raises questions about how well they fit into a healthy diet, particularly in the long-term.

Below are some recommendations to help you get the most out of adding PBMA to your diet:

Enjoy PBMA in moderation as part of a healthy, balanced diet

- PBMA provide a convenient and familiar option for people who want to reduce their meat intake or try something different. They can be a useful interim step for people transitioning to a vegetarian or vegan diet.
- PBMA are not essential for people on a vegetarian or vegan diet. It is possible to meet your nutritional needs through a healthy, balanced diet that contains whole foods such as legumes, grains, vegetables and mushrooms.
- Try making your own vegetarian burgers from beans, grains and vegetables – see the NZ Vegetarian Society website for recipe inspiration.

READ THE LABELS

- There are a wide variety of PBMA in New Zealand, with differing ingredients, processing and nutritional profiles. Shop around to find the right one for you. As a guide, look for products:
 - containing fewer, and more recognisable, ingredients
 - with a Health Star Rating of 3.5 or higher
 - with low to moderate sodium ($\leq 400\text{mg}$ per 100g)
 - that are a good source of fibre ($\geq 4\text{g}/100\text{g}$)
 - fortified with zinc, vitamin B12 and iron.
- Look for products with the 'Vegetarian Society Approved' or 'Vegan Certified' trademark. When you see these symbols, you can be confident that the product is suitable for vegans or vegetarians. See the NZ Vegetarian Society website for more information.

PBMA ARE NOT A NUTRITIONAL SUBSTITUTE FOR MEAT

- Nutritionally, PBMA are not a direct substitution for meat. Most PBMA do not provide the essential nutrients of vitamin B12, zinc and iron that are most often consumed in meat, fish or dairy products.
- If you are following a vegetarian or vegan diet or have concerns about meeting your nutritional requirements:
 - eat a varied diet to improve your nutrient intake and bioavailability
 - see a nutritionist or dietitian for advice
 - look for products fortified with vitamin B12, zinc and iron.

Cat 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.

Think
KIND
STUDENT COMPETITION



**WRITE.
DRAW.
CREATE.**

2023 THINK KIND STUDENT COMPETITION

ENTRIES CLOSED!

Entries for the 2023 Think Kind student competition closed on Sunday 13th August. We are delighted by the amount and quality of entries this year! It's great to see so many students who want to be involved in this awesome competition that promotes thinking about being kind – to animals, our planet, and each other. Every student who entered will receive a certificate and every project will be given a Hell Pizza voucher!

The NZ Vegetarian Society judging panel will select their favourite 10 entries to be put to a public vote for a chance for their school to win the overall prize of \$1,000 (or in the case of home-schooled students, their favourite animal charity). The overall People's Choice prize is kindly sponsored by Cookie Time. The selection criteria are: audience reached, visual impact, content & conciseness of message, originality, creativity, and innovation, effort, finished quality, age and experience and understanding of the topic.

The top 10 entries will be announced on 1st October, World Vegetarian Day. Voting will be open throughout the month, ending on 1st November, World Vegan Day, when the overall winner will be announced. Good luck to all the entries. Keep an eye on our website for your chance to VOTE for your favourite!

The competition would not be possible without the support of our generous sponsors!



CHECK OUT WWW.VEGETARIAN.ORG.NZ IN OCTOBER FOR VOTING!

VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



SHARON ALMOG, NZVS TRADEMARK MANAGER

Springtime is the most beautiful season of the year, a period of nature awakening and renewal for plants and all living creatures. This is a time to retune our senses, go out in nature, and get inspired. After a disastrous summer in some north pole areas, people realise that climate change is here, and sustainability measures are urgently required. Environment friendly consumption has a huge impact and can make a difference!



Welcome aboard **Red Seal!** We are extremely happy to introduce you to the newly **vegan-certified** natural range of toothpaste by **Red Seal**.

The range includes two new kid's toothpastes in a sparkly gel formula, alongside two Whitening and Complete Care options with the choice of fluoride or fluoride-free. Looks like we are going to love brushing our teeth! Available at selected Countdown, New World, Pak N Save and Chemist Warehouse stores.



nerchr[®]

We are thrilled to introduce you to a new trademark company certified with us - **Vitamin Solutions** with its **Vegan certified & vegetarian-approved Nerchr C-max!** Cmax from Nerchr is a high-potency vitamin C formula that soothes, protects, hydrates, and supports your skin to return to its optimal state. Cmax provides specialised care to assist skin health and comfort for individuals managing eczema, psoriasis, wounds, or post-treatment sensitivities.



DHAA VITAMIN **12x MORE ABSORBENT***

The serum contains dehydroascorbic acid (DHAA) - a superior form of Vitamin C that's up to 12 times more absorbent and retained by cells, gently promoting recuperation and rejuvenation. Available online at: www.nerchr.co.nz.

aleph

BEAUTY



Aleph Beauty has expanded their clean, **vegan-certified** skin prep range. Introducing **THE ONE Reset and Restore Moisture Cream** to their raving fans (hi, I'm one of them!).

Packed with a potent stack of clinically proven plant actives to provide instant and long-term visible skin benefits, this advanced formulation offers the skin a lifting and firming effect while continuing to reset and restore the skin's integrity over time. With key ingredients such as New Zealand native Red Seaweed and Black Fern

Extracts, Bakuchioli, Schisandra Chinensis, Paracress Flower/Leaf/Stem Extract Astragalus Root Extract and Hyaluronic Acid - THE ONE is the only day-to-night cream you need. Available online at www.alephbeauty.com and at some selected stores.

