

MANA
MOTUHAKE
TE KAI



MANA MOTUHAKE TE KAI

Indigenising local food
ecosystems for the
hauora of the people
of West Auckland.



01 **Mihi**

02 **Whakapapa**

03 **Pou: Tāngata**

04 **Pou: Taiao**

05 **Pou: Tikanga**

06 **Framework**

07 **Our commitment**

08 **What's next**

**He mihi ka tika ki te marae o Hoani Waititi,
Community Waitākere, me ngai Māori o te uru o
Tāmaki i whakawhanake i tēnei mahere kai. Mā
koutou te kitea, mā koutou i whakatinana i tenei
mahere, ka whai kai anō tātou te iwi nei.**

MANA MOTUHAKE TE KAI

Mana Motuhake o te Kai is a tool to authentically engage with whānau and hāpori in a culturally appropriate way when working in cultivating, gathering, and sharing food (kai).

The tool has been developed by Hoani Waititi Marae, Community Waitākere and Healthy Families Waitākere, with support and oversight from many partner organisations and community groups throughout its journey.

If you are dedicated to improving health outcomes of communities, Mana Motuhake o te Kai is an approach that utilises mātauranga Māori to develop food security in a way that enables Māori to exercise their mana and world view.



Ngā Pou

Mana Motuhake o te Kai has three foundational and interwoven pou by which people and organisations can learn and engage with Māori whānau and hapū in a culturally appropriate way; Tāngata, Taiao and Tikanga. By embracing these pou, people and organisations can move towards greater hauora through kai.

MANA MOTUHAKE TE KAI

TĀNGATA (People)

Kotahitanga

(Collective impact)

Seek opportunities to partner with likeminded people and organisations to gather momentum and drive collective impact.

Whanaungatanga

(Connection)

Projects are treated as an opportunity for local people to connect with one another and share mātauranga. They are inclusive and encourage people to form new relationships and connections.

Hauora

(Wellbeing)

Centre whānau and hapū throughout the kaupapa journey. Interactions are mana-enhancing and applied frameworks are from a Te Ao Māori perspective.



MANA MOTUHAKE TE KAI

TAIAO (Environment)

Kaitiakitanga (Guardianship)

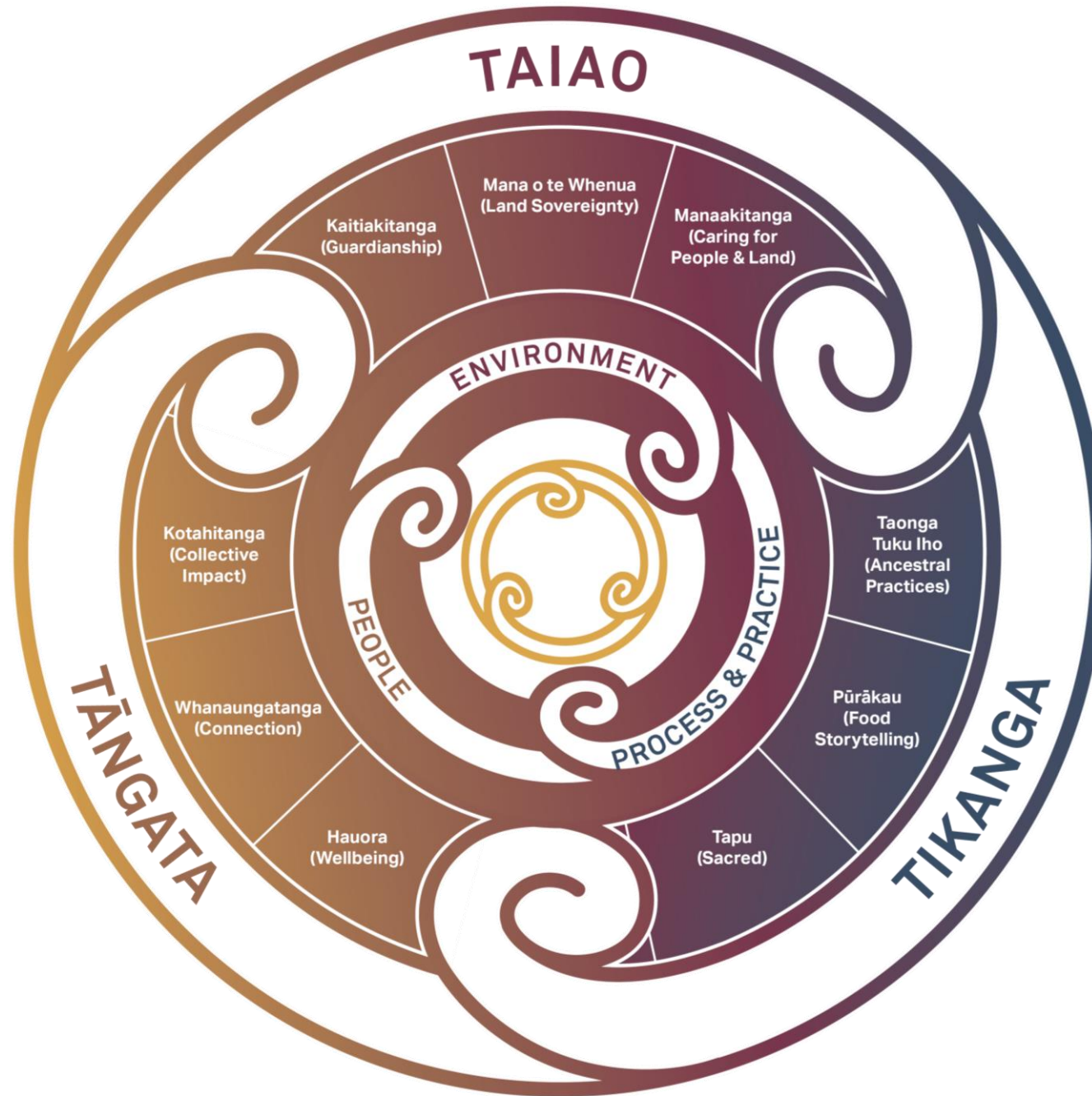
Under hapū/whānau guidance, identify historical mahinga kai and support restoration of areas of significance such as wetlands and streams.

