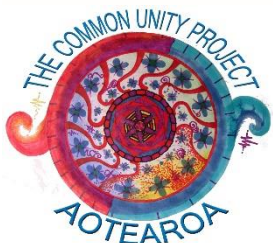


Kai and Our Community



Regional Public Health

HAUORA Ā IWĪ KI TE ŪPOKO • O TE IKA A MĀUI
Better health for the greater Wellington region

Agenda outline

Kai and Our Community Hui | Wednesday 1 July 2020

Kia ora koutou, please find a copy of the notes from our Hui within.

Morning Tea on arrival

11.00am	Karakia, welcome and numbers for lunch
11.10am	Why this matters for the region – Mayor Wayne Guppy
11.20am	Group introductions
11.35am	Brainstorm – experiences and ideas using “Keep, Change, Create” framework
11.55am	Vote on top 5 issues to address in small groups
12.00 noon	Small groups
12.30pm	Feedback
1.00pm	An international context
1.15pm	Next steps
1.30pm	Karakia and lunch
2.00pm	Finish

Brainstorm with all participants: experiences and ideas using the 'Keep, change, create' framework.



KEEP

- Mind-set – build with the moment, be solutions focused, don't worry what has been before
- Great time to do a stock tale (e.g. MoEd computers in home)
 - Revealed the real situation
- Housing/Food – discovered from agencies going to door not waiting for people to identify
- Keep the data up to date
- Renewed interest in local food
- City council response – database of who/how/when
 - Providers could add
 - Communication
 - Practical support e.g. vans, personal care
 - CDEM response
- Sharing resources – people being willing and able to share; new partnerships
- Agility – get going quickly without human right to 'HUHA' shelter, food
- Collaborations – new collaborations
- Zoom meetings – beneficial for those who couldn't go there
- Goodwill of businesses
- Ease of access to funding for NGOs who usually have to jump through hoops
- Back to basics – what really matters?
 - Planting seeds – seedlings sold out
 - Planted seeds
 - Getting back into the kitchen, using ingredients, kids getting involved for the first time
 - A sense of having the time, going back in time, time to cook/eat together
 - Supporting each other's mahi
- Stopping having queues for food – got food to people's homes (to reduce risk)
- Staying uncomfortable

CHANGE

- Exclusion of smaller volume groups
 - Patch protection
 - Linear mode of buying (locally/globally)/receiving food – wider circle of support
 - Families relying on food parcels
 - Food price rises
 - Lack of equity
 - Housing
 - Food quality
 - Food access
 - Isolation of elderly
 - Food waste but not in the bin
 - Zoom meetings
-

CREATE

Access to land for community gardens and all of rents

- Better ways of community inequity to decision makers
- Respectful way of collecting real info about inequity and peoples circumstances
- Including those most affected by “poverty” to be part of decision making
- Approaches to “cooking for 30” – accepting large groups living together
- Sense of deep connections – people/planet
- Create a new system for “seeing, counting and understanding data” – new system and no poverty industry
- Create system for elderly (industry of aging) to connect, belong, thrive (e.g. kaumatua support)
- Greater preparedness planning starting at own home – to be normal life and emergency – old fashioned skills
- Circular economies – circular food system



All participants then identified top 5 issues to discuss in breakout groups.

- 1. Include those most Affected**
- 2. Data: respectful/real information**
- 3. Sense of Deep Connectedness**
- 4. Circular Economies/Food Systems**
- 5. Create Systems for the Elderly to Connect**

Below are the notes from these group discussions

1. INCLUDE THE MOST AFFECTED

WHY:

- They are affected – has to work for them. They know what they need/want
- Less waste – what they need, not what they think they need
- Cultural differences – e.g. tooth decay, don't eat particular food
- Empowerment – not rely on systems

WHAT:

- Work together, listen, co-design
- Be open to new systems/ways
- Feel safe to start/fail and adapt
- Draw on other support networks

CHALLENGES:

- KPI and pressure from funders vs what community needs
- Cultural misunderstandings – pride

HOW:

