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THE FUTURE OF
PLANT-BASED MEAT
ALTERNATIVES
IN NEW ZEALAND

HEALTHY EATING FOR
HEALTHY CHILDREN

THINK KIND
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RESULTS

THE PSYCHOLOGY
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EDITORIAL



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While it's true that the last year has been difficult for many local plant-based meat alternative (PBMA) businesses, the statement that the 'plant-based bubble has burst' is far from reality. On the contrary, the long-term growth of the plant-based food sector remains strong.

What we're witnessing is a natural evolution: as the industry matures, some businesses will flourish, while others will pivot or close. However, the underlying shift in consumer behaviour is undeniable. More people are choosing plant-based for health, environmental, and ethical reasons – and this trend isn't slowing down.

A key issue within the industry is unrealistic investor expectations. Many investors expect quick returns, which can stifle innovation and slow growth. The plant-based sector, driven by sustainability, health, and ethical priorities, requires patient capital. Significant development, from research to scaling products, takes time.

In the UK and Australia, PBMA's are experiencing renewed growth, signalling that the market is expanding, driven by consumers looking for clean-label, nutritious, and sustainable products.

This transformation is not just about replacing animal-based foods – it's about creating an entirely new food ecosystem that meets the needs of both people and the planet. As PBMA's continue to improve in taste, texture, and nutritional quality, they are becoming an increasingly appealing option for flexitarians, health-conscious individuals, and environmentally aware consumers.

In this issue, we explore the trends shaping this exciting sector. On pages 2 & 3, 'The Future of Plant-Based Meat Alternatives in New Zealand' discusses insights into the challenges and opportunities for PBMA's in New Zealand and overseas.

Turning to pages 6 & 7, we feature 'Healthy Eating for Healthy Children'. This article provides practical advice on creating a balanced, nutritious vegetarian diet for children, emphasising the importance of key nutrients, early healthy eating habits, and creative meal ideas for parents. On pages 8 & 9, we feature the results of the annual Think Kind student competition. Be sure to check out the creative entries from the runners-up and the winning project, all focused on promoting kindness to animals, the planet, and each other!

'The Psychology of Food' (pages 15 & 16) discusses how our relationships with food shape our choices, looking into the psychological factors behind these decisions and examining how plant-based eating influences cultural and social norms. Next 'Your Digital Footprint Adds Up' (pages 18 & 19), explores the surprising environmental impact of our digital habits, from online activity to the use of emojis, and provides tips on how we can reduce our digital carbon footprints.

Finally, on pages 21 and 22, we look at 'The Environmental Impact of Beans & Legumes', highlighting how these humble foods are not only nutritionally rich but also offer powerful solutions for a more sustainable food system

As we approach the festive season, there's no better time to embrace the spirit of giving – not just to our loved ones, but to the planet, too. Whether you're preparing a festive feast with plant-based twists or thinking about the long-term impact of your food choices, this holiday season offers an opportunity to celebrate the positive changes we can make together. The future of plant-based food is not only bright but full of promise for a healthier, more sustainable world. Wishing you all a joyous and plant-powered festive season, filled with delicious meals and meaningful connections. Here's to a brighter, greener future, together.

- INA BABIC



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THE FUTURE OF *Plant-based Meat Alternatives* IN NEW ZEALAND

BY CATHERINE LOFTHOUSE

INTRODUCTION

Plant-based meat alternatives (PBMA), such as vegetarian sausages, burgers, mince, and coated chicken, provide an alternative to conventional meat products. Different to traditional non-meat substitutes like tofu, tempeh, or seitan, PBMA are often made to represent the taste, appearance, or overall experience of eating meat products. They are a popular choice for consumers looking for a healthy, convenient, and more environmentally friendly alternative to conventional meat.

PBMA have potential to play an important role in the food sector. In New Zealand, up to 5% of us identify as vegetarian, 2% vegan and 7% flexitarian (1–3). Furthermore, around half of New Zealanders surveyed last year stated they would be open to eating PBMA (4). Despite an initial surge in popularity when PBMA first entered the market, retail sales have since plateaued, and some smaller manufacturers are now withdrawing from the market altogether. This article looks at what is driving these shifts in the PBMA sector, and the predicted future for PBMA in New Zealand.

RECENT CHANGES IN THE PBMA MARKET

The last year has been difficult for small New Zealand-based PBMA manufacturers. We have seen Sunfed Meats, Food Nation, and Sustainable Foods (brand name Plan⁺) all go into administration due to low retail sales and insufficient ongoing investment. The same is happening for PBMA manufacturers overseas. A recent decline in PBMA retail sales has been reported worldwide, and is attributed to extreme weather conditions, supply chain disruptions caused by COVID and the war in Ukraine, unsustainable growth trajectories and the global cost-of-living crisis (5,6).

Inflation has seen many consumers changing their shopping habits due to increased food prices. In general, PBMA are more expensive than their meat counterparts, meaning they may be viewed as luxury or occasional items (5). In addition, during the recent recession, some supermarkets have prioritised chiller space for high-volume cheaper meat products in place of PBMA, restricting their potential retail impact.

Despite a recent downturn, the PBMA market is predicted to grow in the medium to long term (6). There are already encouraging signs of growth: some Australian brands have expanded their product range this year, and in the UK, one major supermarket has reported increased sales of PBMA in early 2024 (5). Meanwhile, New Zealand brand Off-Piste Provisions has just launched its plant-based jerky in the USA.

PREDICTED GROWTH AREAS FOR PBMA

To be successful long term, PBMA manufacturers, retailers, investors and foodservices all have a role to play. Changes to the formulation, price and availability of PBMA are predicted, supported by increased investment and expansion into the foodservice sector and export market.

HEALTHIER PRODUCTS AND CLEAN LABELS

Health is a leading reason for people to purchase PBMA and there is growing demand from consumers for products that use simpler ingredients and fewer artificial additives (6–8). PBMA are widely categorised as ultra-processed foods. Ingredients can include plant proteins, added fats, starches, colourings, binders, flavourings and other plant derivatives. They may be made using technologies to create a particular appearance, texture and overall eating experience. This level of processing is off-putting for health-conscious consumers who want to see ‘clean labels’ with ingredients of natural origin, and PBMA

manufacturers need to respond to the call. In Europe, some manufacturers are already reformulating their PBMA products to reduce the saturated fat and to fortify them with key nutrients like vitamin B12 and iron (5).

TASTE AND TEXTURE IMPROVEMENTS

Perceived shortfalls in taste, texture, and overall sensory experience are leading barriers for consumers to try, or to repurchase, PBMA.

Many consumers want PBMA that taste the same as conventional meat, and manufacturers are increasingly looking to use new ingredients and technologies to mimic the taste and eating experience of real-meat products.

While almost all consumers agree that taste is the most important factor for PBMA, not everyone is looking for the same thing from their PBMA: flexitarians may tend to prefer products that are ‘meat-like’, and young people may be more motivated by products promoting high-protein content (7). Collectively, this suggests that improvements to taste and texture, plus good nutrition, are key for the future PBMA market (9).



DIVERSIFICATION OF PRODUCTS

Although soy and wheat continue to be the most common form of plant protein, manufacturers are increasingly looking to diversify the type of plant protein in their products to offer more choice in taste and texture and appeal more widely to consumers. In future we may see more products made from peas, broad beans, lentils and chickpeas (5).

We are also seeing changes in the type of PBMA sold in-store. Although demand for plant-based mince, burgers and sausages has remained relatively stable, the last three years has seen an increase in other formats such as chunks, strips, deli-style meats and crumbed 'chicken', and a decrease in seafood-style products (5).

The past two years has also seen an increase in the number of frozen PBMA in the market. Compared to chilled products, frozen PBMA have the benefit of a longer shelf life and slightly lower price for the same quality of product (5).

In future, we may also see more blended or hybrid products that combine plant-based protein with animal ingredients. These potentially give consumers a healthier, more cost-effective and more sustainable product, offering them the benefits of both plant-based and animal foods (5).

PRICE PARITY

The price of PBMA remains one of the biggest barriers to consumers, and price reductions are needed for PBMA to be adopted more widely. Although PBMA are trending towards price parity with conventional meat, recent data from Australia shows that they still cost 33% more than meat products. Overall, the price of PBMA in Australia increased by 7.4% between 2021 and 2023. This compares with an increase of 8.2% for conventional meat and seafood over the same period. Not all PBMA were equal in this regard: plant-based bacon and burgers increased in price the most since 2021 and were the most expensive products compared to their meat counterparts. In comparison, chicken-style chunks/strips, ready meals and seafood-style products were roughly the same price as their



conventional counterparts (5). On average, imported PBMA are more expensive than products produced domestically.

