



# National Kai Impact Report

Food System Transformation  
in Aotearoa



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“Pātiki or pātikitiki (flounder) designs are based on the lozenge or diamond shape of the flounder fish. According to Ngāti Porou tradition, the pātikitiki significance relates to being able to provide 100% - not only for the whānau, but for the whole iwi.”

- Pūawaitanga o te Ringa



## Mihi

Nau mai e ngā hua e hora nei I whakatupu-a-nuku, I whakatupu-a-rangi Tāwhia ki ā Rehua ki ā Tane i te ao mārama Ko ia i whakairia ki runga Kia tina! TINA! Hui e! TAIKI E!	We acknowledge these fruits laid before us Descended from our ancestors Into the world of light Let it be elevated above So that it has certainty And is maintained And it will be secure Affirm!
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Tēna kōtou kai aku rangatira, ngā tauwhiro tangā o te wāhi ngaro ki ā kōtou katoa, mai ngā pou kōrero o te Kāhui Kai o He Oranga Whānau,

He mihi nui tēnei ki ngā kaupapa kai, hurinoa i te motu,  
Ngā hāpori me ngā whānau i tuku mai i ngā kōrero,  
Me te reo o ngā kaimahi o He Oranga Whānau,  
Tēna kōtou, tēna kōtou tēna kōtou katoa!

We extend greetings to you all on behalf of the  
Healthy Families Kai Community of Practice.

We would like to acknowledge all the food movements throughout the motu,  
all the communities and whānau behind these stories,  
and all the Healthy Families kaimahi.  
Thank you all for your support! We greet you all!

Jade Kameta  
Ngāti Pīkiao, Ngāti Whakaue  
Healthy Families East Cape

## Healthy Families NZ

Healthy Families NZ is a large-scale initiative that brings community and community leadership together in a united effort for better health. It aims to improve people's health where they live, learn, work and play by taking a systems approach for prevention. Healthy Families NZ has an explicit focus on equity, improving health for Māori and reducing inequities for groups at increased risk of preventable chronic disease.

The Healthy Families NZ teams around the country work collaboratively with local leaders and organisations to identify, design and implement changes to help people make healthier choices and live healthier lives. Through active community participation, Healthy Families NZ builds on existing action underway in the community to create an integrated, community-wide "prevention system" for good health.

## Context



Everyone should have access to affordable, healthy food. However, across Aotearoa New Zealand a rapidly growing number of people are experiencing severe food insecurity - which means that they don't know where their next meal is coming from, or if it will be nutritious enough to lead a healthy, active life.

The current unsustainable food system is dominated by the prioritisation of profit over people, leading to insatiable resource extraction and export, corporate control, community disconnection and the prominence of unhealthy food - issues that have been intensified by COVID-19. Sitting behind these themes are people. Aotearoa has one of the highest rates of obesity in the OECD, alongside rising rates of other preventable chronic diseases. While our food system remains in this state, our health system will struggle to reduce preventable chronic disease - which is affecting all communities in Aotearoa, and disproportionately affecting Māori and those with fewer material resources.

Communities hold the answers to re-orienting the food system to improve wellbeing. Around Aotearoa, we are hearing communities insisting now is the time to move toward Sustainable Food Systems which are regenerative and resilient; prioritise locally grown and affordable kai; and uphold mātauranga [indigenous knowledge], kaitiakitanga [guardianship] and rangatiratanga [leadership].

This report shares inspiring stories from around the country that demonstrate how local kai initiatives are contributing to a national movement that could transform how kai is understood, appreciated, grown and consumed in Aotearoa New Zealand.

## Impact Statement



Our communities have the solutions to the food insecurity they are experiencing. Local movements are clearly linked to innovative outcomes and changes in the food system.

Right now, we need advocates, influencers and decision makers to contribute their expertise and leverage to create long-term change.

Working together, we will see fast-paced and radical transformation of the food system in Aotearoa New Zealand.

***Join the movement. Transform the food system.***



*"You cannot separate kai from either community or whenua. To have a system that champions kai is to have one that champions community and champions whenua. To look after the people means to look after the whenua..."*

*- Kore Hiakai, Mana to Mana*



*"When Ranginui and Papatūānuku were forced apart, Te Ao Mārama heralded the emergence of the natural world - the world from which all our kai comes. When we eat these foods, we are expressing this whakapapa and affirming our relationship with the land and our ancestors."*

*- Monique Fiso, Hiakai*

## Kai



Kai [food] is all about whakapapa [genealogy]. It is the great connector that joins us to our tupuna [ancestors], our mokopuna [descendants], our whānau [families], te taiao [environment], and each other. Through kai we are connected to the plants, the animals, the waterways, the oceans, the forests and the atua [deities]. The recipes of our ancestors get pulled out in modern kitchens, linking us across time and bringing us together around the table to love and learn.

