

# VEGETARIAN

# Living NZ

ISSN 1176-9335

WINTER 2024

VOL. 80, NO. 4

**EVENTFINDA STADIUM  
EMBRACES  
GREEN DINING**

**NOURISH  
YOUR HEART**

**WHAT IS NORMAL?**  
EXPLORING THE SOCIAL NORMS  
OF MEAT-FREE DINING

**PLANT-BASED MILKS:**  
HOW TO DECIDE WHAT  
IS RIGHT FOR YOU

**KATE SHEPPARD:**  
SUFFRAGIST, CHANGEMAKER  
... AND VEGETARIAN



9 771176 933003 >

**FOR A KINDER,  
HEALTHIER  
WORLD**

RRP \$7.90



COVER IMAGE:

P12-13 Recipes - Anna Valentine

## COVER ARTICLES

P2-3 | Eventfinda Stadium Embraces Green Dining

P6-7 | Nourish Your Heart

P14-15 | What is Normal? Exploring the Social Norms of Meat-Free Dining

P18-19 | Plant-Based Milks: How to Decide What is Right for You

P21-22 | Kate Sheppard: Suffragist, Changemaker...And Vegetarian

### EDITORIAL TEAM

Ina Babic, Jeanette Blackburn

**GRAPHIC DESIGN** Sandi Wilson

**CONTRIBUTORS** Sharon Almog, Tristan Stensness, Anna Valentine, Catherine Lofthouse, Alicia Temple, Paul King, Jennifer East, Helen Osborne & John O'Hare

**PRINTING** 3A Copy & Design, 29 Moa Street, Otahuhu, Auckland 1062

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

No statements or opinions in this publication may be construed as policy or as an official announcement by the Society unless so stated. We are always happy to receive contributions. All material undergoes an editing process and we cannot guarantee publication.

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

To discuss advertising, contact the National Vegetarian Centre 09 523 4686 or [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)

### NZ Vegetarian Society Inc., National Executive

**POSTAL** PO Box 26 664, Epsom, Auckland 1344

**OFFICE** 10 Warborough Ave, Epsom, Auckland

**PHONE** 09 523 4686

**EMAIL** [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)

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

### NZ Vegetarian Society Wellington Centre

**PHONE** 04 478 4665

**EMAIL** [wellington@vegetarian.org.nz](mailto:wellington@vegetarian.org.nz)

Membership information available from [www.vegetarian.org.nz](http://www.vegetarian.org.nz)

# EDITORIAL



[editor@vegetarian.org.nz](mailto:editor@vegetarian.org.nz)

As we navigate the complexities of modern living, there's an increasing awareness of the impact our choices have on both our health and the planet. At the forefront of this consciousness is the rise of vegetarian and plant-based lifestyles, not just as a trend, but as a conscientious choice towards a sustainable future.

In recent years, New Zealand has witnessed a remarkable shift in dietary preferences, with an increasing number of individuals embracing plant-based lifestyles. This trend isn't just limited to home kitchens; it's also shaping the landscape of the food industry across the country.

One notable development is the surge in innovative plant-based start-ups and businesses catering to the growing demand for vegetarian and vegan alternatives. A challenge with this, however, has been the lack of clear regulations governing product labelling, leading to ambiguity and confusion among consumers seeking authentic vegetarian and vegan options.

Without standardised criteria, companies can exploit vague terminology, such as "plant-based," without accountability, undermining the trust and confidence of consumers striving to make ethical and health-conscious choices. To address this issue, consumers are urged to look for the trusted NZVS Vegetarian Approved and Vegan Certified trademarks on product packaging.

These trademarks serve as reliable indicators that products have met strict criteria and are suitable for vegetarian and vegan diets. As the demand for vegetarian and vegan products continues to rise, it becomes increasingly imperative for regulatory bodies to establish transparent labelling standards, ensuring that consumers can make informed decisions aligned with their values and dietary preferences.

Amidst the global shift towards sustainable and health-conscious living, Auckland's Eventfinda Stadium stands out with a bold embrace of plant-based dining. In an exclusive interview with *Vegetarian Living NZ*, CEO Brian Blake shares insights into the motivations driving this initiative on pages 2 & 3, highlighting the venue's dedication to offering diverse dining experiences for all attendees.

Alicia Temple's article, "Nourish Your Heart," on pages 6 & 7 delves into New Zealand's health crisis, revealing the intricate link between diet, lifestyle, and genetics in combating heart disease. With a spotlight on plant-based nutrition, Alicia emphasises its transformative effects on cardiovascular wellness. Keep reading on pages 14 & 15 where Paul King explores the evolving social norms surrounding meat-free dining, tracing the historical evolution of vegetarianism and prompting reflection on shifting cultural identities.

Catherine Lofthouse's guide, "Plant-Based Milks: How to Decide What is Right for You," on pages 19 & 20 equips readers with tools to explore the many options of plant-based milk alternatives. From almond to oat and beyond, Catherine empowers readers to make informed choices tailored to their preferences and dietary needs.

Finally, reflecting on historical figures like Kate Sheppard (pages 22 & 23), whose vegetarianism transcended her time, reminds us of the enduring relevance of plant-based principles. Her advocacy for social justice combined with her dietary choices serves as inspiration for contemporary vegetarians and vegans striving to make a difference in the world. All of this and much more, enjoy our winter issue!

- INA BABIC

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



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

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

**VISIT OUR PLANT-POWERED MENU AT [HELLPIZZA.NZ](http://HELLPIZZA.NZ) OR VIA THE HELL APP**

**HELL**  
✂



# EVENTFINDA STADIUM EMBRACES GREEN DINING

BY INA BABIC

As the world continues to pivot towards sustainable and health-conscious living, Eventfinda Stadium in Auckland embraces this movement. In a bold and refreshing move, the venue has expanded its culinary offerings to cater to the growing demand for plant-based options. This decision not only meets the needs of vegetarian and vegan enthusiasts but also reflects a broader cultural shift towards greener, more ethical consumption.

In an exclusive interview with *Vegetarian Living NZ*, Brian Blake, CEO of Eventfinda Stadium, shares insights into the motivations behind this initiative, shedding light on the venue's commitment to providing diverse dining experiences for all patrons. Let's explore how this development is shaping the landscape of stadium food options in New Zealand.

## Q. WHAT MOTIVATED THE STADIUM TO ADD PLANT-BASED OPTIONS TO ITS MENU?

We've wanted to introduce plant-based options for quite some time. Since 2018, we've had gluten-free options on the menu, and it's just been a natural evolution.

**“Typically, stadiums offer five to six options whereas Eventfinda has about thirty offerings.”**

However, the product base hasn't been as good in the past, which has delayed things, but now there are many options for alternatives that taste great! With 5,000 seats, we can trial things more comfortably compared to other larger stadiums. Additionally, we now have a few chefs onboard to ensure that if a vegan or vegetarian option is introduced into the menu, it can be done with authenticity. Thanks to our partnership with the Impossible team, we use their patties in our burgers, which have been very popular. We're witnessing a significant change in the public, where even those not fully committed to vegetarian or vegan diets are consciously choosing to reduce their meat intake.

## Q. HOW HAS THE RESPONSE BEEN FROM VISITORS SINCE THE INTRODUCTION OF PLANT-BASED OPTIONS?

Stadiums have, in general, not done well with food in the past. What we're seeing now is a more positive response. With some events, for example, combat events, people just want a burger and a beer. Then other audiences come in that expect a wider variety of options and from these, we're seeing a positive response. Everyone who attends an event at the stadium receives a post-event survey, and we have seen commentary that people are pleased with the variety of options available.

## Q. COULD YOU HIGHLIGHT SOME OF THE CHALLENGES FACED DURING THE CHANGE OF THE MENU AND HOW THE STADIUM OVERCAME THESE?

Segregating the kitchen was a bit of a challenge. It did mean that on the vegan end of the spectrum, the menu is more limited because of the practicality of not having a huge kitchen. The bigger issue was changing the perspective

of the team who instinctively wanted to keep the menu as small as possible because then you sell more items of those things and there is less waste. Typically, stadiums offer five to six options whereas Eventfinda has about thirty offerings. The experience is supposed to present as close as possible to an à la carte offering but in a stadium.

## Q. IN WHAT WAYS IS SUSTAINABILITY BEING CONSIDERED IN THE SWITCH OF THE MENU? ARE ECO-FRIENDLY PRACTICES BEING INTEGRATED INTO THE STADIUM'S FOOD SERVICE OPERATIONS?

It's reached the point where it's a smart business decision given the demand is there from the public, so although sustainability is important, it was not the main factor that contributed to making this decision. I would guess that for about 15% to 20% of people if there was zero flavour difference, they would choose a plant-based option. It's not a big deal anymore; it's the norm. In terms of sustainability, we have a comprehensive plan in place, for example, we don't serve any plastics at the stadium. We also have targets built into our business plan for reducing the amount of landfill we produce.

## Q. ARE THERE PLANS FOR ONGOING IMPROVEMENTS OR EXPANSIONS TO THE MENU IN THE FUTURE?

We're reviewing the menu on a six-monthly basis. I don't see us moving away from providing plant-based options in the future.





**Q. WHAT ADVICE WOULD YOU GIVE TO OTHER VENUES CONSIDERING A SIMILAR TRANSITION BASED ON YOUR EXPERIENCES SO FAR?**

Stadiums operate with great systematic efficiency having to provide thousands of meals in a few hours. Everything must run smoothly, and this is achieved through consistent practices over time. However, when considering changes, there can be internal resistance, not because people are

**“..the product base hasn’t been as good in the past, which has delayed things, but now there are many options for alternatives that taste great!”**

resistant to change, but because they want to maintain the high-quality experience for customers that they have perfected over time. Therefore, my advice would be to lead from the front, committing to making the change and stating, “we’re doing this, and we will make it work.” Continuing to monitor

progress and demand going forward is also crucial and pivoting when necessary.

Check out the Eventfinda website for more information and events coming up:

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



**HARNESSING THE POWER OF NATURE: BENEFITS OF MĀNUKA LEAF EXTRACT**

For vegetarians and vegans seeking natural solutions to enhance their skincare and hair care routines, Mānuka leaf extract emerges as a time-honoured remedy deeply rooted in Māori tradition. Derived from the leaves of the Mānuka tree (*Leptospermum scoparium*), this extract offers a treasure trove of benefits that cater to the needs of those committed to plant-based living. Let's delve into how Mānuka leaf extract can transform your skincare and hair care regimen while honouring its rich Māori heritage.

