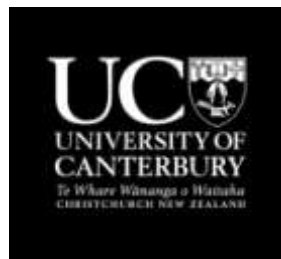


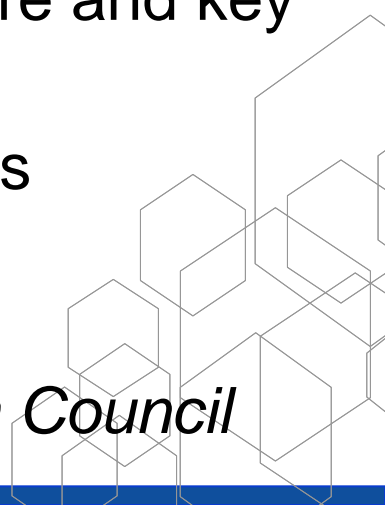
Enhancing food security for Māori, Pacific, and low-income families



Enhance project

- Aim to understand environmental influences on food security and identify solutions
 - Literature review
 - Focus groups
 - Identification of contributing factors and points of intervention (complexity theory)
 - Defining opportunities for intervention (workshops)
 - Evaluation of potential interventions (literature and key informants)
 - Portfolio of policies, programmes and actions

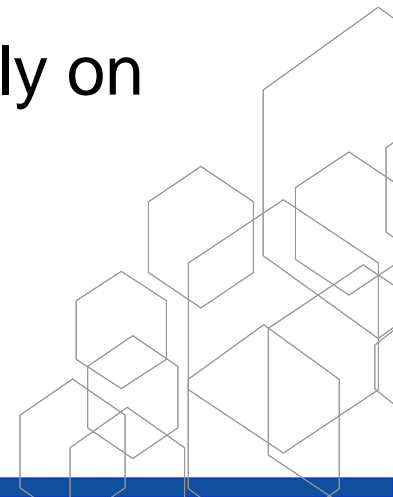
Funded by Ministry of Health and Health Research Council