Angel Food

Angel Food's new plant-based **feta** is proving a great success with plant-based eaters who miss the salty / creamy / tangy / crumbliness of cows-milk feta. It's perfection in a salad with cucumber and

tomato, sprinkled over roast vegetables or whipped up with cannellini beans and olive oil for a luscious dip. Available in selected supermarkets: see Angel Food's store finder on their website www.angelfood.co.nz for more details (you can search by product and by location).



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

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

Recipes



Anna shares some more of her creative and delicious recipes. More of Anna's recipes are available on both www.vegetarian.org.nz and www.theveggietree.co.nz. Anna also has two recipe books available from her website (Spring/Summer and Autumn/Winter) plus her latest one, just published, *Abundance*.

BANANA BLOSSOM NOT FISH CAKES

Crispy on the outside, soft in the middle with a distinctive sea taste from the nori, these 'not fish cakes' are the perfect way to utilise banana blossoms which have a flaky fish type consistency once cooked. I love to serve these simply with avocado mayo and fresh bread with sliced cucumber, lettuce or a side salad.

INGREDIENTS

- 1 potato or kumara, cooked and mashed
- 1 x 400g can butter or cannellini beans, drained, reserve the brine (aquafaba)
- 1 x 500g can banana blossoms, drained and torn into rough pieces
- 7 nori sheets, cut six in half and one torn into bite sized pieces
- 6 spring onions or onion weed, finely chopped
- zest of 1 lemon
- 1 tablespoon capers (optional)
- 1 cup oxalis, roughly chopped (optional)
- 1 tsp salt
- 1/4 tsp cracked black pepper
- 1/2 cup potato starch or cornflour
- 1 cup breadcrumbs, panko or jasmine rice crumbs
- 1/2 cup rice bran or coconut oil



METHOD

1. Gather your ingredients and add the mash and beans to a bowl, banana blossoms, torn nori, spring onion, lemon zest, capers, oxalis, salt and pepper. Stir to combine.
2. Shape into palm sized cakes and wrap each cake in half a nori sheet and place join side down too secure.
3. Lightly coat each cake with the potato flour, dip into the aquafaba then into the breadcrumbs. Repeat until all are coated.
4. Heat three tablespoons of oil at a time in a frying pan and fry each side until golden brown, approximately four minutes on each side, adjust the temperature as needed.
5. Remove from the pan to a cooling rack and repeat until all the cakes are cooked and serve with avocado mayo, cucumber, lettuce and fresh bread or a side salad.



MAKES
4
SERVES

PLANT-BASED &
GLUTEN-FREE

ASPARAGUS CRUMBLE

A savoury crumble might be pretty out-there for some but trust me you will love this recipe. It makes a great side dish in the spring time or you could take your brunch game up a notch and serve it with a couple of poached eggs or tofu scramble.

INGREDIENTS

- 1 thick slice of bread, wheat or gluten-free, torn into small pieces
- 2 cloves garlic, crushed or roasted
- 3 tablespoons extra-virgin olive oil
- 200g feta, dairy or plant-based, crumbled
- 3 tablespoons pine nuts or pistachios
- zest of 1 lemon
- 1 tsp fresh thyme leaves
- 1/2 tsp salt
- 1/4 tsp cracked black pepper
- 1 bunch asparagus, tough ends snapped off
- 2 calendula flowers, petals only (optional)

METHOD

1. Gather your ingredients and preheat the oven to 200°C.
2. Prepare the bread, garlic, two tablespoons of the olive oil, feta, nuts, lemon, thyme and seasoning into a bowl, stir together and set aside.
3. Pour the final tablespoon of olive oil into an ovenproof dish along with the asparagus and a pinch of salt and roast for two minutes, then add the topping and roast for a further 10-15 minutes until crispy and golden.
4. Sprinkle the calendula petals over before serving.

Nutrients for Vegans

Formulated specifically for vegans, vegetarians and those who are eating a mostly plant-based diet.

- Helps to top up nutrients that are known to be hard to obtain from non-animal sources.
- Provides high-quality vitamins and minerals for optimal well-being.
- Contains Vitamin B12 and Iron for healthy energy levels.





OPINION

BY PAUL KING

There is no such thing as a standard person, despite what some branches of psychology try to tell us, and what society and the law try to impose. We can make informed assumptions about our thinking, emotions, and behaviour from averaged data, but it will always be a matter of statistics, rather than what is in the mind, or heart of each individual. So, set against this, we consider the question of climate change and our human involvement therein.

In considering this question, we see a complex and highly contextual landscape. There are religions which teach that the earth is a resource put there for humans. Nietzsche describes humans as a set of competing drives which are engaged in a “will to power”, where each tries to increase ‘themselves’, or the influence and impact, of their power over their own situations. Frankel puts this as a “will to meaning” where we strive to understand ourselves in the context of what existence means. These are just a few examples of trying to make sense of the proclivities of individuals, communities, societies, nations, etc.

...we are going to make the surface of this planet increasingly hostile to our own existence.

The question of climate change as an individual or Government and large company responsibility for tackling climate change can begin to be seen as complex. There is an overriding, scientifically irrefutable truth – if we don’t, as a species, change how we do things, we are going to make the surface of this planet increasingly hostile to our own existence. This is a policy-level decision which frankly dwarfs the effects of COVID

A PERSPECTIVE ON CLIMATE CHANGE: Can Individual Actions Make a Difference?

and should be a no-brainer. The problem is that most organisations of people are run by a hierarchical system which is in thrall to consumerist capitalism. Since the 70s, we have entrenched the idea that it is normal to live with massive amounts of debt... so that we can continue to consume.