Traditionally, the Māori people of New Zealand revered the Mānuka tree for its medicinal properties, utilizing its leaves in various remedies. Incorporating this ancestral wisdom, Mānuka leaf extract continues to be valued for its skincare benefits. Its antimicrobial properties make it effective against acne-causing bacteria, helping to promote a clearer complexion without harsh chemicals. Additionally,



NEW VEGAN CERTIFIED PRODUCT

its anti-inflammatory properties soothe irritation and redness, making it ideal for sensitive skin often associated with vegetarian lifestyles.

The beneficial properties of Mānuka Leaf Extract come from the main chemical found in Manuka trees called  $\beta$ -Caryophyllene.  $\beta$ -Caryophyllene interacts with the body's endocannabinoid system. By reducing inflammation, it may help alleviate skin conditions such as acne, eczema, and psoriasis.  $\beta$ -Caryophyllene can also help protect the skin from oxidative stress caused by free radicals. This can help prevent premature aging and damage to the skin cells. Lastly, incorporating it into skincare products may help combat acne-causing bacteria and other pathogens, promoting clearer and healthier skin.

Furthermore, Mānuka leaf extract is rich with antioxidants, polyphenols and other nutrients, while it protects the scalp and

hair follicles from environmental damage, fostering hair colour protection and relieving itchiness from dry scalp conditions. In Māori culture, Manuka leaf preparations were often used to promote scalp health and maintain luscious locks. Vegetarians and vegans can harness this tradition by incorporating Mānuka leaf extract into their hair care routine, whether through shampoos, conditioners, or DIY treatments.

Incorporating Mānuka leaf extract into your skincare and hair care routine not only honours the cultural heritage of the Māori people but also aligns with the principles of vegetarian and vegan living. By embracing this natural remedy, vegetarians and vegans can nourish their skin and hair with the same reverence for nature that has been cherished for generations. Let the wisdom of the Mānuka tree guide you on a journey towards vibrant, radiant beauty, rooted in tradition and respect for all living beings.

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

[www.linkedin.com/company/organic-bioactives](https://www.linkedin.com/company/organic-bioactives)



## TRISTAN'S *Corner*

**I'm proud of my two teenage sons, who, at 14 and 15 years old, have been lifelong vegetarians and are wholeheartedly embracing a vegetarian lifestyle. As a parent, witnessing my children holding the values which align with my own beliefs is very gratifying. Although I brought them up in line with my vegetarian lifestyle, and have always fed them a vegetarian diet, the decision to stay vegetarian as they gain independence is their own.**

Their choice not only reflects their compassion towards animals but also their awareness of environmental sustainability and their own personal health. In a world where peer pressure can pull teenagers in all kinds of directions, seeing my children stand firm in their convictions reminds me that people's individual choices can make a meaningful impact on the future, and it fills me with pride and admiration.

Being vegetarian has helped my boys embrace a diverse range of nutritious foods, just by being aware and mindful of what they're eating. After all, choosing a vegetarian lifestyle is not only about what we avoid eating, but also about finding other interesting things to eat than meat. It encourages creativity in the kitchen and an appreciation of the abundance of plant-based ingredients we have available to us here in Aotearoa. I reckon that just by the very act of being vegetarian, the boys have learned valuable lessons about mindful consumption of food and how it's connected to the overall wellbeing of the planet.



One of the joys of having vegetarian teenagers is the opportunity to explore different colours and flavours in our shared meals. I have one son who is eager to learn how to cook our favourite dishes, while the other one loves to eat them but isn't so keen on helping prepare them. However, one thing I've discovered they both like to do is chop things up! Chopping colourful vegetables into cubes and rounds is a challenge they can get their hands on. This is perfect for the recipe I'm sharing today, which is a lovely warm winter vegetable salad. The colours and flavours of this salad make it feel hearty and nourishing, which is just the goodness we need to bring the family together for a winter dinner.

So, in celebration of my sons' lifelong vegetarian journey, I'm excited to share this delicious recipe featuring winter vegetables. It's a hearty and comforting dish which embodies the wholesomeness of home-cooked meals, with a sweet twist which the kids love.

### WARM WINTER VEGETABLE SALAD RECIPE:

#### Ingredients:

- 2 cups Brussels sprouts, trimmed and halved
- 2 cups butternut squash, peeled and cubed
- 1 cup carrots, sliced
- 1 cup parsnips, sliced
- 1 red onion, sliced

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon maple syrup (or golden syrup if you don't have maple)
- Salt and pepper to taste
- Fresh parsley for garnish
- Chopped walnuts to sprinkle on top for extra crunch (optional)

#### Instructions:

Preheat the oven to 200°C.

In a large mixing bowl, toss Brussels sprouts, butternut squash, carrots, parsnips and red onion with the olive oil, balsamic vinegar, syrup, salt and pepper, until evenly coated.

Spread the vegetables in a single layer on a tray lined with baking paper.

Roast in the preheated oven for 25-30 minutes or until the vegetables are tender and caramelized, stirring halfway through.

If using, toast walnuts in a dry pan over medium heat until fragrant, about 3-4 minutes.

Once the vegetables are roasted, transfer them to a serving dish, sprinkle with toasted walnuts (if using), and garnish with fresh parsley.

Serve warm and enjoy!

Tristan Stensness is a writer from Hamilton. She is a vegetarian and the mother of two vegetarian sons. You can view her work at [www.tristan.nz](http://www.tristan.nz)



# [SERIOUSLY] GOOD, SERIOUSLY VEGAN.



For more info visit our instagram page @heinz\_au



# NOURISH YOUR HEART

BY ALICIA TEMPLE

DELVE INTO THE HEART OF NEW ZEALAND'S HEALTH CRISIS. ALICIA TEMPLE EXPLORES THE CONNECTION BETWEEN DIET, LIFESTYLE AND GENETICS IN COMBATING HEART DISEASE.

Heart disease is New Zealand's single biggest killer; every 90 minutes a New Zealander dies from heart disease and almost 1 in 3 deaths are caused by cardiovascular disease.

It's not just heart attacks either. Heart disease refers to a spectrum of conditions affecting the blood vessels, like blockages in the brain leading to strokes, and narrowing vessels contributing to issues like dementia. Narrowing of peripheral vessels can cause problems such as impotence, ulcers, and pain during movement. Simply put, any blood vessel in your body could get narrow or blocked due to heart issues.

Despite these sobering facts, there's hope. Science shows that positive lifestyle changes, including a focus on what we eat, can help put the brakes on heart disease.

## PROTECT YOUR HEART WITH PLANTS

Decades of robust data shows that giving plants the starring role on your plate is good for heart health. Let's take a look at a few of the factors in play:

- **Controlling cholesterol:** Saturated fats, trans fats, and cholesterol in the diet can increase LDL cholesterol levels (often called 'bad' cholesterol), while soluble fibre found in fruits, vegetables, and whole grains can help lower them.
- **Reducing blood pressure:** High blood pressure, or hypertension, is a major risk factor for heart disease. The same dietary and lifestyle changes that lower cholesterol levels can also significantly reduce blood pressure.
- **Controlling blood sugar levels:** The relationship between diabetes and heart disease is well acknowledged. High blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Over time, this damage can lead to heart disease. Managing blood sugar levels is crucial for preventing cardiovascular complications. Dietary interventions can increase insulin sensitivity for type 2 diabetes and improve blood glucose control for both type 1 and type 2 diabetes.
- **Improving antioxidant status and endothelial function:** Eating foods rich in antioxidants like fruits and vegetables can boost heart health by reducing oxidative damage and improving endothelial function. Endothelial function is how well the cells lining blood vessels work to regulate blood flow and vessel health.

## • Reducing chronic inflammation:

Inflammatory processes play a role in the development of hardening of the arteries. Inflammation is a messenger for our immune system, letting our body know when a threat exists. About 70% of our immune system is located in our gut...making what we eat extremely important to controlling chronic inflammation. Research suggests people who have the highest intake of fruits, vegetables, whole grains and legumes have a higher bacterial gene count—associated with less inflammation, improved immune function and lower body weight.

One of the negative impacts of consuming animal products is a substance produced when you digest red meat, called trimethylamine N-oxide (TMAO). TMAO raises the risk of cardiovascular problems. It contributes to the formation of cholesterol plaque in blood vessels, potentially paving the way for heart disease. Vegetarians and vegans, who avoid meat, produce little TMAO and levels can be reduced in just weeks when dietary patterns are changed.





## EVERY LITTLE BIT COUNTS

Perhaps you are not ready to switch to a strict whole-food plant-based diet and are wondering if smaller changes will improve your heart health? They will; in fact, small reductions in meat are beneficial. A 2019 study examined the eating habits of over 400,000 people, revealing the risk of heart disease rose with every 100-gram increase in daily red and processed meat intake.

If you are thinking of switching to 'white meats' like chicken it may not have the benefits you think. A separate study from the same year found that both red and white meats can raise cholesterol levels in similar ways, more than consuming equivalent levels of plant-based proteins.

Research also suggests that avoiding those one-off treats will pave the way for a healthier heart. Indulging in just one high-fat milkshake can swiftly morph our healthy red blood cells into tiny, spiky troublemakers. These transformed cells can cause chaos in our blood vessels, laying the groundwork for cardiovascular issues if we make the same poor choice time and time again.

## THE 'F' WORD

Fibre used to be something only our grandmas spoke about, well, gran knows best! It is in the spotlight for its health benefits. Most New Zealanders eating a standard western diet do not consume adequate fibre, but large studies have shown that individuals following plant-based diets typically have fibre intakes that meet or exceed recommendations.

Fibre is made up of the indigestible parts of plant foods, such as vegetables, fruits, grains, nuts, seeds and legumes, which pass relatively unchanged through our stomach and intestines. It helps get rid

of excess bile and changes our gut hormones, collectively helping control our cholesterol, body weight, blood sugar, and blood pressure, reducing the risk of heart disease.

## HEART HEALTH IS IN YOUR HANDS

Many of us may feel like we are doomed by our DNA. The truth is that although family history may increase your risk slightly, factors in your control such as diet, exercise and avoiding smoking, play a much more significant role in heart health.

Only about 20% of how long a person lives and their state of health is dictated by genes—the remaining 80% is how we choose to live.

So why does heart disease seem to run in families? Consider that families share more than genes—they also share the same environment, diet, and behaviours like smoking or a more sedentary lifestyle.

## NAVIGATING PLANT-BASED CHOICES: FROM SUPERMARKETS TO THE DINNER TABLE

Plant-based nutrition may appear to be the lifestyle choice for heart health. Approach with caution; the aisles of supermarkets are teeming with an array of 'plant-based' choices, but not all products are created as nature intended. Many are high in sugar, sodium, unhealthy fats and other nasty additives. The allure of convenience mustn't blind us to the nutritional integrity of these choices.