EXPANSION INTO THE FOODSERVICE SECTOR

To date, sales of PBMA in New Zealand have been largely retail-based. However, the foodservice sector is an emerging growth area for PBMA. In Australia, foodservice sales have increased by 59% annually over the last three years, with fast food outlets leading the way (5). PBMA could also expand in other foodservice outlets, including restaurants, residential facilities, education settings and hospitals.

In New Zealand, PBMA appear on the menus of some foodservice operators but there remains scope for many more operators to broaden their menu. If the foodservice sector can fulfil this opportunity, this increases reach to wider consumer groups, normalises PBMA as part of the standard meal offering, and increases overall consumer uptake.

SUSTAINABLE FUNDING

PBMA companies rely primarily on investment from private sources. This makes start-ups and smaller manufacturers especially vulnerable during times of recession because investors can cease funding. Plant-based foods are not the only sector impacted by lack of ongoing investment recently: a decline in funding has been reported across numerous industries (5). Nonetheless, ongoing investment could enable the PBMA sector to develop improved technologies and to diversify

the ingredients and range of products available, with the effect of increasing consumer sales.

EXPORTS TO ASIAN MARKETS

The wider Asia Pacific region, particularly China, is predicted to bring growth opportunities for PBMA manufacturers. Over the last three years, Australian PBMA manufacturers have already increased their exports within Asia, acting on established trading links and a growing demand for alternative proteins. To be successful in the Asian market will require adapting current product offerings to meet localised tastes and formats. For example, the Asian market may need to focus on products such as strips or chunks that are more suited to Asian cuisine than burger patties (5).

CONCLUSION AND RECOMMENDATIONS

- Despite an initial surge in popularity, sales of PBMA have plateaued due to rising inflation costs, supply chain disruptions and unsustainable growth trajectories. PBMA are predicted to grow in the medium to long term.
- In future, we may see a shift in product formulation, price, and availability of PBMA, and expansion into the foodservice sector and export markets.
- Look for products with the 'Vegetarian Society Approved' or 'Vegan Certified' trademark for foods that are suitable for vegans or vegetarians – this includes packaged foods and some restaurant menus.
- For budget-friendly vegetarian proteins, try legumes, seitan or textured vegetable protein (TVP). Soy products (tofu, tempeh and edamame) are also good options.
- For information on how PBMA compare to conventional meat products, see "Plant-based meat alternatives: Are they a healthy choice?" *Vegetarian Living NZ, VOL. 80, NO. 1.*

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

Vegan Christmas Roast

with cranberry, sage and cashew stuffing balls & tomato onion gravy

RECIPE & IMAGE BY NADIA LIM

To serve, arrange roast vegetables, mushrooms and stuffing balls on a large serving platter (or two). Sprinkle cranberry pistachio mixture over roast mushrooms. Serve with tomato onion gravy in a bowl or pouring jug on the side. Toast your fellow Christmas feast companions and dig in!

INGREDIENTS

Stuffing Balls:

- 1/2 onion, finely diced
- 1 small apple, finely diced
- 80g melted margarine
- 3 Tbs chopped fresh sage leaves
- 1/3 cup cranberry sauce
- 110g (about 1 3/4 cups) panko breadcrumbs (use gluten-free breadcrumbs if you like)
- 1/4 cup unsweetened soy or almond milk
- 1/3 cup finely chopped roasted cashew nuts
- 1 flax egg* or egg substitute
- 1 tsp wholegrain mustard
- 1/4 tsp salt
- 1/2 tsp finely ground black pepper

Roast balsamic and thyme mushrooms with cranberry and pistachio topping:

- 2 Tbs balsamic vinegar
- 2 tsp maple syrup or agave
- 2 cloves garlic, minced
- 1 1/2 Tbs olive oil
- 1-2 Tbs chopped thyme leaves
- 8-12 large Portobello mushrooms, stems removed
- 3 Tbs finely chopped dried cranberries
- 3 Tbs finely chopped pistachio nuts
- 3 Tbs chopped flat-leaf parsley

Tomato onion gravy:

- 1/2 onion finely diced
- 2 cups vegetable stock
- 1 Tbs tomato paste
- 1 1/2 tsp corn flour mixed with 2 Tbs water
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 200°C. Line an oven tray with baking paper.
2. Toss pumpkin, parsnip and onions with maple syrup and olive oil in prepared tray. Season with salt and pepper and roast for 45-50 minutes while you prepare the rest of the meal.
3. Heat a drizzle of olive oil in a medium fry pan on medium heat. Cook onion for 1-2 minutes until soft. Add apple and sage and continue to cook for a further 2-3 minutes until apples are soft. Transfer to a bowl.
4. Add melted margarine, cranberry sauce, breadcrumbs, milk, cashew nuts, flax egg/egg substitute, wholegrain mustard, salt and pepper to apple and sage mixture and mix until well combined.
5. Roll mixture into small golf ball sized balls, making sure you roll them quite firmly so that they don't fall apart when they are roasted. Place stuffing balls in a separate oven tray lined with baking paper and drizzle with olive oil. Lightly roll the stuffing balls in the olive oil to coat. Place in the oven (on a shelf above the vegetables) to roast for 20-30 minutes or until golden brown. Meanwhile, prepare the mushrooms.
6. Mix balsamic vinegar, maple syrup/agave, garlic, olive oil and thyme together. Take roasted vegetables out of the oven and arrange Portobello mushrooms, gill-side-up, in the oven tray with the vegetables. Spoon balsamic mixture over the mushrooms and season with salt and pepper. Return to the oven to continue roasting everything for about 15 minutes until mushrooms are soft and vegetables are soft and lightly caramelised.
7. Mix chopped dried cranberries, pistachio nuts and parsley together with a little drizzle of extra-virgin olive oil, and set aside.
8. To make the gravy, heat a drizzle of olive oil in a fry pan on medium heat. Cook onion until soft, then stir in vegetable stock and tomato paste, and bring to a simmer. Add corn flour mixture and continue simmering, whilst continuously stirring with a wooden spoon (to avoid any lumps forming), for 3-5 minutes or until the gravy has thickened. Season to taste with salt and pepper.

**NOTE: to make a flax egg, mix together 1 tablespoon finely ground flax seed or chia seeds (you can do this in a coffee grinder) with 3 tablespoons water. Mix well and place in the fridge to set for 20-30 minutes until it is 'gummy' in texture. Then it's ready to use!*



TRISTAN'S Corner

Don't you just love a New Zealand summer? I usually do, although last summer was a bit too wet in most places. Hopefully, though, if NIWA's predictions are anything to go by, this summer will be warm and sunny, with plenty of opportunities to enjoy the great outdoors. My family and I have always enjoyed picnicking in the summer months. There's something romantic and magical about packing a picnic basket and heading out to a park or a beach with the family. It's a time to unwind, play games and eat delicious picnic food.

I am happy to share some of my favourite vegetarian picnic meals. The idea is that these dishes are easy to prepare and pack, as well as delicious and satisfying to eat after a good dose of fresh air and sunshine. I think the experience of eating picnic food becomes even better when the food is colorful, nutritious, and appealing to the whole family, young and old. Preparing and packing a variety of dishes caters to everyone's tastes and keeps the meal exciting!

Here are some of my favourite ideas for a summer picnic:

FRESH VEGETABLE WRAPS:

As an alternative to traditional sandwiches, I like to pack colourful vegetable wraps. Fill tortillas or wraps with hummus, shredded carrots, cucumber slices, capsicum and baby spinach. Roll them up tightly, slice them into pinwheels, and pack them in a container. They are easy to eat, portable, and have a fresh, vibrant crunch.

QUINOA SALAD:

Quinoa is a fantastic base for a filling salad, and very nutritious. Because quinoa is a seed, not a grain, it's a power-pack of protein. Mix cooked quinoa with cherry tomatoes, diced cucumbers and chopped parsley. Drizzle with a simple lemon vinaigrette and it becomes a refreshing dish which holds up well in a chilly bin.

FRUIT SKEWERS:

Fruit skewers are not only fun to eat, they also provide a refreshing burst of flavor. Use a mix of seasonal fruits, and let the kids help by threading the fruit onto skewers for a colorful, refreshing treat.

MINI CORN FRITTATAS:

I prepare these little frittatas ahead of time, which is very easy to do. Just whisk eggs (or chickpea flour with enough water to make a thick paste for a vegan option), add corn kernels and bake them in a muffin tray. They are delicious served warm or at room temperature.

CRUNCHY SNACK MIX:

Some people call this trail mix, some call it scroggin. Whatever it is, hikers snack on it to keep up their energy, and I always have a bag of it in my handbag just so I never have to buy an unhealthy snack at a shop. Prepare your homemade snack mix with a combination of nuts, seeds and dried fruits. It will keep the whole family's energy levels up while they enjoy the outdoors.



