



DATE: Korekore hahani, June 6 2018

Publicity release: FOR IMMEDIATE RELEASE

Healthy Families Far North supporting Matāriki in Kaikohe through manaakitanga

The evening was Rākaumātohi and the time to celebrate Matāriki had arrived in Kaikohe amidst a bevy of fine art and fine kai.

Te Pū o Te Wheke Community Arts set the scene for a celebration to karanga in the Māori new year, with Healthy Families Far North community champions showcasing their journey in bucking the food system and making healthier choices.

Amidst the glow of recycled objects that have been transformed into art pieces, marae kai masters Betty Wihongi and Horace Davis were on hand to offer up their culinary skills, proving that healthy kai is tasty kai.

They have been leading a revolution from the hub of Kohewhata Marae, nurtured by Healthy Families Far North, to share their learnings with the wider community.

Their showcase on the evening was just the latest notch on their belt as they continue to hone their craft and attempt to sway the prevalence of chronic disease, armed only with chia seeds and horopito tea.

Also on hand was Sports Northland community connector Cheryl Smith who, from her engagement with Healthy Families Far North, has gone on to instigate community kai gardens in the heart of the township.

After a performance by Ngā Uri o Rāhiri and welcome by Te Pū o Te Wheke Community Arts founder Sash Wilson, guests were free to roam the gallery and graze amongst Healthy Families Far North's presentation of the work being done in the Kaikohe community.

Kitchen Table Talk is an ongoing initiative that has seen Healthy Families Far North engage with several organisations and individuals in the community to identify, test and refine a range of approaches to improve access to healthy and nutritious food for people and whānau living in Kaikohe.



Similarly, Te Puna Ora Papakāinga is a wānanga series that employs Ahuatanga concepts to empower marae to reclaim natural kai sources and engage more effectively with their environment and each other.

Both initiatives have involved a significant degree of input from Kohewhata Marae, and Healthy Families Far North kaiwhakahaere Shirleyanne Brown says collaboration for collective impact is what has enabled both initiatives to take off.

“Although initiated by Healthy Families Far North, both Kitchen Table Talk and Te Puna Ora Papakāinga have been seized by the Kaikohe community and taken on a life of their own. Leaders have emerged at all levels and are determined to carry forward the movement of improving the local food system and celebrating good health,” she says.

Ends

Media enquiries:

Erena Hodgkinson

Healthy Families Far North Kaiwhakapā

MOB: 0220102042

EML: erenah@terarawa.co.nz