

National Good Food Network

Access to fresh and healthy food for our communities through a National Good Food Network



Emily Dowding-Smith –
Transformation Leader
– Restorative Food

Currently in Aotearoa New Zealand, we have multiple organisations working on access to healthy food in our communities that extend further than traditional roles in the public health sector.

To name a few, we have sustainability officers in local councils with community gardens and kai to compost initiatives, organisations running community kitchens, food rescue services (e.g. **Kaibosh** in Wellington),

farmers' markets and savvy tech food businesses, like **OOOBY** and **My Food Bag**. All of these have a mission to tackle similar issues around access to healthy food across different sectors of society. The result is many organisations working on different aspects of the food system, but no overarching cohesive strategy at a national level to combine or strengthen those initiatives.

By bringing together different key organisations to share learning and build capacity, we can take a lead across New Zealand and pave the way for other smaller organisations to follow their example and learn from their experiences.

The Sustainable Business Network (SBN) is uniting individuals with a mandate from their organisation, working on the topic of access to fresh and healthy food, to learn from each other and catalyse the change that is needed across sectors of the community. Because without a collaborative approach working towards a collective impact that cuts across both the public and private sectors, we're not going to be able to adequately address issues of access to healthy food in our communities.

We have also identified that there are local food initiatives running in a small, ad hoc way without support, across the country. There is a need to have a nationwide co-ordination between local food networks to ensure strengthened city-region and regional food systems in New Zealand. This is based on international best practice which illustrates that strengthened local governance from territorial authorities and district health boards creates an enabling environment for local food initiatives, specifically, community food enterprises (CFEs).

CFEs are locally accountable food related entities seeking to increase access to food; e.g. local grocery stores, co-ops, farmers' markets, food hubs, marae kai with koha, emergency food providers, box schemes, buying groups, community kitchens, community food centres etc. These all play an important role in strengthening the city-region food system and also creating good food businesses.

In New Zealand there is also an ad hoc system of CFEs and at SBN we consider that catalysing change at the governance level (i.e. with local councils and health boards) will stimulate better growth in these enterprises, enable healthy food options to increase and hopefully improve accessibility to fresh and healthy food for those who need it most in our communities.

From April this year we'll be launching the National Good Food Network programme to help individuals in organisations share knowledge and learnings to enable them to effect better change in their community.

If you'd like to find out more please contact Emily Dowding-Smith at the Sustainable Business Network: emily@sustainable.org.nz or visit their [website](#).



JUST COOK is an initiative of the New Zealand Nutrition Foundation which aims to build home cooking skills, particularly in youth and communities where there is a need.

The youth programme comprises:

■ **two teaching modules:**

My Food My Future which sits in the year 7-10 science curriculum in partnership with the Liggins Institute and National Institute of Health Innovation at the University of Auckland. This module focuses on food choice and the impact of food on health and well-being

JUST COOK sits in the year 8-10 food technology and health & PE learning areas and focuses on the benefits of cooking at home vs takeaways. *Continued on page 8...*