Here's a recipe for Summer Couscous Salad, which I think is a great addition to the picnic spread:

SUMMER COUSCOUS SALAD

- 1 cup couscous
- 1 ¼ cups boiling water
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 red capsicum, diced
- 1 cup corn (fresh, frozen, or canned)
- ½ cup red onion, finely chopped
- ¼ cup fresh parsley, chopped
- ¼ cup feta cheese (optional)
- Juice of 1 lemon
- 3 tablespoons olive oil
- Salt and pepper to taste

- 1. Prepare the Couscous:** In a large bowl, pour boiling water over the couscous, cover, and let it sit for about 5 minutes until all the water is absorbed. Fluff with a fork and let it cool.
- 2. Mix the Veggies:** In a separate bowl, combine the cherry tomatoes, cucumber, capsicum, corn, red onion and parsley.
- 3. Combine Everything:** Once the couscous is cool, add it to the bowl with the veggies. Toss in the feta cheese if using.
- 4. Dress the Salad:** In a small bowl, whisk together the lemon juice, olive oil, salt and pepper. Pour this dressing over the salad and mix well to combine.
- 5. Pack for the Picnic:** Transfer the salad to an airtight container and chill it until you're ready to head out. This salad can be made a day in advance.

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

HEALTHY EATING FOR HEALTHY CHILDREN

BY MARGARET JOHNS

Who doesn't worry that their children (or for that matter, other people's children), are eating the right food and getting the right nutrition? I remember reading an article years ago that mentioned food, water, exercise and sleep were among the requisites for healthy children. Of course, children need a lot more than that, but these are some basics that can be built on!

A well-planned vegetarian diet can be tasty, nutritious and healthy but it must be balanced, especially for children. Protein, iron and calcium are essential for growth and development. Iron stores in the body begin to deplete around six months after birth, so include iron-rich foods in every meal (see *Vegetarian Living NZ, Vol. 81, No. 1, Spring 2024* issue*) for more information on iron.

Of course, there are numerous suggestions on the topic of healthy eating on the internet but, generally speaking, it's best to start while they're young. The PCRM Nutrition for Kids webpage suggests that -

"At around 6 months, it's time to introduce solid foods to your baby's diet. Introduce iron-fortified infant cereal, mixed with a little breast milk or soy formula, since it is the least likely to cause allergies.

*At 6 to 8 months, you can begin introducing other plant-based foods:*³

- Vegetables, including potatoes, green beans, carrots, and peas, are all good choices. They should be thoroughly cooked and mashed.
- Fruits, such as mashed bananas, avocados, peaches, or applesauce.
- By 8 months, some babies can eat crackers, bread, and dry cereal and protein-rich foods like well-cooked and mashed tofu or beans.

Research suggests it can take 10 to 12 exposures of a new food before a child accepts it. If your child doesn't eat the food or seem to care for it, take a break and try again another day. The more familiar they get with a food, the more willingly they may try it.

The toddler years (1-3) can be challenging and very important in a child's relationship with food. Picky eating is a common occurrence among this age group even

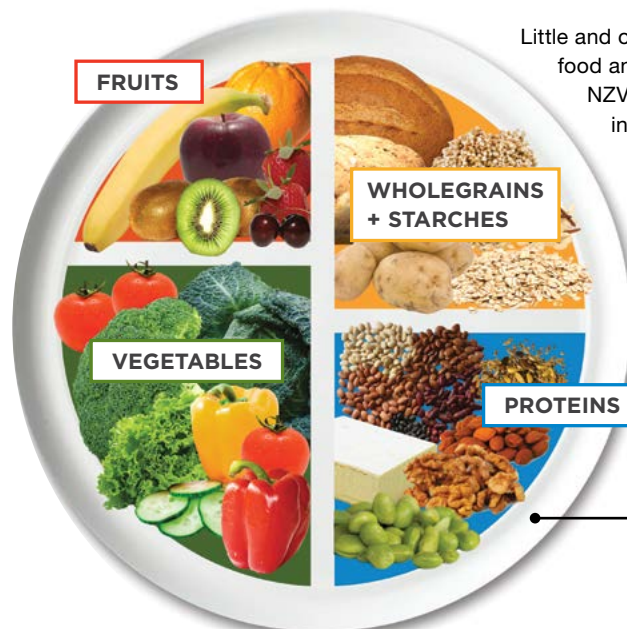
if individuals were not picky eaters as infants. Toddlers tend to need smaller, more frequent meals to meet their calorie and nutrient needs"

Then as they get older, keep plenty of variety in the meals you prepare and if you can, involve them in choosing recipes and ingredients and making the meals. You can even interest them in growing the food, harvesting it and then preparing it for a meal. The Garden to Table programme in schools encourages this and children are very enthusiastic gardeners and chefs in those schools where the programme is available.

Each child/parent/family will have their own digestive timetable to eat around, and sometimes a 'main' meal consisting of lots of different little dishes to taste at lunchtime works better than one large single savoury at a main meal. Perhaps your child prefers to have a "dinner" meal at 'breakfast time', be adaptable and provide what's needed to start the day off with energy that lasts until lunchtime at least!

There is no set rule for what works best for you and your child's digestive systems.

Also, it is useful to try to find more than one source of the key nutrients, so there are several choices for the child rather than just one which they may not be keen on - and remember, one source can cover many benefits and key nutrients!



KEY NUTRIENTS FOR CHILDREN:

Protein - sources: tofu, legumes (such as lentils), chickpeas, beans, whole grains and nuts

Omega-3 - sources: ground flax, chia, hemp, walnuts and seaweed;

Vitamin B12 - sources: Free-range eggs - see *Vegetarian Living NZ, Vol 81, No.1 Spring 2024** for information on Vitamin B12

Iron - sources: green leafy vegetables, beans, chickpeas, tofu, quinoa, seeds, cashews, almonds, Brazil nuts, green beans and dried fruit (Dairy products can inhibit iron absorption, so replace dairy with one of the many plant-based milks available today. Look for one fortified with B12 and/or calcium if you wish.).

Vitamin C - remember to 'pair' the iron-rich foods with Vitamin C-rich foods such as citrus fruits, peppers, berries, broccoli and tomatoes to enhance iron absorption.

Zinc sources: chickpeas, kidney beans, lentils, peas, black beans, pinto beans, peanuts, tofu, tempeh, soy milk, edamame, chia seeds, hemp seeds, pumpkin seeds, nuts, oatmeal, quinoa, brown rice, buckwheat, broccoli, mushrooms.

Calcium sources: collard greens, fortified plant milks, tofu, soy yoghurt, cooked kale, almond butter, broccoli (and remember the right exercise helps to build strong bones as well as the right food!)

Vitamin D sources: Sunlight (but not overexposure to the sun!), early morning gentle sun, and late afternoon - avoid harsh hot midday sunlight; again, fortified plant-milks, yoghurts and cereals can help.

Iodine - sources: (Important for thyroid health, healthy metabolism and healthy bone and brain growth) seaweed, iodized salt.

Water: Children need plenty of water to keep their bodies working and of course need more when it's hot or if they're being active.

Little and often is good, where children, food and water are involved! Check the NZVS Go Vegetarian booklet for more information.

And remember the saying "eat a rainbow" - healthy eating is not just for children, but it is certainly a great idea to interest children in building colourful meals!

Eating healthy is as simple as following the power plate.

SOME IDEAS FOR SNACKS AND SAVOURIES

Veggie sticks & dips, Madonna mix, fruit balls, (veg~n) sausage rolls, tofu sausages, tofu burgers, and there are heaps more recipes and ideas in the NZVS Home Tried Favourites recipe book as well as on the website and, of course, the internet!



Madonna mix - Mix together about 1 cup each of Sunflower seeds and pumpkin seeds, ¼ sesame seeds, and about a cup of mixed chopped nuts (optional). Bake in a shallow oven dish at 180°C for 30 minutes, stirring every 10 minutes. When cooked, add 2 Tbsp soya sauce or tamari sauce and stir thoroughly – don't make the mix too damp. Cool and store in glass jar.

Avocado is another energy booster, sliced on sandwiches, in salads or as a dip

Guacamole

2 ripe avocados, mashed

1 Tbsp fresh lime or lemon juice

Pinch of cayenne pepper

1 tomato, finely chopped

2 Tbsp to ½ cup minced red onion

black pepper to taste

2 Tbsp fresh coriander, chopped

1. Mix the mashed avocado with the lemon juice and garlic. Stir in remaining ingredients to blend. Serve with tortilla chips, toasted pita bread or crackers.
2. An idea for lunch – take one tortilla and lay it flat on a board; spread hummus on the bottom third and put lettuce on top; arrange grated carrot, cucumber sticks, avocado slices on top of the lettuce, and chopped tomatoes (or tomato salsa) on top of that; sprinkle some cheese over it. Then fold the wrap just over the filling, fold the sides in and then roll the wrap the rest of the way up. Cut in half or into smaller pieces and eat or wrap in waxed paper and put into lunchbox!