Pay close attention to labels when shopping for packaged foods. Look

for products with recognisable whole food ingredients, no hidden animal-derived components like gelatin and those that contain at least 3 grams of fibre per serve. Keep salt to a minimum — multiply the milligrams of sodium by four and aim to keep this lower than the kilojoules per serving.

Rather than feeling concerned about our biggest killer we must feel empowered that our lifestyle choices like nutrition, managing stress, getting active and avoiding smoking, hold immense power in the fight against heart disease. By embracing a plant-rich diet and making small yet impactful changes each day, we can take proactive steps towards a brighter, heart-healthy future.

Always remember that anyone making significant dietary changes should do so under medical supervision, especially if affected by any existing conditions like high blood pressure and cholesterol.



*Alicia Temple is a communications expert who is passionate about sharing evidence-based information to create a healthier and more compassionate world. She has a Diploma in Nutrition and a Certificate in Plant-Based Nutrition.*

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

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

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

For further info about gifting contact:  
[info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)



HOLISTIC HAIR  
Nature's hair care

FOR 20% OFF  
USE CODE VEGAN20

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





**Think  
KIND**  
STUDENT COMPETITION  
MAY - AUG 2024



**WIN  
\$1,000  
FOR YOUR  
SCHOOL**

## THE ANNUAL THINK KIND STUDENT COMPETITION RETURNS FOR 2024, INSPIRING YOUNG MINDS TO EMBRACE COMPASSION FOR ANIMALS AND THE PLANET

BY INA BABIC

THE NZVS IS THRILLED TO ANNOUNCE THE LAUNCH OF THE ANNUAL **THINK KIND** STUDENT COMPETITION FOR 2024. THIS COMPETITION, NOW IN ITS SIXTH YEAR, AIMS TO CULTIVATE A CULTURE OF EMPATHY AND ENVIRONMENTAL AWARENESS AMONG STUDENTS ACROSS NEW ZEALAND, SPANNING FROM YEARS 0 TO 13.

The Think Kind student competition invites participants to unlock their creativity by submitting projects that advocate for kindness towards animals and the planet. From artwork to literature, film, music, and beyond, students are encouraged to express their ideas in ways that resonate with them the most.

This year, the **People's Choice Award** is generously sponsored by **Let's Eat**, who will donate a grand prize of \$1,000 to the winning student's school. Additionally, every entrant will receive a certificate of participation and a **Hell Pizza** voucher as tokens of appreciation for their efforts in promoting kindness and sustainability.

In 2023, the NZVS was inundated with entries from aspiring young changemakers from all corners of Aotearoa. The **People's Choice Award** was won by Janaki Kallidai, a talented year 9 student from Hare Krishna School in Auckland with her speech titled "Why We Should Reduce Meat Consumption".

Julia Clements, President of the **NZVS**, emphasized the significance of instilling values of compassion and environmental consciousness in the youth. *"Encouraging young New Zealanders to reflect on the importance of kindness to animals and the planet is essential, and we are delighted to witness the enthusiasm of students wanting to participate"*.

The deadline for submissions is Sunday, August 18th, 2024. Following the closure of entries, the **NZVS** judging panel will carefully select the top 10 projects, which will be presented for public voting starting from October 1st – **World Vegetarian Day**. These finalists will receive a prize pack from our sponsors, recognizing their outstanding contributions to the competition. The **People's Choice** winner will be unveiled on November 1st – **World Vegan Day**, marking a celebration of compassion, sustainability, and the creative potential of the next generation.

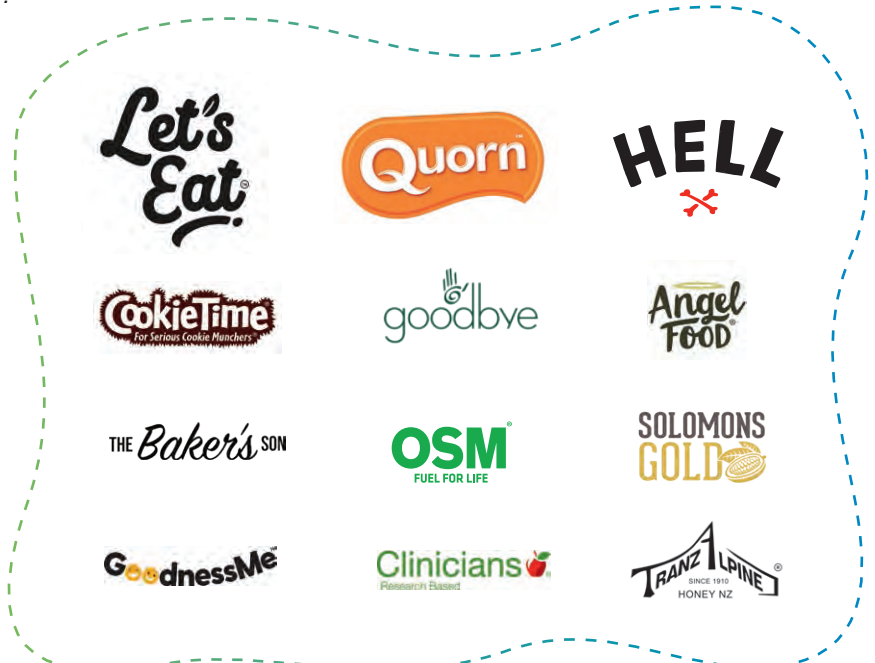
For more information about the **Think Kind** student competition and how to participate, please visit [www.vegetarian.org.nz/think-kind](http://www.vegetarian.org.nz/think-kind).

A big 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**.



**ACT NOW!**  
FOR A KINDER,  
HEALTHIER  
WORLD

**THE TOP 10  
FINALISTS  
WILL RECEIVE  
A PRIZE  
PACK!**



# Mike Dinsdale Interview

BY INA BABIC

*Mike Dinsdale is a journalist who has been living and working in Northland for 35 years. He's originally from the North East of England, arriving in Opua, Bay of Islands, in 1988. He loves good vegetarian food, music, football, rugby league, sport in general and spending time with his family and friends, and the Northland lifestyle.*



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

I'm Mike Dinsdale. I'm a journalist who has been working in Northland for almost 35 years. I'm originally from England, arriving in 1988.

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

I just found it hard to pet an animal then go home and have it on the dinner plate. I just couldn't reconcile my love for animals with eating them. To test my resolve I visited an abattoir and on the way to it, from about a mile or so away from the abattoir, the moos from the cows in the cattle trucks that were passing us started changing to one of concern as if they could smell what was coming up. That really put me off as it seemed the cows were aware of what their fate would be. Then after doing a bit of research and finding out how bad meat production was on the planet, my mind was made up.

## Q. HOW LONG HAVE YOU BEEN VEGETARIAN?

About 45 years.

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

No, two of my brothers and my sister, and a sister-in-law are also vegetarian.

## Q. HOW DO YOU FEEL BEING VEGETARIAN?

Good. I always have plenty of energy and feel that a meat-free diet has made me healthier and more conscious of what I am eating. I also value its positive effects on the environment.

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

The only real disadvantage is that it's sometimes hard to find a good vegetarian meal when out, but it's much better now than when I first arrived.

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

Good planning, being able to cook and ensuring good supply of alternative protein, such as tofu, tempeh, etc.

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

Lacto-ovo. I eat eggs (particularly free-range eggs), cheese and milk products, but the past year I've also cut back on these.

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

I suppose my sister-in-law really. She was the only person I knew who was vegetarian when I was considering it, and she gave me recipes and told me the importance of ensuring I got good nutrition and protein. I got dermatitis about six months after giving up meat and my then family doctor said it was because I wasn't eating meat. He said I needed meat as it was so important to us and I should stop being silly and get stuck into a steak.

My sister-in-law told me this was rubbish, gave me some good recipes and tips, etc, and explained that my ailment was because I was just having more of the other things my Mum was cooking and that I needed to balance my diet better. I never went back to that doctor, much to the chagrin of my Mum.

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

I only raise it if I have to, such as at a party and the host insists on me - or getting upset at me not - tasting one of their superb sausage rolls etc. It's funny, but so many people seem to get upset at my decision not to eat meat, as if it's some sort of personal attack on them. I've had a lot of abuse from people for my decision not to eat meat. I never thought when I started that a personal decision I made would inspire other people to get so upset about it.

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

About half of my close friends are vegetarians too, but the ones that aren't always make sure there's vegetarian options for me if they are having an event. Although I still always eat before going to an event and make sure I take along plenty of vegetarian options if it's a bring a plate. Experience has taught me that while most non-vegetarians

will have a dig at you, they always Hoover down the vegetarian plate I've taken, then say something along the line of, 'I thought you were vegetarian, those were delicious.'

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

Usually through them tasting my vegetarian food, and realising how tasty it can be. If they persist with the insults and crass comments, I offer to email them the links to all the research showing how too much red meat, particularly the processed stuff like that sausage you are eating, means they are 10-30 times more likely to die from bowel cancer than me, and that vegetarians were 43% less likely to suffer from colorectal cancer. That usually shuts them up.

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

There is a link as less meat production will lead to less green-house gas emissions as well as less pollution.

Meat from cows is the least-efficient food source, with one acre providing only 8,000 grams of protein and 89,000 calories. Even the lowest-performing plant product - sunflower seeds - produced over 1800% more protein per acre than cows did.

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

No. I got into journalism to make a difference in the communities I lived in and expose any dodgy activities from those we entrust to run things. My vegetarianism has never come into it.

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

Keep highlighting the links between meat and cancer and the inefficient protein per acre it produces, and how this impacts on climate change.

# VEGAN CERTIFICATION / VEGETARIAN SOCIETY APPROVED



SHARON ALMOG, NZVS TRADEMARK MANAGER

Winter is here! This is a great time to warm up with exercise and rich veggie-indulging soups. Movement and good food will keep you warm, healthy, and optimistic.

I'm excited to welcome on board two NZ businesses – **Holistic Hair** and **Bakels Edible Oils** - that joined our vegan-certified and vegetarian-approved programmes.



**HOLISTIC HAIR®**

Holistic Hair is passionate about harnessing nature's power to create sustainable, healthier, and natural hair care. We recently gave the following products **Vegan Certification**:

A range of **Shampoo and Conditioner Sets** - enriched with vitamins, minerals and elemental nutrients to gently cleanse the scalp and condition all scalp hair types.

**Scalp Treatment Oil** – a soothing blend of nutrient-rich plant oils crafted to calm, soften, and moisturise your scalp.

**Herbal Finishing Rinse** – a leave-in rinse to support the scalp and promote shine to the hair.

**Essential Scalp Spray** is a multi-functional scalp spray that offers a synergistic blend of herbs and botanicals to support normal hair health.

