

A stylized, layered landscape illustration. The foreground features rolling green hills with a dark brown path. On the left, there is a green tree, a purple flower, and some orange foliage. A small red bird is flying in the sky above the tree. The background consists of light blue and white wavy bands representing the sky.

REKA

Food of The Gods

*Implementing Maori Food Sovereignty Strategies
Since 2009*

REKA

- *Created in 2008*
- *REKA means sweet delectable and healing*
- *Acronym/Byline*
 - *Rapua E te Iwi nga Kai o Nga Atua*
 - *Search for the Food of the Gods*
- *Marae based wananga/workshops*
 - *Pilot in two Ngati Awa marae; Rangataua and Tuteao*
 - *Delivered in 6 more Ngati Awa marae*
- *Permaculture*



Rangataua Marae Maara

Pilot 2009

Ko Mataatua te waka
Ko Kapu Te Rangi te Maunga
Ko Ohinemataroa te awa
Ko Ngati Pukeko, Ngati Awa nga iwi
Ko Te Pahou te Papakainga
Ko Rangataua te Marae
Ko Ngati Rangataua te hapu



Rangataua Marae 2011



*Ngati Rangataua, refreshing marae
maara November 2013*



Rangataua Marae today

- Herb garden
- Kitchen maara
 - Fig tree
- Boysenberries, Strawberries and blueberries



Rangataua Marae Orchard today

Mandarins, tangelos, lemons, avocados, feijoa, grapes, figs, guavas, plums, peaches, apples, nectarines, rhubarb and a Pinenut and Walnut Tree.



*Rangataua Marae Compost Bays
Encouraging hapu to recycle
resources*



*Rangataua Marae
Orchard*



*Reweti (kale), Green &
Red Cabbage, Broccoli
and garlic growing for the
hapu*

R.E.K.A TRUST

WELLNESS WANANGA

FRIDAY 7th - SUNDAY 9th AUGUST 2015

Rewatu Marae, Rewatu Rd, Poroporo

WORKSHOPS

HORTICULTURE
Shane O'Leary

RAISED GARDENS
Sonny Heitia

HEALTHY EATING
Mate Heitia

**SPECIAL KAI FOR
MAUIUI WHANAU**
Kim Webby

BREAD MAKING
Jess Bush Ngoungou

**MIRIMIRI &
SPIRITUALISTS**
Annemarie Martin and friends

**WORKOUTS
FOR WEIGHT LOSS**
Audri Poto

**WORKOUTS
FOR ATHLETES**
Vicky Richards

**RECYCLING &
ZERO WASTE**
Parakore
(Ahi Kaa and Te Hau Kainga)

SUSTAINABLE LIVING
Molly Turnbull
(limited spaces, delivered in Ruatoki)

WELLNESS & IT
Ngahuia Tahau
(Wellness organisations)

FRIDAY
Pohiri 3pm

SATURDAY
Pohiri 8am
Workshops 9-3.30pm

R.E.K.A



REKA Food Sovereignty Strategies

1. REKAWa with whanau & hapu on their marae
2. REKAKura with tamariki, Kaiako in their schools
3. REKAWhenua with Maori Land Owners & Land Trusts
4. REKARangahau with Academics & our community
5. REKAHapori with Whanau Awhina Womens Refuge, MWWL, Kaumatua/Kuia/Disabled, lower socio economic communities



REKAKURA

Mai te Kura maara ki te puku!
From the garden to your tummy

- REKAKura introduces tamariki to KAI, fresh, seasonal kai they grow, harvest and share in their own kura, with the help of REKA Trust, their peers, volunteers and Teachers.
- REKAKura promotes te reo me ona tikanga, local history and knowledge.
- REKAKura encourages Maori values of aroha, manaaki, tautoko, awhi and the ideals of tohatoha and tuakana teina.

