



KITCHEN TABLE TALKS

Consultation Summary

March to June 2021

**healthy
families**
East Cape

Making Te Tairāwhiti a place where everyone has access to affordable and nourishing food and having a local food system that is regenerative and protects natural resources

We're excited to share with you the findings we heard during the Kitchen Table Talks in Te Tairāwhiti.

Ngā mihi

Thank you to everyone in the Tairāwhiti community who shared their time, experiences and ideas with us, the local food businesses and wider community who supported and enabled this work.

Kei te mihi atu ki ngā kai tautoko o tēnei mahi tae atu ki te hunga tuku kōrero mai ki tēnei kaupapa o Te Mahinga Kai o Te Tairāwhiti. Nā koutou i kaha rawa nei ki te hautū i te kaupapa kai nei mō mātou o Te Tairāwhiti.



ABOUT OUR KITCHEN TABLE TALKS

“Kitchen Table Talks approach is a brilliant motivator for whanau to engage.”

— Local Tairāwhiti resident



From March 2021 to July 2021, the Te Mahinga Kai o Te Tairāwhiti collective embarked on a Kitchen Table Talks community engagement across Te Tairāwhiti taking the form of a guided conversation in which participants were invited to share their experience, ideas and perspectives for Tairāwhiti's food future.

A Kitchen Table Talks Discussion Document was released to guide this process.

The Kitchen Table Talks engagement process was conducted by Healthy Families East Cape.

A SNAPSHOT OF THE KITCHEN TABLE TALKS

HOSTING UP TO

19

KITCHEN TABLE TALKS

INVOLVING UP TO

167

PEOPLE

PROMOTING

3

PUBLIC KITCHEN TABLE TALK EVENTS

We held Kitchen Table Talks at:

- Community Centres
- Community Gardens
- Private gardens
- Whare Hauora
- Educational Institutes
- Private Residences
- Workplaces
- Government Organisations
- Marae
- Cafes

At...

- Gisborne Central
- Te Hapara
- Elgin
- Tolaga Bay
- Kaiti
- Waituhi
- Waipiro Bay.



WHAT WE LEARNED

We identified 11 top concerns and 10 top solutions that emerged from the Kitchen Table Talks. These themes are meant to serve as conversation starters to help inform a Tairāwhiti community-owned food strategy and action plan and do not reflect all of the amazing learnings and ideas from our community.

We hope to encourage more sharing to inspire and support to improve our local food system.

*“Sustainable and regenerative approaches – the vision for the future must be healthier than the present”
— Local Tairāwhiti resident*



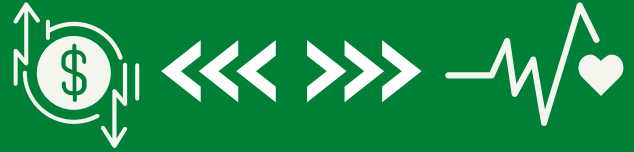


WHAT WE HEARD: CHALLENGES

Top 11 concerns in order of what we heard the most



We have created a
**DEGENERATIVE
FOOD SYSTEM**
that does not protect
or value our taiao.



**OUR ECONOMIC
PRODUCTIVITY AND
WELLBEING IS VIEWED AS
SEPARATE**

as oppose to being viewed
together.

**LACK OF ACCESS
& AFFORDABILITY**
to healthy food.



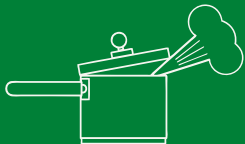
**OUR PHYSICAL & SOCIAL
ENVIRONMENTS**

have played a large part in
our bad eating habits.



**TIME POVERTY
IS REAL**

and our busy modern
lifestyles influences
poor food choices.



**WE ARE LOSING OUR FOOD GATHERING,
COOKING AND GROWING SKILLS &
KNOWLEDGE.**

**REGULATIONS
MAKE IT DIFFICULT**

for permissable
gathering, selling and
consumption of food
i.e. maara kai, kapata
kai, mahinga kai.



GROWING DISCONNECTION

between people and knowing
where our food comes from.

