

VEGETARIAN

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ANFODDS:
PIONEERING THE FUTURE
OF PLANT-BASED
DAIRY ALTERNATIVES

IRON
- ESSENTIAL FOR LIFE

HOW TO GET ENOUGH
VITAMIN B12

A YOUNG ENVIRONMENTALIST'S
JOURNEY
TO SUSTAINABLE LIVING

REBALANCING
OUR FOOD SYSTEM

**WE INTERVIEW
ANFODDS CEO,
ALEX DEVEREUX**



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AndFoods CEO Alex Devereux

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EDITORIAL



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Spring is here and we have some exciting projects on the go.

We are thrilled to be sponsoring the New

Zealand Food Awards this year. In partnership with this prestigious event, the NZVS aims to promote sustainability and highlight the diverse range of plant-based options available in the food industry. The NZ Food Awards play a crucial role in recognising innovation and excellence in the food sector. Last year, over 400 entries from 124 companies nationwide showcased the dynamic landscape of food innovation in New Zealand.

Through this sponsorship, the NZVS is committed to raising awareness about our Vegetarian Approved and Vegan Certified product certifications. These certifications are vital in highlighting the health, ethical, and environmental benefits of vegetarian and vegan products. Our goal is to provide clarity for consumers, enabling them to make informed choices that align with their health goals, ethical values, and environmental concerns.

In addition to our sponsorship, we are also advocating for clearer and more standardised labelling practices. The rise in vague terms like “plant-based” or “less dairy” on food packaging has led to confusion, making it challenging for consumers to adhere to their dietary preferences. To address this, we’ve launched a petition in collaboration with the Vegan Society, urging the government to implement legislation that ensures transparent and truthful labelling. This petition aims to eliminate ambiguity in food labels and provide consumers with the assurance they need to make confident, ethical choices. Continue reading about the do’s and don’ts of product labelling on page 9.

Our Spring issue of *Vegetarian Living NZ* is packed with insightful and informative content for our readers. To kick things off, we have an article focusing on iron for World Iron Awareness Week, happening between October 14th to 20th this year. Written by Margaret Johns, our previous editor, this piece on pages 2 and 3 focuses on the importance of iron in a vegetarian diet and provides practical tips for ensuring you meet your nutritional needs.

On pages 6 and 7, we feature an exclusive interview with Alex Devereux, the CEO of Andfoods. Alex shares his vision and insights on pioneering the future of plant-based dairy alternatives and beyond. This interview highlights the innovative advances Andfoods is making through the use of pulses as a base ingredient in their products and their commitment to sustainability.

Further into the issue, on pages 11 and 12, dietitian Catherine Lofthouse provides an in-depth article on B12 absorption and how vegetarians and vegans can ensure they get enough of this essential nutrient. Catherine’s expert advice is invaluable for maintaining a healthy and balanced diet.

On pages 13 and 14, we interview Poppy Mansfield Jones, a young environmentalist on her journey to sustainable living. Building on this theme of sustainability, on page 16, Waikato-based vegan journalist Philippa Stevenson offers a detailed breakdown of the “Rebalancing Our Food System” report, which outlines the essential changes needed to create a more sustainable food system in New Zealand.

Finally, on pages 17-18, we highlight the amazing work of the NZ Anti-Vivisection Society (NZAVS), Aotearoa’s only charity which is 100% dedicated to stopping animals from being used in experimentation. We hope you enjoy this issue and find the articles both informative and inspiring as we continue to promote compassionate and sustainable living.

- INA BABIC



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IRON

- ESSENTIAL FOR LIFE!

BY MARGARET JOHNS

IRON AND B12 SEEM TO BE THE MOST TALKED ABOUT NUTRIENTS WHEN DIETITIANS, GPs AND OTHER NON VEG-N PEOPLE DISCUSS VEG-N DIETS, AND WITH IRON AWARENESS WEEK SET FOR THE 14-20 OCTOBER THIS YEAR, MAYBE IT'S TIME TO REMIND OURSELVES OF THE IMPORTANCE OF IRON TO OUR HEALTH, AND TO MAKE SURE WE INCLUDE IRON-RICH FOODS IN OUR DIET.

Iron is essential for life: we need it to make red blood cells, i.e. to make haemoglobin which is the protein that carries oxygen around the body; we need it to help provide energy in our tissues – it is essential for handling energy and for physical and mental activity; and we need it to also provide iron stores that can be used when needed by our bodies. As we all lose small amounts of iron each day, we need to replace this with iron from foods and our iron needs vary depending on a variety of factors, including age and gender.

HOW MUCH IRON DO WE NEED?

The benefits of iron often go unnoticed until a person is not getting enough – iron deficiency anaemia can cause fatigue, heart palpitations, pale skin, and breathlessness. Iron deficiency can also weaken immune system activity.

	Age (years)	RDI* Iron (mg/day)
Infants	7-12 months	11
Children	1 - 3	9
	4 - 8	10
	9 - 13	8
Girls	14-18	15
Boys	14-18	11
Men	19-70+	8
	Over 50	8
Women	19-50	18
	Over 50	8
Pregnant women	14-50	27
Breastfeeding women	14-18	10
	19-50	9

*Recommended Daily Intake NZ Nutrition Foundation



Pregnancy causes an increase in the body's demand for iron because blood volume and red blood cell production increase dramatically to supply the growing foetus with oxygen and nutrients. While the body usually maximizes iron absorption during pregnancy, insufficient iron intake or other factors affecting the way iron is absorbed, can lead to iron deficiency. Monthly menstrual cycles can also put women and teenage girls at an increased risk of iron deficiency. Of course, too much iron (from taking supplements for instance) can also cause problems, so it's good to find the right balance by eating the right food.

Also, because iron carries oxygen to the muscles and brain, it is crucial for both mental and physical performance, and therefore young female athletes, for instance, will need to ensure good intake of iron-rich foods, even more perhaps, than young people who are not so active.

While iron supplements can be helpful if needed (although they can also cause an upset stomach in some cases), it is better to try to eat enough in the diet alone by eating iron-rich foods and removing or reducing factors that may hinder iron absorption, because iron-rich foods also contain a range of other beneficial nutrients that work together to support overall health.

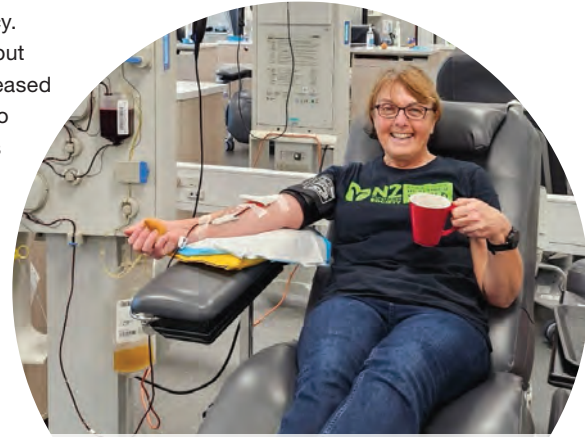
Keep in mind that there are a number of factors which reduce the absorption of iron from plant foods, including:

- The tannins in coffee and tea (wait until 1-2 hours after eating to drink these)
- The phosphates in carbonated drinks (such as soda)
- Phytates which are present in cereals (grains, bread and bakery products) and some legumes (beans, peas and lentils)
- Gastrointestinal health
- Use of medications or supplements
- A person's overall iron status

As most people are aware, there are two types of dietary iron – haeme and non-haeme. Animal sources of food (meat and seafood) contain haeme iron while the non-haeme iron is found in plants, beans, nuts and legumes etc.

The iron from plants is not quite so easily

absorbed by the body but good plant-based sources include beans, nuts, soy, vegetables and fortified grains. Eating vitamin-C-rich foods with plant-based sources of iron can dramatically increase iron absorption and can even partly overcome the effects of phytates.



NZVS Office Manager, Rose Bygrave donating blood for World Iron Awareness Week



TOP IRON-RICH PLANT FOODS

Lentils - Lentils are a highly underrated legume. They are a staple in countries like Morocco and Turkey and have a truly outstanding iron content: about 6.6 mg per cup (cooked). Along with iron, lentils are also packed with B vitamins, fibre, magnesium, zinc, and powerful antioxidants known as polyphenols.