**Salt of the Earth Texturising Spray** is a mineral-rich salt that promotes lift and texture, creating root lift and curl definition.

---

We also gave **Vegetarian Approved** certification to the Holistic Hair set of Pure Shampoo & Conditioner – a combination of Aloe Vera and Manuka Honey to maintain natural balance and well-being of the scalp and hair. Holistic Hair products are available at speciality shops and online at:

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







**Bakels Edible Oils NZ** - the leading supplier of edible oils since 1983. Their products are used across all food service channels. We gave **Vegan Certification** and **Vegetarian Approval** to two of Bakels staple products: **Chefs Pride Catering Spread** and **Chefs Pride Spread**.

They are high-quality, low-fat table spreads and are comparable with standard salted butter. You are welcome to contact Bakels via their website:

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



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](mailto:trademark@vegetarian.org.nz), and we'll get in touch with them.





**NZVS MEMBERSHIP PROGRAMME DISCOUNT BOOKLET**

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

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

For more information and to access our Membership Programme discount booklet please email [info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)



NEW VEGAN  
CERTIFIED  
PRODUCT



NEW  
VEGETARIAN  
APPROVED  
PRODUCT

**NOURISH YOUR HAIR, NURTURE THE EARTH:  
HOLISTIC HAIR'S SUSTAINABLE BEAUTY**

Founded in 2006, Holistic Hair is the brainchild of Nicky and Jodene, two visionary entrepreneurs with a deep-rooted belief in the transformative power of plants. Acquiring the brand in 2015, they brought their trichology qualifications and a shared vision to create a trusted name in natural hair care, harnessing nature's bounty for sustainable solutions that enhance scalp and hair health.

At Holistic Hair, profit is balanced with purpose. The brand is committed to environmental sustainability, social causes, and ethical practices, embodying strong values that resonate through every product and initiative. Their products are meticulously crafted to adhere to the principles of a circular economy, incorporating plant-based ingredients supported by scientific research to provide effective solutions for scalp and hair well-being.

One of Holistic Hair's core beliefs is to approach hair care holistically, considering internal and external factors to deliver exceptional results consistently. Their holistic philosophy, combined with trichology expertise and plant-based formulations, forms the foundation of their range, which is Vegan Certified and Vegetarian Approved by the New Zealand Vegetarian Society.

Moreover, Holistic Hair is Plastic Neutral Plus Certified with CleanHub, ensuring they recover and recycle more plastic than they use, contributing to a cleaner environment. They also use 100% recycled PET1 plastic bottles, further mitigating their impact on the earth.



The award-winning range includes a carefully curated selection of scalp and hair products, blending natural origin,




plant-based ingredients like aloe vera, quinoa pro-NPNF, crambisol, rosemary, apple cider vinegar, and manuka honey. Holistic Hair

has received numerous global awards, including Best of Natural 2022 and Best of Natural 2023 for their Essential Scalp Spray and Quinoa Pro Colour Protect, respectively, and most recently, their Scalp Treatment Oil won Best Scalp Soother at the Prevention Australia Hair Care Awards.

Join Holistic Hair in removing harsh chemicals from your beauty routine and returning to nature. Visit [www.holistichair.co.nz](http://www.holistichair.co.nz) and use code VEGAN20 to receive 20% off your order, and embark on your scalp and hair well-being journey today.

 [www.linkedin.com/company/holistic-hair](http://www.linkedin.com/company/holistic-hair)

 [www.facebook.com/holisticchair](http://www.facebook.com/holisticchair)

 [www.instagram.com/holisticchair](http://www.instagram.com/holisticchair)

 @holisticchair

**CONSUMERS URGED TO RELY ON VEGETARIAN APPROVED AND VEGAN CERTIFIED TRADEMARKS AMIDST LACK OF LEGISLATION PROTECTING AGAINST VAGUE PRODUCT LABELLING**

BY INA BABIC

**In a market inundated with an array of food products claiming to be "plant-based" without clear regulations, consumers are urged to look for trustworthy Vegetarian Approved and Vegan Certified trademarks to ensure their dietary choices align with their beliefs and needs.**

Recent years have witnessed a surge in the popularity of plant-based diets, with many consumers seeking out food options that are not only nutritious but also align with their ethical and environmental values. However, amidst this growing trend, there has been a concerning lack of legislation to protect consumers from misleading product labels, leaving individuals vulnerable to ambiguous claims.

Despite numerous appeals from consumer advocacy groups, the Commerce Commission and Ministry of Primary Industries, along with the Food Standards

Authority, have fallen short in their efforts to standardise product labelling. This lack of cohesive regulation has created a regulatory gap that allows companies to exploit vague terminology such as "plant-based" without facing consequences. This inaction perpetuates a climate where consumers are left to decipher the authenticity of product claims on their own, leading to frustration and mistrust.

*"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."*

The Vegetarian Society Approved trademark is a globally recognised symbol, the longest-standing and most well-established

trademark of its type. Originating from the UK, it has been used for 50 years. The NZVS has been administering the Vegetarian Society Approved trademark since 1994.

In 2018, the Vegan Certified trademark was developed in response to the strong and increasing demand in NZ for an independent vegan certification programme. The NZ Vegetarian Society owns and administrates the Vegan Certified trademark, as we serve a wide range of vegetarians and vegans. It stands as the sole local vegan trademark within Aotearoa.

The NZ Vegetarian Society encourages consumers to advocate for clearer labelling regulations and to support initiatives aimed at enhancing transparency in the food industry.



# 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](http://www.vegetarian.org.nz) and [www.theveggietree.com](http://www.theveggietree.com). Anna also has two recipe books available from her website The Veggie Tree (Spring/Summer and Autumn/Winter) plus her latest one, Abundance.

## MEXICAN FIESTA

We love Mexican inspired meals and they are great crowd pleasers. Feel free to mix and match the recipes in this feast either as fillings for tacos, to top nachos or take as a potluck contribution to a Mexican meal with friends.

### MEXICAN MOLE JACKFRUIT

This versatile recipe can be made with pulled wheat meat, plant-based mince, jackfruit or lentils or a mixture, and is perfect for filling soft tacos.



GLUTEN-FREE

#### INGREDIENTS

- 1 red onion, diced
- 1/2 red capsicum, deseeded and finely chopped
- 2 cloves garlic, crushed
- 2 tablespoon cumin
- 1 tablespoon coriander
- 1/4 cup extra virgin olive oil
- 300g pulled wheat meat, plant-based mince or cooked lentils
- 400g can jackfruit, drained and squished
- 2 tablespoons smoked paprika
- 400ml tomato passata
- 100ml water or broth from the wheat meat
- 2 chipotle peppers in the adobo sauce (optional)
- 1 tablespoon raw cacao powder
- 1 tablespoon molasses or agave syrup
- 1 tablespoon coconut sugar (optional)
- 1 tablespoon dried or fresh oregano
- 1/2 tsp salt
- 1/2 tsp black pepper
- Juice of 1 lime

#### METHOD

1. Gather your ingredients, prepare the vegetables, toast and grind the spices in a dry pan.
2. Heat the olive oil in a pan on a high heat and add the onion and capsicum, fry for two minutes then add the garlic, spices, your choice of protein, jackfruit, paprika, water, chipotle peppers, cacao powder, molasses, coconut sugar, oregano, salt and pepper.
3. Cook for 10 minutes, remove from the heat and finish with lime juice.



### RICE 'N' BEANS

Rice and beans are the perfect protein hit as the combination makes it a complete protein. Complete proteins are what our bodies need every day to stay healthy. This combination contains all the essential amino acids our body doesn't make on its own. You can start this off on the stove top if your ovenproof dish allows. I like to soak the brown rice while I'm preparing the ingredients as it shortens the cooking time.



GLUTEN-FREE

#### INGREDIENTS

- 2 tablespoon olive oil (optional 1 tablespoon butter)
- 1 red onion, finely chopped
- 1 red capsicum, cored, deseeded and diced or 1 stick celery, sliced
- 4 button mushrooms, diced
- 2 cloves garlic, crushed
- 1 chilli or smoked chipotle chilli, finely chopped (optional)
- 1 tablespoon cumin seeds, toasted then crushed or ground
- 1 tablespoon coriander seeds, toasted then crushed or ground
- 1 tsp caraway seeds, toasted then crushed or ground
- 1 cinnamon quill
- 1 cup long grain white rice, rinsed and 2 cups (500ml) water or 1 cup long grain brown rice, rinsed and 700ml water
- 1 x 400g can chopped tomatoes, passata or fresh tomatoes grated to remove skins.
- 1 x 400g can black beans, drained and rinsed
- 1 tsp salt
- 1/4 tsp cracked black pepper
- 1 bay leaf
- 1/2 cup fresh coriander, roughly chopped juice of 1 lime

#### METHOD

1. Gather your ingredients and preheat the oven to 160°C.
2. Add an ovenproof dish to the oven while its heating, or just the lid if you can utilize the base for frying. If you are using brown rice cover well with hot water and leave to soak while you prepare the other ingredients.
3. Heat the olive oil in the base of the dish or a frying pan on a medium high heat and add the onion, capsicum and mushrooms, fry for one minute then add the garlic, chilli and spices.
4. Fry for another minute then add the rice (drain the water from the brown rice first if using), fry for one minute.
5. Transfer into the warmed oven proof dish if needed then add the water, tomatoes, black beans, salt, pepper and the bay leaf, cover and bake for 30 minutes for white rice, or 50 minutes to an hour for brown rice.
6. Check if cooked, then stir with a fork, remove from the oven and leave it out to steam for a bit with the lid on.
7. Garnish with the coriander and a squeeze of lime juice.

## CAULIFLOWER POPCORN

The cauliflower popcorn is a play on Mexicans love of corn and fried chicken. These little crispy bites are healthy, crunchy on the outside, tender on the inside, and are a perfect accompaniment to a Mexican meal.

### INGREDIENTS

- 1 cauliflower, cut into small florets
- 1/2 cup panko, jasmine rice crumbs or crushed cornflakes
- 1/4 cup fine polenta
- 1/4 cup cornmeal flour
- 2 tsp dried oregano
- 2 tsp sweet smoked paprika
- 1 tsp garlic powder
- 1 tsp black pepper
- 2 tsp white pepper
- 1 tsp mustard
- 1/2 tsp salt
- 2 tablespoons refined coconut, or extra virgin olive oil
- 2 tablespoons light soy sauce, Tamari or Bragg's
- 2 tsp hot or tomato sauce
- 2 tablespoon smooth peanut or cashew butter
- 1 clove garlic crushed
- 1 tablespoon maple syrup

### METHOD

1. Gather your ingredients and preheat the oven to 200°C.
2. Mix the panko, polenta, cornmeal flour, oregano, paprika, garlic, peppers, mustard and salt together in a bowl.
3. Add the oil, nut butter, maple syrup, garlic, soy sauce and hot sauce to a pot and heat while whisking continuously until emulsified.
4. Pour over the cauliflower and toss to combine.
5. Add half of the dry mix to the bowl and stir through, then add the rest, toss through and place individually on a tray and bake for 30 minutes until crispy.