We can pull back from this system as individuals, but there is currently, and for the foreseeable future, no escaping it. Part of the reason I stopped eating meat in 1982 was just this, I didn’t want to be responsible for my part when it was something I could easily change.

The fact that Governments could mobilise and find the money the deal with COVID shows that there is the ability to act in a concerted way, against a global threat to humanity (and I’m not commenting on whether what was done, was good, or bad, just that it was possible to do this). We need to look closely at the personal hierarchical risks here though. With COVID, irrespective of where it came from, if it affected your population and that, as a politician, could cause you to lose votes, then you acted – some more effectively than others, because politicians couldn’t figure out what was the best course of action vs. what was going to gain, or lose votes. The point is though, it was here, present and dangerous, and pointing to some other place and blaming them wasn’t going to combat that problem.

Climate change is a FAR bigger threat to our collective existence. The problem with climate change though, is it’s not happening here and now enough, but is gradual, creeping, and slowly overwhelming. There isn’t the vote winning loss or gain urgency. Only a few people are having their own lives forcibly changed. But further, and here’s the kicker, every political system can look at lots of other political systems and say, “it’s their fault/ we can’t solve it on our own / why should our standard of living be affected?”

Big corporates on the whole don’t care. They are not set up to care. It’s not what they do, it’s not their concern. They will do whatever makes the most money. If they did care, there would not be emissions trading schemes.

The problem with climate change though, is it’s not happening here and now enough, but is gradual, creeping, and slowly overwhelming.

So, individuals can and should be concerned and do something, anything would be helpful, to combat the problem of climate change. But it’s going to take Governments to realise that once enough individuals become impacted and start to turn nasty, it’s going to be too late.

Will people, the readers of this article, and this magazine included, vote to be governed in ways which put human existence ahead of their own immediate economic situation? There are many questions that need to be asked. Fundamentally, can we see artificially constructed national borders and interests for the nonsense they are, and act as a species under threat of extinction? It is going to take concerted governmental action from humanity as a whole, but initially from us here at ‘home’.



Paul King is a transformative psychological coach and therapist. Holding a Master’s degree in psychology, he coaches executives on a personal and business level. He is also a financial advice provider, a musician, a talented painter and a long-term vegetarian.

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- 3** Keeping ingredients separate from meat
- 4** Keeping Vegan cheese separate from other cheese
- 5** Maintaining NZ Vegetarian Society Vegan Certified trademark standards

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DINING OUT

with the NZVS Office Team



NOLITA

On a cold and rainy Saturday night in Wellington, Nolita provided the perfect location to enjoy a plant-based Italian dinner with friends.

Nolita, located on upper Cuba Street, opened in 2021 as New Zealand's first plant-based pizza and pastaria. The restaurant offers New York vibes and an all-day menu. They make their own fresh pizza dough, pasta and mozzarella onsite, which feature throughout the menu.

On our visit, we enjoyed the crumbed mozzarella balls and loaded fries, followed by the papardelle, Reuben burger, tartufo pizza and pizza patatine. All received a hearty thumbs up from the table.

The service was friendly and welcoming, and the atmosphere was buzzy, yet not too noisy. Overall, it was a great choice for our table of flexitarians and plant-based eaters!



BY CAT LOFTHOUSE

Nolita, 203 Cuba Street, Te Aro, Wellington

Hours: Weekdays 12pm to late, Saturday & Sunday 10am to late

www.nolita.co.nz

MONSOON POON

Take a tour of South-East Asian cuisine at one of Auckland's favourite restaurants, Monsoon Poon. Established in 2005, Monsoon Poon's menu offers a wonderful mix of flavours inspired from Thailand, Vietnam, Malaysia, India, South China, the Philippines and Indonesia.

The restaurant offers a great vegan section. As a group of vegetarians and vegans we opted for the sweet chilli eggplant, Sichuan style vegetables, Vietnamese summer rolls and roti flatbread. All were delicious and the eggplant, in particular, was the star.

The atmosphere was vibrant with beautiful décor, dim lighting, and buzzing with people. The busy evening did not affect the service however and like all great South-East Asian cuisines, the food was quick to come out and was full of flavour. Great for groups of friends and family to dine out at a reasonable price.

BY INA BABIC

Monsoon Poon, 11-27 Customs St West, Auckland

Hours: Weekdays 12pm to late, Saturday & Sunday 5pm to late

www.monsoonpoon.co.nz



LUCKY 8

Bringing you a social dining experience like no other is Lucky 8, where chefs from around the world have helped create an exquisite Asian-inspired tapas menu.

Located in Ponsonby, Auckland, the restaurant has a vibrant décor reminiscent of a tucked-up restaurant in Shanghai or a Japanese yakitori joint down a back street in Tokyo. We opted for the vegetarian dumplings, Auntie Hao's glass noodles, eggplant and veggie fried balls which were all delicious. The glass noodles were a particular favourite.

With great atmosphere and delicious food which doesn't break the bank, you can't go wrong. We will definitely be going again!

BY INA BABIC

Lucky 8, 161 Ponsonby Road, Ponsonby, Auckland

Hours: Friday, Saturday & Sunday 11.30am to late

www.lucky8.co.nz



Kindness CORNER

SEND US A PHOTO & PARAGRAPH OF WHAT YOU'VE BEEN DOING TO MAKE THE WORLD A KINDER, HEALTHIER PLACE

BIRDCARE AOTEAROA

CARE ABOUT BIRDS? IF SO, THIS ONE IS FOR YOU!

