

KAI ORA

WHANGANUI KAI COLLECTIVE

*He mōumou kai, he mōumou tāngata
Kai is central to our collective wellness*

KAUPAPA OVERVIEW

AUGUST 2020

A local regenerative kai system can improve wellbeing, foster multiculturalism, develop climate resilience, enhance the natural environment, create employment and empower communities.



Paik House

Victoria University

Dane Scott Creative

Auckland Zoo

WHAT IS KAI ORA?

Kai Ora: Whanganui Kai Collective is a collaborative group of people working on community based initiatives that focus on localising a sustainable Whanganui kai system.

KAI ORA VISION:

A regenerative local kai system, rooted in Whanganuitanga, and supported by diverse community partnerships that build on existing community energy to increase access to local, affordable, nutritious kai which uplifts the mana and wellbeing of our communities across the Whanganui rohe (region).

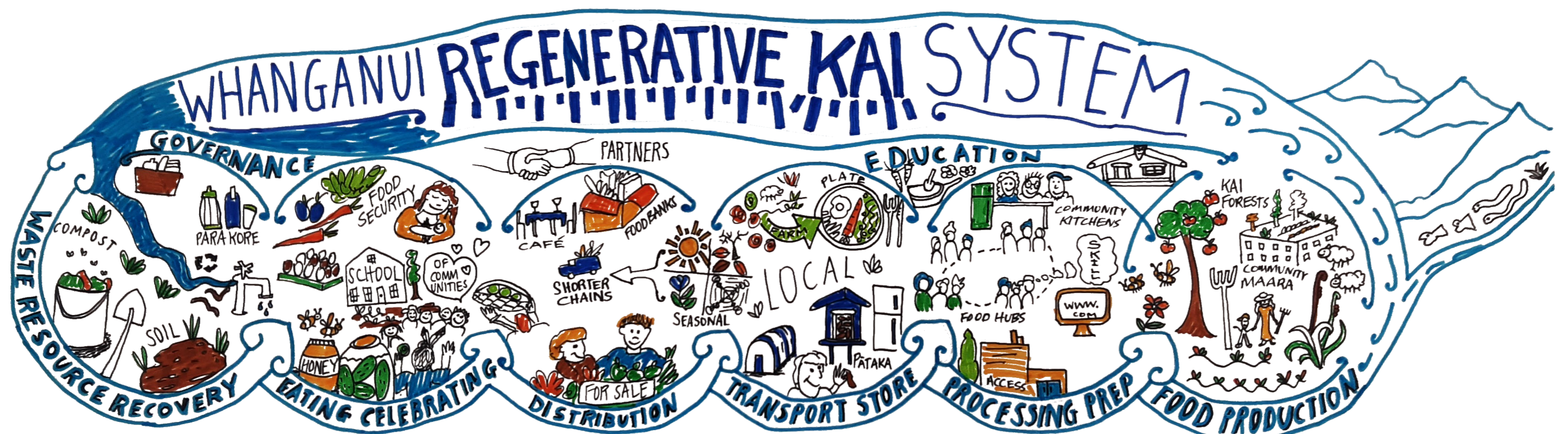
Kai Ora supports action-oriented collaboration and enables local food initiatives to thrive by connecting them with funding, training, learning opportunities and mentorship.

WHAT IS A REGENERATIVE LOCAL KAI SYSTEM?

A regenerative kai system **improves the health of the environment and communities** that are part of the production of food, including all of the moving parts from growing and transporting, to selling and eating.

A local regenerative food system means **food security and food sovereignty**, strengthening the overall health and wellbeing of our communities. This will require collaboration and active participation across the entire food system, taking a whole of community approach.

A Whanganui-centric regenerative kai system **reflects who we are** - informed by hundreds of years of indigenous knowledge and diverse cultural food practices - and ensures that food is produced in ways that nourish both our people and our environment.



Drawing: Tom Johnson

1 WHANAU FIRST
All whānau access to nourishing kai

LOCAL KAI → HOME
EASY TO REACH
FOR ALL WHANAU
ALL NEIGHBOURHOODS!

