

Eating with intent: Gen Z's taste for climate-conscious cuisine

What's on the plate may look familiar, but for Gen Z, oat milk and chickpeas carry weight—flavour, yes, but also fairness, climate impact and quiet awareness

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For a generation raised on climate warnings and social awareness, food has become more than fuel—it's become a statement. Gen Z, born roughly between the mid-1990s and early 2010s, is hungry for change, and nowhere is that more visible than in how they eat.

They want traceable ingredients, sustainable sourcing, and packaging that doesn't outlive the planet. They're questioning the environmental impact of everything from their burger to their bottle of juice—and many are willing to pay more for the answers.

This new kind of eating isn't about restriction—it's about responsibility. And it's quietly transforming the way businesses grow, package, and sell the food we all consume.



THE RISE OF THE PLANT-POWERED PLATE

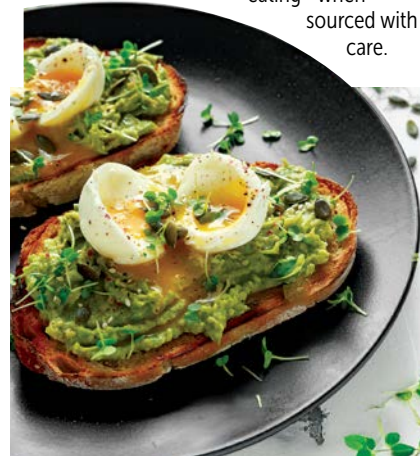
Plant-based eating isn't just a dietary choice—it's a climate position. Chickpeas, jackfruit, tofu, and lentils are taking centre stage on plates that used to be filled with meat.

But this isn't about rigid veganism. Many in Gen Z identify as "flexitarian"—they still eat animal products, just less often and with more scrutiny. It's a shift driven as much by environmental reports as by food trends.

AVOCADO TOAST WITH A SIDE OF ACCOUNTABILITY

Still popular, still photogenic—but now, avocado toast carries a backstory. Younger consumers are asking whether the avocados were grown with minimal water waste, and whether the bread is locally baked or mass-produced.

It's not about perfection, but awareness. The once-mocked millennial brunch favourite is now a symbol of intentional eating—when sourced with care.



OAT MILK: QUIETLY POLITICAL

No drink better captures Gen Z's values than the oat milk latte. It's creamy, barista-friendly, and comes with a lighter environmental footprint than almond or dairy milk.

Cafés have noticed. Oat milk has become the default for many younger customers—not just for taste, but for its message: low-impact, no exploitation, and good with cinnamon.



BURGERS, REINVENTED

The Gen Z burger is often made of anything but beef. Mushrooms, black beans, lentils, and even pea protein have taken over the grill.

What's inside matters—but so does the outside. Compostable wrappers, locally sourced toppings, and minimal waste all factor into what makes these new-age burgers worth the extra cost.

CHOCOLATE WITHOUT THE COMPROMISE

Ethical chocolate has become a quiet priority. Many younger buyers are actively avoiding brands associated with child labour or deforestation.

Instead, they're reaching for bean-to-bar labels, fair-trade

certifications, and small-batch producers that share the full story of their sourcing. For Gen Z, dessert should never come with guilt.

For Gen Z, food isn't just personal—it's political, environmental, and ethical. They're eating with intent, and that intent is forcing the food industry to rethink how things are grown, made, and marketed.

Whether it's a quiet switch to oat

milk or a full embrace of plant-based dining, their choices are shaping a menu that reflects the world they want to live in.

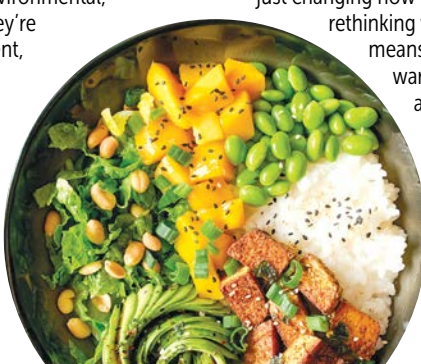
As Gen Z comes of age, they're not just changing how we eat—they're rethinking what food means in a world that's warming, watching, and waiting for action.

Their choices, once dismissed as fads or social media theatrics, are proving to be quietly revolutionary.

Behind every oat milk flat white or jackfruit wrap is a deeper question: how can we live well without costing the planet or compromising others?

This generation's expectations are reshaping not just menus, but mindsets. From farms to food halls, businesses are adapting, knowing that ingredients alone no longer sell—values do. And while Gen Z isn't perfect, their intent is clear: they want food that reflects who they are and the world they hope to build.

Theirs is a menu that's rooted in responsibility, seasoned with awareness, and served with a side of hope. If the old question was "What's for dinner?", the new one is: "What difference will it make?"