A few weeks ago, we found a helpless baby bird, that fell from a tree in our garden. We picked it up, put it in a padded box and hopped onto an online search for what to do to save this little one. This baby bird seemed so fragile, hardly chirping, exhausted and terrified.

Our search led us to BirdCare Aotearoa, a charity dedicated to providing care and rehabilitation for sick, injured and orphaned wild birds. BirdCare operates around 20 rescue centres across the country. After we found the baby bird, we followed the advice they posted on their website. Since it was after hours, we had to keep the bird warm, protected and fed until the next day. The next morning, we headed to the Auckland Green Bay rescue centre.

The team welcomed us, checked in the bird, and identified it as a Wax Eye. After the completion of the bird's check-in, the people at BirdCare give the bird a number and provide you with a form allowing you to call and check on its condition.

THIS RESCUE CENTRE IS TRULY AMAZING AND IS 100% DEDICATED TO ITS MISSION TO SAVE WILDLIFE.



BirdCare Aotearoa is a Department of Conservation-permitted wildlife rehabilitation centre. With a highly professional and experienced team, they offer a holistic service with a breadth of care, unlike any other avian hospital and rehabilitation centre in Aotearoa. The staff are highly regarded and known for being at the forefront of bird care and rehabilitation. This rescue centre is truly amazing and is 100% dedicated to its mission to save wildlife. This is a great opportunity to donate money to BirdCare, that as a charity, relies only on donations. You can also donate via their website.

BIRDCARE OPERATES AROUND 20 RESCUE CENTRES ACROSS THE COUNTRY.

BirdCare Aotearoa rescues thousands of wild birds a year! Their contribution to NZ wildlife is enormous. Please check out their website and share this with your friends and families. Next time you find a wounded bird or an orphan baby bird, you know what your next step will be.

www.birdcareaotearoa.org.nz

BY SHARON ALMOG, NZVS TRADEMARK MANAGER



TRANZALPINE HONEY

TAKES THE PRESTIGIOUS ORGANIC NZ
BRAND OF THE YEAR TITLE IN 2023



The annual Organic NZ Awards hosted by Organic NZ is a showcase and celebration of the very best organic producers, farmers, brands, products and leaders from around Aotearoa. They provide an opportunity to recognise the people and brands building and driving the New Zealand organic industry. From food to farming, industry leaders and individuals all over the country are championing organic innovation. The awards provide the industry with an opportunity to celebrate those creating exceptional organic products for our people, the planet, our environment and climate.

ORGANIC BRAND OF THE YEAR AWARD 2023

The title for Organic Brand of the Year 2023 was hotly contested and packed with nominations from some of the best organic brands in New Zealand. The 2023 criteria had a strong focus on climate mitigation and resilience, with the nominees having to demonstrate their commitment to environmental protection, social responsibility and economic sustainability.

This award recognises a company, brand or product line with organic certification and/or Hua Parakore verification that is independently owned and based in Aotearoa. It is open to successful organic brands which are leading the way to mitigate climate change and build a just society in harmony with nature and the planet. Nominations must be for a New Zealand company, brand or product line that demonstrates organic values and markets itself as organic, with organic certification or Hua Parakore verification. Organic NZ Brand of the Year Awards 2023 are presented by the Soil & Health Association of New Zealand.

TranzAlpine Honey lead the way against tough competition in the organic space - organic beverage brand Karma Cola and organic fertiliser brand Roots, Shoots and

Fruits. They soared their way to a win, taking the coveted Organic Brand of the Year title for 2023, with their signature organic honey and ginger fusion product taking 2nd place as Organic Food.

PRODUCT OF THE YEAR FOR 2023 IN THE PEOPLE'S CHOICE AWARDS.

This award is especially significant as it comes just after they won the ANZ Business of the Year Award for Excellence in Export 2022, and as they celebrate their 30th anniversary of being certified organic this year.

"We knew early on that the responsibility of being guardians of the environment and the bees would be a lifelong commitment, and we take this just as seriously today as we did over 100 years ago.

Bees are critical for supporting healthy ecosystems and sustainable agriculture, which are the fundamental elements of climate change mitigation and adaptation. Commercial apiculture, even small operations, has a direct impact on climate change by not taking what we consider critical steps to preserve declining natural habitats or conserve bee populations.

"While technology has enabled us to streamline some of our processes, traditional beekeeping practices are still very much at the core of everything we do. We are proud to continue to produce honey products that don't come at the expense of the environment or our precious natural pollinators." Yuriy Soshnikov, MD TranzAlpine Honey.

The #1 certified organic honey producer in New Zealand, TranzAlpine Honey, are 5th-generation family beekeepers based in mid-Canterbury. Their brand has been certified organic with BioGro™ since 1993.

Out of 6735 registered beekeepers in New Zealand, just nine are organically certified and TranzAlpine Honey is one of them. Not only are they committed to the health of the environment, but they are also constantly



innovating to reduce their impact in order to produce healthy food without compromising future generations' ability to do the same. TranzAlpine Honey products account for 68% of all certified organic New Zealand honey exported to the EU annually. You are only as strong as your team.