3 RESILIENT
AT ALL LEVELS

EMERGENCY RESTORE
CLIMATE CHANGE
SOURCEFULNESS
SUSTAINABLE DEVELOPMENT

AFFORDABLE

The last six months of ideas from our communities:

TE TIRITI O WAITANGI
Tino rangatiratanga
self determination
Kai sovereignty

CUSTOMARY GATHERING RITES & PRACTISES
TIKANGA

AT ALL TIMES
HARAKEKE PUHA MARAMATAKA

SCALED
LOCAL PRODUCTION
KAITIAKITANGA
PIKOPIKO
BRIPARIAN PLANTING
MANU
NGAHERE
TAIAO CONNECTION

WHANGANUI'S VALUES OF KAI

2 VALUES LED
WHANGANUITANGA
KAI SYSTEM

OUR GOOD FOOD ROADMAP
INDIGENOUS MĀTAURANGA
PATAKA
HĀKAPI
RUA KUMURA
LAUGERSONS FARMING
WINDERMERE HIGHINS
HERITAGE KAI
RIVER AUCKLAND
KIA PAI TE WAI • KIA PAI TE WHENUA • KIA PAI TE TANGATA

REGENERATIVE LOCAL KAI SYSTEM!
KAI WASTE
RESCUE RE-USE-REFUSE
COMMUNITY JAM
COMPOST
EATING CAFE RESTAURANT

FOUR REGENERATIVE LOCAL KAI SYSTEM

PRODUCING
BOTTLING
PACKAGING
MANUFACTURING
TRANSPORT

RETAIL
INDUSTRY

NĀ TĀ KOUROU, NĀ TAKU RAROU
KA ORA AI TE IWI

EDUCATION

5 EASIEST CHOICE
HEALTHIEST CHOICE



INTERGENERATIONAL SUSTAINABILITY

PŪKORERO KARAKIA TIKANGA
WHAKAPAPA

MĀORA



LIVE

WHANGANUI GOOD FOOD ROADMAP

Kai Ora: Whanganui Kai Collective has developed a Whanganui Good Food Roadmap where **our values lead our local food system**. This roadmap informs our alleviation of food insecurity by taking a realistic approach based on harnessing international experience and local knowledge; leveraging existing resources from different stakeholders; and working together to influence policy and behavioural changes.

The five local values which form the pou [supporting pillars] of Kai Ora are:

WHANAU

Our whānau and communities are connected by kai and are able to meaningfully participate in the food system.

WHANGANUITANGA

Our local values form the foundations of our food system - this means our local food system reflects who we are as people of Whanganui.

RESILIENCE

Our local supply chains are secure against external disruptions such as ecological, economic or social upheaval.

SUSTAINABLE & MANA-ENHANCING

Our kai is produced using sustainable practices which move our communities away from reliance, while uplifting human and environmental wellbeing.

EASIEST CHOICE IS THE HEALTHIEST CHOICE

Nutritious food is affordable and easy to access.

There is an urgent need for developing local food systems that are regenerative, inclusive and resilient, understanding that food can play a critical role in driving systemic change. If kai is produced, distributed and consumed in a way that is guided by our Kai Ora values, our local food system 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.

By reconnecting to our **indigenous wisdom** and valuing our **diverse cultural knowledge** around food production and distribution, we can support the production of local kai that nourishes our people and our environment – where food is produced in ways that nourish our people and protect our environment.

What a regenerative kai system might look like in Whanganui:



WHAT DOES FULFILLING THIS VISION LOOK LIKE?

