

Kai & Food

Quarterly Update 1 April - 30 June 2023

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

Te Mahinga Kai o Tairāwhiti, backboned by **Healthy Families East Cape** is a cross-sector collective who share an interest to grow a healthy kai system. Healthy Families East Cape have successfully secured a \$10,000 grant from Rau Tipu Rau Ora, a collective of local leaders, to support in the creation and writing of a local kai strategy, also backboned by Healthy Families East Cape.

Healthy Families Invercargill continues to work with stakeholders on a community garden initiative at Aurora College. This community garden and orchard will not only provide a way for the community to access nutritious kai, but will also have a focus on mātauranga Māori, helping students connect with, and understand their place in the community, and the role of the environment in sustainable food access.

Whangaroa Health Services opened the doors to a new food and wellness hub in Kāeo - Te Ara Pae Ora, The Pathway to Healthy Futures, aims to build a food secure and resilient Whangaroa, with hopes to improve hauora and oranga across the rohe. Community voice helped shape the re-furnished building, after Covid-19 raised many questions around food systems - crisis or no crisis - meeting the needs of small rural communities. Led by **Healthy Families Far North** with support from Te Rūnanga o Whaingaroa, Whangaroa Health Services sets out to understand people's experiences of the food system in Whangaroa.

Healthy Families South Auckland continue to use The Good Food Road Map to inspire systematic thinking and address the need for systems change in the food system. A collaboration with AUT - School of Art and Design had students working for 12 weeks in a project called 'Design for Social and Environmental Justice' using the Good Food Road Map and the Six Conditions of Systems Change as framework. The team also started planning and implementing expansion of The Kitchen Project including more locations and more team members.

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Healthy Families South Auckland (The Cause Collective) partnered with Papatuanuku Kokiri Marae (PKM) and celebrity chef Ganesh Raj to deliver cooking workshops with members of the Church Plant. This kaupapa was based on the identified need to support and amplify a transformation in South Auckland's approach to food, that is how food is viewed and practiced. We aimed to achieve three goals: cook a meal for a whānau for \$20, in one pan, using accessible ingredients - change behaviour when preparing and cooking kai - highlight that along with providing sustenance, kai also served as a Rongoa. This work is being transferred to a Pacific Health practice to carry out with PKM and Ganesh Raj.

As part of enhancing the Aramoho-Papaiti Kai Sovereignty Movement momentum Dave Hurthouse and his team at Piwakawaka farm supported by **Healthy Families Whanganui, Rangitīkei, Ruapehu** have begun a Community Kūmara Kaupapa which is a series of wānanga enabling the community to grow kūmara together (to upskill, remember, and continue to connect strongly around kai).

West Auckland Kai Villages explores how to grow community connections through kai and create conditions for local food resilience. Funding has been sourced to support villages in Massey and Kelston, through the local community hubs. Alongside Auckland Council **Healthy Families Waitākere** hosted a Kai Innovators hui, which provided an opportunity for people working in Kai to hear about the concept of Kai Villages, alongside socialising the initiative with funders.