At the packed awards ceremony, attendees mingled with some of the biggest names in the organic industry on a windy Wellington evening as the rain pelted the waterfront, but it didn't dampen anyone's spirits. It was a humbling and moving event with so many incredible stories shared. Yuriy thanked the organisers and nominees as a collective for every single part each one plays in strengthening the organic industry in Aotearoa, and praised his team who were all present on the evening. "We couldn't have done any of this without you." The Organic NZ Awards are hosted by Organic NZ as part of Organic Week Aotearoa in partnership with the Soil & Health Association of New Zealand and Organics Aotearoa New Zealand.

TranzAlpine Honey is proudly
NZVS Vegetarian Approved

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BOOK REVIEW

EMBRACE YOUR SPACE: CREATE A PRODUCTIVE URBAN OASIS IN NEW ZEALAND BY JANET LUKE.

I came across a book in my library recently which I found very informative and very practical - *Embrace Your Space : Create a productive urban oasis in New Zealand* by Janet Luke.

The book covers a wide range of spaces: living in cities, patios and courtyards, balconies, windowsills – even using wall space and rooftops! With practical advice on what to grow and how to grow it, from fruits and berries to herbs and microgreens, and including aquaponics and hydroponics, and even advice on pests and diseases in small-space gardens, this book has something for just about everyone.

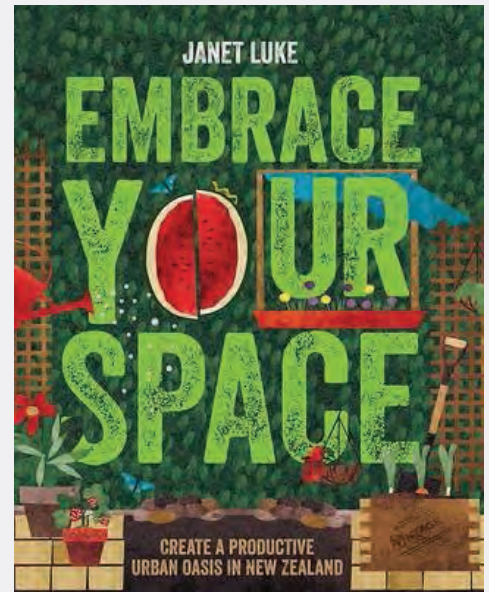
Wooden planters, grow bags, shopping bags, old baby baths – the list of containers that can be used is endless and Janet Luke includes some great suggestions and step-

by-step instructions on projects like planting a gutter garden or upside-down tomatoes, a pick-a-pocket sack garden and a stacked pallet garden, to name just a few.

With continuing emphasis on our carbon footprint and “food miles”, and with apartments and town houses taking up more and more arable land, it makes sense to make as much use of what space is available to grow as much as we can as close to home as possible. A small balcony can be filled with edible plants to become a place to enjoy instead of wasted space.

I really enjoyed this book and found lots of practical ideas that could be used by myself and by my grandchildren.

- MARGARET JOHNS



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(Also available from Fishpond on special for \$13.88 at the time of writing)

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For 100 years Red Seal have created products to support everyday health and wellness by focusing on one simple idea: when you put incredible in, you get incredible out. After pioneering herbal toothpaste in the 1980's, they have innovated and added to their range over the past 40 years. Now, they are taking it a step further by providing more choice for everyone - with six new additions to their toothpaste range, all NATRUE certified and available with or without fluoride, made right here in New Zealand.

Red Seal's original range of toothpastes have a cult following of very loyal users and they are excited to bring fresh innovation to their range. Red Seal's new toothpastes all boast no SLS, no synthetic fragrances, no synthetic colours, no GMO ingredients, and no petroleum or silicone oils - and The NZ Vegetarian Society is pleased to announce they are all Vegan Certified. The range includes two new Kids toothpastes in a sparkly gel formula, alongside two Whitening and Complete Care options. These new formulations support oral health and breath freshening just as you would expect, plus enjoyable fruity or mint flavours make brushing naturally feel incredible.

The choice of fluoride, or fluoride-free, alongside their other incredible NATRUE approved ingredients is something Red Seal are thrilled to offer Kiwi's for the first time. NATRUE is an international, not-for-profit association protecting consumers and committed manufacturers of natural cosmetics. Its badge is a trusted mark, meaning the product and brand you're buying from is committed to natural practices. Alongside no animal testing, these additions ensure everyone can now choose a Red Seal toothpaste to suit their oral care needs.

Purchase Red Seal's NATRUE and NZ Vegan certified toothpastes from selected Countdown, New World, Pak N Save and Chemist Warehouse stores today.