Kai is central to Māori concepts of wellness and for generations it has brought whānau, hapū and iwi together. Kai is medicinal. When it is nutritionally dense and healthy, it feeds and heals our body and mind. When it is grown by our people, in our place, it feeds and heals our spirit. When it is prepared and eaten together, full of love, it feeds and heals our families and communities.

Kai is the glue that holds so many of our communities together, and it is the sustenance that keeps our people well in body, mind and spirit. However, for most people today our food system is not medicinal. Our current food system negatively affects our physical wellbeing, mental health, and community resilience. At the same time, the food system is causing environmental damage and degrading mana atua [spiritual integrity].

As we engage with our communities around the country, our Healthy Families teams are hearing about how our current food system is leaving many of them behind, disconnecting them from their traditional cultural practices, and putting unhealthy food in the bellies of their tamariki [children].

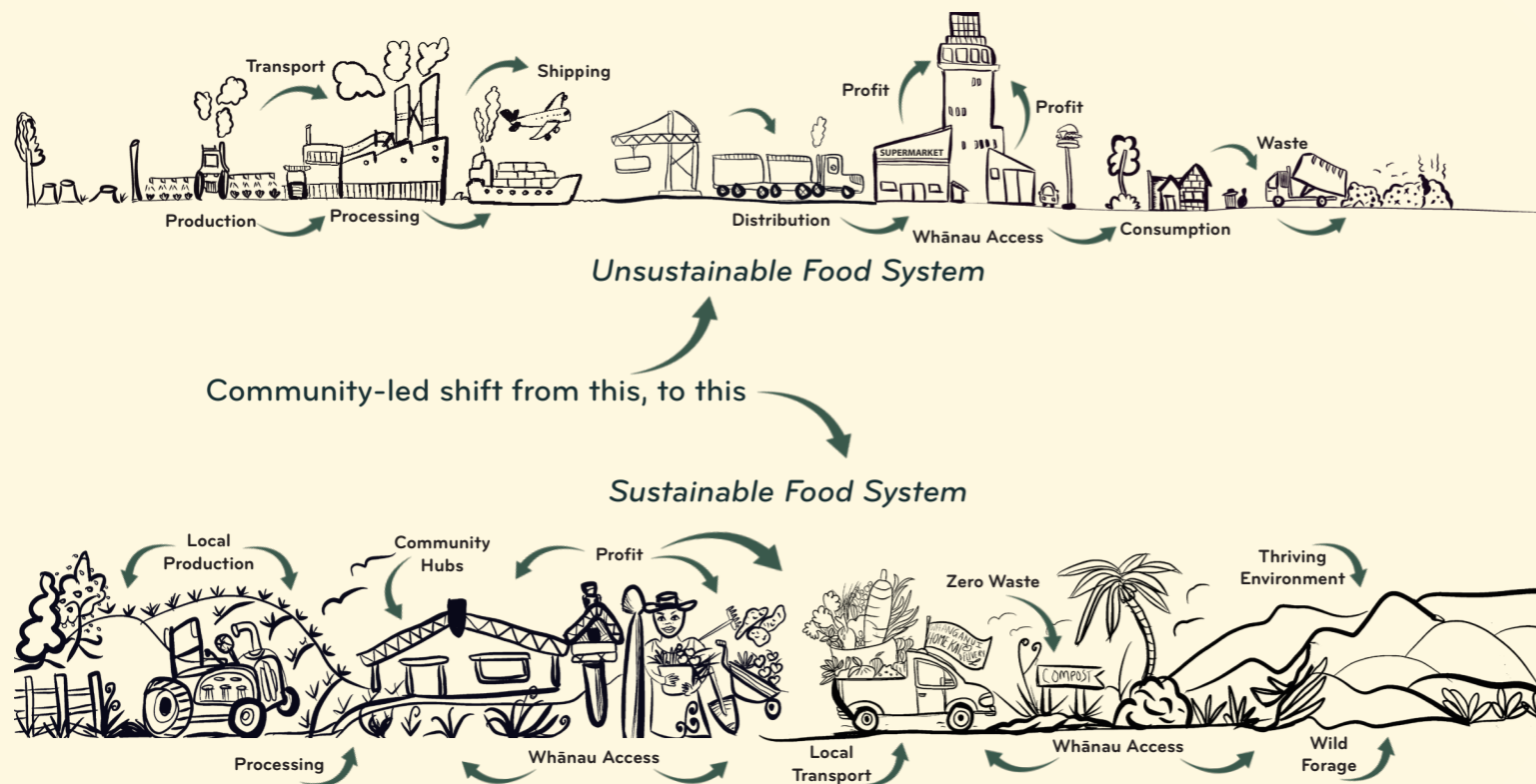
A kai system that is nourishing physically, spiritually and socially is fundamental for upholding the mana and wellbeing of our communities. Bringing kai sovereignty back to our people will allow communities to affirm their relationship with their land, water, and ancestors on a daily basis.

# Sustainable Food Systems



Our communities are telling us that the future wellbeing of our people and our environment requires a transition to local food systems that are sustainable, regenerative and resilient.