- Find the person with Mana/Leader. Enable access – go to them
 - Bottom up approach
 - Flexibility
 - Find out what values align – shared goals/process
 - Governance criteria – someone with lived experience
 - Working collaboratively
 - Cultural competency
 - Allowing time
 - Action/consultation
-

2. DATA

WHY:

- Hasn't been measured since 2008 (National NO/T Survey)
- Measure that is NZ – Maori & Pacific
- What should we be measuring – accountability measures
- Lack of consistency in measures/measures are designed by the system for the system
- MSD measures (volume of food being redistributed = # of people) – nutritional/consideration (while low quality [nutritionally] not counted) assumes KG = people being f

SOLUTIONS:

- Food parcels/meals being delivered to whole streets
- COVID-19 but wider – inherent system solution for system not people/community

WHAT:

- People-focused data (mind-set) – designed with people
- Coordination of data
- Self-determined data – empowering data Mana
- Trust vs accountability for funding
- Power in questions in balance

HOW:

- Processes:
 - Whanau/person designed
 - Mind-set – Client input/feedback is key
 - Power imbalances, relationships
-

3. SENSE OF DEEP CONNECTEDNESS

WHY:

- Food system is fragile if there is no change
- Connection to people and place is foundational for life
- Empowers people
- Makes people/community resilient
- Builds nurturing people and nurturing the land
- Connects us to our cultures and to each other

WHAT:

- Deep connection
- Community and having a valuable role of contribution
- “Opposite to the supermarket”

- Sharing food
- Seeing process of growing food
- Interaction with people and the environment and how “we” influence it
- “Community of place” (rootedness, groundedness)
- Manaakitanga (prioritisation) and kaitiakitanga
- Places of leaning and share connections
- “Joined forces”
- People involved in the process of “food”
- Accessible
- Opportunities to participate in the entire circle of food

HOW:

- Education (children, schools) with community groups
 - More volunteering opportunities
 - Family opportunities
 - System change/time so people can volunteer
 - Opportunities for people to exchange food/knowledge
 - Resurgence of “the bottom” and “grass roots”
 - Get \$\$ to communities – pay “the bottom”
 - Localise the sourcing of food
 - We need meaning
 - HUBS of info sharing
 - Funding opportunities
 - Promotional/vision
-

4. **CIRCULAR ECONOMIES/ FOOD SYSTEMS**

WHY:

- Waste reduction
- Vibrancy
- Local business support and growth
- Something for everyone
- Energy reduction
- Resilient food systems
- Collaboration – builds communities and local economies
- Material recovery
- Reduced material use

WHAT:

- Normalisation
- Empowerment models
- Growing in schools
 - Piloting farms in schools

- Feed students directly from school farms
 - Capacity building
-

5. CREATE SYSTEMS FOR ELDERLY TO CONNECT

Elderly are the largest number of volunteers. Retirement villages different – care from the elderly living in their own homes.

- Food bank
- Op shops
- Most of the CBACs
- Co-ops

WHY:

- Connecting through communication, sense of belonging
- For health and wellbeing } we don't want them to become forgotten or invisible
- We utilise the elderly when they are well, but in times of crisis they were easily missed
- Not knowing, where did they go – changing their bubble
 - Companionship
 - Connection back to whanau
 - Multi-generation living

WHAT:

- How connection through Aroha ki te tangata (love for all people) create community/through up-skilling elderly around
 - Pastoral care – churches, Marae, NGO
 - Internet free – (as part of rates cost come down of their emergency aid)
- Free workshops to up skill opened workshop: (Koha)
- Sharing of local information
- Aging courses
- Introduction for provider in their community to connect street by street with whanau

HOW:

- Big help for whanau to share where they got their resources from
 - Whanau
 - NGO
- Transport – pick up and drop off
- Connectedness
 - 42 Kaumatua groups
 - Card group/board games
 - Karaoke/waiata
 - Koro yoga
 - Sewing
- Trusted relationships



International Context

Notes from Justin's talk at the 'Kai and Our Community' event at Common Unity

Introduction – Aid, Development and the United Nations World Food Programme

Good morning! My name is Justin. I grew up in Wellington, and I've been about food all my life.