Hummus¹ is a handy energy booster to have on hand for after school snacks and/or school lunches. It also goes well instead of margarine on sandwiches.

2 x 400g cans of chickpeas (garbanzo beans)

¼ cup rice bran oil

½ tsp salt

¼ cup water

2 cloves of garlic (chopped)

4 Tbsp lemon juice

2 Tbsp tahini

1. Put all ingredients in food processor and blend until smooth. (You can also use a stick blender or a regular blender but you might need more water to keep it flowing.)
2. Check taste. (Note that all batches vary in flavour)
3. Add water/oil/salt as needed.



Tofu Burgers

300g Tofu (firm)

1 medium onion

2-3 cloves garlic

1 Tbsp soya sauce

1 Tbsp water mixed with lemon juice

¼ tsp ground ginger

1 Tbsp nutritional yeast

¼ cup sunflower seeds

¼ cup wholemeal flour

Black pepper to taste

1. Drain tofu and crumble into a bowl.
2. Dice the onion and garlic very finely and add to bowl with remaining ingredients.
3. Mix together well, then working with wet hands, make the mixture into about 8 patties.
4. Cook for 5 minutes per side or until the burgers are a golden brown.



Fruit balls

2 cups mixed dried fruit, e.g. apricots, dates, cranberries (steam slightly to soften first if desired)

1 cup cashew nuts

½ cup sunflower seeds

½ cup pumpkin seeds

1. Put into all ingredients food processor and mix well. Scoop out mixture with a teaspoon, roll into balls and store in container in fridge. If desired the balls can be rolled in desiccated coconut before storing.



Make your food more interesting by growing your own vegetables and/or fruit so you can ensure there are plenty of nutrients available when eating it. Janet Luke's book *Embrace Your Space* (reviewed in *Vegetarian Living NZ*, Vol. 80, No. 1, Spring 2023*) has plenty of suggestions for growing food in pots and other containers, in both small and larger spaces, as well as great projects for both young and old!

Alternatively, if possible, buy organic produce, and prepare your own meals rather than relying on ready-made packet food and fast-food outlets (keep them for emergencies and/or "treats").

* <https://www.vegetarian.org.nz/veg-living/magazine>

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www.pcrm.org (Physicians Committee for Responsible Medicine)

NZ Nutrition Foundation

healthed.govt.nz

Home Tried Favourites Recipe Book (NZ Vegetarian Society)

1 The Revive Cafe Cookbook, Jeremy Dixon

2 Meals Without Meat, Aliston Holst

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





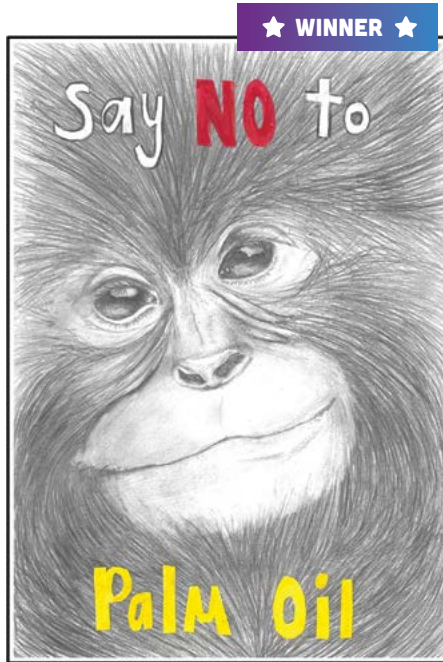
2024 WINNER

WORLD VEGETARIAN DAY 2024 MARKED THE LAUNCH OF THE VOTING PHASE FOR THE ANNUAL THINK KIND STUDENT COMPETITION. VOTING WAS OPEN ON OUR WEBSITE FROM OCTOBER 1ST THROUGHOUT WORLD VEGETARIAN MONTH, AND WE RECEIVED THOUSANDS OF VOTES FOR THE TOP 10 ENTRIES.

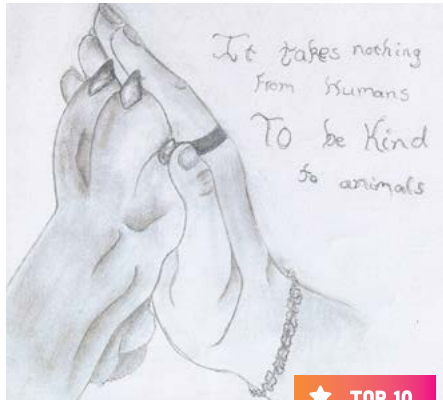
After tallying the votes, we are excited to announce that the 2024 Think Kind winner is Harriet Mason, a Year 6 student from St Albans Primary in Christchurch! Harriet's entry has won an incredible \$1,000. This prize will be generously donated to her school, thanks to our sponsor, Let's Eat!

Thank you to all the students who entered! We were truly inspired by your creativity and hope to see you participate in the competition again next year.

Once again, a huge THANK YOU to all our generous sponsors without whom the competition would not be possible: Let's Eat, Quorn, Hell Pizza, Cookie Time, Goodbye, Angel Food, The Baker's Son, OSM, Solomons Gold, Goodness Me, Clinicians and TranzAlpine Honey.



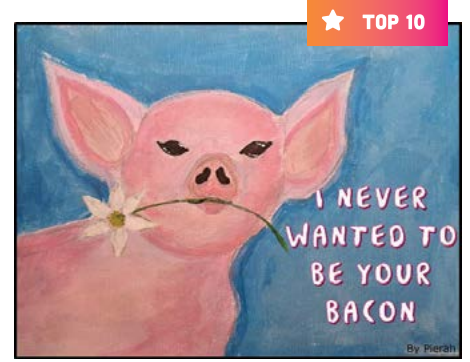
HARRIET MASON.
Poster, Year 6 from St Albans Primary.



MANAIA-LEE NEILSON.
Artwork, Year 7 from Christchurch South Karamata Intermediate.



KLIM VARLAMOV.
Video, Year 3 homeschooled student.



PIERAH KOHLI.
Poster, Year 8 from Farm Cove Intermediate.



ZARA RUSSELL-SMITH.
Poster, Year 4 homeschooled student.



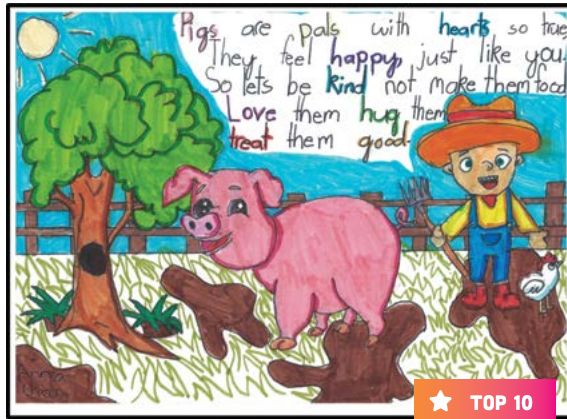
RIVITH DAMSITHU MADHASEKARA, EMILEE CHEN & PARV GUPTA.
Artwork, Year 8 from Waikowhai Intermediate.





★ TOP 10

INDI-MAY WILLIAMS-BLAKEY & CAMILLY OLIVERA.
Poster, Year 8 from Chisnallwood Intermediate School.



★ TOP 10

ANNA CHAN.
Artwork & Poem, Year 4 from Whangaparaoa School.



★ TOP 10

AVA BLYDE.
Poster, Year 3 from St Andrews College.

Be Kind to Your Furry, Cuddly and Feathery Friends

See the poor animals, they cannot speak, yet still they do not think they are weak. They are happy with the minimum, sufficient for them to survive. The animals always help us, do we even realize?

Let's show them love, and not make them weep. From cats to dogs to cows and even sheep. For every creature, big or small, deserves respect, abstaining from meat can be a way to reflect.

It may seem daunting to change our diet but vegetarian foods can be better only if we try it. Plant-based meals can be delicious and fun, they also show kindness to animals, one by one.

So let's be kind to the creatures we share, and show them love and compassion, everywhere. By not eating them, we can make a difference, and create a better world, with kindness as our preference.

★ TOP 10

ALISHA MANAN.
Poem, Year 9 from Mission Heights Junior College.

A FEW OF OUR RUNNERS UP



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

WORLD VEGETARIAN MONTH 2024

During World Vegetarian Month, over 80 libraries across New Zealand created displays celebrating all things vegetarian!

We are stoked with the number of libraries that participated and the beautiful displays they put together, some of which are pictured here.



