

# IMAGINE IF OUR KAI SYSTEM NOURISHED OUR WHĀNAU AND WHENUA




Kaitiaki Love-Edmonds stands proud in the mara

A kai system that is nourishing physically, spiritually and socially is fundamental to the mana and wellbeing of our communities.


## OUR CHALLENGE

 Many of our people cannot access kai in the way they need to, in order for whānau and whenua to flourish.

 Over the last decade the level of food insecurity, food poverty and environmental damage associated with our current food system has become increasingly apparent.

 It was an eye opener looking after my own health after losing people to diabetes and other health related diseases, because I was heading down the same track.



 The food budget is the first thing that goes. When you've got high rent, fixed costs, ..food is the first thing that people have visible control over.

Kai connects us to the past, present, and future. Kai is about whakapapa, and tethers us to our tūpuna, mokopuna and whānau. When kai is nutritious and healthy, it contributes to the health of our wairua, hinengaro and tinana. When kai is locally grown and caught, it connects us to the whenua and moana. Over the last decade, the inequities of the Aotearoa food system have become increasingly evident. To improve the food system, it is imperative to create a system that nourishes our communities physically, spiritually and socially.

# DESIGNING A KAI SYSTEM THAT IS GOOD FOR OUR PUKU, PLANET AND POCKET



**Influence** those that make decisions about how the whenua is used, the quality of our water and how kai is distributed.



Build our knowledge and **learn** mātauranga Māori through kōrero tuku iho, working alongside those that have mātauranga and expertise, learning by doing.



Working alongside our partners and community to **tautoko** and support their kaupapa and the impact they are creating for their communities.



**Connecting** people and organisations working in the kai system for collective impact.

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Bringing kai sovereignty back to our people will allow communities to affirm their relationship with their land, water and ancestors on a daily basis.

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## OPPORTUNITIES FOR IMPACT



### Community organisations and champions

Communities that are closest to the issue are also closest to the solution. By working collectively we can tautoko and strengthen each other and create greater impact.



### Local government

Councils have the land, connections and resources to support community led action to create a sustainable, regenerative kai system. The decisions Councils make can either contribute to or undermine our communities' ability to make good food a reality for every whānau.



### Pūnaha Māori

Ko te kai he rongoā, ko te rongoā he kai! Food is medicine, medicine is food. Our te ao Māori approach to the kai system includes pātaka kai, maara kai and alignment to the maramataka, using Māori views on the environment and sustainability principles.