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EVENTS *in your area*

AUCKLAND	<p>Active for Animals! A fun, supportive “club” where veg kids can feel normal and meet like minded friends; enjoy games, visits from interesting speakers, cooking and eating! Open to all 8 to 13 year olds.</p> <p>Activities have been temporarily suspended - for information regarding this group, please contact the Vegetarian Society office – info@vegetarian.org.nz or ph: 09 523 4686</p> <p>Activity list of monthly events for Auckland members has been emailed out to members but is also available from info@vegetarian.org.nz</p>	KAWERAU	<p>Offering support for those who are Vegan, Vegetarian of interested in the lifestyle. Please contact Loretta Westbrook on 021 236 1859 or email on lorettainnz@gmail.com</p>	WELLINGTON wellington@vegetarian.org.nz	<p>The Wellington Centre of the New Zealand Vegetarian Society is dedicated to serving the needs of members and promoting the vegetarian and vegan lifestyle within the Wellington Region.</p> <p>For information about joining, monthly dinners, other upcoming events or opportunities to help promote the veg~n lifestyle, please email: wellington@vegetarian.org.nz</p> <p>Coming Events:</p> <p>VEGAN101 : Going vegan, Staying vegan : Easy! Fast! A day-long workshop with cooking demonstrations, interactive Q & A and discussions. For information on the next workshop, contact: wellington@vegetarian.org.nz</p> <p>Wellington Centre Book Group meeting every 6 weeks. For details of meeting place and dates email: wellington@vegetarian.org.nz</p>
DUNEDIN	<p>Interested in vegan food? For information on pot luck dinners and other activities etc, check the Dunedin/Otepoti Vegan Society website http://dovesnz.weebly.com/</p>	MOTUEKA	<p>Contact Karishma on 022 034 6354 for details of happenings in Motueka</p>	WHAKATANE	<p>For information about pot luck dinners in Whakatane, contact Tara: taramurphy@gmail.com</p>
HAWKES BAY / HASTINGS	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for information about activities, or join the Facebook group Hawkes Bay Veg*ns.</p>	NAPIER	<p>Contact Donna on email donna444@gmail.com or phone 027 588 7756 for more information</p>	WHANGANUI	<p>Interested in meeting like-minded vegetarians in the Whanganui area? Reach out to one of our lovely members Fran Arthur: arizona85037@gmail.com</p> <p>There’s also a Facebook page called Wanganui Vegans Vegetarians and Compassionate Human Animals if you’re interested.</p>
INVERCARGILL	<p>Details of activities available at: facebook.com/pg/INVSOC/events</p>	NEW PLYMOUTH	<p>Calling New Plymouth/Taranaki vegetarians and vegans – let’s get together to share a meal and socialise! Contact Katrina 021 749 552 or Tessa 021 057 4011</p>		
		PALMERSTON NORTH	<p>For events and local news, please check the Palmerston North Vegans and Vegetarians Facebook group: www.facebook.com/groups/palmyveg/ns/</p>		

OUR WEBSITE CALENDAR

www.vegetarian.org.nz/events/

See what events are happening around NZ. If you’re organising a vegetarian/vegan event let us know so we can add it to our calendar.

HELP US KEEP OUR EVENTS CALENDAR UP TO DATE & PEOPLE INFORMED!

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: info@vegetarian.org.nz



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MEMBERSHIP



Changed your address or email?

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

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

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

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

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

THE AIMS OF THE NZVS:

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

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

THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

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

MEMBERS AND SUPPORTERS

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

Vegetarianism is the practise 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.)

Annual membership includes four issues of *Vegetarian Living NZ* and 12 informative E-newsletters.

TO JOIN THE NZVS, go to our website www.vegetarian.org.nz and complete your details on line. Alternatively complete the application form and post to PO Box 26664, Epsom, Auckland 1344.

Annual membership includes four issues of *Vegetarian Living NZ* and 12 VegE-News e-newsletters.

A joining fee of \$5 covers the introductory New Members Pack.

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OVERSEAS

The Vegetarian Society U.K.
Parkdale, Altrincham, Cheshire,
WA124QG, England.
www.vegsoc.org

Vegetarian Resource Group
PP Box 1463, Baltimore, MD21203, USA
www.vrg.org

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

Alterations or additions to this list?

Send to:
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BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

HEALTH & COSMETICS



ALEPH BEAUTY
Clean Beauty.
Clear Conscience.

Aleph Concealer / Foundation 1.0 / 1.5 / 2.0 / 2.5 / 3.0 / 3.5 / 4.0 / 5.0 / 6.0 / 7.5, Aleph Cheek-Lip - Ascend / Crush / Grounded / Pixie / Rêve / Sangha / Terra, Aleph Radiance - Moon / Star / Sun, Aleph Prep-Finish Pressed Powder, Aleph Serum-Primer, Aleph Mascara Jet, Aleph Hybrid Eye Pigments - Glint / Meteorite / Incense / Echo, Aleph Lip Gloss/Balm Lucid, The One - Reset and Restore Moisture Cream



CLINICIANS
Research Based

Pure Omega-3 Algae Oil 1000mg, Essential Nutrients For a Plant-Based Diet 60 vege caps, Magnesium Chloride 200ml Liquid



GO HEALTHY

GO GLUCOSAMINE DAILY 60 Vege Capsules, GO Mushroom Immune 60's capsules, GO Vitamin D3 120's capsules, Kava 4200 one-a-day capsules, Evening Primrose Oil 1000mg capsules, Go Hemp Seed Oil 1,100mg capsules, Go Flaxseed Oil 1,000mg/1,500mg Vege SoftGel Capsules



GOODBYE
We Belong Outdoors

Goodbye OUCH Vanilla Balm, Goodbye Sandfly



ORGANIC BIOACTIVES
Innovating From Tradition

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



PANNA SOAPS

Calendula & Poppy Soap, Charcoal Soap, Coffee Soap, Frankincense Soap, Gardener's Soap, Green Clay Soap, Oatmeal Soap, Pink Clay Soap, Shea Butter & Lavender Soap, Star Anise Soap, Shampoo Bar, Shaving Bar



VITAMIN SOLUTIONS

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

RESTAURANT MENUS



HELL PIZZA
The Best Damned Pizza In This Life Or the Next

Pizzas: Sinister, Vegan Pride, Vegan Damned, Vegan Saviour, Vegan Mayhem, Vegan Brimstone, Vegan Mischief, Vegan Wrath. Vegan Quorn Nuggets, Garlic Bread