Sweet without spike: Low-sugar Indian mithais

Traditional Indian mithais are often associated with rich flavors and generous amounts of sugar, making them a concern for those looking to manage their sugar intake. However, with increasing awareness around health and wellness, many classic sweets can be adapted into low-sugar versions without compromising on taste. By using natural sweeteners like dates, jaggery, and incorporating ingredients rich in fiber, healthy fats, and protein, these treats become suitable for diabetics and individuals who are health-conscious. Below are five delicious Indian sweets that are not only low in sugar but also full of flavor.

Dates and Nuts Ladoo

Dates and nuts ladoos are naturally sweet; they are made by blending soft dates with a mix of dry fruits and nuts like almonds, cashews, walnuts, and pistachios. Dates provide the sweetness while also adding dietary fiber, which helps regulate blood sugar levels. These ladoos are free of refined sugar and are rich in healthy fats and protein, making



Til Chikki / Til Ladoo

Til Chikki and Til Ladoo are nutritious Indian sweets made from roasted sesame seeds, known for their flavor and crunch. These are traditionally bound with jaggery, which contains more nutrients and has a lower glycemic index compared to refined sugar. For a lower-sugar version, the amount of jaggery can be reduced or replaced with date paste or coconut sugar. Sesame seeds are rich in healthy fats, calcium, and fiber, which slow down sugar absorption and help keep energy levels stable. This makes Til sweets an excellent choice for winter snacking or those seeking healthier festive treats.

them a filling, nourishing treat. Often flavored with cardamom or nutmeg, they satisfy sweet cravings. Perfect for snacking or festive platters, these ladoos are ideal for those following low-sugar diets.

Coconut Barfi

Coconut Barfi is a traditional Indian sweet made using fresh or desiccated coconut. It's typically prepared with milk or a small amount of khoya, giving it a creamy texture. To make it low in sugar, this version skips refined sugar and uses minimal jaggery, dates, or natural sweeteners like stevia. Since coconut already has a mild inherent sweetness, only a touch of sweetener is needed. This keeps the glycemic load low and makes it suitable for those managing blood sugar levels. It's a delicious, satisfying treat for guilt-free indulgence.

Ajneer Barfi

Ajneer Barfi, made primarily from dried figs (anjeer), is a naturally sweet dessert that doesn't require any added sugar. Figs are packed with fiber and natural fruit sugars that are digested slowly, resulting in a low glycemic impact. The barfi is often combined with nuts like almonds, cashews, and pistachios, which add richness and protein, further stabilising blood sugar levels. This sweet can be flavored with cardamom or cinnamon for a more intense culinary experience. Since it does not rely on refined sugar, Ajneer Barfi is perfect for diabetic

patients or anyone looking to reduce sugar without giving up traditional Indian mithai.

Paneer Sandesh (Sondesh)

Paneer Sandesh is a light, delicate Bengali sweet made from freshly prepared paneer. Traditionally, it's only mildly sweetened, making it ideal for low-sugar variations. In this version, it is sweetened using natural alternatives. Because its appeal lies in its creamy texture and fragrant cardamom flavor rather than excessive sweetness, Sandesh remains enjoyable with little to no added sugar. It's a perfect dessert for health-conscious individuals who want to enjoy sweets without compromising their diet or spiking blood sugar levels significantly.



YCS/YSM inaugural meet held in Old Goa

The Young Christian Students/Young Students Movement (YCS/YSM), in collaboration with the Diocesan Youth Centre (DYC) - Goa, inaugurated its academic year 2025-26 with a state-level gathering at the St. Joseph Vaz Spiritual Renewal Centre, Old Goa. The event brought together nearly 370 students and animators from 22 schools across the state under the theme 'Hope does not disappoint us'. The highlight of the day was a powerful session by Fr. Caetan Fernandes, in charge of the Apostolate of Ecumenism and a member of the Apostolate for Inter-Religious Dialogue. Addressing the youth, he emphasised the importance of dialogue, respect for diversity, and fostering unity in a divided world. Fr. Blaise Lobo, director of the Diocesan Youth Centre, gave a comprehensive overview of the YCS/YSM movement, elaborating on its mission and the core values of justice, peace, truth, love, and dignity. He also conducted a live demonstration of the YCS/YSM cell meeting method based on the 'See-Judge-Act' approach, encouraging students to take up leadership roles in their respective institutions. Currently, 22 schools are part of the YCS/YSM movement in Goa, with an active membership of around 400 students.