## PEPITAS

Toasted pumpkin seeds are not only tasty they add a nice crunch to the meal. They are nutrient rich, high in protein and dietary fibre so scatter them liberally over your meal and enjoy.

### INGREDIENTS

- 1 cup pumpkin seeds
- 1 tsp cumin seeds, toasted then crushed or ground
- 1 tsp cinnamon powder
- 1 tsp smoked sweet paprika
- 1 tsp olive oil
- 1 tsp maple syrup
- 1 tsp salt
- 1/4 tsp cracked black pepper

### METHOD

1. Gather your ingredients and preheat your oven to 160°C.
2. Measure all the ingredients into a roasting tray, mix together to coat the seeds and bake for 10 minutes, stirring half way through.
3. Cool and store in a jar if there are any left!

## GUACAMOLE

My version of guacamole keeps it simple and I love to have my jalapeno fix incorporated into the mix.

### INGREDIENTS

- 3 avocados, halved and stone removed
- Zest and juice of 1 lemon or lime
- 1 clove garlic, crushed
- 1 spring onion or 2 onion weeds, finely sliced
- 1/4 cup fresh coriander, roughly chopped
- 1/2 tsp salt
- 1/4 tsp cracked black pepper
- sliced jalapenos (optional)

### METHOD

1. Gather your ingredients and scoop out the avocados into the bowl
2. Mash with a fork then add the lemon or lime, garlic, spring onions, coriander, salt and pepper.
3. Cut the third avocado into small dice (in the shell is easiest), then scoop into bowl and mix together. Top with jalapenos if using.



GLUTEN-FREE



GLUTEN-FREE

## MEXICAN CHOC POTS

These spiced chilli chocolate puddings are so creamy, delicious and easy to prepare you'll definitely be enjoying them even without the rest of the Mexican meal.

### INGREDIENTS

- 500ml milk (dairy, almond or soy)
- 500ml cream (dairy, coconut or cashew)
- 2 tablespoons Dutch cocoa
- 1 tsp vanilla paste, or 1 vanilla bean, seeds removed and added to the infusion
- 1 tsp ground cinnamon
- 4 cloves, or 1/4 tsp ground cloves
- 2 star-anise
- 1/2 tsp chilli flakes or 2 whole dried chilli's (optional)
- zest of 1 lime or orange
- 200g dark chocolate, smashed into small pieces
- 1/4 cup cornflour
- 1/3 cup sugar
- 1/3 cup almond milk
- 2 tablespoons Dutch cocoa (for dusting)

### METHOD

1. Gather your ingredients and measure the milk, cream, cocoa, spices and peel into a medium-sized saucepan. Heat over a medium heat until almost boiling, then remove from the heat.
2. Add the chocolate and stir together until melted and smooth.
3. Measure the cornflour, sugar and second measure of milk in a separate bowl, whisk together until smooth and add to the chocolate mix in the saucepan. Heat mixture while stirring constantly until it comes to the boil.
4. Place a sieve on top of a jug and pour the mixture through. Divide the mixture evenly between the six ramekins and refrigerate to set.
5. Serve dusted with Dutch cocoa and a pinch of chilli powder.

# WHAT IS NORMAL?

## Exploring the Social Norms of Meat-Free Dining



BY PAUL KING

**Not eating meat is abnormal, we're told. The implication is that a vegetarian or vegan, anyone who doesn't eat meat, is abnormal, or even sub-normal. As a therapist and coach, I have my thoughts about people prepared to declare others as such - everyone should be in therapy, but that's another story.**

To our bodies, it doesn't matter that much where the nutrients come from, at least not immediately. There are of course concerns way beyond the immediate procurement of nutrients, and these are many. As we'll see, the environmental costs and health risks are real, but then we know that already, huh?



Humans began to eat meat, or rather, they began to scavenge muscle tissue and break open bones to get at the marrow, about 2.5m years ago. Then around 1 million years later we started to get better quality leftovers (*Toossee, 2021*). We've always eaten plants, it's why we have an appendix, although grass isn't usually on the menu these days. Our omnivorous nature is one of our survival adaptations.

**“...what was once seen as a prized source of great nutrition has largely been turned into highly processed junk by massive corporations.”**

It's believed that hunting animals only started about 200,000 years ago, and even more recently – 10,000 years ago – humans began to use domestic animals for slaughter. Fossil records show that we have always been predominately plant-based in our diets. The caveman, paleo fad, peddled by dehydrated Lycra-clad, selfie-obsessed influencers with perfect-looking teeth, and bulging muscles, is utter nonsense. We adapted to eat tenderized muscle tissue, but it has never been necessary for our biological survival, nor has it ever been optimal to eat it.

Meat is a concentrated source of nutrients, so if it can be obtained without danger, then it has been a nutritionally good idea to source it. It was one thing to be scavenging, or hunting which was not too dangerous and very much on a survival basis, but in the 'developed' world, we're not in this situation now. We haven't been for thousands of years. We farm, but farming animals to eat is an extremely inefficient use of land.

The lavish feasting idea in the 'West' can be traced back to Muslim traditions where expensive commodities like saffron, pepper, olive oil, and lemons were lavished to show opulence. Westerners took this up as the spice roads, etc., opened up. The use of expensive “showing to impress and garner influence and favour” is nothing new of course. One of these elements was meat. Hunted meats showed that the provider had the wealth and land to afford to hunt. Farmed meat was also expensive and in most cases, a carcass was used sparingly over many meals.

A couple of hundred years ago two elements changed; individual wealth went up, and industrial farming of animals increased. This extremely recent change gave rise to the notion that meat is normal. With average life expectancy being very low until the later part of the 20th Century, the long-term effects of both eating and farming meat were less of a consideration. Now, with greater awareness of these effects, it has become a huge consideration.

What was seen as a luxury only a few generations ago is now commonplace. The aspiration to be able to afford to have meat and its 'show-off-ability' has been a driver for consumerism to provide it. We see this playing out in India, which has a largely Hindu, vegetarian population. However, as consumerist capitalism has encroached, ever more Indians are seeing meat as initially aspirational, and then as a sign of status.

So, where are we now? Well, what was once seen as a prized source of great nutrition has largely been turned into highly processed junk by massive corporations. We are told it's “normal” to eat meat for two reasons: The first is that it was highly prized for many reasons and to choose not to eat it was considered a bit stupid; you'd have to be mad, and anyway,

didn't God put all these things here for us to use? The second is that capitalism tells us, every day, all the time, that it's normal. It has connected meat with all manner of societal events.

We, who choose not to eat meat, consider ourselves more highly evolved, and rightly so when we look at the evidence. So next time you're called a Crank, not normal, a bit weird, here's a few facts...

This abstract from a hugely cited and recent paper in *The Lancet* says it all “*Food systems have the potential to nurture human health and support environmental sustainability; however, they are currently threatening both. Providing a growing global population with healthy diets from sustainable food systems is an immediate challenge. Although global food production of calories has kept pace with population growth, more than 820 million people have insufficient food and many more consume low-quality diets that cause micronutrient deficiencies and contribute to a substantial rise in the incidence of diet-related obesity and diet-related non-communicable diseases, including coronary heart disease, stroke, and diabetes. Unhealthy diets pose a greater risk of morbidity and mortality than unsafe sex, alcohol, drug, and tobacco use combined. Because much of the world's population is inadequately nourished and many environmental systems and processes are pushed beyond safe boundaries by food production, a global transformation of the food system is urgently needed.*” (*Willett et al., 2019*).

### NUTRIENTS

A 2022 systemic meta-analysis of many academic papers reviewing plant-based versus meat-included diets shows that the three main categories all have pros and cons concerning nutrient provision (see *Table 1*).

There is an assumption, which I believe is true, that people choosing a plant-based diet are better informed about the nutritional values and digestibility of their food than “normal” omnivores (putting it kindly). This study shows there



**TABLE 1: OVERVIEW OF NUTRIENTS AT RISK OF INADEQUACY AND NUTRIENTS OF FAVOURABLY HIGH INTAKE ACROSS DIETARY PATTERNS**

DIETARY PATTERN	NUTRIENTS AT RISK OF INADEQUACY	NUTRIENTS OF FAVOURABLE HIGH INTAKE
<b>VEGANS</b>	EPA, DHA, Vitamins B12, D, Calcium, Iodine, Iron (In Women), Zinc	Fiber, PUFA, ALA, Vitamins B1, B6, C, E, Folate, Magnesium
<b>VEGETARIANS</b>	Fiber, EPA, DHA, Vitamins B12, D, E, Calcium, Iodine, Iron (In Women), Zinc	PUFA, ALA, Vitamin C, folate Magnesium
<b>MEAT-EATERS</b>	Fiber, PUFA, ALA (In Men), Vitamins D, E, Folate, Calcium, Magnesium	Protein, Niacin, Vitamin B12, Zinc

(Neufingerl & Eilander, 2022).

is good evidence that there are certainly considerations which we should be more wary of. The same of course is true for people who include meat.

### HEALTH

So, when we look at health, are plant-based diets healthier in terms of disease? The answer is yes, they are, but as we'll see in the next section, there is room for caution.

Health benefits are often put forward for a plant-based diet, and this does seem to be borne out by evidence. A 2021 meta-analysis states that "Compared to meat-eaters, the vegetarians in EPIC-Oxford had a 23% lower risk of IHD after 18 years of follow-up (Tong et al., 2019). For vegans, the risk estimate was 18% lower than that in meat-eaters". Also, "The risk for any type of cancer (all cancers combined) was 10% lower in vegetarians than that in meat-eaters in EPIC-Oxford, and 18% lower in vegans (Key et al., 2014). For specific cancer sites, the only differences in risk were for stomach cancer and haematological cancers, which were 62% and 36% lower, respectively, in vegetarians, and cancer of the cervix which was 90% higher in vegetarians, all with rather wide CI due to the relatively small numbers of cancers at individual sites. The risk for colorectal cancer did not differ between vegetarians and meat-eaters. The reasons for the observed differences are not well understood although there is some limited other evidence suggesting that processed meat may increase the risk for stomach cancer. The higher risk of cancer of the cervix in vegetarians was unexpected and of borderline statistical significance" (Key et al., 2022).