About 20 years ago in Ethiopia, I met a guy called Joe who was working for the United Nations World Food Programme. Joe talked to me about the difference between Aid and Development. He talked about Aid as being about doing things FOR people, and how important this is in crisis situations, when people can't provide for themselves. He talked about Development as being about doing things WITH people so they can do things BY THEMSELVES. I realised that I had a deep interest in development, and I set about moving my work in that direction. 10 years later I ended up working in a development-focused consultancy in Sydney, with the UN World Food Programme as one of my clients.

In terms of food and food systems, aid and development are both are important. In times of crisis such as crop failure or economic collapse, countries need systems that jump into action and provide food to those who are affected. But in non-crisis times, people need systems that ensure that everyone has access to healthy food all the time – especially the most food-insecure people in our communities.

The United Nations was formed after the Second World War, focusing strongly on delivering aid-based support to countries that were in strife. Accordingly, the UN World Food Programme became extremely good at getting food to vulnerable people in crisis situations. This requires strong logistics capability, and they are amazing at it. When there's a crisis WFP puts a lot of food on planes and trucks and distributes it to people who are in desperate need. In recent years, WFP recognised the importance of assisting countries to build strong, sustainable food systems that would both prevent crises and better enable countries to deal with crises if and when they happened. This was the heart of my work with WFP.

Perhaps the largest of the UN WFP's activities across 80 or so countries is called 'School Feeding'. The essence of this programme is providing children with food during the day, while they are at school. WFP has historically taken an 'aid approach' to School Feeding – by turning up at schools with food to feed the kids. Whilst achieving the objective of getting children fed, ultimately this approach is unsustainable because it heavily depends on WFP to purchase the food and get it to the kids. The question became: how can WFP assist countries to feed their own children? One of the solutions to this is called 'Home Grown School Feeding'. This is where children are fed with food that is grown or sourced locally, including from school gardens.

Focus on Wellington

Shifting the focus to food in Wellington, where I returned 3 years ago after 20 years away. I quickly came into contact with Kaicycle and am currently working with them and local communities to develop a network of urban farms across Wellington. I've also found it very encouraging to see so much development work going on with food - from food rescue to food banks, to all the work going into increasing the amount of food produced locally and in our communities.

I thought I'd share 3 ideas that I've come across in my work overseas – in particular in response to hearing a strong desire for collaboration in the room today.

Positive Deviance

First is the idea of 'positive deviance'. This came out of a malnutrition situation I think in Vietnam. The basic idea is that whatever is going on that is problematic, it's not going to be equivalently bad everywhere. There will be some places that are doing much better than others. The idea of positive deviance is to carefully understand what's working well, and find ways to amplify what's working well across the rest of the system.

In Wellington this could mean carefully looking into the initiatives that are really making progress and seeing how we can learn from this and spread what's working. Which community gardens are really working well – and why?

Something that was really clear looking at NZ from overseas is that kiwis are very inventive. This is great, but it takes a lot of effort, and sometimes the downside can be reinventing the wheel. The collaboration question here is: how can we best learn from what each other is doing that really works?

Identifying Overlapping Outcomes

Second is the idea that collaboration is always possible, but it can be hard work! It can take both a committed effort and being open to changing your idea about what will work best.

WFP set a new strategic direction several years ago, to change the way it measured its success. The big shift was moving from the amount of activity that it did (such as School Feeding programmes), to the quality of the outcomes it achieved (such as reduced hunger and malnutrition). Since achieving these outcomes involved a lot of factors that WFP could not control, this pointed directly to the need for collaborating. This suddenly meant that each WFP country operation needed to focus on collaborating with their host country government, the different UN agencies operating in their host country, and a host of other relevant local organisations.

I was asked to work with numerous WFP country teams to develop outcome-based strategies. So the first thing I would say to them was: "you can't possibly achieve those outcomes alone, so you need to collaborate - so shouldn't we have a strategic conversation that included all the key people who you need to collaborate with?" Each time their response was 'no'. I came to understand the reasons were that they were worried about stepping on each other's toes or opening themselves up to criticism of their methods. So none of those conversations ever involved anybody from the local governments, organisations or other UN agencies - which was really depressing!