Gore District Library



Hb Williams Memorial Library



Tirau Visitor Information Centre



Hawera Library



Porirua District - City Centre Library



Huntly Library



Waitemata Clinical Library



Opotiki District Library



WORLD IRON AWARENESS WEEK

This year, World Iron Awareness Week (October 14th–21st) coincided with World Vegetarian Month, providing a perfect opportunity to highlight the importance of iron in veg~n diets and how vegetarians and vegans can meet their iron needs through mindful food choices.

Vegetarian Living NZ Editor Ina Babic and her husband, Vedran, donated blood for World Iron Awareness Week to highlight the importance of including iron-rich foods in your diet. If you haven't already, read the 'IRON - Essential for Life!' article in *Vegetarian Living New Zealand, Vol. 81, No.1, Spring 2024* or read the article in the news section of our website!

21 DAY PLANT-BASED CHALLENGE

Thank you to everyone who took on the 21-Day Plant-Based Challenge this World Vegetarian Month! We loved seeing so much enthusiasm for trying new plant-based meals and embracing a more sustainable lifestyle. The challenge, designed to help participants explore plant-based eating, offers tips, recipes, and support for anyone looking to make a positive change for their health, the planet, and animals.

Whether you completed all 21 days or just got started, we applaud everyone for taking part in this rewarding challenge. If you're looking for more inspiration or resources to continue your plant-based journey, be sure to check out the 'Resources' section on our website.



VEGETARIAN APPROVED & VEGAN CERTIFIED



Product News

BY BEN MOLLISON, NZVS TRADEMARK MANAGER

That summer feeling is in the air – lighter evenings, bluer skies, and the sea starting to beckon for refreshing swims! While the days get brighter and longer, it's the perfect time of year to invite some friends around for a long lunch or dinner. And with multiple new offerings from companies in our vegetarian and vegan certification programs, there's a range of delicious veggie-friendly options that will tempt vegetarians and non-vegetarians alike! So, keep a look out for our Vegetarian Approved and Vegan Certified trademarks this summer while you stock up for all the wonderful summer festivities!



We're excited to introduce **Apostle Hot Sauces** on as a corporate member. Based in Kapiti, this small kiwi business creates amazing artisanal varieties of home staple sauces with their own twist such as **Chocolate & Manuka Smoked**

Chipotle, Spicy Smoke Barbeque, and Kimchi Ketchup. The cherry on top is their eye-catching and intricately designed labelling/artwork. As a sure-to-be-popular option for your Christmas lunch or backyard BBQ, consider grabbing a bottle or picking up one of their bundles!

www.apostlehotsauce.co.nz



Marisco Vineyards have just released their 2024 vintage of **The Ned Sauvignon Blanc** which would make a great dinner party gift. Or why not try their delicious Vegan Certified **Leefield Station Rosé?** This wine just took out Champion Rosé at the 2024 Aotearoa Regional Wine Competition! And, with the knowledge that these wines are produced without any animal-derived ingredients or processing aids, that glass of wine after work will taste a whole lot sweeter!

www.marisco.co.nz



BABICH
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SINCE 1916

Finally, **Babich Wines** have also added three new wines to their list with their **Babich Classic Sauvignon**

Blanc, Babich Black Label Sauvignon Blanc, and Babich Winemakers Reserve Sauvignon Blanc. With all these new savs to try, it feels like a perfect opportunity for an at home wine tasting!

www.babichwines.com



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.

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.

CAESAR MEETS NICOISE SALAD

As the evenings get warmer it's nice to eat outside. This salad has all the favourites and is a meal in a bowl. It would work equally well for a lunch or salad to have at a barbeque. There are sprouted pulses in this recipe to prepare in advance. Soak dried pulses overnight covered. Drain next morning through a sieve, then leave in sieve and cover with a tea towel. Rinse the beans again that night, then again next morning until they sprout. They are now ready to use. Also there are options for the bacon element.

GATHER YOUR INGREDIENTS AND PREPARE THE FOLLOWING:

1 bunch (150g) asparagus or green beans, tough ends removed. Slice in half if steaming, alternatively leave raw and slice as thin as possible on the diagonal, and add to the salad bowl

6 eggs, boiled, cooled, peeled and whites removed and sliced. Leave the yolks whole and add to the salad bowl or **1 avocado**, halved and quartered

8 small potatoes, scrubbed and steamed until tender

1. Steam the asparagus or beans for two minutes in a steamer or in 2cm of salted water in a pan. Run under cold water while still vibrant green to cool quickly and retain colour.

2. When the potatoes and eggs are done tip out onto a serving platter or bowl and top with:

2 T extra virgin olive oil

1/2 tsp salt

3. Continue preparing the rest of the ingredients, then add to the bowl or platter:

1 radicchio, cos or romaine lettuce, rinsed and roughly chopped

1/2 cup mixed pulse sprouts: chickpea, mung bean and/or lentil.

4 tomatoes, quartered and sliced or 8 cherry tomatoes halved

10 olives, pitted

2 spring onions, finely sliced



juice of 1 lemon

a few cracks of salt and black pepper

2 thick slices bread, wheat or gluten free, each cut into 4

200g vegan bacon, fried in rice bran oil till crispy or Smoky Coconut Chips

4. Fry the bread until golden in:

1 tablespoons fresh thyme or rosemary, leaves chopped

1/4 cup extra virgin olive oil

5. Once all the ingredients are prepared, dress the salad with:

1/3 cup Homemade Mayonnaise or 1/3 cup Honey Mustard Dressing

6. Toss together well and top with freshly shaved parmesan or substitute a handful of edible flowers such as nasturtium, borage, pansy or calendula if you have them, and serve.



CHRISTMAS STUFFED VEGETABLES WITH SUMMER QUINOA & HASSELBACK POTATOES

Summer Christmas time here in New Zealand is all about relaxing outside with friends and family with delicious food and drink.

My aim for The Veggie Tree Christmas food is to make life simple and use the best of what we have at our fingertips.

For me this means having food that won't take ages to do on the day and even better, can be made in advance.

The potatoes will have to be prepared just before cooking them though, or they will go brown. There is an easy way to prepare hasselback potatoes; just place a wooden spoon alongside each potato to ensure you don't cut too far through. The quinoa stuffing can be made two days in advance and the vegetables can be stuffed the day before.



GATHER YOUR INGREDIENTS:

1. Put the diced aubergine into a colander and shake them while adding the salt.
2. Place in the sink while preparing the following ingredients:

1 red onion, diced

2 cloves garlic, sliced

400g tomatoes, canned, passata or grated

1/4 cup olives, pitted and sliced

1 sweetcorn cob, kernels only in a medium pan heat:

1/4 cup olive oil

3. Add the prepared onion and fry for two minutes.

4. Dry the aubergine in a tea towel, then add to the pan along with the garlic.

5. Fry for four minutes, then add:

1 cup quinoa, white or red or mixed

400ml water

1 tablespoons dried oregano or 4 sprigs fresh

2 bay leaves

6. Stir in the tomato, olives and cover.

7. Simmer for 35 minutes, stirring occasionally

8. Add:

sweetcorn kernels

1 tsp salt

1/2 tsp cracked black pepper

9. Stir in and cook for a further two minutes.

10. Remove from the heat and cool.

11. Preheat the oven to 190°C.

12. Meanwhile prepare the vegetables for stuffing:

4-6 capsicum, tops cut off and reserved, but seeds scooped out

1 marrow, sliced into 3cm thick slices with seeds removed

4-6 tomatoes, tops cut off (preferably with the stalks intact) and reserved, but seeds scooped out

4-6 potatoes, scrubbed and sliced halfway through at 3mm intervals

13. Oil a roasting tray.

14. Stuff the capsicums, marrow pieces and tomatoes with the quinoa mixture.

15. Put the tops back on the capsicums and tomatoes and arrange in the roasting tray with the prepared potatoes.

16. Drizzle with olive oil, salt and cracked black pepper and bake for one hour until the capsicums are cooked and starting to slump.

17. For the topping melt in a frying pan on a medium heat:

2 tablespoons butter or olive oil

4 sprigs fresh sage, leaves only

18. Gently fry the leaves until crispy and remove with tongs or slotted spoon to a wooden bowl or paper towel. Then toast until golden:

1/4 cup almonds

19. Scatter the almonds over the top of the cooked vegetables. Add the crisp sage leaves and:

200g feta cheese, dairy or alternative, crumbled

20. Serve with steamed snow peas or beans and pesto.

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This easy to read, colourful, A4 laminated chart is a handy reminder of where protein, vitamins and minerals can be obtained in everyday food for a vegetarian/vegan diet. A must-have for every kitchen!