A Sustainable Food System prioritises resilience through the localisation of growing, foraging, preparing, packaging, distributing, sharing, eating and recycling. All decisions relevant to kai are in the hands of the local people involved with feeding their community and is informed by their local and ancestral knowledge, resulting in decision-making that ensures community needs are being met.



Sustainable Food Systems can offer increased social and environmental connection, healthy diets and economic prosperity, leading to reduced physical health risk, high mental wellbeing and poverty alleviation.

Establishing Sustainable Food Systems has the potential to minimise some of the leading causes of health loss in Aotearoa New Zealand, such as ischaemic heart disease, chronic obstructive pulmonary disease, cancer, diabetes, obesity and anxiety/depressive disorders.

An effective preventative approach to healthcare needs to involve the investment of public health funding and energy into the transition to Sustainable Food Systems.

Sustainable Food Systems increase the wellbeing of people and their environments in the following ways:



# Six Conditions of Systems Change



Healthy Families NZ enables community-led change through the Six Conditions of Systems Change. These six interdependent conditions are what hold problems in place, and also what enable a problem to be resolved through systemic disruption.

Some Conditions are explicit and obvious, and some are more implicit and harder to see. Each provides a focus area that can inform the development of change strategies and system interventions.

The stories that follow in this Impact Report highlight change within these different and interconnected Conditions of Systems Change. Some of the longer stories look at all six, while the shorter stories tend to highlight one or two areas of change.

We recognise that successful systems change requires focus and movement within all of these Conditions, and these stories are shared to highlight what this movement can look like around Aotearoa.



# Stories of Change



In the following pages we share inspiring stories from around Aotearoa. Some are brief snapshots of local activity, and some (Papatoetoe Food Hub, Ka Pai Kai in Rotorua, and Kai Ora in Whanganui) are deeper examples of change on the ground.

Each of these stories has a much longer whakapapa, including years of community engagement, many other kai-oriented projects, and hundreds of small stories of change. Each rohe [region] has chosen to share one part of their wider story, and we hope that as a collection of stories they demonstrate the diverse and innovative approaches to kai systems change that are being led out by communities around Aotearoa.

Healthy Families NZ has been working in the kai space for less than six years, and most of these stories have taken place since the outbreak of COVID-19 in 2020. The pandemic has made food insecurity much more explicit in our communities and the pressures more acute. Around the country, Healthy Families teams witnessed an incredible community-led response. Local people, and Māori in particular, have led the pivot - treating COVID-19 as an opportunity to address some of our deep systemic issues around kai.

These stories illustrate what kind of collective impact is possible when local people are empowered, enabled and supported to realise their community sovereignty and to actualise the initiatives that they know are most valuable for their people, in their place.



# Papatoetoe Food Hub

Healthy Families South Auckland (The Southern Initiative)



When the idea to create a Food Hub emerged in 2017 from the Healthy Families South Auckland (The Southern Initiative) team, an informal collective of local individuals and community organisations grew around the concept. This group met regularly to breathe life into the idea, to develop the initiative, and explore operation models. This process evolved into the Papatoetoe Food Hub.

The Food Hub concept revolves around community-led enterprise, within a circular economy model in which surplus food is rescued from being wasted and turned into good affordable food for the community. In Papatoetoe, Healthy Families South Auckland has played a pivotal backbone role in bringing together key stakeholders to collaborate on the creation of a locally-appropriate Food Hub.

The Food Hub journey in Papatoetoe has required sustained effort from a few key individuals and stakeholders, and has been challenged by regulatory requirements, set up costs, financial sustainability and power dynamics. Despite the challenges, the Food Hub is a proven model that can help local food resilience and be replicated in Auckland and other regions. The Papatoetoe Food Hub is now a thriving and popular hub for food sovereignty in South Auckland, and is a shining example of what is possible around Aotearoa.



## 2017/18 Emergence

- Food Hub concept emerges
- Auckland Council approves unused netball court and clubrooms for use (previously zoned for residential development)
- Local groups, residents and sponsors begin collaborating
- Food Hub FB page is attracting 30 people p/day

## 2019 Forming

- Food Hub visited by schools, academics, central/local govt., community leaders
- Food is being actively rescued from supermarkets and redistributed
- 'Food Hub Collective' is established as social enterprise supporting development of Food Hubs around the country
- Food Hub shifts from koha-based to commercial cafe open 5-days p/week
- Hundreds of locals and stakeholders are engaged



## 2020 Storming

- Record food sales until COVID-19 arrives
- Increased dependence on food banks evident during lockdowns
- Organisational restructure to include pick-up, delivery and takeaway options
- 'Food Hub Collective' Advisory Board formed including reps from: Simpson Grierson, Aro Advisors, New World, HF South Auckland
- Visits from PM Jacinda Ardern, MP Aupito Sio, MP Marama Davidson, MP Jenny Salesa