Chickpeas - Chickpeas (also called garbanzo beans) are a great source of iron with about 4.7 mg in a one cup serving (cooked). They also contain an excellent amount of fibre and other essential nutrients like magnesium, potassium, zinc, phosphorus, and folate. And of course they are a great source of protein.



Soybeans - Various forms of soy all make the list of best iron rich plant foods. Raw edamame (green soybeans) comes in at just over 9 mg of iron per a one cup serving, while 100mg of tofu contains around 4-5 mg of iron. Note: Always try to buy organic soy product whenever possible.

Spinach & Other Leafy Greens - Spinach is another excellent source of iron with one cup of the cooked green coming in at 6.4 mg of iron. Other leafy greens aren't far behind. Swiss chard (one cup cooked) has nearly 4 mg of iron, while beet greens and collards both have over 2 mg. Kale is slightly lower with about 1 mg per a one cup serving (cooked).

Beans - Beans double as both one of the best plant-based sources of protein and a great plant-based source of iron. Depending on the specific variety of bean, you can get anywhere from 4-6.6 mg of iron per a one cup serving. White beans are one of the best options as are kidney beans, lima beans, and navy beans. Note: If you have trouble digesting beans, soak them 4-12 hours before cooking them.

Pumpkin Seeds (& Other Seeds) - Seeds tend to be high in various minerals, including iron. Pumpkin seeds in particular, are rich in iron. Other good seeds to boost your iron intake include sesame, hemp seeds, and flax seeds. All have great amounts of fibre as well and pack in lots of nutritious fatty acids.

Cashews (& Other Nuts) - Like seeds, most nuts have a good mineral content and some are especially high in iron, although almonds, pine nuts, and macadamia nuts aren't. Nuts are also a great source of healthy fat and protein.

Foods containing non-haeme iron Iron (mg)

100g tofu	5.4
100g fortified, plain dry cereal oats	24.72
1 cup white beans	21.09
1 cup cooked spinach	6.43
½ cup boiled, drained lentils	3.3
½ cup cooked red kidney beans	2
½ cup fruity muesli	1.9
½ cup baked beans	1.6
1cup cooked chickpeas	4.7
1 cup porridge	1.3
10 dates	1.3
½ cup cooked boiled lentils	1.2
1 cup steamed broccoli	0.9
1 boiled egg	0.9
1 slice multigrain bread	0.7

Potatoes (Skin On!) - Potatoes can be an incredibly nutritious food— as long as you don't load them with a bunch of unhealthy additives. Most of this iron is found in the potato skin, so be sure to leave it on! You'll get more fibre that way, too.

Mushrooms - Mushrooms tend to fly under the radar, but they have an excellent nutrient content. Certain varieties are particularly high in iron, including white mushrooms (2.7 mg per cup-cooked), chanterelle (1.9 mg per cup- raw), and oyster mushrooms (1.1 mg per cup- raw). You'll also get a good amount of antioxidants from most mushrooms.

Olives - Olives, which are technically a fruit, make it onto the list of top iron-based plant foods because just five large olives provide you with about 1.3 mg of iron. As a bonus, olives are also full of fiber, healthy fats, and vitamins A and E.

Whole Grains - Most whole grains have a decent iron content, but some stand out above the rest. Two ancient grains, amaranth and spelt, lead the way with 5.2 mg and 3.2 mg, respectively (one cup serving- cooked). Not to be outdone, one cup of cooked quinoa comes in at 2.8 mg of iron and one cup of cooked oats at 2.1 mg of iron.

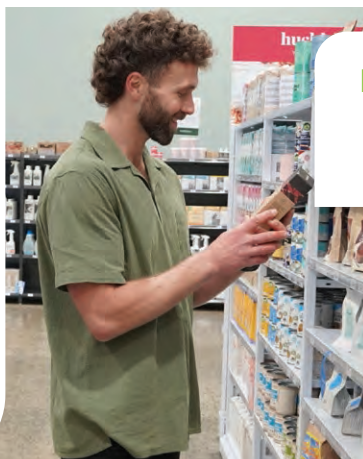
And remember that the quality of the food eaten also affects the quality of its nutrients, so the fresher the food, the less processed, and the more naturally it is grown, the better. Remember also, that lists of foods containing non-haeme iron are guidelines only and do vary slightly depending on the source of the information.

Variety is the spice of life, as the saying goes, so apply that to your foods, eat a rainbow but also mix and match your foods and do try and include vitamin-C-rich foods with each meal, for instance: broccoli, oranges, kiwifruit, tomatoes, to help with the absorption of iron.

Sources of information:

NZ Nutrition Foundation
<https://www.medicalnewstoday.com>
 (Everything you need to know about iron)
 Brian Vaszi (brian@theartofantiaging.com)

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



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

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

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

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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

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TRISTAN'S Corner

In the decade I've been writing this column, I've often mentioned my two vegetarian sons. You've followed them from tiny toddlers through to strapping teenagers. This time I'd like to give a nod to my dear husband who, one recent evening, decided to surprise me with a dish that perfectly encapsulates the essence of spring: Lemon Linguine. Simple but elegant, bursting with the fresh flavours and vibrant colours of spring, I knew it was something I had to share with all of you.

I always feel little pangs of excitement when the days start getting longer and the chill of winter starts receding, and I'm sure I'm not alone in wanting my evening meals to change to lighter, brighter fare. I can tell you, this combination of fresh, zesty lemons with the subtle depth of garlic and *al dente* pasta was just what the spring doctor ordered.

As I watched my husband lovingly zest the lemons and stir the sauce while a golden sunset painted our kitchen with a warm glow, I couldn't help but appreciate how nice it is to have a meal prepared for me. Cooking is a form of art, and when it's done with such care, it becomes a beautiful expression of love and affection. This Lemon Linguine became a symbol of the simple pleasures of life and the joy of sharing them with loved ones.

This dish is not only delicious but also easy to prepare, which meant my husband and I could sip wine and chat while he prepared it. What a nice way to welcome spring.

Here is the recipe he used, which is Nigel Slater's recipe from *The Guardian*. This includes butter and parmesan cheese, so to make it vegan, simply replace the butter with cashew butter or Olivani, and use your favourite plant-based parmesan alternative – Angel Food does a really good parmesan powder.

I hope this recipe brings a tangy taste of spring to your table. Whether you're sharing the meal with a loved one or cooking alone, I wish you happy cooking and *bon appétit!*

Here's the recipe:

Ingredients:

spinach 100g, stalks removed if thick
lemon 1 large
linguine 250g
garlic 1 large clove
butter 50g
olive oil 2 tbsps
parmesan 40g, grated

Instructions:

1. Wash the spinach leaves, then while they are still wet put them in a shallow pan over a moderately high heat, cover tightly with a lid and cook in its own steam for 3 or 4 minutes. Remove the lid and turn the spinach over, then cover again and cook for 2 minutes. It should be bright green, soft and tender. Have a bowl of iced water to hand.
2. Lift the spinach from the pan with a draining spoon or kitchen tongs and drop it into the iced water. As soon as the spinach is cold, squeeze out the moisture, then chop roughly. Finely grate the zest from the lemon.
3. Put a deep pan of water on to boil and salt it generously. When the water is boiling, lower in the linguine and leave to cook for 8 or 9 minutes.
4. Using the flat side of a large kitchen knife, squash the clove of garlic, without peeling it. Warm the butter, squashed garlic clove and olive oil in a shallow pan over a low to medium heat for a few minutes, until the butter is infused lightly with the garlic. Remove the garlic clove, it has done its work. Add the lemon zest and spinach to the pan.
5. Drain the pasta and toss in the warm, garlicky, lemony butter. Squeeze over a generous shot of juice from the lemon and scatter with the grated parmesan.



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



ANDFOODS: PIONEERING THE FUTURE OF PLANT-BASED DAIRY ALTERNATIVES

BY INA BABIC

ANDFOODS IS SET TO REDEFINE THE WORLD OF PLANT-BASED DAIRY ALTERNATIVES AND BEYOND WITH A FOCUS ON PULSES AS A MAIN INGREDIENT. WE INTERVIEWED CEO ALEX DEVEREUX TO UNCOVER THE INSPIRATION BEHIND THEIR PULSE-BASED PRODUCTS, THEIR SUSTAINABLE PRACTICES, AND THEIR VISION FOR THE FUTURE OF DAIRY ALTERNATIVES.