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THE PSYCHOLOGY of Food

BY PAUL KING



It's a big subject, and there isn't a place to start. I once heard a good expression for when a project is full of good things, but all jumbled up – the project is 'like a burrito'.

Burrito is a good place to start, actually. It's a Mexican food style and is often vegetarian or vegan. The balance is great, with beans, pulses, vegetables, salad, spices, and seasoning. There are fats, natural sugars and carbs, protein, and fibre. Yum! I'm thinking of Yum as a non-meat eater because I know this is a tasty, complete style of food. I don't have to worry about ultra-processing (too much) or, of course, provided I make it or it comes from a reputable source.

What I have here is a feeling of safety from a vegetarian point of view, the expectation of something tasty, of the right size to leave me satisfied, and it will be healthy and environmentally light of touch. I couldn't want for much more. These are all my priorities. I can relax which, of course, aids digestion.

Since I was 17, which is a long time ago, my eating regime has involved making sure that what I ate was free from meat or meat products. I am aware of ingredients, which is a key difference in my psychological relationship with food compared to a meat eater. I am, to use a much-misused term, consciously aware of the food I eat, and so are all vegetarians and vegans. This is the first big psychological difference.

Now, meat eaters might say that they are also conscious of what they eat and list various descriptions of bits of animal that they say are natural and wholesome. Let's forget about the antibiotics and the diseases that they try to cover up, which are both present in most meat, and think about the fact that such a person can dispassionately describe lumps of flesh by other names. Then consider that most of these people would recoil if the bit of flesh you suggested they eat were the leg of their pet dog, or any dog for that matter; indeed, if it's just protein, dead people.



HUMANS HAVE BROUGHT UP THEIR CHILDREN TO KNOW THAT THE SUFFERING OF ANOTHER CREATURE, UNLESS IT BECOMES A 'PET' OR COMPANION AND THEREFORE 'ANTHROPOMORPHISED', IS PRETTY MUCH IRRELEVANT.

This is associated with *cognitive dissonance*. When people believe that things are a certain way and they are presented with a new way to cognate a thing or situation, they feel discomfort. Their reaction is to reduce this discomfort. When applied to what meat is OK and what isn't, it's a retreat into societal norms. The ability to disconnect the fact of something from the meaning we give it is a natural protection that allows us, and all omnivorous and carnivorous animals, to choose a response to the idea of putting bits of muscle tissue in our mouths, chewing it, and swallowing it, and for that to be a good thing. It dissociates the ingestion of a lump of physical material from the blood and gore of the death, and most times, the torturous life of the living, feeling creature that was destroyed.

In various ways, as a species, we are increasingly desensitised. We have had a largely omnivorous past in the last few thousand years; I've written about this history before. This has meant a survival mindset has been necessary, and cognitive dissonance is powerful when you have little choice about your circumstances and where your food will come from. For thousands of years, with the exception of largely vegetarian cultures such as the Indian region, humans have brought up their children to know that the suffering of another creature, unless it becomes a 'pet' or companion and therefore 'anthropomorphised', is pretty much irrelevant. We must have all heard the advice in farming that you should never name an animal. Religions have got in on the act, too. Christianity teaches that "man" has dominion over the earth, which is roundly taken to mean everything here is for the use of humans... Religion is on the rise... 'just saying'.

COGNITIVE DISSONANCE AND DESENSITISATION PROTECT HUMANS WHEN THEY HAVE TO BEAR BAD THINGS. THEY HAVE A STRONG ALLY CALLED 'DENIAL'.

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Cognitive dissonance and desensitisation protect humans when they have to bear bad things. They have a strong ally called 'denial'.



The meaning we attach to 'food' is what makes the difference. Once the link is made, and many omnivores don't want to hear about it, between the sentient being and the thing they are going to eat, denial becomes very difficult, to the point where what is repugnant is, indeed, repugnant. But then, some people can encounter a sentient being and salivate. They would argue that this is more 'honest', and there must be some understanding of this – it is more honest than paying some unknown persons to kill and dismember an unknown creature and turn it into a brand of ultra-processed food. I find both disturbing. People that can exhibit this much dissociation from suffering are one of the reasons why we can have violence and war.



THIS IS THE MECHANISM FOR MODERN HUMANS TO DISSOCIATE FROM THEIR OWN PRESENCE ON THE EARTH. IN PREVIOUS CENTURIES, WHEN THERE WERE FEWER OF US, THIS DIDN'T MATTER SO MUCH ON A PLANETARY SCALE. NOW IT DOES.

The driver for the modern-day dissociation and the desire for meat-based brand consumption is our old friend - monopolist consumerist capitalism. This is the mechanism for modern humans to dissociate from their own presence on the earth. In previous centuries, when there were fewer of us, this didn't matter so much on a planetary scale. Now it does. Humans are largely required to be born, reproduce, consume as much as possible, and die. Rinse and repeat. Leisure and creativity are increasingly usurped by consumption, conspicuous consumption, and this includes food. Increasing displays of wasteful opulence is the demonstration of 'winning at life'.

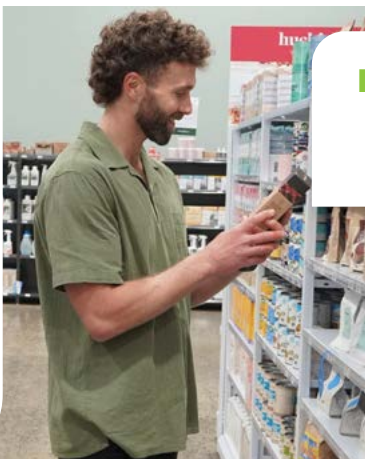
Making the link psychologically and emotionally, between what we consume and its meaning, is not only a demonstration of a higher level of evolution, but it is a way, through thoughtful kindness, to save the planet for human habitation.

This way of Being is not just reacting to marketing messages to consume and be seen to consume; it is the only route out of the problem we've created.

The problem with this is immediacy and presentism. If it's not affecting me, I don't care; it's not happening, it's not real, I don't have to deal with it, and I don't want to think about it. Denial. Denial, and the destruction of our species, smells and tastes like meat...



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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Your digital footprint adds up

BY PHILIPPA STEVENSON



THE EMOJIS HAVE TO GO. I LOVE THOSE LITTLE GUYS. THEY ADD EMOTION TO A DRY TEXT, SPREAD A BIT OF CHEER AND POSSIBLY TAKE THE EDGE OFF WORDS THAT MAY SEEM A BIT HARSH.

But for little guys they have a surprisingly big footprint. An SMS text message is perhaps the most environmentally-friendly way to stay in touch with family, friends and colleagues. Add an emoji, GIF, or image, however, and you have entered the fraught sphere of the fast rising carbon emissions from our online or digital use.



BY NEXT YEAR, THE WORLD'S DIGITAL ACTIVITY COULD PRODUCE THE SAME AMOUNT OF EMISSIONS AS ALL CARS PRODUCE TODAY...

By next year, the world's digital activity could produce the same amount of emissions as all cars produce today, warns Gen-Less, the Aotearoa NZ government agency dedicated to mobilising New Zealanders to be world leaders in clean and clever energy use.

DOUBLING THE LIFESPAN OF ELECTRONIC DEVICES HOLDS THE POTENTIAL TO DIMINISH MINERAL AND METAL RESOURCES USE FROM 55% OF THE PER CAPITA CARRYING CAPACITY TO 29%...

"Smartphones, streaming services, data centres and networks all need energy and non-renewable resources to be produced and run, generating a lot of climate-changing emissions. They keep becoming more efficient, but demand for data-rich services like videos and gaming is growing exponentially."

Internet access has already reached more than 5 billion people (about 60% of the global population), leading to a global data traffic of 3.4ZB (Zettabytes!) in 2021, a remarkable 440% growth since 2015.

And we've just added artificial intelligence. Ask AI a simple question and it searches the entire body of online human knowledge just to remind you how many minutes to, say, cook Israeli couscous.

A new study has comprehensively crunched the latest online use numbers.

The average internet user spends approximately seven hours per day online (around 40% of their waking life), consuming 3,230 hours of digital content per year, including 730 hours of web surfing, 894 hours of social media, 833 hours of video streaming, 566 hours of music streaming, and 207 hours of video conferencing on smartphones, tablets, laptops, desktop computers, and televisions.