**UNCONTROLLED URBAN
GROWTH &
ECONOMIC ACTIVITY**

has the potential to
reduce land available for
food production.



**TANGATA WHENUA
ARE OFTEN LEFT OUT**

of conversations and
decision making.



Our environments make
**UNHEALTHY FOOD
ACCESSIBLE & AFFORDABLE**
that leads to poor health.

WE HAVE CREATED A DEGENERATIVE FOOD SYSTEM THAT DOES NOT PROTECT OR VALUE OUR TAIAO

1

"Our natural environment kāpata kai are being polluted"

"If you want something from the land you've got to give something back"

"We value the economy over our environment. This impacts diversity"

"We continue to make decisions where sustainability has no place"

"Commercial growers are polluting our streams & rivers"

OUR ECONOMIC PRODUCTIVITY & WELLBEING IS VIEWED AS BEING SEPARATE AS OPPOSE TO BEING VIEWED TOGETHER

2

"Government won't remove GST from vegetables, fruit & unprocessed foods"

"Food is full of sugar, colour and all the things that makes us want more. We feed this to our babies and they get used to it"

"As a nation we are enabling it as a business & economy and thinking it's a good thing. Why are we even allowing 7 or 8 different fast food outlets in Gisborne?"

"People's health is affected by the big consumption of dairy & meat. Dairy industries are the biggest pollutant's"

"We are not tough enough. We should not even be allowed to have half of the food in our supermarket or in our country. Why do we allow a whole aisle of sugary food to sell then we worry about things like diabetes?"

OUR PHYSICAL & SOCIAL ENVIRONMENTS HAVE PLAYED A LARGE PART IN OUR BAD EATING HABITS

"We are the packet generation because it is cheaper to eat that way"

"Fresh produce is more expensive. I can buy a big bag of chips and a bottle of coke and it'll be cheaper than a bottle of water & fruit. Ask yourself!"

"Developed a negative association with healthy food because it's too expensive and not accessible!"

"People are listening and seeing what is being marketed – its terrible. Do we need all those products that are affecting our health & environments?"



LACK OF ACCESS & AFFORDABILITY TO HEALTHY FOOD

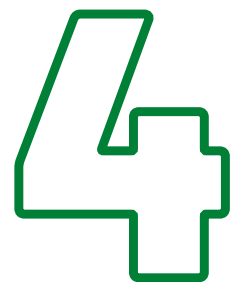
"Why is it more expensive to eat healthier? That's playing right up!"

"Takeaway food is easily accessible"

"Unhealthy kai is affordable & accessible"

"100% too expensive to eat healthy"

"People have to be able to afford healthy kai"



TIME POVERTY IS REAL & OUR BUSY MODERN LIFESTYLES INFLUENCES POOR FOOD CHOICES

5

"Preparing kai is time consuming"

"Time poor. We live in a society of convenience"

"Shifted away from the simplest way of life. We need to slow down"

"Parents working fulltime and have no time"

"Everybody is too busy these days. We eat out - a lot"

WE ARE LOSING OUR FOOD GATHERING, COOKING AND GROWING SKILLS & KNOWLEDGE

6

"We were never taught"

"Lack of knowledge and education"

"Old teachings lost with elders passing away"

"At school we only get taught a little bit about the stories here"

"No idea on how to cook"

REGULATIONS MAKE IT DIFFICULT FOR PERMISSABLE GATHERING, SELLING AND CONSUMPTION OF FOOD I.E. MAARA KAI, KAPATA KAI, MAHINGA KAI

"There is a barrier between GDC and our people. They don't listen to us. They are trying to solve problems without looking into our lived experience."

