

B.2.17. Feeding communities *(food and nutrition)*

Background

Eating nutritious food every day is a basic human need, and vital for child growth and development. However, around one in seven children (13% to 17%) in Aotearoa New Zealand experience food insecurity. Food insecurity means that the state does not guarantee these children physical, social and economic access to sufficient food that meets their dietary needs for a healthy and active life. [Child Action Poverty Group](#) (CPAG)

Definitions

- **Food security** is commonly defined in New Zealand as ‘all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life’.
- [Ministry of Social Development](#)
- **Food insecurity** is defined as a limited or uncertain availability of nutritionally adequate and safe foods or limited ability to acquire personally acceptable foods that meet cultural needs in a socially acceptable way.
- [Ministry of Health](#)

In New Zealand there are many ways communities support people and families who are food insecure (that is, they cannot afford to buy enough nutritious food).

Ways communities can address food insecurity	How do these ways of providing food operate? Who provides the food, how do people access it, etc?	Try to find out if there is an example of this way of providing food in communities near you. Note these here.
Food banks		
Social supermarkets		
Pataka kai		
Food rescue		
Food buying co-ops		
Community gardens		
<i>Add other examples you know about in your community</i>		

Select 3 of the examples in the table above- write these into the lefthand column. Locate at least one online source of information about each of these ways communities help to reduce food insecurity and use this website information for ideas.

Identify how these ways of reducing food insecurity impact hauora and wellbeing *for the people receiving support*. Note that you may decide there are some negative impacts as well as the obvious positive impacts. Complete the following summary.

Ways communities can address food insecurity	Provide a link to a website with some information about this way communities can help reduce food insecurity.	How this way of helping to feed communities supports people who are food insecure
1		physical wellbeing mental and emotional wellbeing social wellbeing spiritual wellbeing
2		physical wellbeing mental and emotional wellbeing social wellbeing spiritual wellbeing
3		physical wellbeing mental and emotional wellbeing social wellbeing spiritual wellbeing

In what ways do you think the wellbeing of the people providing these services might be impacted e.g. people providing the food, people handing out food or delivering food to people.	
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