

# **Nгаа Mahi aa Te Ringawera Takaookai**

**Cuisine and Community Gardens Project**

**Te Huinga A Matariki Ki Tuhoe**



# Cuisine & Nutrition Skills Development Presentation Outline

- Background
- Course approach
- Course development
- Course Outcome





**Te Huinga A  
Matariki Ki Tuhoē  
Māori Women's  
Welfare League**

# **Nga Mahi aa Te Ringawera Takaookai Project Logic Model**

**te ao Māori**

**te ao hurihuri**

**Nga Mahi aa  
Te Ringawera  
Takaookai**

**Short Term  
Outputs**

Cuisine course

**Intermediate Outputs**

Strengthening Community  
knowledge & skills in  
nutrition

**Long Term  
Outcomes**

Improving health  
outcomes for Tuhoē



**Te Wharekura o Ruatoki –under used garden space**



**Under utilised school shade house – in need of restoration**



**Cuisine participants filling innovative plant grow bags**



**Laying out the grow bags and planting**



**Very legal thriving green plants**

# Cuisine course – Te Wharekura o Ruatoki



# Tauarau Marae –Focus on vegetables



# Applying the Skills – Tribal Executive Monthly Meeting



# Tauarau Marae – Students Cater for Major Christmas function



# Bread making



# Bread varieties – same recipe



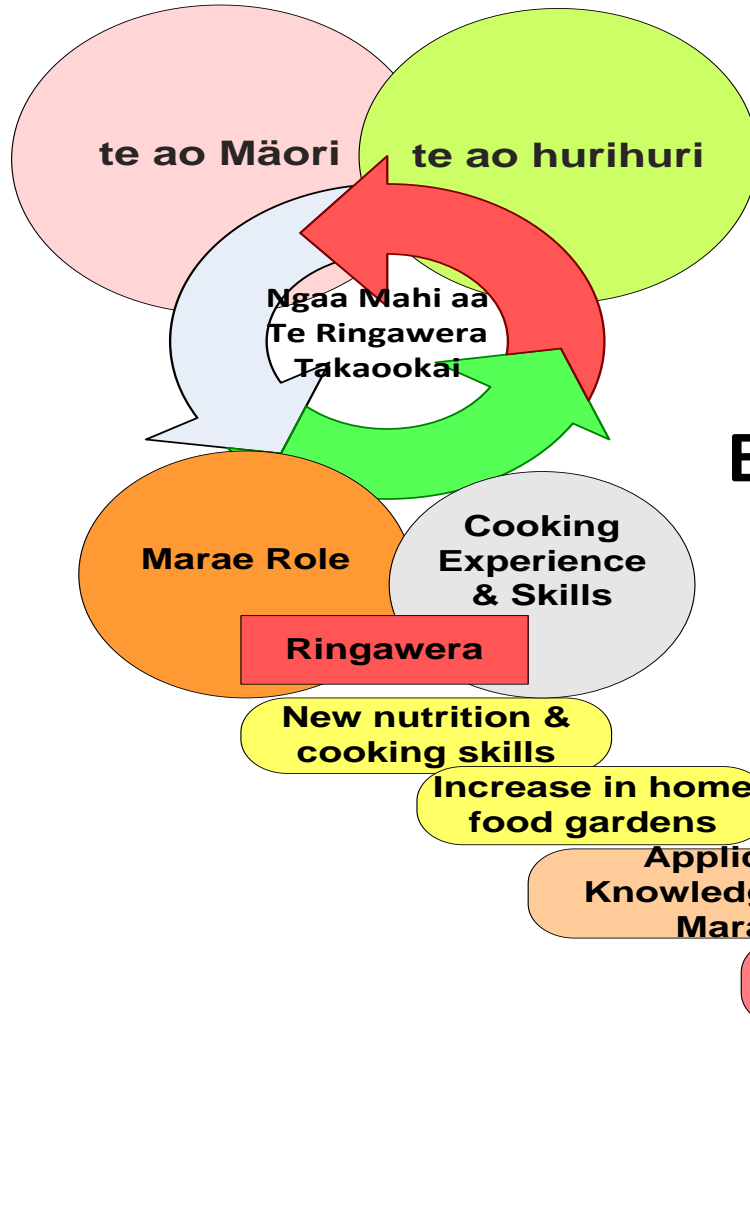
# Sushi - Fiddly but Fun



# Ruatahuna – Catering for Govt Agency Hui



**Nga Mahi aa Te Ringawera Takaookai  
Outcomes**



**Independent Project  
Evaluation Findings Outcomes  
Achieved**

# What Next ?

Application with funders for extension of the programme:

- Whole of coastal BOP project
- Collaborative development with PHO
- Inclusion of Physical activity



# For Further Information

Te Huinga a Matariki ki Tuhoe

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