"We say it's our land yet we are blocked access by forestry"

"Government put me in a confronting situation taking away my right to sustain myself & my ability to want to feed my family"

"People found a way to make money out of our kai and as a result it has affected us"

"We are out competed for our kai it makes me emotional to think about it. Our people are not able to access kai in our own backyards"



GROWING DISCONNECTION BETWEEN PEOPLE AND KNOWING WHERE OUR FOOD COMES FROM

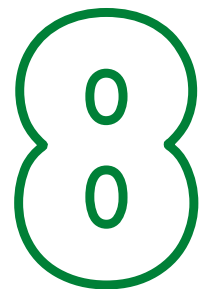
"Disconnected from mauri ora. Taking out our connection and whakapapa from kai means a dependence on supermarkets"

"How and where we purchased food & where it came from has changed"

"We've been taught to be individualists. This makes collaboration difficult"

"We had strong communities in the past, not the same today"

"People have lost the passion to cook food & togetherness"



UNCONTROLLED URBAN GROWTH & ECONOMIC ACTIVITY HAS THE POTENTIAL TO REDUCE THE LAND AVAILABLE FOR FOOD PRODUCTION

9

"Economic development & housing pressures have taken space for us to grow our own orchards and kai"

"People don't have homes. We are in a crisis. Where is the land to produce food?"

"Lack of green space opportunities to create and produce food for yourself"

"Sections are getting smaller. Not enough room to grow food. This is driven by housing shortage"

"Jobs are a distraction. Look at other land use models for different opportunities"

TANGATA WHENUA ARE OFTEN LEFT OUT OF CONVERSATIONS AND DECISION MAKING

10

"GDC are testing water in places that are waahi tapu"

"The place of which reo & culture come from are guided by kai"

"Food sovereignty is the right for indigenous people to have healthy, culturally appropriate food through ecologically sound and sustainable methods"

"It is our right as Māori to define our food systems and the ability to have control over our food systems. The biggest coloniser is the control of food by someone else in order to sustain yourself"

"The production, collection, harvest & storage of food was a mainstay which included cultural values around food & practices"

OUR ENVIRONMENTS MAKE UNHEALTHY FOOD ACCESSIBLE & AFFORDABLE THAT LEADS TO POOR HEALTH

"Obesity is on the rise"

"We have heaps of takeaways in Kaiti. There is no fruit & vege place anymore. Just fish & chip shops, bakeries & dairies on every corner"

"We are what we eat"

"We explored the colonial environment that displaced us through the introduction of different legislation that affected our physical and emotional health"

"How do we get kids excited about healthy food? It is easy to get takeaways"

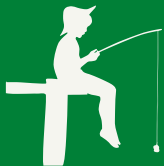




WHAT WE HEARD: SOLUTIONS

Top 9 solutions in order of what we heard the most

Revive traditional practices such as



**MARAMATAKA, MAARA
KAI, MAHINGA KAI,
FISHING & HUNTING**

as part of the kapata kai
that sustains whānau.

Increase awareness and
advocacy of

**MAHINGA KAI
AND KAPATA KAI.**



Increase awareness
and understanding
about

**MANAAKITANGA AND
KAITIAKITANGA,**

collective approaches as iwi,
hapū and whānau, and Māori
settings such as the taiao
which sustain us.

**GROWING/COOKING/
PRESERVING/STORING/
BUDGETING/NUTRITION**
classes or workshops.

**GREATER SUPPORT AND
INCENTIVES**
for local food growers and
businesses to provide healthier
food options.



Partnership involvement of
**DIVERSE COMMUNITIES WITHIN LEADERSHIP,
PROJECTS & INITIATIVES**

and at the decision making table.



Increase
**ACCESS TO
HEALTHY FOOD**
and our practices for
growing and preparing kai.

Increase advocacy work around the
**DRIVERS OF
WEALTH CREATION**

including housing,
cost of living,
employment &
adequate income.



**USE POWERFUL METHODS, MINDSETS, CREATIVE &
PARTICIPATORY APPROACHES**



to build positive social connections between people
and the places that they live.