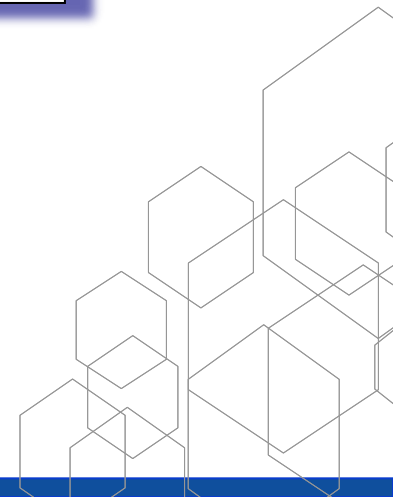
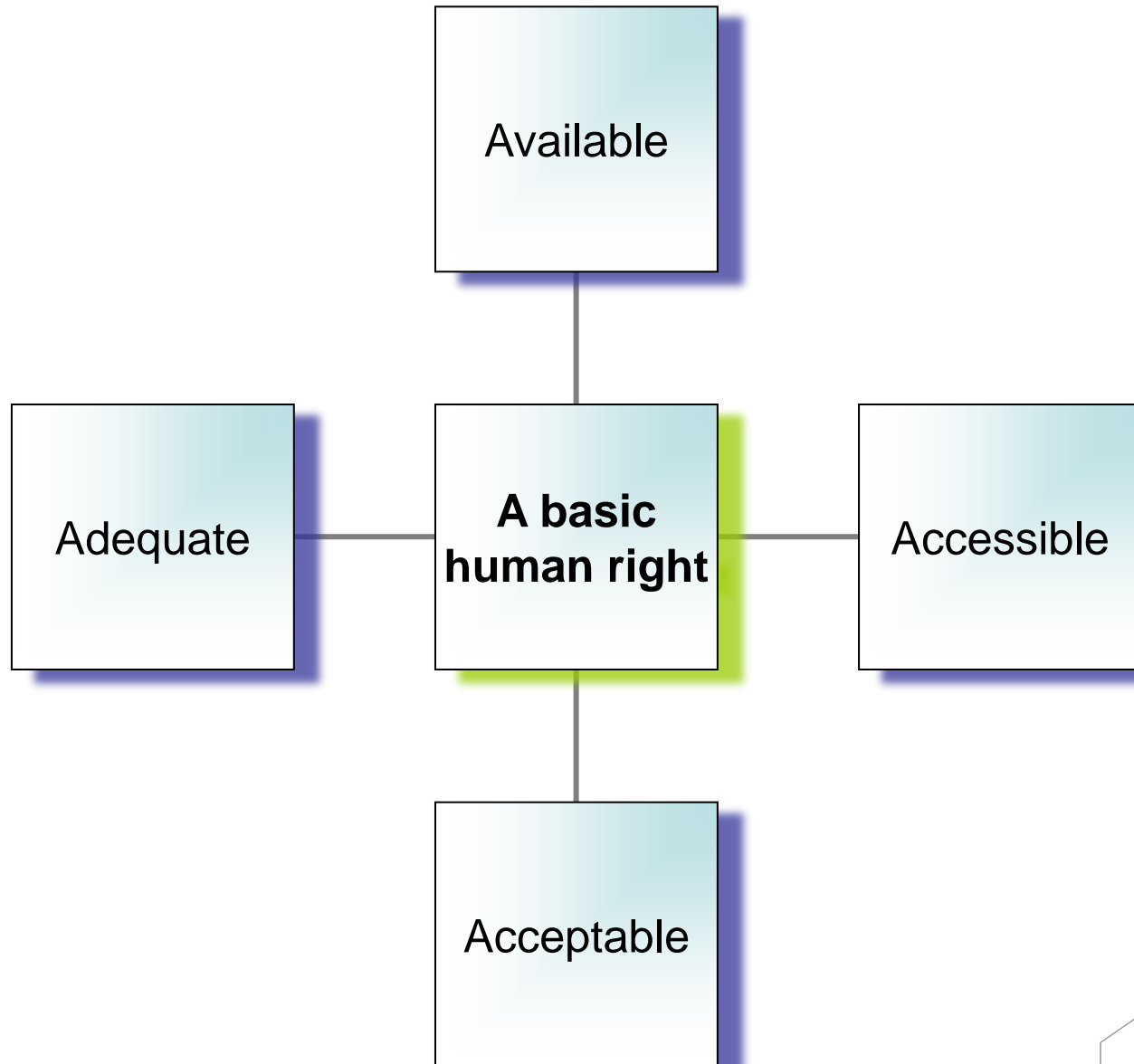
Multiple interventions

The chapters in the Enhance report represent a 'portfolio' of interventions:

- Multiple interventions required
 - no one solution to any problem anymore than there is one discrete cause (Dennard et al 2008)
 - recommendations for action across the government, industry, community and research sectors.
 - impact across political, socio cultural, economic and physical environments
- This presentation will focus predominantly on community action interventions