FOOD & BEVERAGES



ANGEL FOOD
Vegan & Divine

Dairy-Free Mozzarella Alternative, Dairy-Free Cheddar Alternative, Dairy-Free Parmesan Alternative, Dairy-Free Cream Cheese Alternative, Dairy-Free Feta Alternative, Dairy-Free Grated Cheese Alternative, Dairy-Free Grated Smoked Cheddar Alternative, Dairy free Sour Cream, Dairy-Free Feta



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

Marlborough Organic Sauvignon Blanc, Vegan Organic Sauvignon Blanc, Marlborough Organic Pinot Gris, Marlborough Organic Chardonnay, Marlborough Organic Albarino, Marlborough Organic Pinot Noir, Marlborough Select Blocks Sauvignon Blanc, Marlborough Vegan Sauvignon Blanc, Marlborough Classic Pinot Gris, New Zealand Rosé



BLACKENBROOK
Inspired By Nature - Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



CHASERS
Feel The Flavour

Bhuja Mix - Mild, Bhuja Mix - Hot, Chilli & Garlic Peas, Salted Peas



COOKIE TIME
For Serious Cookie Munchers

The Original Plant Based Chocolate Chunk Cookie, Christmas Cookies - Plant Base Chocacious



EM'S
Unleash Your Power!

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

FOOD & BEVERAGES



FOLIUM ORGANICS
We're a Source of Good Nourishment

Organic Barley Leaf powder, Organic Wheat Grass powder, Organic Pea Leaf powder, Organic Pea Leaf powder blended 50/50 with Organic Barley Leaf powder, Organic Kale powder, Organic Carrot powder, Organic Beetroot powder, Organic Spearmint powder, Organic Quinoa, Organic Fennel powder, Organic Echinacea powder, Broccoli Sprout powder, Whole Pea powder, Manuka Leaf powder



FOOD NATION
Food For All

Mexican Mince, Mushroom & Hemp Mince, Beetroot Amaze Balls, Beetroot Happy Patties, Broccoli Happy Patties, Cauli Turmeric Happy Patties, Vietnamese Balls, Mushroom & Grain Sausage



GOODNESSME
Good Taste, Good Intentions, Good Deeds

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



HEINZ
Heinz Seriously Good Vegan Garlic Lovers Aioli, Heinz Seriously Good Vegan Mayonnaise, Heinz Seriously Good Vegan Aioli



HEMPFARM NZ
Kiwi Hemp Seed Oil, Kiwi Hemp Hearts, Kiwi Hemp Seed Oil in Capsules, Pure Hemp Protein Powder



HOWLER HOTDOGS
A New Breed Of Hotdogs

Vegan Notdogs, Vegan Mini Notdogs



HUNTER'S WINES
Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewürztraminer, Pinot Gris, Rosé, Gruner Ventliner



KILLINCHY GOLD
Masters of Premium New Zealand Ice Cream

Oat Frozen Dessert: Chocolate Hokey Pokey, Salted Caramel & Cashew



LOTHLORIEN WINERY
Organic, From Our Trees, To Your Table

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

FOOD & BEVERAGES



MARISCO VINEYARDS
Premium Wines By Marisco Vineyards

The Ned Chardonnay, The Ned Rosé, The Ned Sauvignon Blanc, The Ned Sauvignon Blanc, The Ned Pinot Noir, The King's Series The King's Favour Sauvignon Blanc, The King's Series The King's Wrath Pinot Noir, The King's Series The King's Bastard Chardonnay, Leefield Station Rosé, Leefield Station Pinot Gris, Leefield Station Sauvignon Blanc, Leefield Station Chardonnay, Leefield Station Pinot Noir, Marisco Craft Series Pride and Glory Sauvignon Blanc, Marisco Craft Series Exemplar Viognier, Leefield Station Syrah, Leefield Station Gewurztraminer, Chosen by Majestic Sauvignon Blanc, Leefield Station Riesling, The Ned Pinot Noir Early Release



NUDAIRY
Plant-based creamery

Cream Cheese, Shredded Mozzarella, Sliced Cheddar, Sour Cream, Shredded Cheddar, Feta



OSM
Fuel For Life

The Original Craft Bar - Roasted Hazelnut, Sesame Seed & Chocolate.
The Original Craft Bar - Roasted Almond, Himalayan Salt and Vanilla
OSM Everyday Nutrition - Blueberry & Blackcurrant
OSM Everyday Nutrition - Salted Maple, Ancient Grain & Seeds
OSM Everyday Nutrition - Crunchy Peanut Butter.
OSM Kids Choccy Block Bar, OSM Kids Vanilla Confetti Bar



PASTA VERA
New Zealand Made Pasta
• Pesto • Lasagne

Vegan Pesto



PAYNTERS CIDER
Paynter's Cider, a drink for all seasons!