## 2021 Norming

- New partnership formed with Buttabeen Motivation, bringing people to the Food Hub to learn about the whakapapa of kai
- The Navigators Trust joins Food Hub Collective and establishes Papakura Food Hub
- DIA profiles 16 community hubs including Papatoetoe Food Hub
- Auckland Council LTP includes replication of Food Hub model as part of Climate Action Plan
- FB page has more than 3,200 followers and 30,000 views

[www.tsi.nz/food-hub-papatoetoe](http://www.tsi.nz/food-hub-papatoetoe)



# Kai Ora Collective

Healthy Families Whanganui Rangitikei Ruapehu (Te Oranganui)



Through Level 3 & 4 in 2020, Healthy Families Whanganui Rangitikei Ruapehu generated locally-specific food insights through engagement with communities impacted by food insecurity. Together we began painting a picture of what a regenerative, mana-enhancing kai system in Whanganui could look like.

Community leaders began to emerge as champions of local food system transformation. A diverse group gathered regularly to understand these community insights, and to begin playing with initiatives that may support our communities to change the local kai context. By this point, Healthy Families WRR was committed to backboning this emerging movement, and was a pivotal source of energy for facilitating these initial developments.

One of the key principles that emerged was a focus on collaboration and collectivity. By uplifting the existing expertise, passion and energy in Whanganui, we would achieve greater collective impact. This early group of community leaders conceived of Kai Ora: Whanganui Kai Collective - which they hoped would grow as a community-led movement for change.

Throughout 2020 and 2021, Healthy Families WRR supported Kai Ora to facilitate community engagement hui that brought together stakeholders in the food system. Kai Ora began attracting collaborators from a diversity of areas, including whānau, health and recreation providers, marae, growers, waste minimisation, Council and business innovation.

Kai Ora developed the Whanganui Good Food Road Map which outlines a vision for change, and the local pou [values] that can guide the movement. The Kai Ora Kaupapa Overview document articulated the foundations of the movement and provided members of the collective with an accessible communications piece to socialise with the community.

Collaboration from within Kai Ora led to the creation of the *Regenerative Local Kai Systems - Case for Change*. This publication outlines the current reality of our food systems in Aotearoa, a compelling vision for the future, and the frameworks and knowledge systems that can guide transformation. This Case for Change outlines a complete transformation of our kai system, that is underpinned by mātauranga Māori, as a holistic preventative approach to community health.

Healthy Families WRR, as a part of Kai Ora, has: provided facilitation support to local schools who are internalising their Ka Ora, Ka Ako initiatives; enabled rangatahi to have hands-on experiences in maara kai through the Te Kākano programme; employed a community kai champion as the HFWRR Kai Systems Innovator; supported collaboration centred around Te Ao Hou Marae which is leading to marae-centred food sustainability in Aramoho and Papaiti; engaged Whanganui District Council in a journey of increasing commitment and partnership; worked alongside Thrive Whanganui to bring in MSD funding for local kai initiatives; and has provided backbone facilitation support to the Whanganui Kai Hub - a food hub and waste minimisation initiative that emerged from within Kai Ora and has received upwards of \$200,000 in startup funding.

While COVID-19 disruptions in 2021 presented challenges, Kai Ora continues to gain momentum. As the Whanganui Kai Collective grows, it is becoming an amazing example of the impact a community-led social movement can have in a short amount of time.

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



# Ka Pai Kai

Healthy Families Rotorua (Te Arawa Whānau Ora)



In 2016, Healthy Families Rotorua adapted the Ka Pai Kai initiative from Tokoroa to address food insecurity, rising whānau poverty, and an alarming growth in childhood obesity statistics. Utilising a co-design process to test ideas, the team helped guide community and system stakeholders to think differently about the learning environment and healthier school lunches for Rotorua children. After experimenting and adapting the model to meet the needs of the larger Rotorua community, Ka Pai Kai Rotorua was launched in a shared kitchen with a local sports club.

Ka Pai Kai Rotorua Charitable Trust was established in May 2017 to provide children of lower decile primary and intermediate schools in the Rotorua district with healthy school lunches, which were affordable, accessible, nutritious, and delicious.

Forty-one percent of Rotorua's more than 10,000 children up to the age of nine, live in areas with a deprivation rating of 9 to 10 – the worst possible score. With the high number of tamariki Māori amongst the 41% of high deprivation whānau, the Ka Pai Kai initiative has enabled Healthy Families Rotorua to have an explicit focus on improving Māori health and reducing inequalities for groups at increased risk of chronic diseases.

At outset, the trust was producing 150 lunches across two schools per week. This quickly rose to 300 lunches across four schools. By September 2018, the numbers had risen to 750 lunches across nine schools each week. A year later, and with the introduction of the government's Ka Ora, Ka Ako initiative (Lunch in Schools), Ka Pai Kai Rotorua was delivering nearly 4,000 lunches across 18 schools per week.