WHAT INSPIRED ANDFOODS TO FOCUS ON USING PULSES AS THE BASE FOR DAIRY ALTERNATIVE PRODUCTS?

The technology has been developed over the past 4 years and the company was founded 1 year ago. At that time, our research team were inspired by feedback from leading food companies around the world they worked with that plant-based dairy alternatives were seen as underwhelming. They identified a gap in taste and functionality, and we saw an opportunity to explore alternative crops that could be used and tick all the requirements for scalability, functionality and taste. Our researchers were focused on pulses and legumes from India due to three of them having Indian heritage. That gave them a good head start. The crop that stood out and the one we use has great frothing ability, a white colour and a neutral taste. There is no other company currently using it anywhere in the world, let alone for dairy alternatives.

PULSES ENCOMPASS A VARIETY OF CROPS. WHICH SPECIFIC PULSES DOES ANDFOODS UTILISE IN ITS PRODUCTS, AND HOW ARE THEY SELECTED?

There is one specific crop that we're using but we are keeping it under wraps for now. One of the big challenges we are in the process of solving is the supply chain of our chosen crop. It is primarily used in its raw form, but we have found partners to source a de-hulled and flour format and we will continue to get to know both the growers and distributors to ensure we can scale.



COULD YOU EXPLAIN THE PROCESS BEHIND CONVERTING PULSES INTO DAIRY ALTERNATIVE PRODUCTS, SUCH AS WHIPPED CREAM?

Our process is similar to a plant-based milk, except we also have a fermentation stage and a few other unique variables. The fermentation stage is what really transforms the very beany tasting crop to become much more neutral and creamy. Our research team spent years perfecting our recipe and process by experimenting with lots of different enzyme and culture combinations.

The whipping cream is by far our most unique product compared to the existing products in that category and compared to the dairy products currently on the market. Recently we have also been making ice cream and have partnered with a couple of very exciting ice cream companies. We are aiming to become an ingredient supplier for products like ice cream so we can scale faster. For the whipping cream, we are completing feasibility work with manufacturers in Australia and New Zealand and hope to have a product available in the food service channel in limited markets in Australia and New Zealand by the end of the year.

IS ANDFOODS PLANNING TO EXPAND ITS PRODUCT LINE TO INCLUDE OPTIONS SUCH AS CHEESE OR YOGHURT OR ANY OTHER PRODUCTS IN THE FUTURE?

We are looking at fermented beverages (drinkable yogurts) and a range of applications that our ingredient formats would work well in. Rather than producing lots of different products we want to focus on being the best in the world at creams and then take on ingredient partnerships where they make sense.

SUSTAINABILITY IS A SIGNIFICANT CONCERN IN FOOD PRODUCTION. HOW DOES ANDFOODS APPROACH SUSTAINABILITY IN BOTH INGREDIENT SOURCING AND MANUFACTURING PROCESSES?

This was one of the key considerations when the team was choosing the base material. Pulses generally put nitrogen back into the soil when they grow. That allows you to do rotation cropping. This means you can rotate it with crops like rice and not much fertiliser is needed. Pulses also don't require a lot of water to use. So, you can grow them quite passively and successfully. In terms of land use compared to dairy it is hard to compare but we are probably single-digit percentages compared to that. Nuts also take a ton of water to grow and pulses in comparison do not. We're positioning ourselves to be a one-for-one dairy alternative in a range of different applications where large companies like Nestle, for example, could utilise and dramatically reduce emissions out of their supply chain.

MANY CONSUMERS ARE CONCERNED ABOUT ALLERGENS. HOW DOES ANDFOODS ADDRESS ALLERGEN CONCERNS?

This material is unique as there are no known allergens to the pulses that we use. There is no academic or clinical research to confirm that these pulses contain any allergens. This does not mean that they are 100% allergen-free or that people won't develop an allergy to them in the future but to the best of our knowledge, currently there is no known allergy to them.

HOW IS ANDFOODS COLLABORATING WITH MASSEY UNIVERSITY TO EXPLORE THE HEALTH BENEFITS OF ITS PULSE-BASED DAIRY ALTERNATIVES?

We're doing a lot of research at the moment. Being associated with Massey University is a big benefit as they can research the human intestinal system to see how it responds under certain conditions. One of those conditions is how the gut microbiome adjusts to consuming our material. We are very optimistic that our material will be able to have clinical claims for gut health.

LOOKING AHEAD, WHAT DOES ANDFOODS ENVISION FOR THE FUTURE OF DAIRY ALTERNATIVE PRODUCTS, AND HOW DOES THE COMPANY PLAN TO CONTRIBUTE TO THAT FUTURE?

There is a bright future for the next wave of dairy alternatives. I think what we've seen in the last ten years is that the current products on the market have gained a lot of attention. For example, oat milk being the fastest-growing plant-based product – people love it because of the way it tastes. I think there is a growing scepticism of the nutritional value of some of those products. What I've seen in the industry is this second wave of products and technologies that are taking much longer to develop, are coming in the next few years and are much better than their current counterparts. The nutritional quality, taste and texture will be much better, and we are very excited to be at the forefront of that.

To find out more visit the AndFoods website:

W www.andfoods.co

Ina Babic is the New Zealand Vegetarian Society Marketing & Communications Manager & Editor of Vegetarian Living NZ



VEGETARIAN APPROVED & VEGAN CERTIFIED



Product News

BY BEN MOLLISON, NZVS TRADEMARK MANAGER

Spring is already here which means that summer will be upon us before we know it! And whether you're planning to spend more time with friends and family as the evenings get lighter, or enjoy the

beautiful outdoors at this time of year, you can't go wrong with some of these delicious vegan and vegetarian options to share at your next event or celebration!



Proper Crisps – Chilli Chips

Craving some flavours that add a bit of spice to your life? You're in luck because our friends at **Proper Crisps** are bringing the heat with a new addition to their product range. Their all-new Chilli Chips combine both Sichuan Peppers and Chilli Flakes in their consistently delicious, hand-cooked potato chips. Their latest **Vegan Certified** offering promises a mouth-tingling, fiery-flavoured, crave-able crisp. Available in supermarkets and wherever good chips are sold, from September!

W www.propercrisps.com



Gibbston Valley Wines

It's always great to be in the know about which bevies to bring to your next backyard BBQ or dinner party, and **Gibbston Valley Winery** has just made it easier with a wide selection of **Vegan Certified** wines on offer.

From their **Red Shed Pinot Blanc** with 'citrus aromas', to their **GV Collection Pinot Noir** boasting flavours of 'black cherry with notes of cedar and wild herbs', there's sure to be something that suits every palate and occasion. So head to your local wine seller to check out their extensive range or buy direct at gibbstonvalley.com and grab yourself a bottle for a gift, a gathering, or just a good night in!



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

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



BEN MOLLISON, NZVS TRADEMARK MANAGER

Hi, I'm Ben, the new Trademark Manager! I'm excited to join the NZVS because I value working with an organisation that shares my values. As a vegetarian since 2018, I am excited to represent the NZVS and continue their great work, trademarking more amazing vegan and vegetarian products on our shelves!

A bit about me - I have a keen interest in music, having received my Bachelor's Degree in jazz guitar and I hold a Bachelor of Communications Degree from AUT. I also enjoy climbing, op-shopping, cooking, hiking, and spending time outdoors or inside with a good book or film.

NAVIGATING THE DO'S AND DON'TS OF LABELLING ON VEGETARIAN AND VEGAN PRODUCTS

BY INA BABIC



Clear labelling on vegetarian and vegan products has become crucial in a world increasingly conscious of ethical and sustainable food choices. The New Zealand Vegetarian Society (NZVS), in partnership with the New Zealand Food Awards, is advocating for this cause by raising awareness about their Vegetarian Approved and Vegan Certified product certifications. Concurrently, a new petition by the NZVS and the Vegan Society of Aotearoa calls for standardised labelling practices, emphasising the importance of transparency and honesty in the food industry.