Pilgrims Dry Cider



PLAN*T
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bologness Meal, Mexican Meal, plan*t Nuggets, plan*t Crispy strips, plan*t Chick'n burger, Hemp Chick'n Natural, Hemp Chick'n Southern Fried



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, Hand Cooked Cheeza-peno Tortilla, Hand Cooked Salted Tortilla, Free Range Sage and Onion, Barbeque Rub, Dill Pickle with Apple Cider Vinegar, Hand Cooked Pineapple Salsa Tortilla, Sweets and Beets, Kumara Pepper Onion, Tortilla Chilli and Lime



RED SEAL
Red Seal - Incredible Inside

Red Seal Natural Kids toothpaste 70 g, Red Seal Natural Kids Fluoride toothpaste 70 g, 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

FOOD & BEVERAGES



ROUND THEORY
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, Piqette Sauvignon Blanc Marlborough



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

Smooth Dark 70% Solomon's Gold 55g; Dark Nib 75% Solomon's Gold 55g; Dark Orange 70% Solomon's Gold 55g; Dark Mint 70% Solomon's Gold 55g; Dark Berry 70% Solomon's Gold 55g; Dark Caramel 70% Solomon's Gold 55g; Dark Velvet 65% Solomon's Gold 85g; Velvet Nib 70% Solomon's Gold 85g; Dark Chocolate Pieces 70% Solomon's Gold 500g; Cacao Nibs Solomon's Gold 500g; Smooth Dark 65% Solomon's Gold 55g; Dark Nib 70% Solomon's Gold 55g; Dark Orange 65% Solomon's Gold 55g; Dark Mint 65% Solomon's Gold 55g; Dark Berry 65% Solomon's Gold 55g; Dark Caramel 65% Solomon's Gold 55g; Dark Chocolate Pieces 65% Solomon's Gold 500g; Dark Mylk 45%, Dark Mylk Caramel 45%, Dark Mylk Berry 45%, Dark Mylk Orange 45%



SURTI
The Traditional Taste of India

Vegetable Samosa, Vegan Samosa, Vegan Kachori



THE BAKER'S SON
Vegan Mince & Cheddar Pie, Vegan Buttery Chick'n Pie

FOOD & BEVERAGES



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

Kumara Rosti, (Vegan) Feta Kumara Rosti, Cauliflower Schnitzel, Falafel, Pumpkin and Spinach Burger Pattie, Buffalo Cauliflower Burger



THE GOODTIME PIE CO.
Crazy About Vegan Pies

Mexican Pie, Korma Vegetable Pie, Kumara & Cashew Pie, Chana Masala Pie, Vegan Sausage Roll, Vegan Pepper Mushroom Pie, Vegan Mince & Cheese Pie



TRADE AID
Doing Good Tastes Great

Organic 55% Classic Dark Chocolate, Organic 70% Pure Dark Chocolate, Organic 85% Extra Dark Chocolate, Organic 55% Dark Raspberry Chocolate, Organic 70% Mint Crisp Chocolate, Organic 70% Salt Toffee Crisp Chocolate, Organic 55% Dark Chocolate Almonds, Organic Drinking Chocolate, Organic Cocoa Powder, Passionfruit Dark Chocolate; Dark Chocolate Mint Sticks



WAIHEKE HERBS
Artisan Herbal Culinary Products

Waiheke Herb Spread: Regular, Regular Garlic Free, Organic, Organic Garlic Free, Asian, Italian, Supergreens



IS IT VEGAN CERTIFIED?

WWW.VEGETARIAN.ORG.NZ





BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

RESTAURANT MENUS



HELL PIZZA
The Best Damned Pizza In This Life Or the Next

Pizzas: Pride, Purgatory, Limbo, Damned, Purgatory, Sinister, Veggie Saviour, Veggie Grimm, Veggie Mayhem, Veggie Pandemonium, Veggie Brimstone, Veggie Mischief and Veggie Wrath. Quorn tenders, Green Demon Pasta

HEALTH & COSMETICS



FLOWMOTION
Enhancing The Flow Of Sexual Intimacy - Organically

Organic Lubricating Gel



KIWIHERB
Effective Natural Family Healthcare

A range of natural herbal health products.



ORGANIC BIOACTIVES
Innovating From Tradition

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



VITAMIN SOLUTIONS

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

FOOD & BEVERAGES



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CHASERS
Feel The Flavour

Bhuja Mix - Mild, Bhuja Mix - Hot, Chilli & Garlic Peas, Salted Peas



FOOD NATION
Food For All

Mexican Mince, Mushroom & Hemp Mince, Beetroot Amaze Balls, Beetroot Happy Patties, Broccoli Happy Patties, Cauli Turmeric Happy Patties



GOODNESS ME
Good Taste, Good Intentions, Good Deeds

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



WALTER & WILD
I Love Pies

Spiced Chickpea & Spinach, Vegetarian Mince & Cheese



LET'S EAT
Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders

FOOD & BEVERAGES



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

Organic Single Cream, Premium Sour Cream, Premium Lightly Salted Butter, Premium Unsalted Butter, Premium Sea Salt Butter, Lewis Road Spreadable, Premium Garlic & Parsley Butter, Salted Butter



TATUA
Specialised Dairy Products

Culinary & Whipping Cream, Dairy Whip Whipped Cream, Mascarpone



THE RICHMOND FOOD CO.
Sweet Short Pastry, Flaky Puff Pastry



SUSTAINABLE FOODS LTD.
Nourish you - Nurture our planet

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, Bolognese Meal, Mexican Meal, plan*t Nuggets, plan*t Crispy strips, plan*t Chick*n burger, plan*t Vege-to-balls



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



THE SOY WORKS
NZ Tofu



TRANZALPINE HONEY
100% New Zealand Certified Organic Honey

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



WAIHEKE HERBS
Artisan Herbal Culinary Products

Waiheke Herb Spread: Regular, Regular Garlic Free, Organic, Organic Garlic Free, Asian, Italian, Supergreens

CORPORATE MEMBERS SUPPORTING THE NZVS



GREEN DINNER TABLE

Eat more plants



Invest Ethically

PATHFINDER ASSET MANAGEMENT

Invest Ethically



QUORN

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



TAIWANESE WOMEN'S ASSOCIATION OF NEW ZEALAND (TWANZ)