In 2020, Ka Pai Kai Rotorua began delivering to schools out of the Rotorua area to Reporoa, Mamaku, Nukuhou and Whakatane, and the 2020/21 financial year boasts further impressive figures:

- 5 new kitchens were opened, including 2 kitchens onsite at schools (total 6);
- 18 new government contracts were secured (total 21);
- 58 new employees were hired (total 66);
- 1,200 free lunches were provided to school students;
- Provided over 9,367 subsidised lunches to schools on the Lunches Online programme;
- 433,743 lunches were provided as part of the government's Ka Ora, Ka Ako programme.

Ka Pai Kai Rotorua's stable volunteer army has been the backbone of the social enterprise model, with an average of 20 community champions working the kitchen and delivering lunches in their own vehicles. The Ka Ora, Ka Ako initiative saw the rise of paid workers, many from the ranks of the original volunteer army.

Our key stakeholders - principals, teachers and whānau - talk about tamariki having increased concentration, being calmer and happier at school, less absenteeism, financial relief for parents and caregivers and tamariki experiencing what healthy kai is like by being exposed to real nutrition. Tamariki say they love sitting down with friends and eating together and that everyone has something to eat now. Parents are impressed that their tamariki are enjoying all kinds of vegetables now, and that some are expressing an interest in personal health and nutrition for the first time.

The Ka Pai Kai Rotorua kaupapa has revealed the community will get behind an authentic initiative and go above and beyond, therefore it was imperative to be authentic and walk the talk. Through community design and implementation, Ka Pai Kai is transforming the food reality for Rotorua's tamariki.

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





*"Working alongside Healthy Families Invercargill has been a beneficial exercise as it has given us the support and encouragement to make some significant changes to how we approach our role in the kai space. We look forward to continuing to work with Healthy Families Invercargill and other like minded organisations as we work together to strengthen the food system in Murihiku."*

*- Lesley McCoy, Invercargill City Council Parks Planning Manager*



## Healthiest Choice as Easiest Choice

Healthy Families Invercargill (Southland Regional Sports Trust)



In 2019 Healthy Families Invercargill facilitated a social design approach which brought community, agencies and organisations together to better understand the impact of the mainstream food system on community health and wellbeing. The Murihiku Kai Collective formed in 2020 and began working together to influence and activate a series of initiatives to bring about positive change. To date the Collective has informed the Long Term Plans of four Councils - successfully advocating for local government to be proactive in addressing food security by activating several trial initiatives aimed at strengthening a healthier, sustainable food system.

This year, the Invercargill City Council (a member of the Collective), successfully trialed growing vegetables for public harvesting; are working alongside the Collective to set up community orchards; and are integrating edible planting into the design of public areas. Based on the success of the public harvests, the Council has continued to experiment in this sphere with harvest contributing to local pātaka kai. This, combined with the other activities they are now engaged in, is demonstrative of a significant change in mindset when it comes to the Council's role in helping build a strong and resilient food system.

Additionally, Healthy Families Invercargill has successfully influenced the local Events Network and Council Events, encouraging them to incorporate healthy food and drink options. The team has collaborated with schools, cafes, takeaway shops, and clubs on healthier options, and were instrumental in the creation of water only schools in Invercargill and increasing the availability of drinking water in the community.

In only a short time, collaboration between community, businesses and agencies has seen a significant increase in the availability of healthy food options in Invercargill.

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

## Edible Playground

Healthy Families Far North (Te Runanga o Whaingaroa)



*"Maara kai is the first classroom for our tamariki and its our kaumatua who teach us."*

*- Community Member, Whangaroa*

In November 2020, under the banner of Tupu Tahi Whangaroa Growing Together, we asked the question as a community: How might we create a secure and sustainable food system for the future generations of Whaingaroa?

Through a series of community workshops, we learned how disconnected our tamariki and rangatahi are from where their kai comes from. These community insights led to a prototype initiative creating an Edible Playground - a fun and engaging space where our tamariki can interact, learn and play with kai. With the amazing leadership of our Tupu Tahi community champions - Ari, Rangi, Aunty Karen, Mel, Susan, Kate and Emily - the prototype became a reality as we transformed our local playground into an edible, revitalised park for tamariki and their whānau to enjoy. Realising this vision was enabled by the support and collaboration of Te Rūnanga O Whaingaroa, Far North District Council, Bay of Islands Community Board, Kai Ora Fund, ACC, Whaingaroa Health Services Trust, Corrections and local Councillors.

We are trying to shift the system at a whānau level by creating healthy relationships with fresh kai through play. On a national level, we see this Edible Playground as a blueprint for other regions. As different rohe are revitalising existing playgrounds, they can incorporate this kaupapa of integrating kai at no real extra cost to the overall project. If investment can be shifted so more play spaces have an inspirational, educational and edible component, our local whānau believe this would help support whānau relationships with kai.

