



Ngati and Healthy

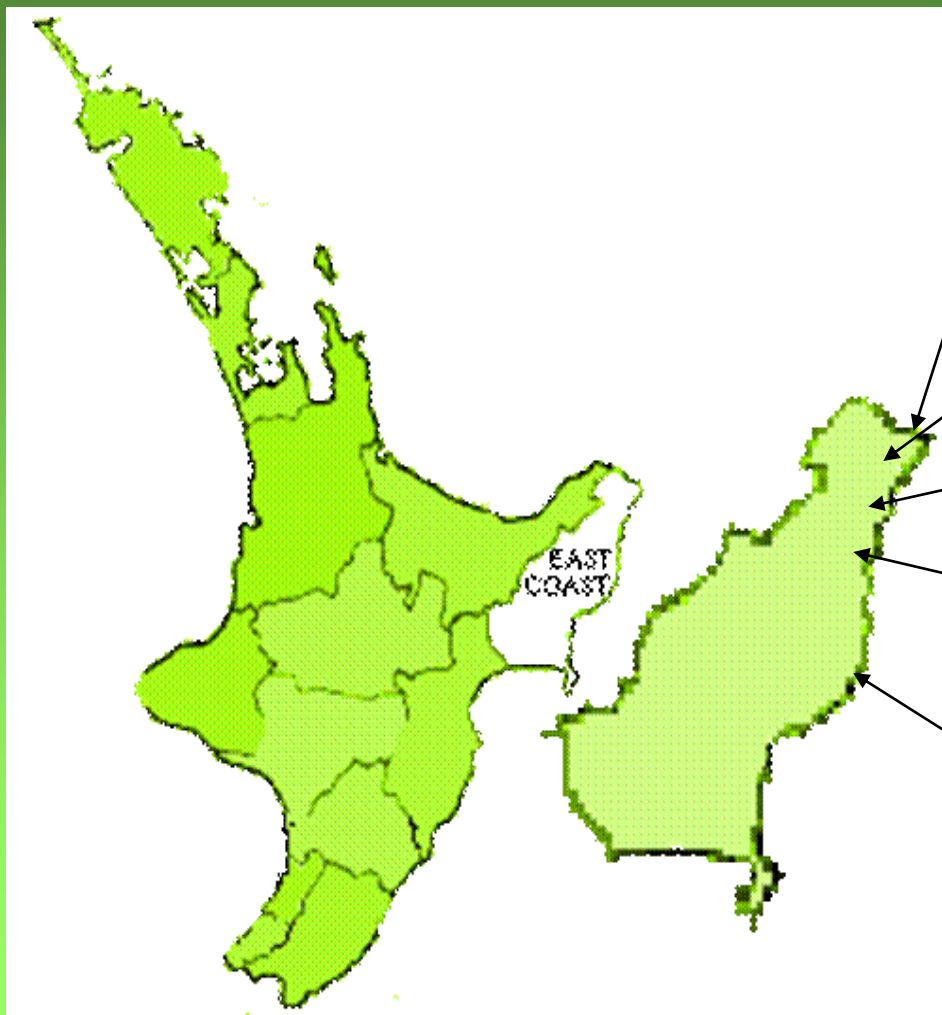
Feeding
our Futures

“KAI ORA KI MATAKAOA”



Roger White (Ngati & Healthy, Kai- awhina)

Where is Matakaoa?



**Matakaoa (Te Araroa,
Hicks Bay, and Potaka)**

Waiapu

Ruatoria

Tokomaru Bay

Tolaga Bay

1). Harvesting, Preparing
Cooking and Preserving foods.



2). Community
garden and
planting fruit trees



Wananga

3). Food
gathering:
fishing/ diving
hunting





Aim of Wananga

To support whanau to;

1. Preserve food (bottling, dehydrating, juices, jams, relish and chutney).- all produce sourced locally.
2. Bake healthy recipes (using oil instead of butter, reduce sugar, wholemeal bread, lemon cake, semolina cake, anzac biscuits).
3. Prepare a cheap, healthy meals (pumpkin soup, sushi, pasta, stir fry, couscous salad, apple crumble, rice paper wraps)
4. Gather food (fishing, diving and hunting).
5. Grow and harvest food (garden and fruit trees)

Preserving Kai



Preparing Healthy Kai



Eating Healthy Kai



Gathering Local Kai



Gardens & Fruit trees



Measuring success

Parents ringing up for recipes-

Parents buying food dehydrators, and refilling their jars with produce from their backyard.

“Most men I have seen in the kitchen for a long time”

Write up in local newsletter- *“Pot’s were bubbling with fruit, and vege’s being prepared for bottling and turned into relish and chutney. Tables were laden with nutritious kai all weekend”*

Sustainability- whanau are keen to continue having wananga every school holidays.

Community garden and food gathering activities to supply food for the next wananga.



Mauri ora from Matakaoa



Many thanks to Feeding our futures, Ngati Porou Hauora Kai awhina (Erina and Linda), Hinemaurea Marae, Mana Tangata ki Matakaoa, and all those who participated, Mauri ora