### DEMOGRAPHICS

The demographics are I feel unsurprising. As published in a sizable, and recent German study, which seems to be representative on the Western developed world "... The number of vegetarians was low at 7.9% of the total sample, whereas regular and high meat eaters made up the largest subsample. The descriptive characteristics of the dietary groups show that in terms of gender, the proportion of women decreased as meat consumption increased. Thus, vegetarians were more often women (60.9%), while high meat-eaters were more often men (54.6%). There were also significant differences with respect to age and education level. Within vegetarians, the average age was lower than compared to frequent meat-eaters. In addition, within a low level of education, there were fewer vegetarians and regular meat eaters than high meat-eaters. For this reason, gender, age, and level of education are used as covariates in further analyses. Regarding household composition (number of persons and children), region, income, and health data, there was no significant difference between the dietary groups. (Ohlrau et al., 2022)

### ULTRA-PROCESSED FOODS – UPF

The study quoted previously (Ohlrau et al 2022) was however primarily about UPF, and here there is some not so good news with plant-based UPF on the rise "... these products are industrially produced from largely processed plant-based ingredients and thus should be defined as UPF. Between 2013 and 2018, the number of vegan convenience foods launched worldwide nearly tripled." As the title of this paper has it, "Plant-Based Diets Are Not Enough?..."

### CONCLUSION

Consumerist capitalism is holding sway among 'the masses', and as plant-based diets have attracted attention, more UPF has been provided. This can be as plant-based as it likes, it's not going to provide health or nutritional benefits, and not benefit the environment per se. Food, real food, and plant-based food, a vegetarian diet in particular, and also a vegan one, with responsible regard to the nutrients these groups can lack, is certainly optimal.



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.

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

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

# A VEGETARIAN'S GUIDE TO KIWI CUISINE: *Discovering Local Flavours in New Zealand*

BY JENNIFER EAST

New Zealand's fertile soil and temperate climate is conducive to growing a wide range of crops ranging from winter veggies like broccoli, cabbages, and cauliflower to tropical fruits such as pineapples, lychees, and bananas. Due to the availability of fresh produce, recent studies show that half of all New Zealand adults<sup>1</sup> met the daily fruit intake recommendation, while nearly 11 percent met the vegetable intake recommendation. Moreover, as local chefs have access to a diverse selection of fruits and vegetables, more vegetarian and vegan restaurants have started popping up all over the country in recent years, much to the delight of those who favour plant-based food.

Indeed, Kiwis are becoming more open to going on a vegetarian journey. To taste the best vegan and vegetarian dishes, it's a good idea to learn where to get the best plant-based food and discover the local flavours in New Zealand.

## **INNOVATIVE AND TRENDY EATS IN AUCKLAND**

Auckland has emerged as a hub for establishments that serve innovative and delicious plant-based dishes. As a result, these restaurants and cafes have become widely popular among the Gen Z crowd due to their trendy concepts and unique takes on vegan and vegetarian food. One of the hottest vegetarian spots in the city is Forest, located on Dominion Road. This restaurant boasts an extensive a la carte menu that changes weekly, and most of their food can be prepared vegan. Start your meal with an avocado gazpacho with smoked yoghurt and cucumber relish, then have grilled oyster mushrooms in a sticky cider sauce for your main dish. Since this place puts such an emphasis on locally grown fresh vegetables, it can be the perfect choice for those who are on a special diet, such as those who are on an anti-inflammatory meal plan<sup>2</sup>. However, it's also a great place to unwind since you can order fruity or flower-flavoured cocktails, such as their Hibiscus Negroni or their Marigold Gin Fizz.

Another establishment that's making waves in Auckland is Wise Boys. This restaurant, which started out as a food truck, offers a more casual take on

vegetarian dishes, and vegan celebrities such as Travis Barker and Kourtney Kardashian have been spotted having a meal here. They're famous for their plant-based burgers, and people can't get enough of their gourmet offerings such as the Hungry Jack. Instead of beef, the burger patty is made of slow cooked and barbequed jackfruit, and it's topped with grilled pineapple and a tangy apple slaw. They also have the Satay Fix burger made of crispy organic tofu and a creamy satay sauce. Pair your burger with fries, Cauliflower wings, or some onion rings.



WISE BOYS

## **HEARTY AND DIVERSE DISHES IN QUEENSTOWN**

Queenstown has a plethora of vegan-friendly restaurants and picking one can be a challenge since there's so much to choose from. If you want to have brunch in a place that has lots of outdoor seating, consider heading to Yonder in Church Street. Apart from vegan and vegetarian options, they also offer dairy-free and gluten-free fare, so it's perfect for people who have food sensitivities. Try their Vegan Butty which is a sandwich made with kumara chips, pumpkin slices, romesco mushrooms, and onion jam. They also have the classic Avocado on Toast, made with smashed avocado on homemade ciabatta bread.

Got a craving for Asian food? Check out Saigon Kingdom. They offer vegan and vegetarian dishes in addition to their meat and seafood selections, and they have one branch in Queenstown and another in Frankton. Start with Saigon Summer Rolls filled with tofu, lettuce, pickles and vermicelli, and some Bahn Xeo Chay, a crispy crepe filled with seasonal veggies and a special sauce. Order the Vegan Coconut Curry and Jasmine Steamed Rice for your main dish, then have a cup of Vietnamese coffee after your meal.



LOTUS-HEART

## **CLEAN AND ORGANIC OPTIONS IN CHRISTCHURCH**

Want to nourish your body with clean and organic food? Head to Christchurch and visit some of the best vegetarian restaurants that are dedicated to healthy eating. One of the most highly-rated establishments here is the Lotus-Heart Vegetarian Restaurant. Not only do they offer the freshest vegetarian global cuisine, but they also have a selection of more than a hundred rare teas and tisanes. They also have menus for every meal, so you can have breakfast, lunch, or dinner in this establishment. Try their Almond, Coconut, and Hemp Pancakes for breakfast, or their Chia Seed Porridge with goji berries and coconut milk. For lunch, you can't go wrong with their Chipotle Nacho Bowl or Curry Dosa. Need a light meal for dinner? Try their Antipasto Platter or Gourmet Pizza. Wash it all down with their homemade kombucha or ginger beer.

New Zealand is a haven for vegans and vegetarians. Visit any of these establishments to enjoy the best plant-based food that will nurture your mind and body.

1 <https://www.odt.co.nz/lifestyle/food-wine/vegans-vegetarians-nz-rarer-many-thought>

2 <https://healthreportlive.com/experts-weigh-in-on-diet-tips-to-reduce-inflammation/>

*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.*



# New & improved Rebel\* BK® Chook



At Burger King, we're constantly looking for ways to improve our offering. So with the help of our good friends at The Vegetarian Butcher, we've given our Rebel\* BK® Chook patty a delicious taste-lift – it now tastes even better.

Remember, we cook our Rebel\* BK® Chook patties in a meat-free fryer, and you can make it vegan by swapping to vegan aioli – we got you!

Try one for yourself and see if you can taste the plant-based difference.

**The King of Plant-Based**



\*THE REBEL BK CHOOK IS PLANT-BASED, DAIRY-FREE, VEGETARIAN AND, WHEN MAYO IS SWAPPED TO VEGAN AIOLI, VEGAN FRIENDLY. TM & © 2024 Burger King Company LLC. Used under license. All rights reserved. At participating restaurants while stocks last.

Note: The Rebel BK Chook is cooked in a non-meat fryer and contains plant-based ingredients according to the manufacturer's statement but it is not a vegan-certified nor vegetarian-approved product and hasn't been checked nor approved by the NZVS.

# Plant-based milks: HOW TO DECIDE WHAT IS RIGHT FOR YOU

BY CATHERINE LOFTHOUSE

**Plant-based milks have become a popular non-dairy alternative to cow's milk. Whether it's due to food allergies, dietary choices, environmental concerns, or taste preferences, more people are opting for plant-based milks than ever before, with New Zealanders almost tripling their spend on these milks between 2014 and 2019 (New Zealand Government, 2022).**

With such a wide range of plant-based milks to choose from, how do you decide which one is right for you? This article looks at the types of plant-based milks available in New Zealand and how they compare to dairy milk in terms of nutrition and environmental impact.

## WHAT IS IN A PLANT-BASED MILK?

Plant-based milks are made by blending cereals, legumes or nuts together with water. Soy, oats, almonds, rice and coconut are most commonly used. They also contain other ingredients such as vegetable oils, emulsifiers, stabilisers, flavorings, and sugar.

The nutrition profile of plant-based milks varies depending on the type and brand of milk consumed. Overall, plant-based milks do not have the same nutrient content as dairy milk. They are naturally lower in protein and energy – the exception to this is soy milk, which contains a similar amount of protein and energy as dairy milk. Plant-based milks are also naturally lower in calcium, vitamin D and B vitamins (including vitamin B12). These nutrients are important for people following a veg-n diet because they are typically obtained from consuming animal products.

Despite being naturally lower in some key nutrients, plant-based milks are often fortified with added vitamins and minerals to match the quantities found in dairy milk. Calcium, vitamin D and vitamin B12 may all be added to plant-based milks.

Plant-based milks are not suitable for babies aged under 12 months because they do not contain the nutrients needed for a baby's growth and development. From one year of age, toddlers can have unflavoured soy milk that is fortified with calcium (*Ministry of Health, 2021*).

**Table 1: Energy, protein and calcium content of plant-based and cow's milks**

MILK TYPE	ENERGY kJ/100ml	PROTEIN g/100ml	CALCIUM mg/100ml
Homogenised cow's milk	263	3.3	120
Soy milk	235-270	3.0-3.5	120-160*
Almond milk	65-160	0.4-0.7	75-120*
Cashew milk	70	0.4	120*
Coconut milk**	95-100	0.2	75-120*
Rice milk	210-230	0.3-0.7	110-120*
Oat milk	298	1.0	120

\*fortified

\*\*for drinking, not a cooking ingredient

Source: Adapted from (*Te Hiringa Hauora Health Promotion Agency, 2022*).

Pregnant and breastfeeding women following a strict veg-n diet are advised to ensure their plant-based milk is fortified with calcium and vitamin B12. Soy milk is recommended due to its higher energy and protein content (*Ministry of Health, 2020*).

On average, plant-based milks are more expensive than dairy milk. The cheapest plant-based options are available for soy, almond and rice milks.

*Table 1* shows the typical amount of energy, protein and calcium found in dairy milk and popular plant-based milks in New Zealand.

## PLANT-BASED MILKS IN DEPTH

### Soy milk

Soy milk is made from either ground soybeans or soy protein powder mixed with water. Soy milk is sometimes sweetened with added sugar. It has a slightly sweet, mild beany flavour and is suitable for drinking, cooking and baking. Soy milk has the highest protein content of all plant-based milks.