WHY LABELLING MATTERS

Consumers are increasingly choosing vegetarian or vegan diets for health, ethical, and environmental reasons. However, the lack of clear labelling can make it difficult for them to make informed choices. Misleading terms like “plant-based” or “less dairy” add to the confusion, compromising consumer trust and making it harder for individuals to adhere to their dietary preferences.

DO'S AND DON'TS OF LABELLING

DO: USE CLEAR AND HONEST TERMS

- **Standardise “Plant-Based” Labelling:** This term should be reserved exclusively for products that are 100% derived from plants. This clarity ensures that consumers are not misled by products containing animal-derived ingredients.
- **Clarify “Vegan” Labelling:** For a product to be labelled vegan, it should mean that no animal products or by-products were used at any stage of the manufacturing process. To ensure this, the following criteria must be met:
 - Free from animal-derived ingredients.
 - GMO-free.
 - No animal testing at any stage of production.
 - Measures in place to prevent cross-contamination with animal products during production.
- **Clarify “Vegetarian” Labelling:** The term “vegetarian” should be reserved for products that contain no meat, poultry, fish, or seafood. Additionally, any use of animal by-products (such as gelatine, animal rennet, or certain colourants) should be clearly indicated. To ensure this, the following criteria must be met:
 - Products must be free from ingredients resulting from animal slaughter.
 - Only free-range eggs must be used.
 - Be GMO-free.
 - Ensure no animal testing is carried out.
 - Prevent cross-contamination with animal products during production.

DON'T: USE VAGUE AND MISLEADING TERMS

- **Ban Misleading Terms:** Terms like “less dairy” lack clear definitions and can deceive consumers about the actual content and health implications of the products. This is particularly important for those with allergies.
- **Avoid Overgeneralisation:** Broad terms like “plant-based” without clarification can mislead consumers. Ensure that all labelling is specific and truthful, avoiding overgeneralisations that cause confusion.

THE ROLE OF CERTIFICATION

The NZVS Vegetarian Approved and NZ Vegan Certified trademarks play a vital role in providing assurance to consumers. These certifications are trusted indicators that products meet rigorous standards. Consumers are encouraged to look for these trademark logos as a reliable guide to make informed and ethical purchasing decisions.

“In the absence of clear regulations, it’s crucial for consumers to look for trusted Vegetarian Approved and Vegan Certified trademarks on product packaging,” says Julia Clements, President of the NZ Vegetarian Society. “These marks serve as a reliable indicator that products have met strict criteria and adhere to established standards for vegetarian and vegan diets.”

ADVOCACY FOR BETTER LABELLING STANDARDS

The petition launched by the NZ Vegetarian Society, and the Vegan Society of Aotearoa aims to urge the government to implement legislation for clearer and more standardised labelling on vegetarian and vegan products. This initiative is crucial for protecting consumer rights and promoting transparency in the food industry.

By adhering to the do’s and avoiding the don’ts of labelling, food producers can ensure transparency, build consumer trust, and contribute to a more ethical and sustainable food industry. The efforts by the NZ Vegetarian Society and the Vegan Society of Aotearoa in advocating for better labelling practices are steps towards achieving this goal, ensuring that consumers can navigate their dietary choices with confidence and clarity.

FIND OUT MORE AND SIGN THE PETITION HERE:

<https://our.actionstation.org.nz/petitions/ban-misleading-labelling-for-vegetarian-and-vegan-products>

Recipes



Anna Valentine 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.com. Anna also has three recipe books available from her website The Veggie Tree (Spring/Summer and Autumn/Winter) plus her latest one, Abundance.



PLANT-BASED YOGHURT

Creamy, tangy, smooth and delicious; this homemade yoghurt recipe really hits the spot for those who aren't so keen on coconut yogurts but want a plant-based option (although you can absolutely use coconut cream in the recipe).

Because of the microbiology of yogurt making, we must be mindful of what we are feeding the milk to make the yoghurt set. I like to use a plant-based cream for yoghurt so it's thick and creamy. Plant-sourced cream does not contain lactose, so you need to introduce sugars and proteins to feed the bacteria. The bacteria still produce some acid in dairy-free cream, so the flavour is slightly tart. However, plant-based milk does not have the same proteins as dairy milk that coagulate in the presence of an acid, so you need to add a thickener to make it thick and creamy, especially if you aren't using coconut cream. Agar powder is the perfect plant-based thickener, a seaweed extract which is readily available from the supermarket.

INGREDIENTS

- 600ml full-fat plant cream
- 1/2 tsp Agar powder
- 1 tablespoon lemon juice
- 1 tablespoon maple syrup or sugar
- 1-2 tablespoons already made plant-based yogurt or 1/8 tsp vegan yogurt starter culture

METHOD

1. Pour the cream into a saucepan, sprinkle in the agar powder and warm to 75°C, stirring constantly.
2. Meanwhile, whisk together the lemon juice, maple syrup and plant-based yoghurt (if using). Cool the milk/cream and agar mix down to 40°C.
3. Add the lemon maple mixture and sprinkle in the starter culture (if using) and whisk together well.
4. Pour into warm (40°C) sterilised jars, cap and incubate, undisturbed for 4-6 hours.
5. Remove and refrigerate.



PUFFED GRANOLA

Fruity, nutty, crunchy and packed with goodness; this granola is perfect layered with yoghurt and fresh fruit or a generous pour of your favourite milk. It hits the spot at breakfast, brunch or even the three o'clock hunger pangs. This granola uses puffed gluten-free grains instead of oats and it's totally up to you to choose your favourite fruit and nuts to add for ultimate satisfaction.

INGREDIENTS

- 1/2 cup coconut or preferred oil
- 1/2 cup maple or date syrup
- 1 tablespoon cinnamon, ground
- 1 tablespoon vanilla extract
- 2 cups quinoa, amaranth, buckwheat or millet puffs (or a combined mixture of all three)
- 2 cups nuts and seeds, coconut chips, almonds, hazelnuts, cashew pieces, walnuts, sunflower, pumpkin, hemp seeds, sliced or roughly chopped
- 1 1/2 cups dried fruit, dates, apricots, figs, roughly chopped, raisins or cranberries
- 1/3 cup cacao nibs

METHOD

1. Gather your ingredients and preheat the oven to 150°C.
2. Measure the coconut oil and syrup into a pot and heat on a low temperature until the coconut is melted (omit this step if using a liquid oil, whisk the oil and syrup together).
3. Add the cinnamon and vanilla, stir through.
4. Measure the puffs and nuts into a large tray, then pour the oil and syrup mixture into the tray and stir together to coat.
5. Bake for 30 minutes, until dry to the touch, stir every 10 minutes to make sure it all toasts evenly.
6. Remove the tray from the oven, add the dried fruit and cacao nibs and stir through, leave to cool. Store in a jar or cereal tin.

HOW TO GET ENOUGH *vitamin B12* FOR VEGETARIANS & VEGANS

BY CATHERINE LOFTHOUSE

Vitamin B12 is an essential nutrient that supports red blood cell production and a healthy nervous system. For people who don't eat animal products, such as vegans or some vegetarians, it can be harder to meet vitamin B12 needs through diet alone, as plant foods don't naturally contain B12. Foods fortified with added vitamin B12, or dietary supplements, are normally needed to avoid a B12 deficiency, which can have serious consequences.

FUNCTION OF VITAMIN B12

Vitamin B12 is important for a variety of reasons. It supports healthy functioning of the central nervous system and the formation of healthy blood cells. It also helps to make DNA (the genetic material in your cells) and folate (vitamin B9). As with all B vitamins, B12 helps the body to produce energy from food.

RECOMMENDED INTAKE

The recommended daily intake of vitamin B12 is 2.4 µg (micrograms) per day for New Zealand adults aged 18 years and above. This increases to 2.6 µg/day for pregnant women and 2.8 µg/day for women who are breastfeeding (National Health and Medical Research Council et al., 2006).

HOW VITAMIN B12 IS ABSORBED BY THE BODY

When we consume vitamin B12, it combines with a protein called intrinsic factor in our stomach. This allows it to be absorbed in the small intestine. Supplements and fortified foods contain vitamin B12 in a free form, which means it can be absorbed easily. Your body will absorb the B12 that it needs and excrete any excess in your urine.