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



## Kai West Collective

Healthy Families Waitākere (Sport Waitākere)



Kai West is a group of community organisations with a collective vision to see every West Aucklander with access to healthy, affordable and culturally appropriate food. Since 2017, a steering group of organisations including West Auckland Enterprise Skills and Training, McLaren Park Henderson South Community Hub, Community Waitākere, Massey Matters, Fair Food, Garden to Table, EcoMatters and Auckland Council, have carried out collaborative actions and enabled local food initiatives to thrive.

Backboned by Healthy Families Waitākere, the collective has an active Facebook platform with over 700 members. The Collective created Te Puna Market which shortened the food supply chain by connecting local producers to consumers; developed a Support Services Guide for whānau in response to COVID-19 outlining accessible local food and other services; and convened a Free Food Forum for food relief representatives to build a pathway to collaboration.

Initiatives echo the aspirations of Te Mana Motuhake o te Kai, a mātauranga Māori framework for kai systems change in Waitākere developed by members of the Māori community with support from Healthy Families Waitākere.

Kai West is acknowledged within the Henderson-Massey Local Board Climate Action Plan and Local Board Plans as an advisory group that provides information and advice around kai. The Collective secured Council support and funding to further develop Te Puna Market; to build on the energy of the Free Food Forum; and to hold a local food resilience forum where people shared their ideas for a food resilient future.

Through the initiatives, relationships have been strengthened between organisations who now have more of a focus on kai, and have moved to a place of high trust that enables them to better work together to serve the West Auckland community.

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



## Te Mahinga Kai o Tairāwhiti

Healthy Families East Cape (Te Ao Hou Trust)



Since 2020, representatives from Gizzy Kai Rescue, Cobham School, Hikurangi Enterprise, Supergrans Tairāwhiti, Rongowhakaata Iwi Trust, Trust Tairāwhiti, Hauora Tairāwhiti, EIT Tairāwhiti and Healthy Families East Cape have been exploring the concept of a strong, vibrant, and resilient local kai community in Te Tairāwhiti.

Te Mahinga Kai o Tairāwhiti is the name of the cross-sector collaborative effort to grow a grassroots movement for change in Te Tairāwhiti. Driven by local people, Te Mahinga Kai o Tairāwhiti is supporting community food leaders in the establishment, promotion and expansion of an affordable, nourishing, local kai system that is regenerative and protects our natural resources.

Utilising kaupapa Māori approaches, Healthy Families East Cape - as a member of Te Mahinga Kai o Tairāwhiti - facilitated 20 Kitchen Table Talks across the region, enabling more than 200 people in Tairāwhiti to share their lived experience and memories of kai. The insights that emerged from these conversations were released by Te Mahinga Kai o Tairāwhiti as a Consultation Summary that informs a community-owned food strategy for Te Tairāwhiti.

Healthy Families East Cape continued to play a backbone support role, and co-wrote a number of funding applications alongside other members of Te Mahinga Kai o Tairāwhiti which has led to over \$100,000 being re-allocated towards achieving food equity, food access and food literacy across Tairāwhiti - including funding cooking and skills workshops; the acquisition of a community harvesting machine; and an online harvesting platform developed by local rangatahi that connects people with excess kai with those keen to harvest and share.

This collective impact approach is embedded into the strategies of numerous organisations who now have more of a focus on kai, and is continuing to increase local capacity for food security and food sovereignty.

[www.healthyfamilieseastcape.co.nz/temahingakaiotairawhiti](http://www.healthyfamilieseastcape.co.nz/temahingakaiotairawhiti)

## Kai for Health & Wellbeing

Healthy Families South Auckland (The Southern Initiative)



The Healthy Environment Approach is a South Auckland partnership between four Local Board Leisure Centres, Community Grants, and public community facilities. Healthy Families South Auckland worked with teams from the South Auckland OSCAR (Out of School Care) and Kauri Kids programmes to reimagine their budgets so that they could provide healthy kai for kids. The aim was to get better food equity outcomes in South Auckland, delivered by Council services.

The partnership resulted in OSCAR and Kauri Kids increasing their budgets from 15cents per child per day, to 75cents per child per day. For the 300 children at OSCAR, this means a significant budget increase from \$9,000 p/a to \$45,000 p/a. Sourcing good kai from BidFood improved cost efficiency and quality control, and staff gained skills in buying and preparing healthier food.

Recent data taken over a three-month period shows 38,000 healthy meals have been served in the Kauri Kids and OSCAR programmes. The changes are noticeable - not only with kids, but also with parents. Parents used to prepare lunch boxes full of chips and sugary snacks. Now whānau are starting to pack their lunch boxes with simple, healthy food. Providing educational resources for whānau and staff has been critical in improving their confidence to provide healthy kai for their kids and drive this initiative forward.

***"This type of work has shown that it is simple changes which can have long-term health outcomes for the future of our tamariki and demonstrates the positive impact that local government makes."***

**Gael Surgenor, ex-General Manager  
The Southern Initiative**

[www.tsi.nz/healthy-families-south-auckland](http://www.tsi.nz/healthy-families-south-auckland)



## Te Ahi Kōmau Food, Fire, Festival

Healthy Families South Auckland (The Cause Collective)



Papatūānuku Kōkiri Marae has been a key hub for food sovereignty in South Auckland for many decades, and Healthy Families South Auckland has been privileged to work alongside the Marae since 2018 to advance food security and resilience in the region.

