



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



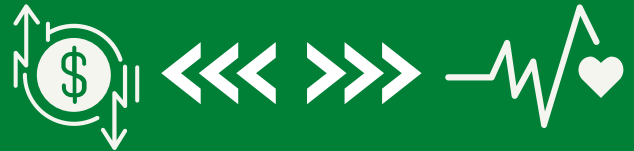


WHAT WE HEARD: CHALLENGES

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.



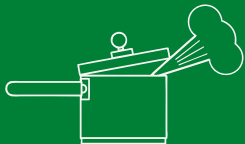
**OUR PHYSICAL & SOCIAL
ENVIRONMENTS**

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.



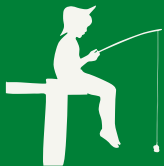
Our environments make
**UNHEALTHY FOOD
ACCESSIBLE & AFFORDABLE**
that leads to poor health.



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.

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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