Vitamin B12 is best absorbed in small doses. As you consume higher amounts of vitamin B12, your body will absorb a smaller proportion of the B12. For instance, if taking a dose of 1-2 µg, your body will absorb around 50% of that B12. However, if taking a larger dose of 1,000 µg, absorption will decrease to only 1% (National Institutes of Health Office of Dietary Supplements, 2024; O'Leary & Samman, 2010). For this reason, the recommended supplement intake is substantially higher if taking vitamin B12 weekly rather than daily.

FOOD SOURCES INCLUDING FOODS FORTIFIED IN NEW ZEALAND

Vitamin B12 is produced by specific bacteria that reside in the gut of herbivores like cows and sheep. Other animals obtain B12 by eating animal products or consuming food contaminated by certain bacteria. Vitamin B12 can also be added to animal feed (Watanabe & Bito, 2018). People who regularly eat meat, chicken, eggs, and seafood usually get the vitamin B12 they need.

Except for some algae and plants contaminated by soil or insects, plant foods do not contain vitamin B12 (National Health and Medical Research Council et al., 2006; O'Leary & Samman, 2010). Spirulina, tempeh and miso are sometimes cited as sources of B12, however they may contain an inactive form that our bodies cannot absorb (HealthInfo, 2023; O'Leary & Samman, 2010).

Vegetarians who consume cow's milk and dairy products three times a day should be able to meet their vitamin B12 needs. For example, this could include a glass of milk, a pottle of yoghurt and two slices of cheese. For people who eat eggs, two eggs is enough to meet the daily requirement.

See **Table 1** for typical vitamin B12 content of common foods in New Zealand.

Strict vegetarians or vegans should aim for at least two servings of vitamin B12-fortified foods or drinks each day. In New Zealand, non-dairy milks, cereals, soy products such as vegetarian sausages, yeast extract (eg, marmite), and nutritional yeast can all be fortified with vitamin B12. As fortification is voluntary, not all products will be fortified and the amount of B12 each product contains will vary. For example, one 250ml serve of non-dairy milk could contain anywhere between 16% and 42% of your daily vitamin B12 needs.



SUPPLEMENTATION GUIDELINES

If taking a supplement, aim for at least 10 µg/day or at least 2,000 µg/week.

Vitamin B12 may be taken as a supplement on its own, or as part of a multivitamin or B-complex supplement. A vitamin B12 supplement will usually contain higher amounts of B12 than a multivitamin, so check the label first (National Institutes of Health Office of Dietary Supplements, 2024). There are no known adverse effects of taking too much vitamin B12 by supplements or diet (National Health and Medical Research Council et al., 2006).

Vitamin B12 supplements usually contain B12 in the form of cyanocobalamin or methylcobalamin, and supplements can be taken as tablets or liquid. Evidence suggests that both cyanocobalamin and methylcobalamin perform equally, and there is no difference between taking tablets or liquid (National Institutes of Health Office of Dietary Supplements, 2024).

It is also possible to have a vitamin B12 injection of 1,000 µg every two or three months. This can be administered by a doctor or pharmacist, and may require a prescription first.

VITAMIN B12 DEFICIENCY

Vitamin B12 deficiency can occur in people who do not eat enough foods containing B12. Deficiency can take a long time to develop as the body can store vitamin B12 in the liver for up to five years.

Long-term vegans who don't take a supplement or eat fortified foods are particularly at risk of deficiency. Pregnant and breastfeeding women are also at higher risk of deficiency, and their offspring risk having low birth weight and pre-term births (Ars et al., 2019; Rogne et al., 2017).

>> ARTICLE CONTINUES ON NEXT PAGE

TABLE 1: Typical vitamin B12 content of New Zealand foods

FOOD	SERVING SIZE	VITAMIN B12 CONTENT PER SERVING (µg)	PERCENT OF RDI*
Nutritional yeast**	1 tbsp, 5g	7.5	313%
Seaweed, sheet, toasted, nori	1 sheet, 3g	2.0	83%
Sausage, vegetarian style**	2 sausages, 100g	2.0	83%
Up&Go, assorted flavours**	1 cup, 250ml	1.73	72%
Egg, whole, boiled	1 medium (size 6), 54g	1.3	54%
Fortified non-dairy milk, various (eg, soy, almond, rice, oat, coconut)**	1 cup, 250ml	0.4 to 1.0	16% to 42%
Milk, cow, trim	1 cup, 250ml	0.90	38%
Marmite**	1 tsp, 5g	0.65	27%
Protein powder, whey	1 tbsp, 5g	0.55	23%
Yoghurt, Greek style, full-fat	150g	0.51	21%
Cheese, Colby	2 slices, 40g	0.48	20%
Milo powder**	1 tsp, 5g	0.09	4%
Butter, salted	1 tsp, 5g	0.03	1%

* Based on an RDI of 2.4 mcg for adults aged 18 years and above.

** Product is fortified with added vitamin B12.

*** The amount of vitamin B12 in fortified non-dairy milks will vary by type and brand of milk.

Source: (Food Standards Australia New Zealand, 2023; The New Zealand Institute for Plant and Food Research Limited & Ministry of Health, 2022)

Deficiency may also occur in people who cannot absorb vitamin B12 properly. This includes people who have pernicious anaemia, digestive disorders (eg, coeliac disease or Crohn’s disease), or who have had part of their bowel removed. People taking certain medications long-term (eg, metformin or omeprazole) are also at increased risk (Healthify He Puna Waiora, 2020; HealthInfo, 2023).

Symptoms of vitamin B12 deficiency can include fatigue, low appetite, constipation, weight loss, poor memory, mouth ulcers, blurred vision, and nerve damage such as numbness or tingling in hands and feet (Healthify He Puna Waiora, 2020). If untreated, vitamin B12 deficiency can lead to serious complications such as permanent

nerve damage or megaloblastic anaemia (the production of abnormally large red blood cells that do not function normally).

WHAT TO DO IF YOU THINK YOU MAY BE DEFICIENT

If you think you may be deficient in vitamin B12, ask your health practitioner for a blood test. If you are deficient due to your diet, you may be prescribed B12 supplements or a B12 injection.

CONCLUSION AND RECOMMENDATIONS

- Vitamin B12 is an essential nutrient that is especially important for vegans and strict vegetarians. Deficiency can take up to five years to establish, but can cause serious and lasting damage to the nervous system and blood.
- For information on other nutrients that are important on a veg~n diet, see “Are nutritional supplements needed on a veg~n diet?”, *Vegetarian Living NZ, VOL. 80, NO. 3*. This provides information on vitamin D, iodine and selenium, plus other nutrients.

- To see if a product is fortified, read the label. Any product that has added vitamin B12 should be labelled as a fortified product and state how much B12 it contains.
- If taking a vitamin B12 supplement, check the label to ensure you’re taking the right dose at the correct frequency, as there is a wide range of options on the market.
- For help with planning a balanced veg~n diet that includes adequate amounts of vitamin B12 and other essential nutrients, speak to a dietitian.
- If you’re concerned about whether you’re meeting your needs for vitamin B12, ask your health practitioner for a blood test.



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

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

www.vegetarian.org.nz/about/news

A Young ENVIRONMENTALIST'S JOURNEY TO Sustainable Living

BY INA BABIC

Q. TELL OUR READERS A BIT ABOUT YOU...

Hello! My name is Poppy Mansfield Jones, I am a 21 year old student at Warwick University in England, studying 'Politics, International Studies and Global Sustainable Development', and working part-time as a Youth Engagement and Partnership Officer at an academies trust which specialises in Youth Social Action. I have always been an environmentalist and have worked with the environmental organisation Force of Nature many times before, even getting to attend COP27 with them! I love to sing, and got the chance to play at some festivals this summer which was lots of fun.

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

I became vegetarian when I was 14 years old. I was inspired by fear really... I hated the idea of the environment getting degraded through intensive animal farming and so I did my research, and discovered that a vegetarian diet had a significantly lower effect on the climate than a meat-eating diet.