Centuries of volcanic activity have created rich soils in South Auckland, traditionally making it a place of food abundance. In 2020, Papatūānuku Kōkiri Marae held the inaugural Te Ahi Kōmau - Food, Fire Festival. The festival showcased South Auckland's food talent as producers, preparers and entrepreneurs focused on traditional Polynesian styles of preparation and cooking.

Te Ahi Kōmau was delivered as part of the Elemental AKL festival with support from Auckland Council's Auckland Unlimited and Mangere Local Board. The event was a compelling case for an alternative food system, guided by indigenous wisdom and regenerative thinking, led by local people. The festival provided a thriving space to connect foodies, producers, cooks, products, as well as the dining and hospitality sector - all intertwined by the story of South Auckland people and whenua.

Healthy Families South Auckland provided the backbone support between community and Council, and connected Papatūānuku Marae with various systems stakeholders. Strong relationships and communications were integral in engaging the community in the South Auckland kai story. The strength of these relationships saw an incredible turn out to the event, Te Ahi Kōmau has energised a community desire for more local kai initiatives, and Papatūānuku Marae is perfectly positioned as a central hub in a growing indigenous alternative kai system with Hua Parakore (Māori organics) as the foundation.

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

## 20:20 Compost

Healthy Families Ōtautahi (Canterbury Regional Sports Trust)



During Level 4 Lockdown, 20:20 Compost was established in association with Healthy Families Ōtautahi to address food sovereignty in Christchurch City. The concept is simple: we are regenerating our soils in areas that need food security.

By establishing 10 micro-composting sites in communities where nutritious food is needed, 20:20 Compost is providing a community-led approach to soil-building - soil that can then be used to grow kai for local people. Further, this is contributing to a significant reduction in waste, as resources are redirected from landfill and into compost heaps.

At 20:20 Compost Site 1 - local kura Te Pā o Rākaihautū - we have now employed someone full time as the maara kai lead. This has enabled up to 80 tamariki a week from the kura to engage in composting and the cycle of their food. Their activities include sorting food waste, establishing a sustainability centre, collecting and sorting cardboard, weeding, planting seeds, and trialling a commercial food waste system leading to a microbusiness for kura fundraising.

The kura has reduced waste to half a general waste bin each week, due to composting that absorbs all lunch food waste, and all paper and cardboard. The number of students who are engaging in active sessions making compost and gardening has increased significantly, and the maara kai lead and kura chef are collaborating to grow kai at a large scale so it can feed the kids in school lunches.

Beginning as a successful pilot, 20:20 Compost is now seeing a number of community composting sites being established around Ōtautahi.

These provide support for whānau creating their own gardens and are generating nourishing soil for nourishing local kai, feeding into the wider kai system changes around the region.

[www.facebook.com/HealthyFamiliesChristchurch](https://www.facebook.com/HealthyFamiliesChristchurch)



*"In the current climate, it's great for these young people to have the opportunity to get outdoors into the fresh air, feel as though they can be helpful and realise there are good things happening in their community. The community garden is about growing food, but it's also about growing community and the betterment of the environment."*

*- Cathy Alden, Richmond Community Garden Co-Founder*



## Kōkiri Marae

Healthy Families Hutt Valley (Hutt City Council)



Kōkiri Marae pātaka kai is the result of Kōkiri Marae kaimahi responding to the impact of COVID-19 by providing local whānau in need with quality kai. The pātaka kai receives, packs and delivers kai boxes for whānau. They operate from a local church building generously enabled by the congregation in Wainuiōmata. Throughout the 2021 Level 4 lockdown, the Kōkiri Marae pātaka kai was averaging 200 requests per day for food parcels, peaking at up to 400 requests per day. The team and volunteers would regularly deliver 1000 food parcels per week.

This kaupapa was expanded through collaboration with Hutt City Council, which made a 1,400m<sup>2</sup> area of land next to the pātaka kai available for the development of a community maara kai, Te Maara o Ngā Kaimanu. This garden adds additional layers to Kōkiri Marae's holistic approach to feeding whānau, as it provides opportunities for anyone in the community to participate in growing, harvesting and sharing mātauranga Māori. This is increasing local knowledge, expertise, and capacity for genuine food sovereignty.

Since September 2020, Healthy Families Hutt Valley has continued to tautoko the kaupapa, getting busy with the day-to-day mahi at the pātaka and in the maara.

Healthy Families Hutt Valley is playing a valuable role in bringing in partnerships and networks that can advance and enable this kaupapa - especially through leveraging Hutt City Council's resources and influence and celebrating successes through compelling storytelling.

Where the pātaka kai ensures people are fed, the maara kai ensures people have the opportunity to learn. This holistic approach creates a positive and enhancing experience for whānau. It also means the community can uplift each other and contribute to establishing food security.