Soy products, including soy milk, have been associated with a number of health benefits, such as reduced risk of heart disease, breast cancer and prostate cancer. However, there have been historical concerns about the hormonal health effects of soy, especially for peri- and postmenopausal women. These concerns have since been dispelled, with recent studies showing no evidence of adverse health effects from consuming soy (*Messina, 2016*).



### Oat milk

Oat milk is made by blending oats with water. It has a slightly sweet and oaty flavour. Oat milk has a creamy consistency and is suitable for drinking, cooking and baking. Oat milk contains more fibre than other plant-based milks. It also contains a small amount of gluten and may not be suitable for people with gluten intolerance or coeliac disease.

### Nut milk

To make nut milk, nuts are soaked then blended with water. The most popular types of nut milk are almond and cashew, and each has its own flavour and nutrition profile. Some nut milks are sweetened. Nut milk tends to have a high water content and be lower in energy and protein than other plant-based milks. Nut milk is suitable for drinking, cooking and baking. It is appropriate for people who are allergic or intolerant to soy, lactose or dairy.



### Coconut milk

Coconut milk is made by blending coconut milk or cream with water. Note that this is different to tinned coconut milk commonly used in Asian or Pacific cooking, or in baking. Coconut milk has a thin texture and subtle coconut flavour and is suitable for drinking. Like nut milk, it is also low in protein.

### Rice milk

Rice milk is made from milled brown rice and water. It has a thin consistency and a mild sweet nutty flavour. Rice milk is allergen-free, making it a good choice for people who cannot eat nuts, dairy, lactose or soy. It is suitable for drinking or cooking.

## ENVIRONMENTAL CONSIDERATIONS OF PLANT-BASED MILKS

Many consumers choose plant-based milks because of concerns about environmental impacts of dairy production.

A large review of research has shown that plant-based milks have a lower overall negative impact on the environment compared to dairy milk (Carlsson Kanyama et al., 2021). Dairy milk production uses significantly more land and water than plant-based milk production, mainly due to resources needed to raise livestock. In addition, dairy milk production is estimated to emit three times the amount of greenhouse gases compared to plant-based milk production, primarily as a result of methane produced by cattle (Poore & Nemecek, 2018).

The exact environmental impact will vary by the type of crop grown. For instance, greenhouse gas emissions are reportedly lowest for almond milk (Berardy et al., 2022). Conversely, almond milk has received criticism over concerns about the quantity of water used to grow the almonds. Despite this, the amount of water used to produce almond milk is still far lower than that for dairy milk production.

Environmentally conscious consumers may also want to consider the source of ingredients and place of manufacture of their plant-based milk. For instance, most of the soy grown for soy milk comes from Australia, but some comes from further afield in China or Japan. Some oat milk manufacturers use New Zealand-grown oats, whereas others source their oats from Australia or Europe (Castles, 2022). Read the package label to see where the plant-based milk was made, though note that country of origin labelling is not mandatory and will not be available for all milks.

Consumers might also consider the packaging of their plant-based milk. Many plant-based milks are packaged using Tetra Pak cartons, which can only be recycled by taking them to dedicated drop-off points around New Zealand.

### Other plant-based milks

Other plant-based milks available in New Zealand include hemp or pea milk. It is also possible to make your own plant-based milk using just a few ingredients and a blender. Homemade milk is a cheaper option but will lack the benefit of added vitamins and minerals.



## RECOMMENDATIONS AND CONCLUSIONS

- All plant-based milks vary in their flavour and nutrition. For many people, choice of milk will simply come down to taste. For dietary variety and optimal gut health, consider having a variety of plant-based milks. Nutritionally, soy milk tends to be superior to other plant-based milks due to its high protein content.
- Fortification is a key consideration for plant-based milks. This is especially important for toddlers, women who are pregnant or breastfeeding, and people who don't consume dairy. Look for milks fortified with calcium (at least 120 mg/100ml). If you don't eat any animal products, choose one that is also fortified with vitamin B12 and vitamin D.
- For information on what nutrients are important for vegetarians or vegans, see *Are nutritional supplements needed on a veg-n diet*, *Vegetarian Living NZ*, Issue 81. This article addresses the importance of protein, calcium, vitamin D and vitamin B12, and recommended intakes.
- Read the label for information on the nutrition content, added ingredients and country of origin (if stated). Any vitamins or minerals that have been added should be clearly stated. The label should also state any allergens that may be present, such as soy, gluten or specific types of nuts.
- If environmental impact is a priority for you, consider purchasing milks made from locally sourced ingredients and check [www.saveboard.nz/drop-off-cartons](http://www.saveboard.nz/drop-off-cartons) for Tetra Pak drop-off locations nationwide. Alternatively, consider making your own plant-based milk. This is an economical and environmentally friendly option that involves the least amount of processing, though will lack the benefit of added vitamins and minerals.

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



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

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

NEW

# Wake up to Superfood

Treasured Morning is a brand new collection of superfoods combined to inspire healthy, vibrant lives. Replace oats and grains with nutrient dense ingredients like protein rich hemp hearts, hazelnuts, almonds and macadamias. Available in three tasty, nutritious flavours, each packed with enough fuel to inspire all of your daily adventures.

Visit us online today and find out how you can wake up to a truly Treasured Morning.

[treasuredmorning.co.nz](http://treasuredmorning.co.nz)



Enjoy \*\$5 off every bag.  
Use Coupon Code:

**VEGGIE**

\*\$5 off is not recurring on subscription orders

FOOD THAT INSPIRES  
**Treasured Morning**

---

# KATE SHEPPARD

## SUFFRAGIST, CHANGEMAKER... & VEGETARIAN

BY JOHN O'HARE AND HELEN OSBORNE

Suffragist, social reformer and internationally renowned feminist changemaker are just some of the words to describe Kate Sheppard, whose leadership was largely responsible for New Zealand becoming the first country in the world to grant women the right to vote in 1893.

And to these illustrious descriptors you can also add vegetarian. Kate Sheppard enjoyed a fully plant-based diet; and she was by no means alone.

"There was a clear link between vegetarianism and the women's suffrage movement around the world – in fact many leading New Zealand suffragists were also vegetarians," says Te Whare Waiutuutu Kate Sheppard House Property Lead Helen Osborne.

Today Kate Sheppard's house – a charming nine-roomed villa in the leafy Christchurch suburb of Ilam – is cared for by Heritage New Zealand Pouhere Taonga and is open to the public. Part of Helen's role is to undertake research on the life of New Zealand's foremost suffrage leader whose home became the headquarters of a movement that brought about profound social and political change in New Zealand.

"Kate's dietary choices were unusual for her time, with vegetarians often regarded as eccentric and against the mainstream," she says.

"We can learn more about Kate's vegetarian lifestyle by piecing together some clues from her contemporaries who recorded their thoughts about their beliefs."

A good person to start with is Cantabrian poet, journalist, activist and colleague of Kate Sheppard, Jessie Mackay, who was never backward in recording her thoughts on the evils of eating flesh: *"The miseries... [in the world] do not come to us by chance,*



Kate Sheppard - Photo Credit: Clifford Studios Canterbury Museum

**"Kate's dietary choices were unusual for her time, with vegetarians often regarded as eccentric.."**

*but by a system of utterly false relations of people to one another and towards the animal creation,"* she once wrote.

"Jessie Mackay was one of many people who were challenging established beliefs of society – including diet," says Helen.

"Increasingly the morality of killing animals for food was being questioned."

Although the *White Ribbon* newspaper – the official publication of the Women's Christian Temperance Union in New Zealand – never pushed a vegetarian line in its editorial content, it didn't shy away from raising questions either.

One correspondent – JM (possibly Jesse Mackay writing anonymously, but not confirmed) – wrote in a 1908 edition of the newspaper: *"So long as animals were killed for food, there must be cruelty and there must be callousness. It is a question for all women whether we can defend our individual complicity in a traffic which inflicts untold pain on the lower creation."*

The reformer's zeal for change is likely to have been encouraged by the position of

Ohio-based leader of the international Women's Christian Temperance Union movement, Frances Willard, who expounded a 'do everything' approach to advocating change. As a result, vegetarianism, feminism and temperance – the prohibition of alcohol – were all incorporated into the reform agenda.

"Besides this drive for reform, there were other factors at play that influenced the dietary choices of women like Kate Sheppard – including spiritual beliefs," says Helen.

"Kate was a devout Christian and member of the Congregationalist church, though followers of the growing Theosophy movement – whose beliefs incorporated free thinkers, spiritualists who drew ideas and values from Hinduism, Buddhism, Christianity and even the occult – embraced vegetarianism along with an agenda for social change."

Jesse Mackay's idealism was similarly fuelled by an almost religious zeal, which she expressed in semi-theological terms in the feminist magazine *Woman Today*: *"...Eden will never be seen on earth till women arise and instruct the merciful generation,"* she wrote.

---

CONTINUES NEXT PAGE

**“This was the generation of women for whom change seemed to be hard-wired into their DNA as they collectively worked towards political, intellectual and social transformation.”**

With these philosophical influences in play at what was one of the most exciting times for women in New Zealand, the possibility for endless change must have seemed real, evidenced by the passing of the Women’s Suffrage legislation itself in 1893.

This drive for change was also assisted by a little science – or something resembling it.

“Kate believed that ‘strong meat’ encouraged alcoholism and should be avoided – and it is important to remember that her father was an alcoholic, who actually died of alcohol poisoning in the United States,” says Helen.

“A friend of Kate’s, Lucy Smith, may also shed some light on Kate’s vegetarianism. Lucy quoted the English doctor and Theosophist Anna Kingsford in an article she wrote for *The Prohibitionist* magazine outlining some of these beliefs linking meat-eating with alcoholism.”

For Dr Kingsford – as quoted by Lucy – it was an open and shut case:

*“The use of flesh food, by the excitation which it exercises on the nervous system, prepares the way for habits of intemperance in drink, and that, others being equal, the more flesh is consumed, the greater is the temptation to make use of strong pungent drinks, and the more serious is the danger of confirmed alcoholism.”*

In the predominantly meat-eating society of New Zealand one popular joke was that there were two causes of death – drink, and drowning as a result of drunkenness.

For most people, though, linking meat-eating with alcohol abuse probably would have gone down like a cup of cold Bovril. For Kate, being discreet about promoting her vegetarianism beliefs was probably good politics.

In addition to changing philosophies, spiritual awakenings and medical ‘evidence’ there was one other factor that may well have been a significant influence in encouraging a vegetarian diet and lifestyle for women in particular. Sheer practicality.