Q. HOW LONG HAVE YOU BEEN VEGETARIAN?

I was strictly vegetarian for over four years but let myself go a bit and became plant-based, not buying meat or fish, I still ate meat if someone really wanted to cook a meal with it in and wanted me to have some, like at Christmases or university parties where often the only option was pepperoni pizzas!

Q. ARE YOU THE ONLY MEMBER OF YOUR FAMILY WHO IS VEGETARIAN / PLANT-BASED?

I am! My mother, who I love and is a very caring person, did actually tell me when I became vegetarian that she would not cook for me, since she absolutely loves meat and fish. Over time she did warm up to it in the form of buying me tofu-presses!

Q. WHAT ARE THE BENEFITS TO BEING VEGETARIAN? ARE THERE ANY DISADVANTAGES?

I think it challenges you to try new foods and to keep expanding your taste-buds, I used to hate aubergine and courgettes, now I love them. Mushrooms too! Couldn't stand the things, now I know how to cook with them and really enjoy them in my meals.

Q. WHAT KIND OF VEGETARIAN ARE YOU, FOR EXAMPLE, DO YOU EAT EGGS OR DAIRY PRODUCTS?

I am no longer vegetarian and am actually now pescatarian. I have a partner who adores his meat and fish, but when I am at home and cooking for myself, I usually do vegetarian meals. It also means we can enjoy cooking extravagant dishes every now and then. I am conscious of the effect the fishing industry has on the environment and I make sure not to eat too much of it. Maybe once a week.

Q. HOW OR WHAT HAS HELPED YOU MAINTAIN YOUR DIET AND LIFESTYLE?

I think you have to enjoy it. I genuinely enjoyed the meals I made. Stir fries, miso-glazed aubergines, omelettes, stuffed peppers – you just have to enjoy the process. I also once did a Joe Wicks workout thing for two months and it comes with a meal guide. Wow... Those meals are still some of my favourites.

Q. ARE THERE ANY VEGETARIANS OR VEGANS WHO HAVE HAD A STRONG INFLUENCE ON YOU?

If I am honest, I think that possibly, as embarrassing as it may be, my 14-year-old self was quite influenced by Lisa Simpson! She became vegetarian and I just liked her stoicism and ability to stick with it.



Q. WHAT DO YOU SAY TO PEOPLE ABOUT YOUR VEGETARIANISM? HOW DO YOU EXPLAIN WHY YOU'VE BECOME VEGETARIAN?

I definitely experienced a lot of jokes when I was younger - people at school telling me it was a bad idea and that I just wanted to do something different from them. But also, I think most people don't mind. Some want to really push you to give it up, which is quite uncomfortable...

Q. WHAT DO YOUR FRIENDS/PEERS SAY ABOUT YOUR DIET – ARE THEY SUPPORTIVE?

For a long time, I think lots of them weren't supportive. They would 'forget' that I was vegetarian, and when I came over for dinner, I would have to pick the meat out of my meals. But also, now I am not vegetarian, it seems to be a real shock to them all! I think it is more than fine to go back and forth in your vegetarian/vegan/pescatarian journey. I am an environmentalist, and I want to eat a diet which doesn't use extreme amounts of the world's resources, but I also understand that I am less than drop of water in the pollution bucket since companies and our governments are the ones responsible and we should hold them to account rather than anxiously counting our own miniscule carbon footprint!

>> ARTICLE CONTINUES ON NEXT PAGE

I used to be a very anxious young person, spitting out a sandwich if I realised it was salmon and not tomato, and refusing to have a coffee if it didn't come in a compostable cup or if I forgot my own reusable cup. I used to hold myself to the highest standards and stress out far too much. Nowadays I do what I can for the planet, but I remember that it is more about putting our political foot down on the decisions of governments which U-turn on environmental promises, rather than worrying about whether or not I can eat lunch today because the café serves food on disposable plates rather than ceramic!

Q. WHAT'S YOUR BEST RETORT TO DAFT COMMENTS ABOUT VEGETARIANS?

I think perhaps... "Some people can't give up meat and fish and that's okay, but I think it's pretty great that many have the mental willpower to do so!" or perhaps... "It's not a radical thing, it's just a choice. Plus, I bet most vegetarians make tastier meals than you!"

Q. WHAT ARE YOUR THOUGHTS ON THE LINK BETWEEN DIET AND CLIMATE CHANGE?

There is a huge link there, as I know that so much of the pollution in the world is down to animal farming. With so much grain and water being used to maintain an extreme farming practice, it just isn't sustainable for all people to eat meat and fish every day. There is enough food and water on this planet to feed everyone, but we can't rely too heavily on meat and fish to fill a protein-gap in our diets.

Q. HAS BEING A VEGETARIAN INFLUENCED YOUR FUTURE CAREER CHOICE AND IF SO IN WHAT WAY?

I think so! In the sense that I have always wanted to work in a field which helps protect the environment, and I think that the best ways to do this is through looking at our consumption and what is or is not possible for the long-term.

Q. HOW DO YOU THINK WE CAN BEST INFLUENCE PEOPLE TO SHIFT FROM MEAT CONSUMPTION TO A PLANT-BASED DIET ON A GLOBAL SCALE?

I think you have to make it attractive and convenient. Also, there needs to be a mental shift. For some reason, men are taught to believe that cooking meat and doing BBQ's is manly, and to be vegetarian might take away from their masculinity – it is the case that statistically, there are more female vegetarians and vegans than male. I think people also equate being vegetarian or plant-based to a loss of freedom, rather than an opportunity to experiment and try new foods that were not on the radar beforehand!

I think there needs to be a shift in how we are taught about proteins and a good diet too. In schools we need to learn about the importance of vegetables and fruits in a good healthy diet. My mother once said to me she doesn't understand vegetarianism as to her, growing up, she was told in school there must be some meat or fish on the plate to have a balanced meal. I myself have seen these diagrams, these pie-charts which state this in the food-tech room of my school when I was younger! There needs to be an updating of information around the issue.

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SAI EATERY, NAPIER

BY SHARON ALMOG


One of the most beautiful places to dine at in Napier is Sai Eatery. Sai is a modern Thai cuisine restaurant that uses high-quality ingredients, lovely tableware (they also have a pottery shop), and superb service.

We started with Sai's Caramelised Tofu—crispy silken tofu with a five-spice caramelised sauce. This is a small dish to crave! It has the perfect balance between soft and crispy with the sauce that is poured when they serve the dish. Our next dish was not on the regular menu—Tapioca Pearl Balls filled with shitake mushrooms, red onion, peanuts, sweet turnip, pepper, and soy sauce. What a delicate and elegant dish! So many flavours coming together in one bite.

We had two additional dishes at Sai: Hed Tod, a combination of crispy fresh organic Lion's Mane, Shitake, and Black Fungus mushrooms with sesame seeds and sweet chilli sauce, and wok-fried vegetables that were simple, light, and well done. We complemented dinner with refreshing, dry, and crisp local NZVS Vegan Certified Paynter's Cider, perfect for this lovely vegan dinner. Sai is not a vegan restaurant, but it seems that they love making vegan dishes and appreciating the choice by creating this fantastic alternative that anyone can enjoy.

We will definitely come back to Sai the next time we are in Hawke's Bay! It was a fulfilling dining experience with great vibes!

Sai Eatery
205 Emerson Street, Napier

 www.saieatery.com



Gibbston Valley
QUEENSTOWN | NZ

CREATING A COMMUNITY THAT ENRICHES LIFE.

Central Otago is renowned for its natural beauty, clear skies, magnificent mountain ranges, alpine lakes and rivers, capturing the hearts of dreamers and adventurers for generations. It's hard not to fall in love with this place and find connection to the land. This passion and respect has driven Gibbston Valley to produce wines of exceptional quality.

Their vineyards in Gibbston, Bendigo and Pisa are Certified Organic with BioGro NZ and produce a range of quality wines for every occasion, personality and taste. They were named Organic Winery of the Year in 2023 at the Aotearoa NZ Organic Wine Awards. The decision to become Vegan Certified was a logical step as it's in line with the fundamental principle that only quality and thoughtfulness go into each bottle of Gibbston Valley wine. They believe in showing the wine the respect it

deserves from the ground to vine and grape to wine. Each step along, a bottle's journey shows honour to its place, environment and people.