REVIVE TRADITIONAL PRACTICES SUCH AS MARAMATAKA, MAARA KAI, MAHINGA KAI, FISHING & HUNTING AS PART OF THE KAPATA KAI THAT SUSTAINS WHĀNAU

"Educate the younger generations to enhance strength and whanaungatanga. Use the maramataka as an active practice"

1

"We had a strong history of people that would live off the land. As hunters we are educating ourselves to source protein & veges including trapping stoats, possums and rats"

"Need a bigger picture thinking of Papatuanuku and everything in its holistic way. If you don't have that you don't have the basis of food sovereignty"

INCREASE AWARENESS & UNDERSTANDING ABOUT MANAAKITANGA & KAITIAKITANGA, COLLECTIVE APPROACHES AS IWI, HAPŪ & WHĀNAU, AND MĀORI SETTINGS SUCH AS THE TAIAO WHICH SUSTAINS US

"There are intergenerational stories on our road, it's about bringing it back"

"Manaaki tangata & aroha happened all the time around kai. We looked after each other & had a communal garden. Traditional practices are important"

"We want to learn about traditional practices, gathering and maramataka"

"Whakapapa of food forms meaningful relationships & experiences"

"Practice kaitiakitanga to restore our kāpata kai. Bring back the reo that is associated with producing your own food"

2

INCREASE AWARENESS & ADVOCACY OF MAHINGA KAI AND KAPATA KAI

"Building each other up by sharing knowledge & ideas. Kotahitanga! Coming together & creating"

"Keep connections alive by celebrating around kai"

"Our people, young ones are so disconnected from our taiao. We want to be in a state where we are able to harvest species that build up our people"

"Support whānau based programs to grow the collective knowledge. The whānau want to engage & they want opportunity to do this just like kitchen table talks"



GROWING/COOKING/PRESERVING/ STORING/BUDGETING/NUTRITION CLASSES OR WORKSHOPS

"Grow your own vegetables, it's worth looking into"

"Grow kai + Physical activity = Ora te whānau! / healthy family. Food preservation to ensure food access across seasons"

"We need gardening workshops"

"Teach us how to make basic simple food that is accessible to us. This is a basic survival skill that we have to have like how to make basic spaghetti Bolognese"

"A solution is to create co-operative gardens, community gardens"



GREATER SUPPORT & INCENTIVES FOR LOCAL FOOD GROWERS & BUSINESSES TO PROVIDE HEALTHIER FOOD OPTIONS

5

"A green trade system where you trade food instead of money. Trade fruit, veges, meat, seafood & homebake"

"Young people spread ideas of buying local via social media"

"Create examples like 'my food bag' and make it local food"

"Bring the parents into the schools as volunteers so they can learn with their children. This way you are educating, upskilling, they are contributing and the kids are getting good food"

"Buy ready made and support local sellers"

PARTNERSHIP INVOLVEMENT OF DIVERSE COMMUNITIES WITHIN LEADERSHIP, PROJECTS & INITIATIVES AND AT THE DECISION MAKING TABLE

6

"Te Tiriti o Waitangi Partnerships. Making decisions together"

"Invite iwi to the table instead of just telling us what is going to happen"

"Young people have a voice into what is being done to the whenua and influence decisions"

"Creating different ways of engaging like kitchen table talks to have our say.

Consumers can help with positive change by voicing their concerns"

"Have a specific environment person around the table to speak for the environment because it can't speak for itself"

INCREASE ACCESS TO HEALTHY FOOD AND OUR PRACTICES FOR GROWING AND PREPARING KAI

"Create a space for excess food to be shared"

"Buying local means it is fresher and produced in an ecologically balanced way.

Support local growers"

"Collaborating, bringing together different gifts/skills/interests. You grow that I will grow this...a role for everyone"

"Rural communities have better access to natural environments to source kai. We could do food swaps with those that live in town."

"Generational influence. Kai wānanga at the marae. People bring their kai and we sit, learn, share and have fun"



INCREASE ADVOCACY WORK AROUND THE DRIVERS OF WEALTH CREATION INCLUDING HOUSING, COST OF LIVING, EMPLOYMENT AND ADEQUATE INCOME

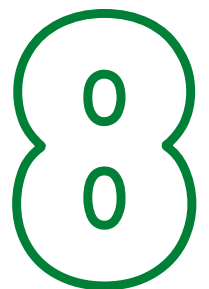
"Remove tax for healthy kai. Fresh produce is dearer than sugar foods. Sugar tax"

"Polluter pays for bad forestry practices. Grow jobs that take us away from the corporate companies"

"Lobbying contributes to a healthy system. Sugar tax and tax on smoking"

"Subsidize or local offering. Look after your own first"

"Increase wages, increase benefits. Make the living wage mandatory"



USE POWERFUL METHODS, MINDSETS, CREATIVE & PARTICIPATORY APPROACHES TO BUILD POSITIVE SOCIAL CONNECTIONS BETWEEN PEOPLE AND THE PLACES THAT THEY LIVE

"Understanding people's aspirations. Small step to positive change."

