

# OUR DREAM FOR TAMARIKI



## OUR DREAM

For every child in Aotearoa New Zealand to have the opportunity and resources to GROW and SHARE their own fresh kai as part of daily life.



## OUR KAUPAPA

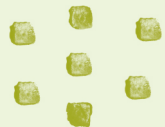
To empower tamariki to GROW, HARVEST, PREPARE AND SHARE kai. We enable schools and kura throughout the motu to deliver, embed and sustain impactful and holistic food education.

## WHY?

By empowering tamariki as changemakers, we are disrupting the loss of essential life-skills of growing and cooking kai. Bringing these skills back builds the resilience needed for life, and helps combat today's pressing health, educational, social and environmental challenges. These positive impacts radiate far beyond school gates – to whānau/families, the wider community, and the planet – ultimately enabling a more sustainable, equitable and climate friendly social and economic future.

## OUR VALUES AND PRINCIPLES

- Recognition of Te Tiriti o Waitangi partnership
- Empowered, Resilient and Resourceful students
- Kaitiakitanga – environmental stewardship
- Inclusion and respecting diversity
- Ako – teaching and learning
- Hauora – holistic health and wellbeing
- Community Connectedness
- Manaakitanga – hosting and demonstrating respect



### Seeds

We plant the seeds that inspire children to think about food differently.



### Roots

We enable schools and kura to teach tamariki essential life skills – and in doing so, develop resilience, and address health, educational, social and environmental challenges.



### Sprouts

Tamariki take their kete – basket of knowledge and practical skills home. Children share with their whānau and this influences the home food environment.



### Flowers

As tamariki and their whānau use and share knowledge, communities build social cohesion and collective food resilience.



### Pollination

As communities pass this knowledge through generations, we create a more sustainable, equitable and climate-friendly future.

# HOW WE CREATE IMPACT



## WHY

- Over recent decades, knowledge and skills in the garden and kitchen have been lost
- Childhood obesity is increasing. Around 1 in 8 children (aged 2–14 years) were classified as obese (12.7%), up from 9.5% in 2019/20
- Eco-anxiety is common amongst tamariki, and continues to negatively impact wellbeing
- 1 in 5 New Zealanders faces food insecurity. That is a million Kiwis – including kids, that cannot always access good food
- Food waste is an increasingly prevalent issue. Food rotting in landfill creates methane contributing about 10% of all human-made greenhouse gas emissions warming the planet

Schools are a logical setting for building food literacy and generating behavioural change to address these challenges

## Impact Settings

Primary Schools and Kura Kaupapa Māori  
 Intermediate and Secondary Schools  
 Early Childhood Centres  
 Whānau/families  
 Home environments  
 Broader community



## What Happens

Here's what ākonga/students do:

**GROW** – Tamariki connect to nature, sowing seeds, nurturing plants, and making compost

**HARVEST** – Filled with a sense of achievement, tamariki take seasonal bounty straight to the kitchen

**PREPARE** – Cooking meals from scratch, tamariki learn skills that transfer home

**SHARE** – Tamariki eat and celebrate kai together – deepening connections and practicing manaakitanga/hospitality

Children do everything for themselves. Tamariki learn by doing in real-life settings

Ākonga/students develop key competencies, and engage in learning that supports the New Zealand curriculum vision, values and principles

Everything can be linked to core curriculum concepts and learning areas.

## Outcomes

### Hauora – health and wellbeing

Tamariki build knowledge and skills to grow and cook fresh food, and establish the foundations for lifelong healthy habits

Tamariki increase their ability to name, try and consume new fruit and vegetables\*

Time spent in the garden increases access to therapeutic and sensory benefits and being physically active

Sharing food enriches and extends relationships between tamariki, volunteers and staff

### Ako – teaching and learning

In the garden and kitchen, children learn about science, technology, engineering, maths, arts, language skills and more

Children take new skills and knowledge about nutritious kai home to their whānau

Tamariki from diverse backgrounds build resilience, and achieve success together

Ākonga/students enhance their learning through peer and tuakana – teina relationships.\*\*

### Environmental Sustainability and Kaitiakitanga

Tamariki learn where food comes from, and understand the environmental impacts of their food choices

Ākonga/students experience the full circular food system, and the interdependency of planetary health with individual and community health

Tamariki nurture Papatūānuku/Earth Mother, develop respect for the whenua/land we live on

Student-led sustainability, and climate action is fostered as tamariki grow and cook environmentally sustainable kai

## Impact

Tamariki, their whānau and communities have improved health and wellbeing for life

Learning outcomes for tamariki are improved and students take their learning home

Environmental awareness and behaviour change is nurtured

Sources: The New Zealand Health Survey 202/21, Ministry of Health / United Nations State of the World Report Card 2019 / United Nations Environment Programme, Food Index Report 2021 / Love Food Hate Waste Scotland 2021 / Kore Haikai - Zero Hunger Collective Aotearoa, NZ 2021 \*Centre for Endocrine Diabetes and Obesity Research (CEDOR) at Capital and Coast DHB (2019) \*\*An older or more expert tuakana helps and guides a younger or less expert teina