The team works hard to meet a strict set of criteria and holds true to a set of principles to meet certification standards. Gibbston Valley is proud that their wines are Vegan Certified by the NZ Vegetarian Society – no animal products are used in producing their wines throughout the entire range.

The people behind the wine at Gibbston are a lot like their wine; authentic, charismatic, sometimes delicate, sometimes bold and always up for a bit of fun and enjoyment. They encourage you to join their adventure and discover a taste of Central Otago.

Gibbston Valley wines are sold by retailers throughout New Zealand and can be purchased directly from their website.

 gibbstonvalley.com

 www.facebook.com/GibbstonValley

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REBALANCING OUR FOOD SYSTEM

BY PHILIPPA STEVENSON

AOTEAROA NEW ZEALAND EXPORTS ENOUGH FOOD TO FEED 63 MILLION PEOPLE A DAY WHILE HERE IN GODZONE A FIFTH OF KIWI KIDS LIVE IN HOUSEHOLDS WHERE FOOD OFTEN RUNS OUT.

And when there is kai it's often unhealthy. Only 4.9% of children eat the recommended number of daily servings of fruit and vegetables, shows New Zealand Health Survey 2022/23 data. A fraction more adults - 6.7% - get their recommended fruit and veg a day, the same survey found.

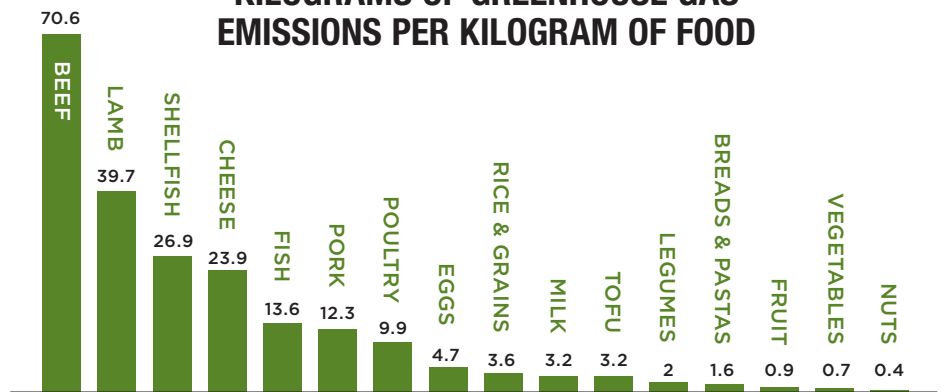
For a nation that produces so much kai why are New Zealanders going hungry? Not just hungry but also starved of healthy, nutritious fare. Surely this is a scandal of unsurpassed gravity. We are what we eat. But what we eat is making many of us sick. Diet-related illness like diabetes, cancer and cardiovascular disease are the biggest preventable cause of death and ill-health in New Zealand, says the Health Coalition Aotearoa, health experts committed to reducing harm from unhealthy food and substances.

The Public Health Advisory Committee agrees. Tasked with advising the Health Minister and officials on the New Zealand food system, in May, it recommended a complete rebalancing of the country's food system, including comprehensive action by central and local government, private enterprise and communities.

"Right now, across our food ecosystem, things are out of balance. The health of people and the environment is not being prioritised... The flow on effect is that only a trickle of healthy, affordable, nourishing food options are available to many people in the places they live, and a flood of unhealthy food."

Said PHAC chairman Kevin Hague: "In short, the food system we have is very good at producing export quality products that earn a great deal of money. It is not nearly as good at ensuring all New Zealanders have access to the nourishment they need to live and flourish."

KILOGRAMS OF GREENHOUSE GAS EMISSIONS PER KILOGRAM OF FOOD



Greenhouse gas emissions from different food products.
Original Source: United Nations, Food and Climate Change: Healthy diets for a healthier planet

HOW DID WE GET HERE?

Over the past 40 years, diets and eating habits have shifted away from home grown and home cooked food toward increased reliance on processed foods and eating out, PHAC reported. This has coincided with an increased prevalence of obesity and diet-related ill health. There are food deserts. Suburbs where a fast food outlet is on every corner but not a whole food shop in sight – not one selling fruit and vegetables, milk or eggs.

Or as PHAC puts it “urbanisation and increased globalisation have influenced food availability and choice” leading to a proliferation of cheap, energy-dense, low-nutrient, highly processed foods which are displacing nutritious foods in the diet as a result of their “affordability, accessibility and promotion.”

“The places we live, work, learn and shop are flooded by these highly processed foods with little nutritional value, while our access to healthy food has been reduced to a trickle.”

Children are exposed to unhealthy food and drink marketing more than 68 times a day - more than twice the amount of advertising they see for healthy products.

WHAT TO DO?

Firstly, we produce enough food for all. “With the exception of grain, Aotearoa New Zealand grows and produces more than enough food to ensure adequate access to a healthy, balanced diet for all New Zealanders, and therefore an absence of food insecurity.”

PHAC calls for a National Food Strategy “to create greater direction, coordination, and management of resources from government, locally, and from those in the food system such as farmers and growers, suppliers, manufacturers, distributors and retailers.”

It also calls for the Minister of Health to work across government to “improve

the nutritional content of food via a comprehensive reformulation programme, including compositional limits and mandatory labeling” while also introducing “legislative restrictions on the marketing, advertising and sponsorship of unhealthy food and drinks”.

Precedents for such actions are starting to be set elsewhere as other countries recognise that their food systems are insecure, unsustainable and not delivering for their populations.

In Australia, a Standing Committee on Agriculture recently recommended to its Parliament that Australia develop a comprehensive National Food Plan providing for food security, and appoint a Minister for Food. Canada and United Kingdom are also pursuing a more coordinated and strategic approach to their food systems.

Climate change is adding further urgency to the calls for change. There are significant environmental benefits of a move towards healthier diets, the report notes.

“A shift to eating more plant-based foods leads to co-benefits for both health and the environment. Growing local food systems can result in not only improvements in nutrition and food security, but also in more resilient and sustainable communities which can better withstand the impacts of climate change.”



Philippa Stevenson is a Waikato-based vegan journalist

The full report can be read at:

www.health.govt.nz/publication/rebalancing-our-food-system



NZAVS SAYS “LEAVE ANIMALS OUT OF IT!”

BY TARA JACKSON (SHE/HER)

Did you know that anywhere between 200,000 - 300,000 animals die each year in Aotearoa, in the name of science?¹ Sadly, in the time it takes for your kettle to boil, we will have lost another living, breathing, sentient animal to unethical science.

For more than 45 years, NZAVS has been Aotearoa’s only charity 100% dedicated to stopping animals from being used and killed in experimentation.

Together with our thousands of supporters, we are working to end the harmful ways in which animals are used in science and experimentation in Aotearoa, New Zealand.

Through daily breakthroughs as well as setbacks, which only make us more determined, NZAVS has dramatically changed for good how the public, government and the animal science and research industry view and use animals in research, testing and teaching.

Every day brings us closer to this world we want to see for our animals in Aotearoa and we will not stop until animal experimentation ends.

THE ISSUE - WHY DOES NZAVS DO THIS VITAL WORK?

Animals are sentient beings capable of a wide range of emotions, including pain, fear, and happiness. As non-consenting beings, it is morally wrong and unethical to harm and exploit animals; which includes experiments being done on and to them.



Experiments on animals fail to accurately mimic human responses because of the significant biological differences between species. This explains why over **90%** of all new drugs that test safe and effective in animals **fail** or cause harm in human clinical trials.²

Better science replaces animals with animal-free and human-relevant methods that better reflect human biology, leading to more reliable, effective, and empirically valid scientific outcomes.³

We can advance science for humans and animals without harming them. Human health does not need to come at the cost of animals’ lives.

THE SOLUTION – LEAVE ANIMALS OUT OF IT!

Through our decades of hard work in Aotearoa, New Zealand and gaining trust and respect from many working in the animal and science research industry, NZAVS collaborates with science institutions across the motu engaged in any aspect of animal use for scientific purposes.

NZAVS takes a collaborative approach with the animal science and research industry, so there can be faster and more positive outcomes to keep animals out of science.