- **Our people are fed** and nourished by locally produced kai,
- Kai is honored as an **intergenerational connector, source of knowledge, and rongoa** (medicine) for tinana (body), hinengaro (mind), wairua (spirit) and hapori (community).
- Our local kai system is **informed by Whanganuitanga and iwi are active participants** in all decisions relating to Whanganui kai,
- Te taiao (the environment) and Te Awa Tupua (the Whanganui River) are **thriving**,
- **Our communities have sovereignty** over every aspect of the Whanganui kai system:
 - **Kai production/gathering:**
 - Opportunity to practice ancestral and traditional methods of production and gathering,
 - Equitable access to kai production training and education,
 - Opportunities to become local kai producers,
 - Locally produced kai is the most easily available through local kai markets,
 - Opportunities to choose what food comes into the region, and to reject degeneratively produced food from other countries/regions.
 - **Kai distribution:**
 - Equitable access to good, local kai for all whānau of Whanganui,
 - Exceptional support for vulnerable communities in their access to kai,
 - Kai is available without any need for additional time and energy input,
 - Measures are taken to actively reduce the costs of local kai.
 - **Kai preparation:**
 - Equitable access to kai preparation learning opportunities,
 - Active support from community groups to enable our people to prepare food in an easy and nutritious way.
 - **Kai cycling:**
 - Circular resource economies, where any waste products are reintegrated into the kai system (eg. composting),
 - No unnecessary food waste in the region. Food is rescued and redistributed to people who need it.



REALISING THE KAI ORA VISION

As a **vibrant community** in Whanganui, we already have the necessary resources and collective intelligence to organise, motivate and implement a set of game-changing initiatives. **Acting locally**, we can have positive transformations in this field and create changes across all sectors within the food system. Achieving our vision will require **collective collaboration**, which is why we have created Kai Ora.

HOW KAI ORA WORKS

Kai Ora is an **interconnected ecosystem of community groups and individuals** who share knowledge, ideas, contacts and opportunities with each other. Kai Ora does not come under the banner of any one organisation - rather, it is **a collective of organisations** with a shared kaupapa. Any person or organisation may join Kai Ora if they are committed to the kaupapa and objectives of the Collective.

The Kai Ora ecosystem is made of **Working Groups** that are action oriented around particular focus areas. These groups can shift and change depending on changes to the local context, and are consistently collaborating with each other as well as iwi, local organisations, local government, funders and our communities. Every Working Group is stewarded by a Coordinator.

In our time together we have identified **several priority areas** that need work, which will become the focus areas of these Working Groups. These include:

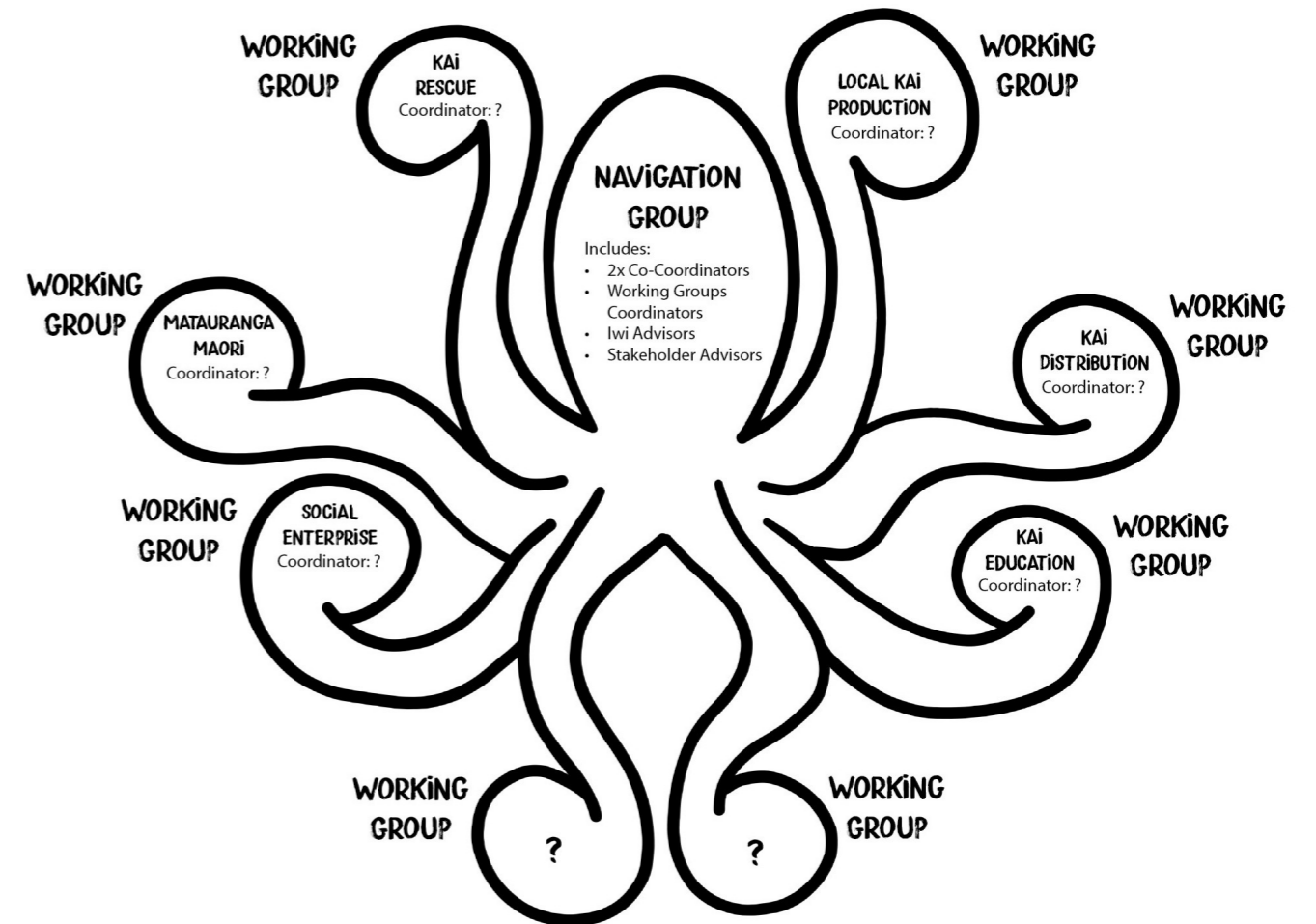
- Mātauranga Māori - uplifting and increasing awareness of indigenous knowledge;
- Local Growers - support and collaboration between local food producers;
- Social Enterprise - kai business models that enable wellbeing and prosperity;
- Food Rescue - preventing food waste and redistributing to those in need;
- Training and Education - increasing kai-focused learning in Whanganui.

Kai Ora as a whole is stewarded by the **Navigation Group**. This steering group is focused on ensuring the Whanganui Kai Collective is upholding the Vision of the Collective, and that information is being dispersed within the Collective. This group will be stewarded by two coordinators, and will include iwi advisors, key stakeholder advisors, and the coordinators from each Working Group.

FINANCING KAI ORA

Instead of becoming its own legal entity, Kai Ora uplifts the many existing organisations within the Collective when it comes to accessing funding. Different organisations hold funding for different focus areas within the Collective. For example, one organisation may administer the funding for the Kai Education Coordinator, and another may administer the funding for the Navigation Group Coordinator. Kai Ora will eventually be financed by local kai-oriented social enterprises established by the Collective.

This organisational model is based on the metaphor of Te Wheke [The Octopus]. The Navigation Group is like the head of Te Wheke, and the Working Groups are like the tentacles.