Participating schools included St. Ann's HS,



Tivim, St. Theresa HS, St. Estevam, St. Joseph Vaz HS, Sancoale, Holy Cross HS, Siolim, Infant Jesus HS, Colva, Bethany Convent HS, Areal, Little Flower of Jesus HS, Calangute, Our Lady of Candelaria HS, Vasco, St. Xavier's HS, Moira, Presentation Convent HS, Ambaji-Margao, St. Bartholomew's HS, Choroa, St. Clara's HS, Assonora, St. Michael's Convent HS, Vagator-Anjuna, Our Lady of Desterro HS, Vasco, St. Lawrence HS, Agassaim, Our Lady of the Rosary HS, Dona Paula, St. John of the Cross HS, Sanquelim, Holy Cross HS, Bastora, Holy Spirit Institute, Margao, St. Sebastian's HS, Loliem-Canacona, Perpetual Convent HS, Navelim, Lourdes Convent HS, Salgao. The DYC team, including Joyston, Valdo, and Sverny, infused energy into the gathering with action songs and interactive ice-breakers, keeping the students actively engaged. The programme concluded with a group photography session.

GUITAR CLASSES WITH PRASHANT EDWIN

Prashant Edwin is a self-taught singer, songwriter, and guitarist whose journey through music is as soulful as the songs he writes.

With over a decade of experience as a performing artist and teacher, Prashant has built a reputation for crafting deeply

emotional compositions that speak to the unfiltered experiences of life, from love and longing to inner truth and human connection. Prashant will begin with guitar classes.

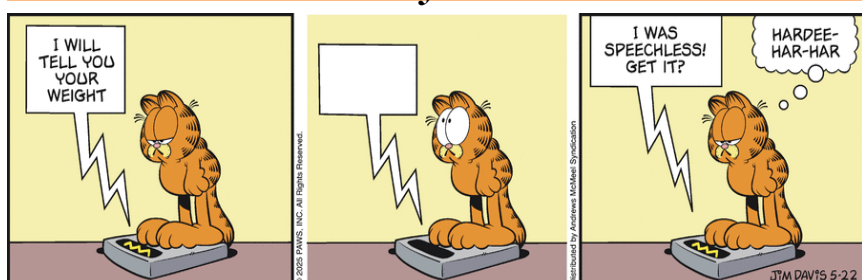
Venue: Carpe Diem Art Centre, Majorda
Date: July 3 onwards (Every Thurs)
Time: 5 pm (75 min)

Herald Gaming Console

Dilbert



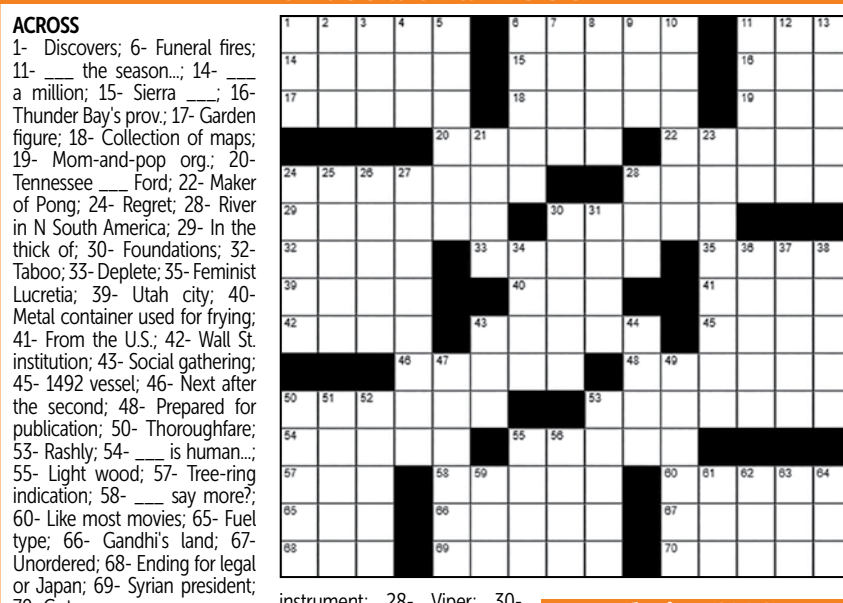
Garfield



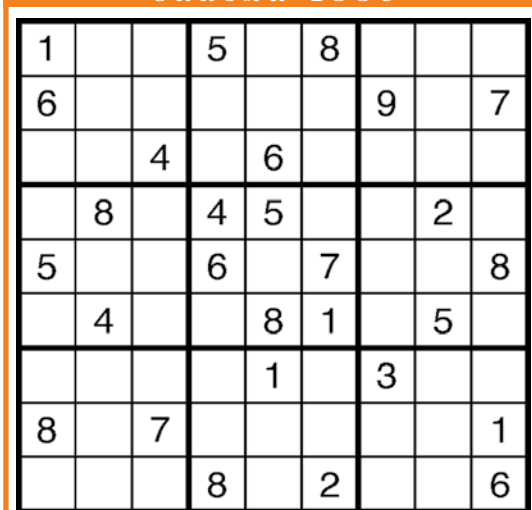
Wizard of id



crossword 4885



sudoku 4885



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4884