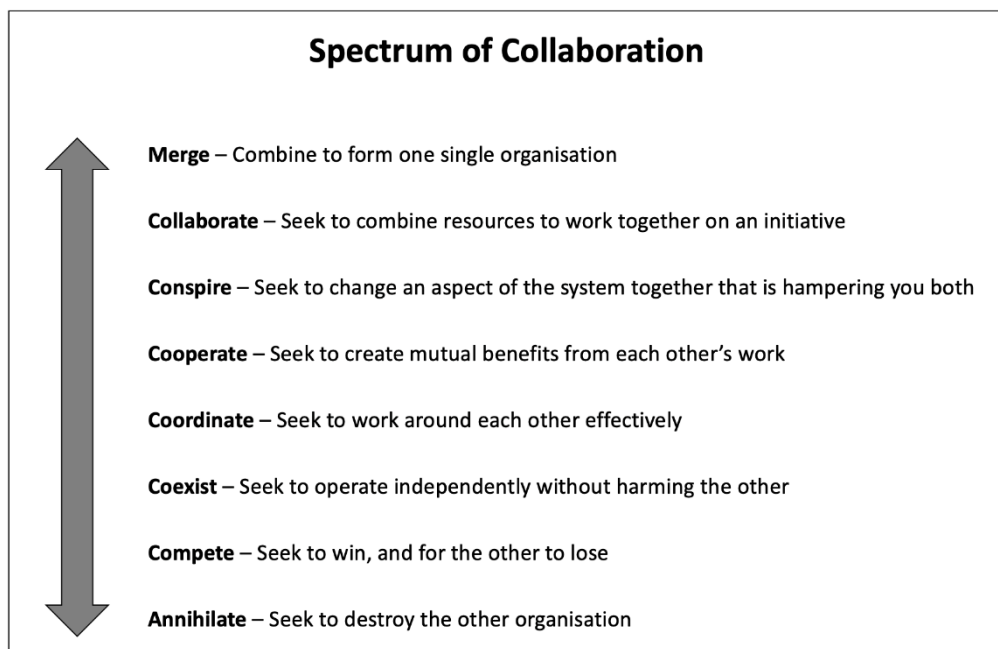
Yet we had the example of the WFP Zimbabwe Country Director called Eddie. We got a zoom connection with him in one of our strategy workshops. He was just full of positive energy and he basically blasted the group and said IT IS possible – but you have to approach it in a different way. He talked about the need to map the strategic interests the different organisations, find the overlaps and then look at what you could get started on working on achieving together.

In Wellington this could look like our organisations working together to understand the outcomes each is trying to achieve, identifying overlaps and seeking opportunities to explore working together.

Collaboration is a spectrum

The third is the idea that collaboration can be a big word that contains a lot of different meanings. At a conference a year or so ago I heard a man talking about a really way of looking at collaboration. He suggested that collaboration is hard because it involves labour – actually doing work together – co-labour-ation. It's great when it works, but also that it's really hard! He pointed out that just because you don't want to compete, it doesn't mean you have to actually collaborate – to work together on something. He suggested that there's a whole range of 'c' words in between. The first one is that instead of competing, you could 'coexist'. Moving further toward collaborating, you could 'cooperate'. Further again, you could 'coordinate'. Then you could look at how you might 'conspire'. He suggested that in many situations, perhaps instead of collaborating, the best approach might be one of these other 'c'-words.

I think question in here is: What kind of relationships can we design together? Perhaps we are better off aiming to do something other than 'collaborating'?



Summary

Overall, my belief is that creating a food system that is equitable and ensures that everyone eats well is a significant systemic challenge.

My understanding is that this kind of challenge requires lots of different people trying lots of different things and learning from each other about what works.

