



A vegan diet is NOT expensive!

The great thing about a lot of vegan dietary staples, such as foods like legumes, nuts and seeds, is that they can be purchased in bulk and stored for long periods of time in the cupboard. Most of the bulk items are quite affordable, such as rice, beans and lentils and grains, especially when purchased dry, rather than canned, and there is such a wide variety of them to choose from!

Think black beans, kidney beans, broad beans, butter beans, green beans, soy beans, adzuki beans, pinto beans, mung beans. All of these are available in New Zealand—some being more common and affordable than others. There are at least 6 different varieties of lentils, each with its own unique flavour and texture and versatility. There are many different kinds of rice also, think basmati, jasmine, red, black, brown, white, short grain, long grain.

It is true that nuts can be very pricey in New Zealand, such as macadamia, hazelnuts, pecans and pine nuts. However, walnuts, almonds, cashews, brazil nuts and peanuts are available at most supermarkets and are more affordable. A handful of nuts is all you need. They are certainly nutritionally superior to any of processed foods we buy, and much more affordable! Seeds such as pumpkin seeds, sunflower seeds and sesame seeds are found everywhere nowadays, and again, a teaspoon sprinkled on the morning cereal or in a salad can be a wonderful way to get seeds into your diet if you prefer not to eat them on their own (although they do make a delicious snack). It is recommended to eat them raw for maximum benefit.



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If you purchase fruits and vegetables that are in season then they will be the most affordable. Not only that, you will be supporting local growers and encouraging local markets. If you can grow your own vegetables, as many of us in New Zealand are lucky enough to be able to do, then you can cut down on your costs even more.

Purchase sensibly and responsibly, eat a balanced and varied vegan diet, and you are guaranteed to be spending wisely and eating healthfully.

Luxury items such as vegan processed fake sausages and other fake meats, cashew and almond butters, almond milk, soy cream, soy yoghurt and soy cheeses etc., are not at all a necessary part of a vegan diet, and can be looked upon as special treats. They tend to be very over-priced in New Zealand, mostly because there is not enough demand for them. Many vegans in New Zealand hardly ever eat those kinds of foods and, especially in avoiding the processed fake meats, their consumption of processed food is low, which is actually a much healthier way to live, as well as being less polluting for the earth.

You can make your own “burgers” and “sausages” at home using beans, lentils, nuts, seitan and tofu, and there are endless recipes out there to help you get started.

Vegan Baking

Many people do not realise that cookies, cakes, cupcakes, brownies, slices, pastries, even “cheeze”cakes—practically any baked goods—can be made using only delicious vegan ingredients. There are hundreds of wonderful vegan baking cookbooks available to teach you how to bake without using animal products. Look for them at your local library or bookstore. Do a google search for “vegan baking” and download recipes from online.

NZ Vegan wishes you healthy, affordable shopping!

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