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



## Te Awa Kairangi Kai Collective

Healthy Families Hutt Valley (Hutt City Council)



After Lockdown 2020, Healthy Families Hutt Valley authored a report 'From Food Parcels to Food Resilience' that captured learnings from emergency food providers. The lack of food resilience was stark, the need for food parcels was significant, and those who traditionally worked in food security were less able to respond because many were immunocompromised or required to socially distance.

This report informed Hutt City Council's COVID-19 Recovery Plan which included food resilience as a priority area with funding allocated to support this. On behalf of Hutt City Council (lead provider), Healthy Families Hutt Valley supported a community-led approach backed by Council funding and worked alongside community groups to build the foundations of a food resilience movement.

The second Lockdown in August 2021 resulted in key partners of the food resilience movement coming together to form the Hutt Valley Emergency Kai Collective. Findings from the report 'From Food Parcels to Food Resilience' informed the Kai Collective's approach to respond to the immediate demand from communities. The Kai Collective quickly mobilised, shared resources and focused their efforts where it was needed the most. The Kai Collective committed to ensuring good quality kai, including fresh fruit and vegetables were being provided to whānau who needed support. As we continue to respond to the global pandemic, the Collective continues to meet the needs of our people while supporting holistic wellbeing through kai and creating a resilient kai system. To reflect this holistic approach moving forward the Kai Collective is now the Te Awa Kairangi Kai Collective.

The Collective has transformed resource flow between agencies and community groups working in the food system. Upwards of \$350K has been invested from Hutt City Council's COVID-19 Recovery Fund and Community Grants, as well as other partners, to address food insecurity and building an equitable and resilient food system in Te Awa Kairangi.

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



# The Good Food Road Map



The Good Food Road Map has been developed by Healthy Families NZ and is being adopted by Healthy Families teams, Councils, organisations and community groups around the country as a framework to inform the transition to sustainable and resilient local food systems.

The Good Food Road Map encourages consistency in approach, efficient use of resources, and collaboration for collective impact. This framework can guide you, your communities and your organisations as you plan your own course of action.

## Food Insecurity

The food system is not working for all. Many are unable to access good food, and are consuming less nutritious food due to limited options.

**FROM**

### Actions

Supporting communities' right to nourishing food and drink

Supporting sustainable, self-determining and mana-enhancing community participation in local food systems

Supporting local food systems to reflect who we are as Aotearoa New Zealand

Supporting communities to take control of their food and drink intake with more options to support their health and wellbeing

Supporting all levels of the food system to be resilient, with sufficient, adequate and accessible food for all, at all times

### Outcomes

GOOD FOOD IS ACCESSIBLE, AFFORDABLE AND AVAILABLE TO ALL

SUPPLY OF GOOD FOOD IS COMMUNITY LED, INDEPENDENT AND COLLABORATIVE

GOOD FOOD IS AUTHENTIC, LOCAL AND CULTURALLY DIVERSE

UTILISATION AND CONSUMPTION OF GOOD FOOD IS THE BEST AND EASIEST CHOICE

THE SUPPLY OF GOOD FOOD IS STABLE, SECURE AND SUSTAINABLE

## Food Security

The food system enables all people, at all times, to have physical, social and economic access to good food which fulfils their dietary needs and food preferences for an active and healthy life.

**TOWARDS**

## Food Dependency

The food system is not accessible to all. People are dependent on ongoing support to access good food.

## Food Sovereignty

People exercise the right to good food and have the right to define their own food systems - placing control of food back into the local communities.



## Call to Act



***It is time for a radical and transformational shift in the food system.***

There is an urgent need for developing local food systems that are regenerative, inclusive, and resilient. Sustainable Food Systems can improve individual and collective wellbeing, foster multiculturalism and social cohesiveness, build climate and community resilience, preserve and restore the natural environment, create jobs and regenerate communities.

The stories in this report illustrate the community-led momentum that is growing all around Aotearoa. The movement now needs strategic support, policy change, and substantial investment to deliver positive long-term systemic change. Governments, businesses, organisations, iwi and hapū need to invest time, energy and resources into supporting and enabling the transformation of our food system.

It is time to prioritise this mahi [work]. COVID-19 has highlighted the lack of resilience and equity within our food system, and the vulnerability of our supply chains. Our communities want and need sustainable and resilient local food systems that provide good and affordable food at all times.

As a country we have the necessary resources and collective intelligence to organise, motivate and implement a set of game-changing initiatives that can bring about systems change and make food sovereignty and security a reality for all in Aotearoa New Zealand.

***Join the movement. Transform the food system.***

**What will you do?  
What can you do in your organisation or community?  
How can you begin creating food system change?  
What can you bring to the table?**

Write here...

Policies

Practices

Resource  
Flow

Relationships  
& Connections

Power  
Dynamics

Mental  
Models

See 'Six Conditions of Systems Change' - Page 8-9



  
healthy  
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