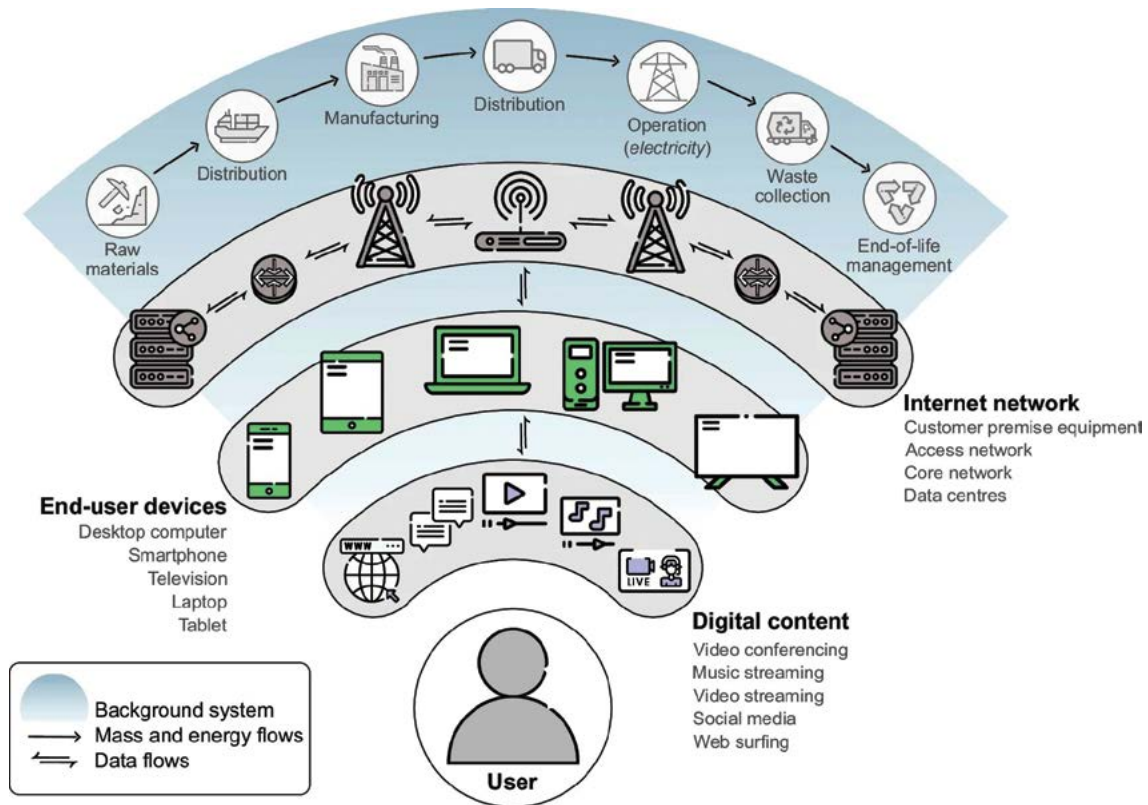
Reported in *Nature Communications*, the Swiss and Dutch researchers found that globally, each person's online activity accounts for approximately 40% of the carbon budget allocated to them in a carbon accounting system designed to keep global warming below 1.5°C. As well, the average person's internet-use eats up 55% of their fair share of the planet's mineral and metal resources.

They point out that this level of consumption doesn't leave a lot for such basic human needs as food and transport, which have been shown to contribute around 20% each to the carbon footprint of an average individual.

This raises concerns about the sustainability level of the current [ICT] system, the researchers write.

Electricity—for both manufacturing and operating electronic devices—is the biggest contributor to the climate impact of internet use. It also means that decarbonizing the electrical grid is a powerful mitigating strategy, with the potential to slash the carbon footprint of digital content consumption.

But decarbonizing the grid would leave the internet's impact on metal and mineral resources pretty much untouched. Reducing the use of those resources requires reducing the amount of material mined for electronic devices.



The framework for assessing the life cycle environmental impacts of digital content consumption. Digital content includes web surfing, social media, video streaming, music streaming, and video conferencing. Data centres and end-user devices process and store data, while the core and access networks and the customer premise equipment (e.g., modems and Wi-Fi routers) transfer the data between data centres and users. The background system supplies the equipment (i.e., end-user devices, modems, servers, etc.) and electricity necessary for operation.

“Doubling the lifespan of electronic devices holds the potential to diminish mineral and metal resources use from 55% of the per capita carrying capacity to 29%,” the researchers write.

In other words, buy only the devices you truly need, keep them a little longer and repair them when you can, advises Gen-Less.

Back to those emojis. We can alter the way we use our gadgets to cut our digital carbon footprints. Plain text SMS is the most eco-friendly messaging service while emails and apps such as WhatsApp or Messenger can be big carbon gobblers especially when GIFs, emojis and images are added.

By one calculation a typical business user creates 135kg of carbon equivalent emissions in emails every year – equal to driving more than 300km in a family car.

One way to cut that down is to stop niceties such as “thank you” emails.

“If every adult in the UK sent one less “thank you” email, it could save 16,433 tonnes of carbon a year, the BBC reported. That’s the equivalent of taking 3,334 diesel cars off the road.



Swapping email attachments for links to documents and not sending messages to multiple recipients reduces our digital carbon footprints, as well as unsubscribing from mailing lists we no longer read.

Video stream at a lower definition. You won’t miss much especially on a phone screen, says Gen-Less

Use energy-savers on your screens, like ‘sleep mode’ on computers and ‘auto power down’ on TVs. If you just want background noise, use the radio instead of YouTube.

BY ONE CALCULATION A TYPICAL BUSINESS USER CREATES 135KG OF CARBON EQUIVALENT EMISSIONS IN EMAILS EVERY YEAR – EQUAL TO DRIVING MORE THAN 300KM IN A FAMILY CAR.

Finally, says Gen-Less, enjoy more offline time.

“Grab a book, play a board game, take a walk, hang out with the whanau. These things are good for your wellbeing – and produce fewer climate-changing emissions than screen time.”

1. A zettabyte is a unit of measurement to describe a computer or other device’s storage capacity. One zettabyte is approximately equal to 1 billion terabytes.

Philippa Stevenson is a Waikato-based vegan journalist





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THE ENVIRONMENTAL IMPACT OF BEANS AND LEGUMES: How Nitrogen Fixation Can Benefit Your Garden & the Planet

BY JENNIFER EAST

IF YOU'RE LOOKING FOR VEGAN-FRIENDLY PROTEIN SOURCES THAT ARE AFFORDABLE, WIDELY AVAILABLE, AND EASY TO GROW, LOOK NO FURTHER THAN BEANS AND LEGUMES.

Not only are these perfectly filling and delicious, but there is evidence that shows that they can be beneficial for good health and longevity. Author and entrepreneur Dan Buettner, who has spent decades visiting and reporting about communities where people get to live past 100 years, told CNN that beans and legumes are part of the daily diet in these parts of the world. Buettner adds that the longest living family in the world, who reside in Sardinia, start their day with minestrone, which is a bean and chickpea-rich soup. He also revealed that soybeans may be the secret to Okinawans' longevity as their second most consumed staple is tofu, which is made from the aforementioned legume.

Apart from helping people to live healthier and longer lives, beans and legumes are also popular among environmentalists as they're good for the planet in so many ways. Here's what you need to know about the environmental impact of beans and legumes, and how these protein and nitrogen-rich foods can benefit your garden and the planet.

BEANS AND LEGUMES USE LESS LAND THAN CONVENTIONAL PROTEIN SOURCES

The way people use land can affect air and water quality, climate, wildlife habitat, and human health, among others. This is why some companies, such as Google and Blue Cross Blue Shield, are becoming more aware of unsustainable land use practices, such as random urbanisation and illegal logging and mining. To help save the earth, they've begun addressing this issue by creating workplace gardens at their respective headquarters. Moreover, they're also invested in commercial landscaping techniques to extend the life of their greenery and avoid waste. Doing all of these things enables these companies to offset their carbon footprint and improve their land use.



Another way to improve land use is by using less of it since using less land enables you to conserve water and reduce greenhouse gas emissions. However, most of the world's land is being used to meet the global protein supply, with 77 percent of the world's agricultural land being utilised to raise pigs, cattle, and chickens for human consumption. In contrast, only 23 percent of land is used to grow plants for food, and more than 60 percent of these plants provide protein. This is why people are encouraged to grow pulses like beans and lentils, since these give more protein while using less land compared to conventional protein sources like beef, pig meat, or lamb.

THEY NATURALLY IMPROVE SOIL QUALITY

Gardeners and farmers often rely on chemical fertilisers to improve their soil quality and ensure a bountiful harvest. This is because most fertilisers are enriched with nitrogen, which is essential to aid plants' growth, nutrient absorption, and other biological

>> **ARTICLE CONTINUES ON NEXT PAGE**

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processes such as photosynthesis. However, synthetic fertilisers may harm aquatic life and contribute to greenhouse gas levels. Moreover, they can be harmful to humans and animals as some fertilisers can be highly toxic.

For a natural alternative to fertiliser, consider planting some beans and peas in your garden. These absorb atmospheric nitrogen from the air, then convert it into ammonium nitrogen before releasing it into the soil. A lot of common food crops, such as broccoli, peppers, and lettuce, can benefit from ammonium nitrogen-rich soil. For optimum soil enrichment, plant beans and legumes alongside other veggies, and harvest them in the green or fresh stage.