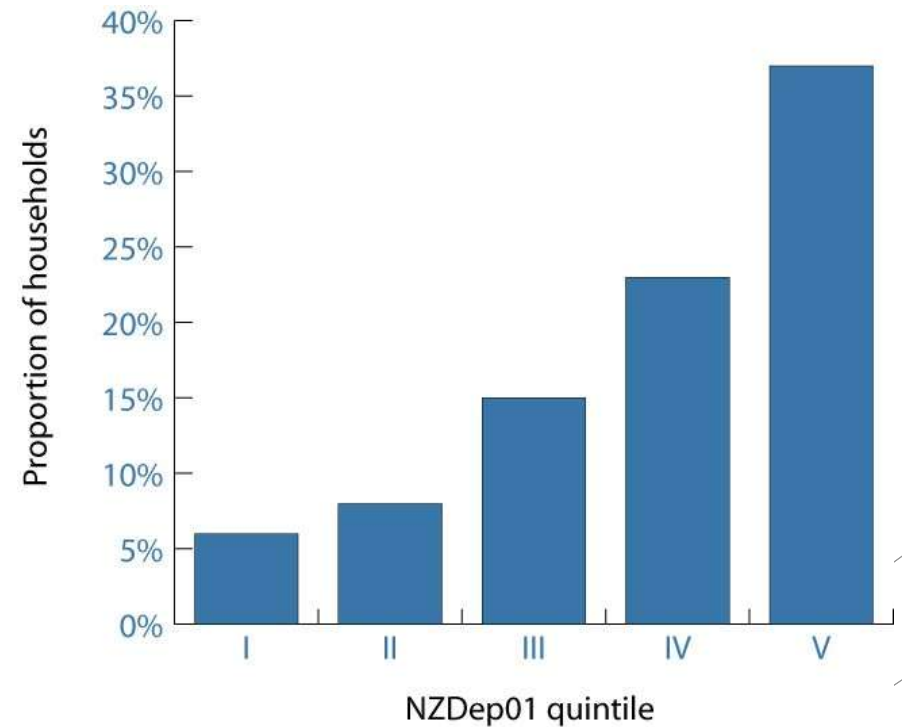
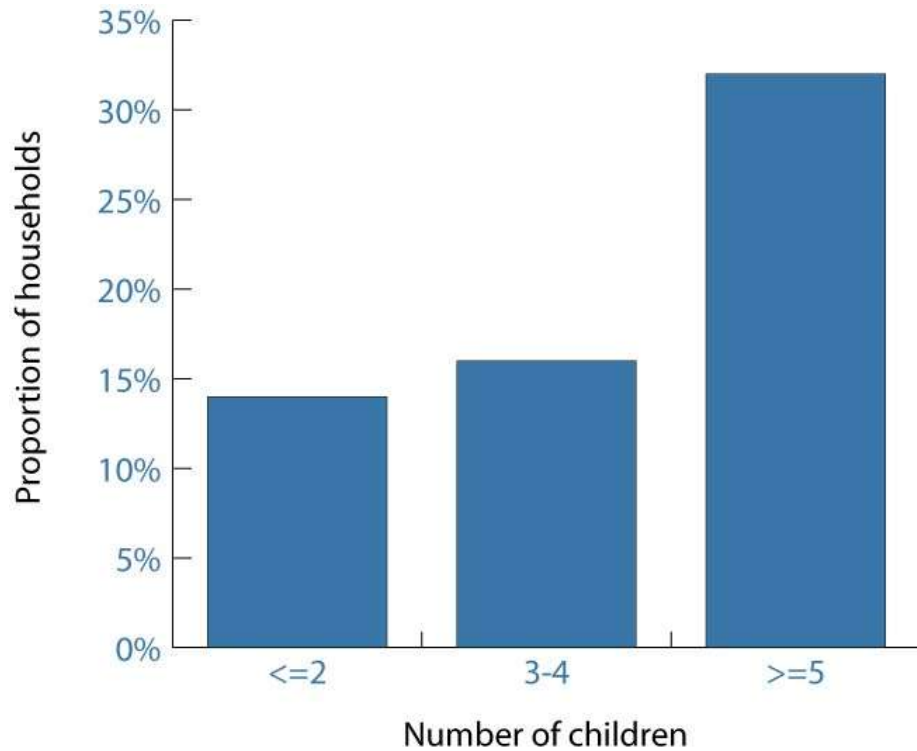