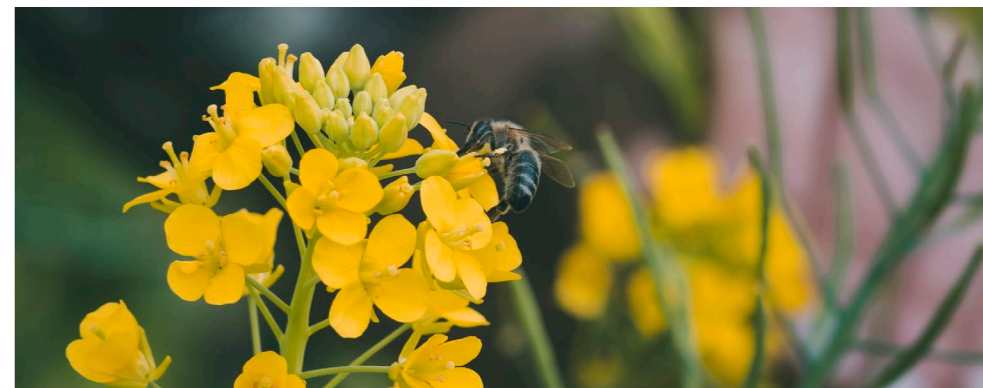
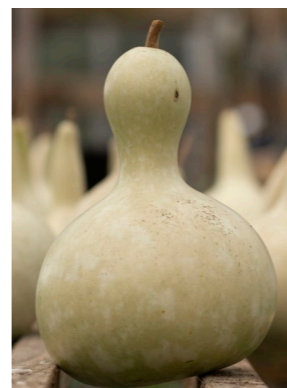
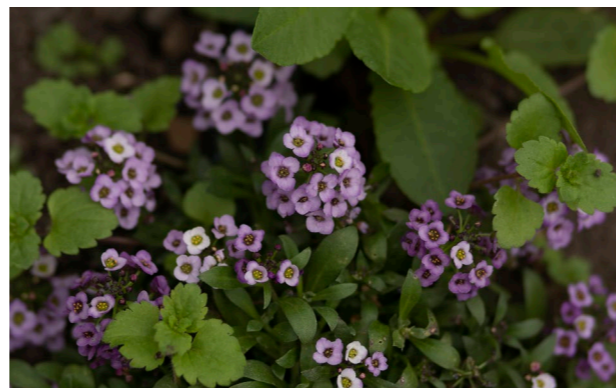
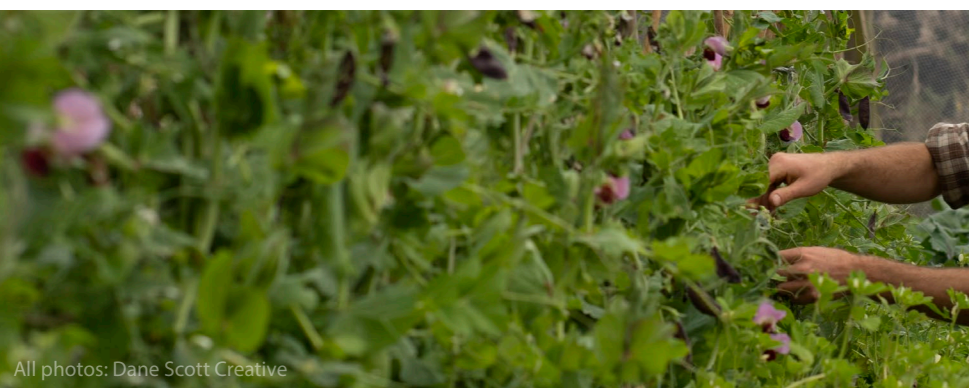


HOW DO WE COMMUNICATE AND SHARE ACTIVITY?

We have a monthly hui where members come to share and celebrate their work together, providing an opportunity to network and collaborate.

We have a Facebook group where members can share links, opportunities, training, events, ideas with each other and break into smaller working groups with their peers. We also have a simple website that can be accessed for information.

We have community engagement hui at least once every three months to share the mahi and progress of Kai Ora with iwi, government, collaborating organisations and the public.