THEY CAN GROW ANYWHERE

Perhaps one of the best things about growing beans and legumes is that they can thrive almost anywhere, except in places with extreme temperatures. They can be



grown in gardens, but they can also survive in high altitudes and near coastal areas. Since some varieties can thrive in poor soil and hot climates, scientists are able to see the possibility of creating new varieties that may withstand even tougher soil and weather conditions. This means that by planting beans and legumes, future generations may be able to make it through a famine brought about by climate change. And since beans and legumes require less water than other plants, this makes them good alternative crops during water shortages or droughts.

ONE OF THE BEST THINGS ABOUT GROWING BEANS AND LEGUMES IS THAT THEY CAN THRIVE ALMOST ANYWHERE

PEOPLE ARE ENCOURAGED TO GROW PULSES LIKE BEANS AND LENTILS, SINCE THESE GIVE MORE PROTEIN WHILE USING LESS LAND COMPARED TO CONVENTIONAL PROTEIN SOURCES LIKE BEEF, PIG MEAT, OR LAMB.

Beans and legumes are not just beneficial for staving off hunger, they're also good for the earth. Plant your favourite pulses in your garden today and do your part to save the planet.

Jennifer East is a travel journalist turned freelance writer with a passion for all things green. She lives for her garden and spends as much time as possible out there. She lives with her husband and three children, two dogs and twelve chickens.



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Contact:

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FINANCIAL GIFTS

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

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

KNOW SOMEONE GOING VEG-N? GIVE THEM A HEAD START!



VEGETARIAN/VEGAN STARTER PACK

\$30 \$45 (+P&P)

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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

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



GOODBYE
We Belong Outdoors

Goodbye OUCH Vanilla Lip Balm, Goodbye Sandfly



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.



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



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, Red Seal Natural Baking Soda Toothpaste 100g, Red Seal Natural Lemon Toothpaste 100g, Red Seal Herbal 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

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



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



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, Marlborough Organic Pinot Gris, Marlborough Organic Chardonnay, Marlborough Organic Albarino, Marlborough Organic Pinot Noir, Marlborough Organic Rosé, Marlborough Select Blocks Sauvignon Blanc, Marlborough Classic Pinot Gris, Black Label Pinot Gris, New Zealand Rosé, Marlborough Pinot Noir Rosé, Strategic Sauvignon Blanc, Babich Classic Sauvignon Blanc, Babich Black Label Sauvignon Blanc, Babich Winemakers Reserve Sauvignon Blanc



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



CHASERS
Feel The Flavour
Bhuja Mix - Mild, Bhuja Mix - Hot, Chilli & Garlic Peas, Salted Peas, Chevda



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



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



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 Nottdogs, Vegan Mini Nottdogs



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



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 Sauvignon Blanc, The Ned Rosé, The Ned Pinot Gris, The Ned Chardonnay, The Ned Pinot Noir, The Ned Skyscraper Sauvignon Blanc, The Ned Pinnacle Sauvignon Blanc, The Ned Noble Sauvignon Blanc, The Ned Floral White, The Ned Crunchy Red. The Kings Series Sauvignon Blanc from 2023 vintage, The Kings Desire Rosé, The Kings Bastard Chardonnay, The Kings Series Pinot Noir from 2022 vintage, The Kings Series A Sticky End Noble Sauvignon Blanc. Leefield Station Sauvignon Blanc, Leefield Station Rosé, Leefield Station Pinot Gris, Leefield Station Chardonnay, Leefield Station Pinot Noir, Leefield Station Stockman Syrah, Leefield Station The Gatherer Gewürztraminer, Leefield Station Ridgeline Riesling. Craft Series The Journey Pinot Noir, Craft Series Pride & Glory Sauvignon Blanc, Craft Series The Exemplar Viognier, Craft Series The Pioneer Chardonnay. Three Terraces Sauvignon Blanc, Three Terraces Pinot Gris, Three Terraces Rosé. Hartley's Block Sauvignon Blanc. Emma Marris Sauvignon Blanc, Emma Marris Pinot Noir. Riverblock Sauvignon Blanc, Emma Marris Chardonnay



NUDAIRY
Plant-based creamery

Nudairy's Dairy-Free Cheddar, Nudairy's Dairy-Free Mozzarella, Nudairy's Dairy-Free Tasty, Nudairy's Dairy-Free Feta, Nudairy's Dairy-Free Sour Cream, Nudairy's Dairy-Free Cream Cheese.



OSM
Fuel For Life

OSM Everyday Nutrition - Blueberry & Blackcurrant, OSM Everyday Nutrition - Salted Maple, Ancient Grain & Seeds, OSM Everyday Nutrition - Crunchy Peanut Butter, OSM Kids - Choccy Block Bar 5 Pack Pouch 28g x 5, OSM Kids - Vanilla Confetti Bar 5 Pack Pouch 28g x 5.



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

Plan*t Spicy Chorizo, Plan*t Sage & Onion Sausage, Plan*t Classic Hemp Burger, Plan*t Smoky Chipotle Burger, Plan*t Crispy Chick'n Burger, Plan*t Crispy Chick'n strips, Plan*t Chick'n Nuggets, Plan*t Ground Mince, Hemp Chick'n Natural, Hemp Chick'n Southern Fried, Plan*t Korean Style Fried Chick'n, Plan*t Crumbed Chick'n Schnitzel.



PROPER CRISPS
Proper Hand Cooked Crisps

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

FOOD & BEVERAGES



ROUND THEORY
Wines for the greater good

Pinot Gris, Rosé, Sauvignon Blanc, Piquette 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, Cauliflower Schnitzel, Falafel, Pumpkin and Spinach Burger Pattie



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

Drinking Chocolate, Cocoa Powder, Cane Sugar



TREASURED MORNING
Treasured Morning Apple Crumble 350 gr



WAIHEKE HERBS
Artisan Herbal Culinary Products

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



IS IT VEGAN CERTIFIED?





BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

HEALTH & COSMETICS

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Pure Shampoo & Conditioner

Keraplast **KERAPLAST**

Cynergy TK, FK Restore, FK Protect Plus, FK Scalp, Keraplast Hair Rescue Treatment – unfragranced, Keraplast JPMS, Keratec IFP-PE, Keratec Nova-AP, KerateineSPW400, KerateineSPW100, coreTXpep, Keratec ProSina, K4000-NW

 **KIWIHERB**
Effective Natural Family Healthcare
A range of natural herbal health products.

 **ORGANIC BIOACTIVES**
Innovating From Tradition

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

nerchr **VITAMIN SOLUTIONS**

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

RESTAURANT MENUS


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

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

FOOD & BEVERAGES

 **ANNIES**
Food You Trust

Apple & Apricot Fruit Bar, Apple & Boysenberry Fruit Bar, Apple & Raspberry Fruit Bar, Apple & Strawberry Fruit Bar, Apple & Mango Passion Fruit Bar, Berry Fruit Flats, Summer Fruit Flats, Fruit Strips, Fruit Jerky

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

 **CHASERS**
Feel The Flavour
Bhuja Mix - Mild, Bhuja Mix - Hot, Chilli & Garlic Peas, Salted Peas, Chevda

 **FOLIUM ORGANICS**
We're a Source of Good Nourishment


Organic Barley Leaf powder/Folium Organics, Organic Wheat Grass powder/Folium Organics, Organic Pea Leaf powder/Folium Organics, Organic Pea Leaf powderblended 50/50 with Organic Barley Leaf powder/Folium Organics, Organic Kale powder, Organic Carrot powder, Organic Beetroot powder, Organic Spearmint powder, Organic Quinoa (grain/powder), Organic Fennel powder, Organic Echinacea powder, Broccoli Sprout powder, Whole Pea powder, Manuka Leaf powder

 **GOODNESS ME**
Good Taste, Good Intentions, Good Deeds

Fruit Nuggets: Strawberry, 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

FOOD & BEVERAGES


 **LET'S EAT**
Plant-Based Deliciousness
Burger Patties, Golden Nuggets, Tasty Tenders


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Specialised Dairy Products


Culinary & Whipping Cream, Dairy Whip Whipped Cream, Mascarpone

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

 **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

CORPORATE MEMBERS SUPPORTING THE NZVS



GREEN DINNER TABLE

Eat more plants



QUORN

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



APOSTLE

A unique range of small batch hot sauce handmade on the Kāpiti Coast.



TAIWANESE WOMEN'S ASSOCIATION OF NEW ZEALAND (TAWANZ)

HAVE YOU CHECKED OUT OUR WEBSITE RECENTLY? WWW.VEGETARIAN.ORG.NZ