REKAKura

1. Te Kura o Te Paroa
2. Te Kura Kaupapa Maori o Te Oriini



Tamariki o Te Kura o
Te Paroa

Enjoying eating
watermelon from their
maara





Te Kura Kaupapa Maori o Te Orini ki Ngati Awa

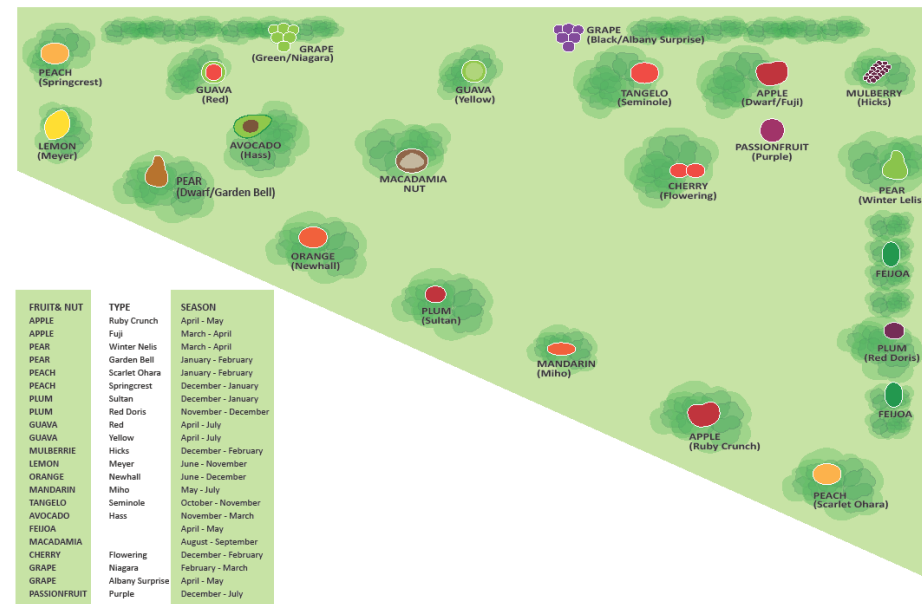


Nga Kai o Te Wao o Te Oriini



The Plan

NGA KAI O TE WAO O TE KURA KAUPAPA O ORINI



A stylized landscape illustration featuring rolling green hills in the foreground, a small tree with a brown trunk and purple and pink foliage on the left, and blue and white wavy hills in the background.

REKAWhenua

*Empowering economic development &
Environmental protection*

REKAWhenua

Reconnecting whanau to their whenua

Economic Growth from the ground up

- \$8.6 Billion dollar Maori asset base in Bay of Plenty
- 29% of the collective asset base in NZ is in the wider BOP
- The majority of that asset base is in agriculture & forestry
- \$1.2 billion contribution to GDP contributing 11% to the wider BOP GDP in 2010
- 77,000 Maori live in the Wider Bay of Plenty
- Maori earn \$116 per week less than non-Maori in the wider BOP
- 44% of the wider BOP population under 15 are Maori
- Government contribute 24% to Maori household income

(Maori Economic Development Strategy; He Mauri Ohoooho; supported by Bay of Connections Economic Strategy, in partnership with Te Puni Kokiri)

Disclaimer: All ideas in this document belong to REKA Trust (C) REKA Trust April 2016

A stylized landscape illustration featuring rolling green hills in the foreground, a small tree with a brown trunk and a canopy of purple and pink rounded shapes on the left, and blue and white wavy bands in the background representing the sky or distant hills. The text is centered in the white area.

REKARangahau

Food Security & Food Sovereignty

REKA & NZ Health Research Council

Nga Kanohi Kitea Fund

- 2012 to 2013 REKA Trust research project pilot;
 - Record & revive Maori Food security strengths and concerns
 - Promote dialogue & knowledge about nutrition & health using photographs

The aim of our research pilot was to explore the intersections of food security & Food sovereignty, and gain perspectives about what constituted healthy kai for Maori wellbeing

- 2014 to 2016- Full research project
 - Interview 4 groups of 10 participants from Maori communities living in the Eastern Bay of Plenty
 - Capture knowledge and information relevant to their health and wellbeing by recording personal experiences and providing information needed to engage in food secure solutions.
 - Engage communities in food sovereignty strategies such as reviving cultural knowledge and skills, promoting food secure lifestyles and enhancing sustainable health.
 - Promote social engagement strategies on Maori Food Sovereignty and, to ensure that the findings reaches the affected communities, health and educational stakeholders and policy makers.

The aim of the full project was to engage communities in strategies aimed at improving food security & food sovereignty with whanau, hapu & iwi in the Eastern Bay of Plenty

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REKAhaporī

Supporting our communities

Encouraging wellness in our community

- **Whanau Awhina Womens Refuge**
 - Raised garden boxes built & Fruit trees planted at the Whare Awhina in Whakatane
- **MWWL Kuia Kete Kai**
 - Raised garden beds built for local Kuia providing easier access for the elderly and disabled
- **Community maara**
 - Establishing maara in sections of the community where fresh fruit and vegetables are not readily available
- **Supporting Gardeners**
 - Donating seedlings , plants and trees to households

A stylized landscape illustration featuring rolling green hills in the foreground, a small tree with a brown trunk and purple and pink foliage on the left, and layered blue and white hills in the background. The website address is centered in the middle ground.

www.reka.org.nz