9

"Take purposeful steps like the whānau model so everyone has a role that is contributing to the bigger picture and works for all of us"

"Small changes. Walk the talk. Keep it simple and practice what you know"

"Do what you can today, start small. One thing determines success and its grit and a tonne of guts. You gotta stick to it. Everytime the course gets you down you've gotta do it one better. It's when you quit that the dream is dead"

TAIRĀWHITI COMMUNITY-OWNED FOOD STRATEGY & ACTION PLAN

These consultation findings will directly shape the creation of a Tairāwhiti food strategy and action plan, along with further consultation with our Te Mahinga Kai o Tairāwhiti collective partners which will also be informed by extensive prior research and documentation into food and health challenges in Te Tairāwhiti.

OTHER THINGS TO BEAR IN MIND

- While the intent is for the findings from these Kitchen Table Talks to directly feed into a Tairāwhiti community-owned food strategy, with input and ownership from a range of Te Mahinga Kai o Tairāwhiti partners, the aim for it is also, in essence, to be a people's food strategy and action plan, directly informed and shaped by the lived experiences, knowledge and incredible ideas of people who work, and play here and call Te Tairāwhiti home.
- We couldn't reach everybody! Our Healthy Families East Cape team worked hard to reach as many people across Te Tairāwhiti as we could, from all walks of life but it is also important to note that as with any consultation process there was self-selection through the Kitchen Table Talks events themselves. We heard from the people who chose to engage with us, and who our communication channels managed to reach so cannot pretend that this is a true representative sample of everyone's views and challenges who live in Te Tairāwhiti. This is why the food strategy and action plan will also be informed and shaped by a strong research and evidence base.

TE MAHINGA KAI O TAIRĀWHITI



Te Mahinga Kai o Tairāwhiti is a cross-sector collaborative to grow an affordable, nourishing and sustainable local food movement in Te Tairāwhiti.

It's a grass roots movement for change, driven by local people, seeking to support and develop local solutions to the challenges we face in food and health.

Together, the Mahinga Kai o Tairāwhiti movement is creating a strong, vibrant and resilient local food community in Te Tairāwhiti.

We are working to activate initiatives across some of the critical gaps in our local food system and believe that local problems require local solutions.

Members of Te Mahinga Kai o Tairāwhiti include:

Rongowhakaata Iwi Trust, Hukurangi Enterprises, Supergrans Tairāwhiti, Gizzy Kai Rescue, Hauora Tairāwhiti DHB, Trust Tairāwhiti, EIT Tairāwhiti Rural Studies and Cobham School.

LOOKING BACK...



August 2020 to August 2021

- Formation of the Te Mahinga Kai o Tairāwhiti food movement
- Background mapping report of the Tairāwhiti system released
- Creation of a food system profile for Tairāwhiti and insights from Tairāwhiti people
- Extensive community and stakeholder engagement
- Te Mahinga Kai o Tairāwhiti case study
- Kitchen Table Talks Discussion Document
- Kitchen Table Talks case study
- Kitchen Table talks consultation summary released

JOIN OUR MOVEMENT

Let's build on these ideas and thought starters from our Kitchen Table Talks to understand the challenges and opportunities more deeply to support people living in Te Tairāwhiti to have better access to affordable and nourishing kai.

We have all of the ingredients we need to grow a vibrant, strong and resilient food future. Over to you!

So we all know there are great things already happening in the face of these challenges, and that there is still a lot to do!

What existing work can be expanded or better supported?

What new initiatives do we need to make happen?

What are the most strategic actions we can take for greater impact?

FIND OUT MORE



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