Food Security

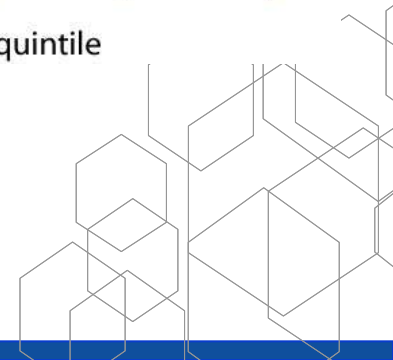




Food runs out *sometimes*

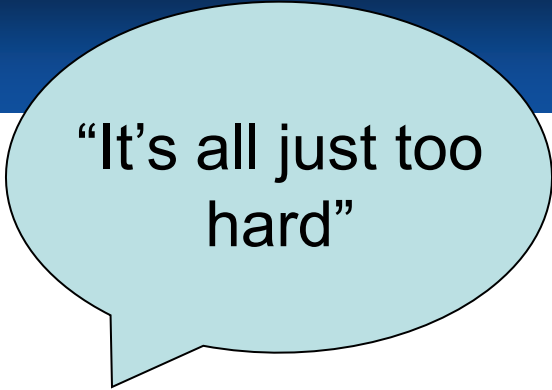


NZ National Children's Nutrition Survey 2002

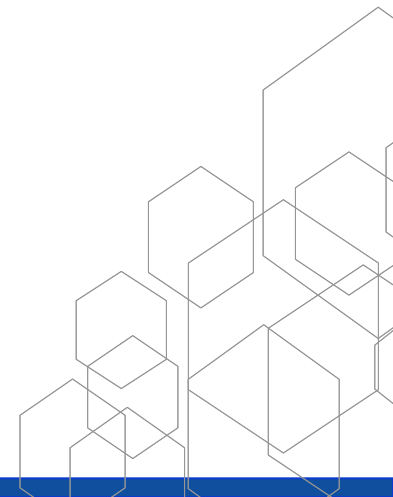


Focus group findings

- Desire for better access to healthy food
- Barriers: money, knowledge and skills, habit, time, availability, culture
- Supports: ↑money, ↓cost healthy food, ↑skills and knowledge, gardens
- Solutions needed at multiple levels



“It’s all just too hard”



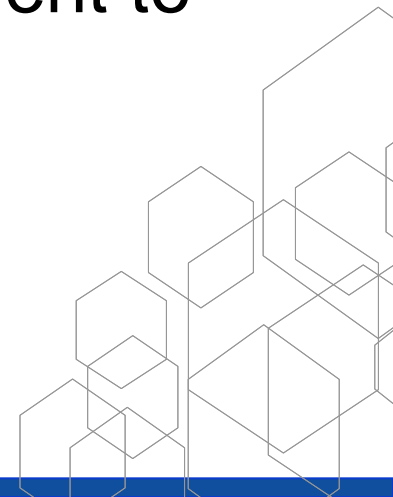
Food security - areas for action

- Money available in households
 - Economic instruments (GST, smart card)
 - Increasing the minimum wage
 - Lender responsibility
 - Full benefit entitlements
 - Provision of free/subsidised food in schools
- Food purchasing influences
 - Enhancing cooking and budgeting skills
 - Iwi pan tribal development of traditional Māori food sources
 - Community markets and gardens, and improved access to food
- Cost of healthy, nutritious foods
 - Community-based initiatives eg. food co-ops, barter systems, fruit and vegetable prescriptions
 - The potential role of the food industry



Full Benefit Entitlements

- Current, MSD policy that people receive full and correct benefit entitlement
- Contrary evidence from welfare advocacy groups e.g Caritas, Wellington Downtown Community Ministry
- **Recommendations:** educate about entitlements eg. invite WINZ to present at local gatherings to educate communities about their entitlement to various benefits (eg Porirua Healthlinks)



Fringe lender responsibility

- Increase in fringe lenders, e.g. mobile trucks in low-income areas & pay-day lenders, who lend to low-income customers at very high interest rates
- People are borrowing for everyday needs
- Can result in accumulated debt, a culture of debt dependency and increased stress

Recommendations

- Assist in access to affordable credit
- Financial literacy for users of fringe lenders



Cooking and budgeting skills

- Cooking skills interventions could be a positive means of reducing a potential barrier to food security in some households
- No evidence available for budgeting skills interventions

Recommendations:

- Advocate for teaching of practical cooking skills as part of the curricula in schools (or incorporate through school gardens)
- Provide free, tailored, community-based cooking skills programmes for adults
- Existing programmes are trialled and evaluated for more comprehensive implementation



Community markets, gardens & access

- Community gardens well-liked, and can have a positive effect on fruit and vegetable consumption and provide social benefits. No evidence of impact on food security
- Community and farmers' markets have potential to reach a larger audience but need to be targeted appropriately



Community markets, gardens & access

- **Recommendations:**

- Establish community markets in low-income areas
- Support establishment of community gardens where there is community support
- Advocate for subsidised fruit and vegetable delivery boxes or mobile vendors
- Cost-benefit analysis of providing supermarket shuttles for local supermarkets (cost to supermarket compared to increased spending at supermarket)



Community based initiatives

- Food cooperatives
- Home and school gardening projects
- Fruit and vegetable prescriptions
- Barter systems



Take home points

Enhancing Food Security:

- Potential local collaborations with MSD/WINZ
- Financial literacy for users of fringe lenders
- Cooking classes at schools and in the community
- Community gardens, markets and access
- Evaluation of current and future community-based initiatives