From this relentless mahi, we know that most scientists do not want to use animals for research, testing and teaching purposes but are looking for animal-free methods to use instead. However, there are many hurdles in front of them including the lack of funding to access the use and development of animal-free methods to replace animals in experimentation, and the out-of-date, mandatory requirements for animal testing in NZ law.

WHAT AOTEAROA, NEW ZEALAND NEEDS FOR ANIMALS TRAPPED IN EXPERIMENTATION

Advancing research and development in science and technology that benefits animals, people, and the environment, and also replaces the use of animals in research, is the ultimate goal. We have a chance to do this together and the time is now.

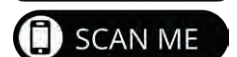
That is why NZAVS is lobbying the NZ Government, with our mighty supporters, to:

1. Allocate funding towards the use and development of animal-free methods.
2. Commit to phasing out the requirements for animal testing in NZ law.
3. Commit to phasing out the use of animals for science as technology permits.

These three requests are both feasible and proven by several other jurisdictions around the world, including the USA, Netherlands, Norway, UK, European Union and New South Wales, leaving the NZ Government in the risky position of lagging behind and needing to play ‘catch up’; especially when this country prides itself on having some of the most progressive animal welfare laws in the world!⁴

If you want to protect animals and the integrity of our science in Aotearoa, then please consider supporting NZAVS.

Over the decades, our victories for animals have been huge, and together with you, we will not stop until animal experimentation ends.



>> ARTICLE CONTINUES ON NEXT PAGE

SPOTLIGHT: NZAVS VICTORY FOR ANIMALS!

There are no wins without the work. This work took several years, but together, we did it!

The issue: The Forced Swim Test (FST) involves small animals, such as rats or mice, being made to swim in an inescapable beaker of water to measure their response to the threat of drowning. Some researchers use the test as a misguided attempt to mimic depression or hopelessness in humans. The Forced Swim Test has been scrutinised here and internationally for its lack of validity.⁵

The solution: Together with you, NZAVS has focused on educating the public and directly lobbying institutes using animals for science in NZ to stop using this cruel test in their research, testing and teaching.

The wins:

All eight NZ Universities did not use the FST in their last teaching year.⁶

AgResearch, NZ's largest group of Crown Research Institutes, will no longer consider applications that include the FST. This means 40 institutes across Aotearoa, New Zealand, cannot use this cruel test.⁷

NZAVS joined forces with PETA to publish a scientific paper presenting a compelling case to end the pharmaceutical industry's use of the FST, worldwide. This outlines practical steps to help regulatory agencies and pharmaceutical companies worldwide, including the FDA (Food Drug Association) in the US, to end this cruel test forever.⁸

Together with our supporters, we will destroy the FST and its social license to operate both here in Aotearoa and beyond.



Tara Jackson (Kāti Māmoē) is the Executive Director of the New Zealand Anti-Vivisection Society (NZAVS). NZAVS is Aotearoa's only charity 100% dedicated to stopping animals from being used in experimentation, leading the fight against this archaic and cruel practice since 1978!

References:

- 1 <https://www.mpi.govt.nz/animals/animal-welfare/animals-research-testing-teaching/statistics-on-the-use-of-animals-in-research-testing-and-teaching/>
- 2 <https://www.nzavs.org.nz/the-issue/the-problems/animal-testing-fails-over-90-of-the-time>
- 3 <https://www.nzavs.org.nz/the-issue/alternatives>
- 4 <https://www.nzavs.org.nz/the-issue/the-global-shift-away-from-animal-testing>
5. <https://doi.org/10.1016/j.drudis.2021.08.003>
6. <https://www.nzavs.org.nz/our-victories/ending-the-forced-swim-test>
7. <https://www.agresearch.co.nz/partnering-with-us/products-and-services/animal-ethics-te-ara/>
8. <https://doi.org/10.1016/j.yrtph.2024.105666>



ENTRIES ARE NOW CLOSED

Entries are now closed for the 2024 Think Kind student competition and judging has begun for the finalists. The top 10 will be announced on our website on 1st October, World Vegetarian Day. **Make sure you check them out and VOTE for your favourite!**

W www.vegetarian.org.nz/think-kind

Thank you once again to all our generous sponsors without whom the competition would not be possible.



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MEMBERSHIP



Changed your address or email?

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

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

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

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

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

THE AIMS OF THE NZVS:

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

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

THE NZVS MAINTAINS THAT A PLANT-BASED DIET IS:

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

MEMBERS AND SUPPORTERS

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

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

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

TO JOIN THE NZVS

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

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

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027 328 8518

Whanganui

Lyneke
lyneke@orcon.net.nz

OVERSEAS

The Vegetarian Society U.K.

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

Vegetarian Resource Group

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

International Vegetarian Union (IVU)

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

Alterations or additions to this list?

Send to:
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editor@vegetarian.org.nz



BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

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

HEALTH & COSMETICS



BODHI ORGANICS
Bodhi Organics Everyday hydrating cream 50ml



CLINICIANS
Research Based

Pure Omega-3 Algae Oil 1000mg, Clinicians Nutrients for Vegans 60 vegan capsules, 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 Lip Balm, Goodbye Sandfly



HOLISTIC HAIR

HOLISTIC HAIR

Vegan Certified: Sensitive Shampoo & Conditioner, Hydrating Shampoo & Conditioner, Quinoa Pro Colour Protect Shampoo & Conditioner, Scalp Treatment Oil, Herbal Finishing Rinse, Essential Scalp Spray, Salt of the Earth Texturising Spray.



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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

HEALTH & COSMETICS



RED SEAL
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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, Red Seal Herbal toothpaste 100g, Red Seal Natural Baking Soda toothpaste 100g, Red Seal Natural Lemon toothpaste 100g, Red Seal Strong Mint toothpaste 100g

nerchr VITAMIN SOLUTIONS

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

FOOD & BEVERAGES



ALLERGYWISE

White Loaf (Toast and Thin Slice), White Rolls, White Sticks, White Hamburger Buns (Regular and Large), Turkish Pide, Brown Loaf (Toast and Thin Slice), Brown Rolls, Brown Sticks, Seeded Loaf (Toast and Thin Slice), Seeded Hamburger Buns (Regular and Large), Pizza bases (Small, Medium, and Large), Fruit Loaf, Bread Crumbs



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



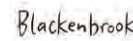
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BAKELS EDIBLE OILS
Chefs Pride Spread 500gr, Chefs Pride Catering Spread 4kg

FOOD & BEVERAGES



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 Chococalicious



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Unleash Your Power!

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



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GIBBSTON VALLEY

Pinot Gris Gibbston Valley Gold River, Pinot Noir Gibbston Valley Gold River, Rose Gibbston Valley GV Collection, Riesling 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, Pinot Noir 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, Gewurztraminer 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, 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

FOOD & BEVERAGES



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NUDAIRY

Plant-based creamery

Cream Cheese, Shredded Mozzarella, Sliced Cheddar, Sour Cream, Shredded Cheddar, Feta, Tasty Alternative, NuDippy



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FOOD & BEVERAGES



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Vegan Pesto



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Proper Hand Cooked 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, Barbeque Rub, Dill Pickle with Apple Cider Vinegar, Hand Cooked Pineapple Salsa Tortilla, Tortilla Chilli and Lime

Round Theory

ROUND THEORY

Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, Piquette Sauvignon Blanc Marlborough



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FOOD & BEVERAGES



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Vegan Mince & Cheddar Pie, Vegan Buttery Chick'n Pie



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

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TREASURED MORNING

Treasured Morning Apple Crumble 350 gr



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Artisan Herbal Culinary Products

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



WILDNATION

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

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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



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



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FOOD & BEVERAGES



ANNIES
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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



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



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FOOD & BEVERAGES



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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, Hemp Chick'n Natural, Hemp Chick'n Southern Fried, plan*t Korean style fried chick'n with gochujang sauce, plan*t Crumbed chick'n schnitzel



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)



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, Organic, Organic Garlic Free, Asian, Italian, Supergreens

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TAIWANESE WOMEN'S ASSOCIATION OF NEW ZEALAND (TWANZ)