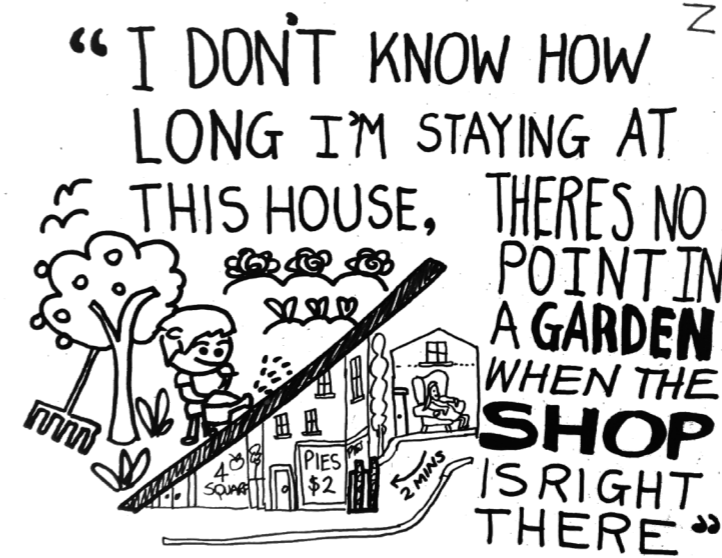
THE COMMUNITY VOICE

Kai Ora cares about, and is informed by, the needs and aspirations of the communities that we serve. To make sure our communities are participating in the development of Kai Ora, we use **human centred design** in creating solutions. We have discovered through our community voice that the current reliance on the mainstream western food system is not working for our health and wellbeing.

In the wider system of the modern world, our whānau are feeling extremely busy and over stretched. Fast convenient food options are valued more than healthier ones.

This is combined with a global problem where food power sits with corporates, which has influenced government policy in a way that limits the ability of our communities to have control and sovereignty over our local kai: we have a limited choice of what we eat and this is poor for our health.

The Healthy Families National Covid19 Kai Snapshot Report (available on request), has significantly informed the development of Kai Ora. Here are some visual snapshots of insights that have emerged throughout this process:



Drawings: Tom Johnson

WHAT KAI ORA HAS ACHIEVED SO FAR

- Healthy Families Whanganui-Rangitikei-Ruapehu developed the COVID19 Kai Snapshot Report, revealing insights into the local kai context in Whanganui;
- Kai Ora was formed in Whanganui during Alert Level 2. In COVID19 we are observing disruption to our social systems that highlights the gaps, weaknesses and barriers in our communities, especially in the food system;
- We created a picture together of what a local regenerative kai system could look like - led by our Whanganuitanga (our local values) which is sustainable/resilient at all levels for our whānau wellness;
- We built on existing mahi in our rohe in understanding what are important Whanganuitanga values - generating shared meaning on the things that are most important to us and for our future generations;
- We facilitated six community hui to explore the attitudes and stories towards kai in our region. We identified some emerging themes within the collective, based on community need and experiences within the food system, landing on some agreed areas of focus;
- We have socialised Kai Ora: Whanganui Kai Collective with many local stakeholders, with the intent to invite all to the table:
 - Whanganui whānau
 - St. Peters Church (Gonville)
 - Tahuri Whenua - Massey University
 - Thrive Whanganui
 - Whanganui District Council
 - The Generator
 - Harrison Street Church
 - Whanganui District Health Board
 - The Learning Environment
 - Piwakawaka Farm Ltd
 - Ngā Tai O Te Awa
 - Department of Conservation
 - Te Ora Hou Trust
 - Matipo Street Gardens
 - Wai Ora Trust
 - Kimiora Trust
 - Te Ao Hou Marae
 - Whanganui River Trustees
 - Te Oranganui Trust
 - Whānau Ora
 - Change and Innovation Agency
 - Healthy Families Whanganui-Rangitikei-Ruapehu
 - Healthy Families National Kai COP
 - Whanganui City Mission
 - Quit Clinic
 - Wicksteed House Learning Centre
 - Stone Soup Gonville
 - Te Puni Kōkiri Whanganui
- We have developed the Whanganui Good Food Roadmap to guide our collective efforts;
- We created this Kaupapa Overview document;
- We are beginning to create a map of potential funding options.

WHO IS INVOLVED?

If you would like to join Kai Ora: Whanganui Kai Collective, please fill out the Collaborator Form at www.kaiora.org.nz



*Te toto o te tangata, he kai;
te oranga o te tangata, he whenua*

*The blood of people (is from) food,
the sustenance of people (is from) land*

www.kaiora.org.nz