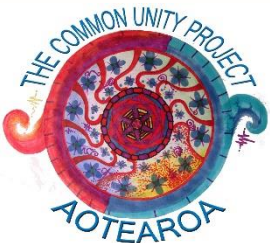


# Kai and Our Community: Doing Things Differently



**Regional Public Health**

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

## AGENDA OUTLINE

### Kai and Our Community: Doing Things Differently

Tuesday 17 November 2020 | 10am – 2.00pm

Kauri Room, Featherston Community Centre

***‘Growing a food resilient region together where everyone has access to good food’***

Lunch will be provided by Common Unity Project Aotearoa and sponsored by Regional Public Health

10.00am	Welcome and introductions
10.20am	Developments since the July Hui Working with the Mayoral Forum
10.35am	<b>A Network:</b> Reasons for a Network
10.45am	Morning Tea
11.00am	<b>How will we develop the Network</b> <ul style="list-style-type: none"><li>• How would you like the Network to be known?</li><li>• How would you like to build a common vision and mission together?</li></ul>
12.00 noon	Lunch
12.45pm	<b>What</b> <ul style="list-style-type: none"><li>• What would you like the Network to see and do next?</li><li>• What would you like to give or bring to the Network?</li></ul>
1.15pm	How can we tell when the Network is effective?
1.45pm	Next steps
2.00pm	Finish



# SUMMARY

## How will we develop the Network?

### How would you like the network to be known?

- Is a network that is mana enhancing.
  - A collective where every voice is heard.
  - Is strengths based 'all bringing different flavour to soup'.
  - Incorporates a model of reciprocity.
  - Acknowledges that different levels of the approach will have different strategies to achieve their goals.
  - Sees importance of having food businesses within these discussions.
  - Share resources.
  - A network that gives the user choice.
  - Creating a network where both micro and macro actions take place.
  - A movement rather than a network.
  - Suggestion of calling the group: **'As the bellbird sings'**.
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### How would you like to build a common vision and mission together?

- Co-design: hand-in-hand.
  - Identify who is part of the conversation and who is missing and include them in this process.
  - Utilise our wider networks to feed into the common vision and mission together.
  - Reimagining our system.
  - Needs an umbrella to connect the dots in an efficient way.
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### Areas of the system that need to change

- Food banks: model of food bank has evolved- get our head out of the old model. When people choose it's much more empowering than people being given what to eat. Developing different models for how things work for communities.
  - Attitudes of staff in food banks: change to a mana-enhancing practice.
  - Move from a linear to a circular economy.
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### Strong things happening that we can grow from? "Pride Spots"

- Foodbank in Martinborough model: Has a proxy price for food, fruit and vege comes at no cost.
- Customers are given a voucher with a proxy value to assist them with budgeting. Have found that people typically only eat what they need and return what they have not used.
- Has been much more empowering. Has changed the way of thinking and has changed the charity idea.
- College students cooking meals as part of home-ec class
- Earth School, South End School – school garden incorporated into their education
- needs a gardener to support it
- kids teaching adults
- Garden to Table projects, Common Unity

- Meals connecting to people/other issues, e.g. people released from prison without transition
- Things that came out of COVID-19
- Pantry challenge
- Provide opportunities for people to give back as well as receive
- Time bank
- Volunteer – Kaibosh
- Cooking surplus food into meals e.g. emergencies via Police
- 2 generations now have lost skills of cooking
- vouchers to purchase resources after a class, e.g. cooking class – voucher for resources or to events in community – belonging and connection
- Sharing knowledge, e.g. recipes, surplus – food shared in a network
- Network – has a name, logo (safe)
- Idea: get knowledge from people at home – record what they cook at home  
- Recipes = linked to videos to overcome literacy issues
- MoUs = collaboration with partners so no duplication of services

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### Other food-based initiatives to consider: ‘a new way of working’

- Changing the way cooking classes run to have a greater purpose such as providing food to their community.
- Providing YouTube videos so those who are illiterate can participate.
- Food rescue- having a central hub that’s safe for people to pick up from. This includes a hub that is associated with an orchard so that people can freely access fruit and veg from these orchards.



