

Kai Time

Kai Time is a practical wananga that:

- 👉 aims to increase the confidence levels of whānau/families to cook five healthy and affordable meals with \$30 of ingredients, particularly for large families of 6+.
- 👉 contributes to the restoration of health, environmental and financial wellbeing.
- 👉 is designed to embrace people of all ages and walks of life in the community.
- 👉 are regularly held in Tairāwhiti, Tamaki and now starting in Waitakere.



In three hours, Kai Time invites whānau to cook kai, korero about it, eat the kai and evaluate our time together. Many topics are shared including traditional food knowledge and practices from our tupuna (ancestors), plate size portions, label reading, financial planning and contract agreement tips. Participants leave with copies of all the information shared including recipes for all five meals and the receipt for the food they cooked in the wananga. Any toenga (leftover kai) is warmly offered to whānau to take home and share with others.

Kai Time meals cooked on the day are:

- 👉 Chicken pasta
- 👉 Mince stew
- 👉 Spaghetti bolognese
- 👉 Chicken stir fry
- 👉 Chicken minestrone.

Kai Time is a community experience where everyone comes together to share cooking skills, ways to save money and be well. Wananga is a mana enhancing social experience where participants openly share stories, learnings, and experiences with food during their time together. The wananga ensures a whānau learning environment to compliment the range of skills shared. Everything we need to deliver Kai Time is locked and loaded on wheels which helps us to reach whānau in the remotest parts of the community.

Workshops are free for the local community. Through whakawhanaungatanga (relationships) with organisations or word of mouth, Kai Time reaches groups of people like service academies, schools, early childhood services, Active Families, community organisations, etc.

Kai Time was designed in 2010 as a response to whānau in Tairāwhiti wanting more practical workshops and programmes from a budgeting service. In Tamaki, whānau completing a financial literacy workshop shared this same view. They felt their greatest learning was that they knew where their money was going but wanted more practical skills to make their modest incomes go further and cooking healthy affordable kai for their whānau was identified as a priority.

“Yesterday my girl came to Kai Time. I can't get my mokos [grandchildren] to eat vegetables but she brought some toenga [left overs] home with vegetables in it and they ate the lot! I came here today to see how it's done”

Nanny Mei, Tairāwhiti

“I was drawn towards Kai Time because what is taught at a Kai Time event is what the people in our community need! Kai Time provides an opportunity for our whānau to cook healthy and nutritious meals on a budget. I am looking forward to supporting Kai Time and continuing it on through the Healthy Babies Healthy Futures programme”

Danielle Tahuri HealthWEST

Community buy-in has been the key, with communities identifying their aspirations and coming together to make contributions towards required resources, equipment and manpower. Whānau love Kai Time so much that they often come back as a volunteer. Community champions are trained up to deliver the wananga and grow it with their communities.



For more information or for resources to bring Kai Time to your community please contact (costs may apply):

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