My encouragement is to these three things:

1. Positive Deviance - instead of focusing on problems, focus on looking for, and investing in what is working.
2. Identify Overlapping Outcomes – instead of starting with what we each DO, start by looking for people and organisations that are working to achieve the same outcomes.
3. Spectrum of Collaboration – instead of seeing collaboration as the only alternative to competing, could the best thing actually be to do something in between?

End of session feedback and discussion

- We'd like to see the Wairarapa being involved, we need this conversation in the Wairarapa
- One of the things I think is important is not to separate but to have 2 different spaces, one is fixing the emergency happening right now, which is not easy but as Justin said is measurable, and where moving into this really difficult stage and that's the long term change and that's the piece that everybody's really weary of, we kind of need to throw out a whole lot of stuff because the emergency is dealable and the next bit is really hard
- We did a lot of things differently over COVID, we wanted to help, we ended up doing 22,000 meals and a hell of a lot of grocery boxes and that was to support all the people who are vulnerable in Wellington, and we've never had to do that before, we put some efficiencies in place and we treated it like a business and tried to be as efficient as we could. We learnt a lot like how to get food to people quickly and how to get as much food into vans, vehicles, efficiently to people, we learnt a lot of food production at that time, we run 40 bars which were used to but in this case it was very different, producing frozen, microwavable meals which potentially could be part of the ongoing solution but certainly was more of an aid package more than anything else. I'm concerned we're slipping back to what we used to do and where we were, and might not being as efficient as we should
- What I'm really keen to see is action-oriented projects getting up, so maybe there's quite a number of them. There's an incredible sense of coming together and responding, but now we find ourselves in a place of wanting to be more regenerative and not just supplying, but some of the things were really reaching out for is working with food safety and mentoring in our kitchens something about connections, that may not have been what we were doing during an emergency
- I think your reporting back to the forum being what might be really useful would be like a food resilient fund, and you could suggest 2 or 3 projects that can come from our conversation because basically everything we've said needs to come, and that would mean that communities kind of driving that need as well
- How do we sustain change and the importance of naming things as the group, so as we've all generated this cause and articulated it explicitly what we've learned then that means we're able to incorporate this into what we do, but if we all come up with this individually and then come back as a team we don't have that conversation together
- I guess one thing that is super tangible like funding-like is starting with pre-existing things like community centres, it's all half funded, and supporting those pre-existing structures that need more support and then also creating a whole bunch more roles, because you can apply for funding to do this cool stuff but you need the people and the people to be supported to do that
- Thank you for your time and energy into organising this, it really feels like there is a movement going on across the region at looking at opportunities for how we can use the food systems and they are communities helping our people and for our planet, and I think that if this group can have a name and be a space for all the co-words that Justin was talking about it could be an opportunity to be anything other initially as other happening at the local government, and the national government is all over the place, so thank you and to me it feels like a movement and hope it has a meaning

- I think there is a need for a regional grouping, that's our food environment and our food goals, and I think some of us happy looking at that funding and thinking there's an opportunity of working all together, and do you do it as your city, your district or your region, and 'm really open as to how we do that, there's no need to compete
- I think often we end up focusing in on funding, which is obviously really important, but I think funding needs to sit, as we all exploring as learning that funding belongs to the health system, and one thing we haven't really talked about much today is and something I would love to see more of what Common Unity has been sailing this idea of what would it look like if we were an exemplar here in this region of food sovereignty and what would that look like, because then we can look at the opportunity of funding from government as a launch pad into collective creating our own economic solutions, rather than this, because otherwise as a movement, and whatever it is that we are, become a greater version of the things that we've discussed today
- It's not funding were looking for, it's the continuity of the process, of uniting and continuing our best to look after our communities any way we know how. Maori do have a lot of funding available to them, and how we utilise that it's a process we're working towards, because with the funding kiwi trained personnel to run these things, and we want them to train Maori in the nursing field, in the hospitality field, and our Marae networks are set up as a lot of us know to cater our community needs, we need Maori to support our council environments no matter what the scenario is. Totally support everything that's written on the board here, are we going to let go? Of course not. We are going to progress, and to see how we can diversify our networks through everybody here. It's the understanding we need to build on, and the connectivity we need to grow on and to maintain those connections and processes

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