## What would you like the network to see and do next?

- Community ambassador: is a central person who collects information from the community and communicates it with the network. This same person would also disseminate information from the network out to community.
  - Communities know their neighbours and are able to identify what each other needs within the system.
- Make ourselves redundant:
  - Move from food charity to food resilience
  - Address current structural issues within the food system
- Increased collaboration:
  - Dissolve silos
  - Create an integrated approach
  - Strong communication between community, agencies and food distributors.
- Te Pa Harakeke Model
  - Whanaunatanga, manaakitanga
  - Mana enhancing approach to work
    - Allowing people sovereignty within their food insecurity
  - Bottom-up
  - Basket – food basket, knowledge, people, whakawhanaungatanga, food theme, contribute and give from basket
- Improved relationships with iwi
  - Maintaining relationships by regularly checking in with Marae
  - Meet on a marae
- System coordination
  - Development of a central hub. This would hold the space of funding, collecting funding so that agencies can be with community rather than getting funding.
    - Utilise existing groups/networks.
    - Build on interconnectedness
  - Connecting the dots and allowing people to know what is out there.
    - What can they give
    - What they need
  - Reduce double-ups
    - Central hub to distribute food
  - Space for collective funding collection and allocation
  - Lobby government through collective system
    - Challenge current misconceptions
    - Bottom-up acknowledgement for sustainable processes
    - Appears to be an appetite/ agenda for this work with the recent disasters (COVID-19, earthquakes)
  - Increased consultation at a local level.
  - Advocacy
    - Elected members/ council staff
    - Community groups/ volunteers
    - Businesses
  - Regular communication between hui

- To keep connected
  - Updates
  - Shared communications
  - What's happening in community
- Collective data collecting
- Mana-enhancing approach
  - Allowing people to choose:
    - Their food (not just given what they 'need').
    - To learn to garden/ cook
    - To give back
  - Foodbank volunteers advocate community
    - Garden – grow, harvest, (recipients), cooking classes – pass on “share skill/meals”
    - Educate – gardening, cooking, sharing resources, “Enviro/Earth Schools”
  - Destigmatise people
- Achieve health at all levels of the system
- Channel – food = source for connection
  - And care and community – reciprocity – “cooperative” –SWAP
  - Entry point for address social isolation
  - Frozen meals to agencies providing other support – bigger picture of support
    - Health gains
    - Social gains
    - Community
    - Connectedness
    - Less charity

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### **What would you like to give or bring to the network?**

- Bring a new way of thinking to our current food system.
- Unique initiatives and actions.
- Grass roots level: focuses on building connectedness and extending reach.
- A process where clients can say what they want.
- Advocacy
- Passion/ enthusiasm
- Active engagement
- Unique voice
- Voices at both government and local level
- A collective focus
- Talking in our networks
- Mobilise people
- Effective communication of 'good news' stories' to encourage others.
- Collective knowledge of what's happening in our area and leveraging off this e.g. community voice, projects, interventions, MOU, to be used as community resources
- Active engagement
- Brining these messages and mahi to our own networks and community
- Being both internally and externally focussed



- Unique perspective as key producer/grower of food in the Wairarapa where as other areas consume only

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#### How can we tell when the network is effective?

- Communication and relationships between agencies and recipients are thriving.
- Collaboration The network is kept up-to-date with regular communication.
- Network feeds back into the wider system.
- The network is influencing change at the government level.
- Knowledge is shared.
- Simplifying online food purchases and distribution
- Points based card system
- Give or bring to the Network – client voice – direct contact intake interviews – needs surpluses
- When knowledge and resources (digital/paper/video/etc.) are known about, shared and used
- When communities and neighbourhoods are taking their own initiatives to meet local/neighbourhood needs (=indicator of success)
- When X% of carbs/greens are locally sourced




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#### Other

- Who can this conversation be supported by when it goes out to the mayoral support.
- Financial capability - food is the thing that is the last on the list. Idea that needs to be options for people who are reliant on revisiting Assistance for food not just food bank.
- Benefit of community knowing its community e.g. neighbours knowing their neighbours.
- Would like the group to be known as 'Where will the bellbird sing' as this fits into the whakatauki for the harakeke model.
- Create a closed Facebook page

## SIGN IN SHEET

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