

Kai & Food

Quarterly Update 1 July - 30 September 2023

Healthy Families NZ develops quarterly updates for each key focus area, providing a snapshot of mahi being carried out across our location teams.

A substantial contract has been secured for the Rangatahi Empowerment Kaupapa, involving a collaboration between Te Oranganui (Lead Provider of **Healthy Families Whanganui, Rangitikei, Ruapehu**), Learning Environment and Te Ao Hou Marae. Rangatahi Empower aims to cultivate a new generation of kai growers, addressing food security challenges in Whanganui.

“Para Ika” is an initiative that combines ancient tīpuna techniques and modern tools to repurpose discarded fish waste into fish fertilizer. This kaupapa, supported by **Healthy Families East Cape**, evidences the significance of Māori systems being implemented as health prevention solutions. Para Ika aims to address community access to healthy nutrient dense kai, teach whānau, hapu and iwi tīpuna techniques and maara kai/growing kai practices, encourage reciprocity back to our whenua and achieve soil sovereignty.

Community leaders, with support from **Healthy Families Far North** have been exploring how they might enable kaitiakitanga in public spaces by holding a Community Day, reconnecting the elements of foraging and play for tamariki living in Kāeo. Whānau came together to clean up the Sowing Machine, a prototype that emerged from a whanau-led initiative to explore food security in Whangaroa, to clean up the māra kai and to plant new seedlings. Healthy Families Far North will now be working to identify further opportunities for reality testing of connecting kai and play, with a particular focus on public spaces.

Healthy Families Rotorua completed a deep dive into the global, national, and local kai system, alongside publishing the 2023 Kai Report. The team also participated in three hui to form Rotorua Lai Collective, alongside Toi te Ora and Kai Rotorua.

Mana Motuhake o te Kai The Mana Motuhake o te Kai - food secure communities’ framework - was created by the West Auckland Māori Thought Leadership Collective for people who want to learn how mātauranga Māori principals can inform growing, sharing and preparing kai. The initiative is backboned by **Healthy Families Waitākere**, with the team currently simplifying the framework and creating a toolkit for ease of use for people in the community. Several workshops and presentations have also been held, including to Local Board members from across the Waitakere region.

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As a member of the Food Hub Collective advisory board, **Healthy Families South Auckland** helped with the application at The Charities Register/Te Rēhita Kaupapa Atawhai. The team also worked alongside the Otara Papatoetoe Local Board with the process of relocating the Food Hub to a new location in Papatoetoe.

In August **Healthy Families Invercargill** supported two fruit tree pruning workshops. These were a great opportunity to learn about growing and pruning, and how to provide good on-going care to fruit trees. The McQuarrie Park orchard is a Murihiku maara site. A plan to add mulch to the McQuarrie Park fruit trees has been approved by council. And, a second community compost hui brought together a collective from the inaugural hui to unpack the needs, resources, funding, challenges, barriers, and opportunities.

West Auckland Kai Villages is an initiative exploring how to grow community connections through kai and create conditions for local food resilience. Initial scoping is now complete, and **Healthy Families Waitākere** are now in the operationalizing stage. The community hub in Massey, Massey Matters, is testing a pop-up for fresh fruit and veggies, in partnership with Food Together. The initiative has been well received by local people, with orders on the boxes topping 100 in one week.

Healthy Families Far North have been supporting the Public Health Advisory Committee to shape their thinking and recommendations around the position of health and food. This has been an opportunity to share the learnings that have been undertaken alongside whānau, supporting them to be sovereign of kai with localised solutions. Healthy Families Far North bring the perspectives of their rural communities, who are more likely to face spatial inequities in the food system, into the centralised policy space.