

Food and Nutrition Security

Crisis or fallacy?

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*Discuss local sustainable ideas to
address food security*



Defining food security

'Food security' exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

FAO 1996, 2009

Food security is achieved when there is access to nutritionally adequate and safe foods and the assured ability to acquire personally acceptable foods in a socially acceptable way

Parnell and Smith, 2007

NZ food security

- 1 in 5 NZ households are food insecure
- 2 in 5 Māori households are food insecure
- Proximity to supermarkets (Pearce et al, 2008)
- Proximity to fast food outlets (Pearce et al 2007)



Food waste

Love food, hate waste



NEW ZEALAND'S \$872,000,000 FOOD SCANDAL

NATIONALLY
**WE WASTE
\$872
MILLION A
YEAR ON
FOOD** THAT
WE BUY
AND THROW
AWAY
UNEATEN.

**REALLY?
YES!**

WE CHATTED TO
**1354
PEOPLE**



PEERED INTO
1402

RUBBISH BINS
AND FOUND OUT THAT

AS A NATION WE THROW AWAY

122,547
TONNES OF FOOD PER YEAR

THIS WOULD FEED **262,917**
PEOPLE FOR A YEAR

that's

DOUBLE THE POPULATION OF
DUNEDIN



\$872 MILLION
WOULD
PROVIDE ALL
SCHOOL-AGED
CHILDREN
LUNCHES FOR

3
YEARS

THE AVERAGE FAMILY WASTES

\$563

WORTH OF FOOD PER YEAR
THAT'S 3 SHOPPING
TROLLEYS FULL



**WHAT'S THE
IMPACT?**

325,975

TONNES OF
CO₂ EMISSIONS

THAT'S LIKE TAKING

118,107

CARS OFF
THE ROAD
FOR ONE
YEAR



OR

PLANTING
130,390



**LOVE
FOOD
hate waste**

www.facebook.com/lovefoodhatewastenz

Community action

Food
banks

Free food
providers

Community
gardens



Whanau
in need

Community
Kitchens

Gardens
in homes

Green
prescription

Food banks



Community gardens



Gardens in homes



Food rescue



Food security policy

- Growing Healthy Communities
 - Food Security toolkit for local government



Team task 1

What factors influence food insecurity in New Zealand?

- Income
- Housing
- Transport
- Food knowledge
- Location of food outlets
- WINZ

Team task 2

Who is most in need of food security intervention?

- All
- Beneficiaries
- Families
- Maori
- Children
- Pensioners
- Working poor

Team task 3

How do we address food security in community?

- Multiple dimensions
- Community culture
- Contributors
- Champions
- Knowledge
- Resources
- Burden
- Reach