“One commentator compared the idea of ‘labouring in the kitchen over unnecessary pies and stews’ with the ‘dusting of unnecessary vases’. A more simple plant-based diet and a less materialistic lifestyle allowed a woman more time for intellectual pursuits – so in a very real sense, a simple vegetarian diet bought women spare time; and the option of using it to work for change,” says Helen.

This was the generation of women for whom change seemed to be hard-wired into their DNA as they collectively worked towards political, intellectual and social transformation. And also diet – with apparently positive results. A comment in the *White Ribbon* of 1920 would make vegetarians smile – even today:

*“Most of the principal restaurants now cater quite creditably for those who prefer a diet in which animal flesh is not included. [A diner] may now call for a dinner without meat and receive prompt, respectful and intelligent response, instead of the once pitying smile and doubtful shake of the head.”*

Ultimately, though, it came down to personal conviction summed up nicely in the three core tenets of the Christchurch Vegetarian Society – the first such organisation in the country: ‘First, that animal food is injurious to the human system; second, that man can live on vegetable food alone; and third, that to kill unnecessarily is cruel’.

Clearly Kate Sheppard was one of the many women who came to the conclusion that a vegetarian diet and lifestyle was the right choice.

“It’s fascinating – and also quite cool in light of evolving dietary trends today – to think that the work of New Zealand’s foremost suffragist and feminist reformer was fuelled entirely by plant power,” says Helen.

“When visitors learn that Kate was a vegetarian they are often surprised at how ahead of her time she was.”

John O’Hare is a Senior Communications Advisor for Heritage New Zealand Pouhere Taonga based in Kerikeri, Northland.



Helen Osborne works as Property Lead of Te Whare Waiutuutu Kate Sheppard House which is owned by Heritage New Zealand Pouhere Taonga. Helen has been a passionate history buff since completing her degree at the University of Canterbury. She furthered her studies at the English Gardening School in London and, in addition to being a regular media contributor on garden design and running her own business, her last role was at the Christchurch Botanic Gardens in tautahi Christchurch.




**CERTIFIED**  
**VEGAN**  
NZVS

**IS IT VEGAN CERTIFIED?**

**NZ**  
VEGETARIAN SOCIETY

**Looking for veg~n**

**COMMUNITY EVENTS?**



[www.vegetarian.org.nz/community/events](http://www.vegetarian.org.nz/community/events)

If you’re organising a vegetarian/vegan event let us know so we can keep our calendar up to date & people informed!

**NZ**  
VEGETARIAN SOCIETY



# Welcome Vegetarian Cafe & Takeaways

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

**OPEN MONDAY TO SATURDAY**

12noon to 8pm

Open Sunday by prior arrangement.

Phone orders  
or reservations  
**03 348 2630**

2 Wharenui Rd,  
(off Riccarton Rd)  
Christchurch

[WWW.WELCOMECAFE.CO.NZ](http://WWW.WELCOMECAFE.CO.NZ)

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



**FREE** from meat and animal by-products  
**FREE** from GE  
**FREE** from battery eggs  
**NOT** tested on animals  
**FREE** from cross-contamination

**100% SUITABLE FOR VEGETARIANS**  
[WWW.VEGETARIAN.ORG.NZ](http://WWW.VEGETARIAN.ORG.NZ)

## MEMBERSHIP



### Changed your address or email?

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

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

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

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

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

### THE AIMS OF THE NZVS:

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

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

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

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

### MEMBERS AND SUPPORTERS

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

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

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

### TO JOIN THE NZVS

Go to our website [www.vegetarian.org.nz](http://www.vegetarian.org.nz) and complete your details online.

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

## DIRECTORY

### NEW ZEALAND

**National Executive of the NZ Vegetarian Society Inc.**  
PO Box 26664, Epsom,  
Auckland 1344  
[info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)  
Ph/Fax: 09 523 4686  
[www.vegetarian.org.nz](http://www.vegetarian.org.nz)

**National Office**  
10 Warborough Avenue,  
Epsom, Auckland 1344  
[info@vegetarian.org.nz](mailto:info@vegetarian.org.nz)  
Ph/Fax: 09 523 4686

**Wellington Centre**  
[wellington@vegetarian.org.nz](mailto:wellington@vegetarian.org.nz)  
04 478 4665

**Christchurch**  
[christchurch@vegetarian.org.nz](mailto:christchurch@vegetarian.org.nz)

**Hamilton**  
Tristan Hooker  
[veghouse@vegetarian.org.nz](mailto:veghouse@vegetarian.org.nz)

**Hawkes Bay**  
Donna Hossack  
[donna444@gmail.com](mailto:donna444@gmail.com)  
027 588 7756

**Invercargill**  
Invercargill Vegan Society  
[info@invsoc.org.nz](mailto:info@invsoc.org.nz)

**Kawerau**  
Loretta Westbrook R.N.  
[Lorettainnz@gmail.com](mailto:Lorettainnz@gmail.com)

**Motueka**  
Stephanie Thompson  
[Stephanie.thompson@gmail.com](mailto:Stephanie.thompson@gmail.com)  
0211677011

**New Plymouth**  
Katrina Angelo 021 749 552  
or Tessa Clarke 021 057 4011

**Waiuku**  
Tara Murphy  
[taramurphy@gmail.com](mailto:taramurphy@gmail.com)

**Wairarapa**  
Eleanor Harper  
[eleanor.harper@gmail.com](mailto:eleanor.harper@gmail.com)  
027 328 8518

**Whanganui**  
Lyneke  
[lyneke@orcon.net.nz](mailto:lyneke@orcon.net.nz)

### OVERSEAS

**The Vegetarian Society U.K.**  
Parkdale, Altrincham, Cheshire,  
WA124QG, England.  
[www.vegsoc.org](http://www.vegsoc.org)

**Vegetarian Resource Group**  
PP Box 1463, Baltimore, MD21203, USA  
[www.vrg.org](http://www.vrg.org)

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

### Alterations or additions to this list?

Send to:  
The Editor, Vegetarian Living NZ,  
PO Box 26664, Epsom,  
Auckland 1344  
[editor@vegetarian.org.nz](mailto:editor@vegetarian.org.nz)



# BRANDS WITH VEGAN PRODUCTS CERTIFIED BY THE NZ VEGETARIAN SOCIETY

See back page for Vegetarian Approved products

## 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



**ALEPH BEAUTY**  
Clean Beauty.  
Clear Conscience.

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



**BODHI ORGANICS**  
Bodhi Organics Everyday hydrating cream 50ml



**CAROL PRIEST NATURAL COSMETICS**

Carol Priest Almond & Lemonbalm Facial Scrub 50g, Carol Priest Blue Chamomile Facial Wash Cream 100g, Carol Priest Green Clay Mask With Herbal Oils 50g, Carol Priest Lettuce & Jojoba Moisture Lotion 100ml, Carol Priest Neroli Aurantium Facial Lotion 100ml, Carol Priest Rosa Damascena Facial Lotion 100ml



**CLINICIANS**  
Research Based

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



**GO HEALTHY**

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



**GOODBYE**  
We Belong Outdoors

Goodbye OUCH Vanilla Balm, Goodbye Sandfly

## HEALTH & COSMETICS



**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.



**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 Herbal 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

## 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

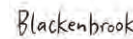


**BABICH WINES**  
New Zealand's Most Experienced Family Owned Winery

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



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



**BLACKENBROOK**  
Inspired By Nature - Pure And Balanced

Sauvignon Blanc, Pinot Gris, Gewürztraminer, Rosé, Chardonnay



**CHASERS**  
Feel The Flavour

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



**COOKIE TIME**  
For Serious Cookie Munchers

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



**EM'S**  
Unleash Your Power!

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



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

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

**FOOD & BEVERAGES**



**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 Notdogs, Vegan Mini Notdogs



**HUNTER'S WINES**

Sauvignon Blanc, Riesling, Chardonnay, Pinot Noir, Gewurztraminer, Pinot Gris, Rosé, Gruner Ventliner



**KILLINCHY GOLD**

**Masters of Premium New Zealand Ice Cream**

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



**LOTHLORIEN WINERY**

**Organic, From Our Trees, To Your Table**

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

**FOOD & BEVERAGES**



**MARISCO VINEYARDS**

**Premium Wines By Marisco Vineyards**

The Ned 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 King's Favour Sauvignon Blanc, The King's Desire Rosé, The King's Bastard Chardonnay, The King's Wrath Pinot Noir, The King's 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**

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



**OSM**

**Fuel For Life**

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



**PASTA VERA**

**New Zealand Made Pasta • Pesto • Lasagne**

Vegan Pesto



**PAYNTERS CIDER**

**Paynter's Cider, a drink for all seasons!**

Pilgrims Dry Cider



**PLAN\*T**

**Nourish you - Nurture our planet**

Spanish Chorizo, Old English Sausage, Classic Hemp Burger, No meat Mince, 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



**PROPER CRISPS**

**Proper Hand Cooked Crisps**

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



**ROUND THEORY**

**Wines for the greater good**

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

**FOOD & BEVERAGES**



**PUHOI ORGANIC DISTILLERY**

Dry Gin, Blueblood Gin, Raspberry Dry Gin, RNZYS Commodore Reserve's Gin, Limoncello Gin, Cinnamon Gin, Vanilla Gin.



**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



**THE COOL GARDENER**

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

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



**THE GOODTIME PIE CO.**

**Crazy About Vegan Pies**

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



**TRADE AID**

**Doing Good Tastes Great**

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



**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



# BRANDS WITH PRODUCTS APPROVED BY THE NZ VEGETARIAN SOCIETY

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

## RESTAURANT MENUS



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

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

## HEALTH & COSMETICS



**HOLISTIC HAIR**

Pure Shampoo & Conditioner



**KIWIHERB**  
Effective Natural Family Healthcare

A range of natural herbal health products.



**ORGANIC BIOACTIVES**  
Innovating From Tradition

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



**VITAMIN SOLUTIONS**

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

## FOOD & BEVERAGES



**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



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

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



**WALTER & WILD**  
I Love Pies

Spiced Chickpea & Spinach, Vegetarian Mince & Cheese



**LET'S EAT**  
Plant-Based Deliciousness

Burger Patties, Golden Nuggets, Tasty Tenders



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

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

## FOOD & BEVERAGES



**TATUA**  
Specialised Dairy Products

Culinary & Whipping Cream, Dairy Whip Whipped Cream, Mascarpone



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



**SUSTAINABLE FOODS LTD.**  
Nourish you - Nurture our planet

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

## CORPORATE MEMBERS SUPPORTING THE NZVS



**GREEN DINNER TABLE**

Eat more plants



**QUORN**

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



**TAIWANESE WOMEN'S ASSOCIATION OF NEW ZEALAND (TWANZ)**