Mana o te Whenua

(Land Sovereignty)
Understand and advocate for changes which enable kai sovereignty for tangata whenua at a local, regional and national level.

Manaakitanga

(Caring for People & Land)
Invest in and support a circular economy, where resources are reused and redistributed within Māori supply chains, to empower the stewardship (kaitiakitanga) of the environment which sustains local people.



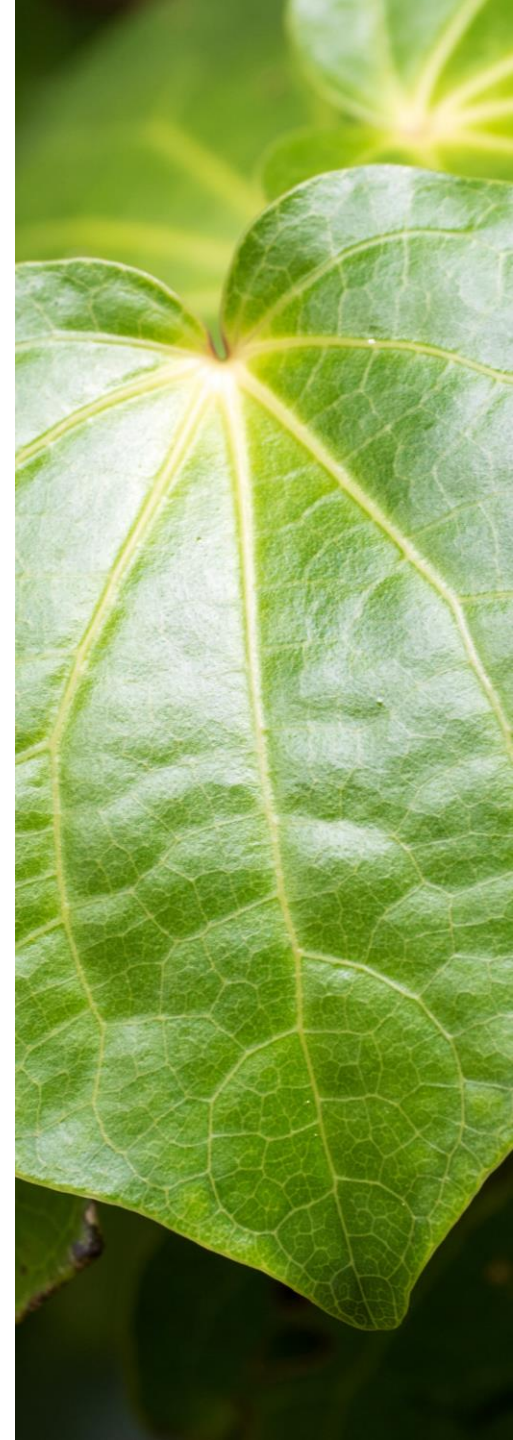
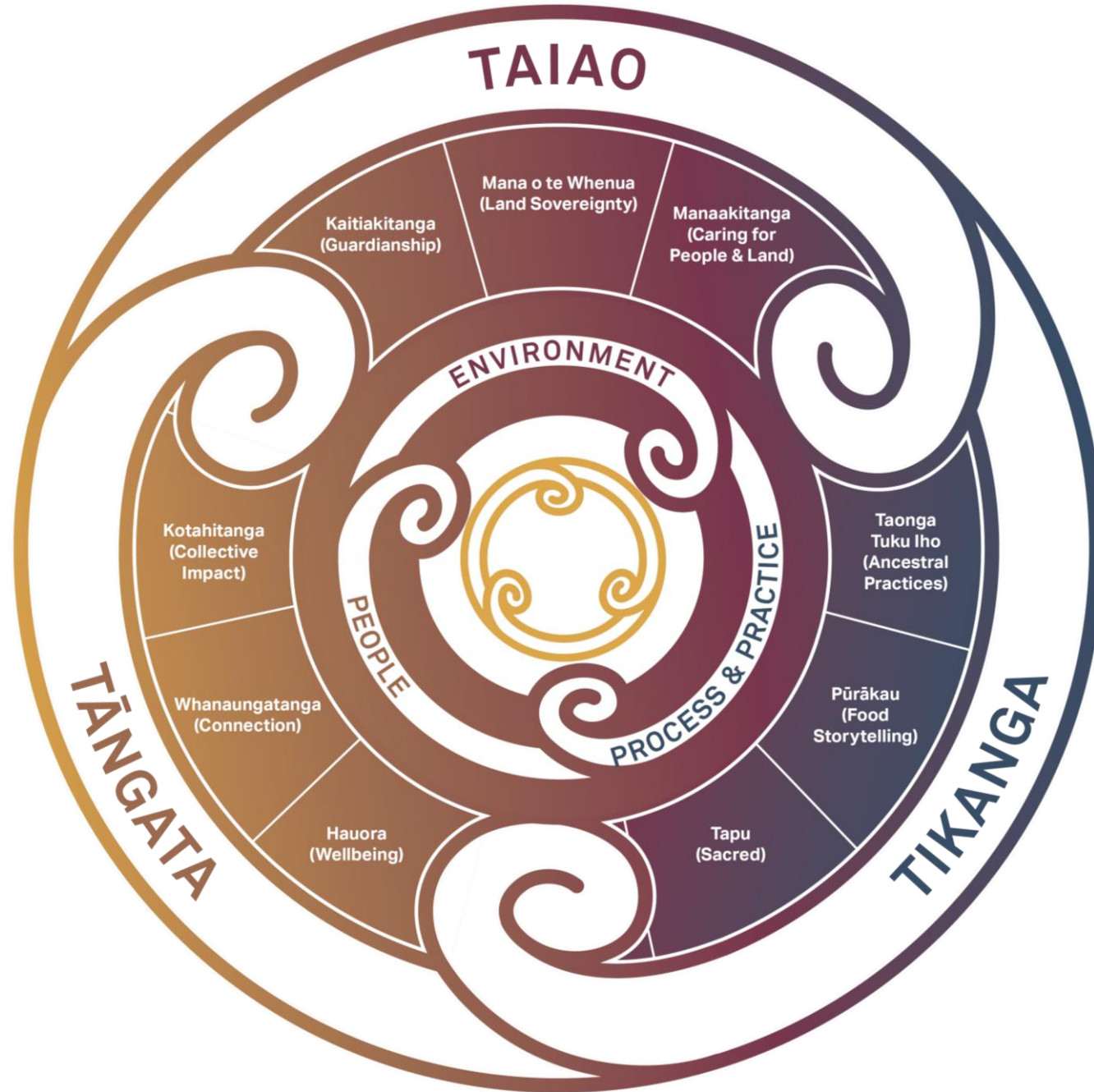
MANA MOTUHAKE TE KAI

TIKANGA (Process & Practice)

Taonga Tuku Iho
(Ancestral Practices)
Whānau/hapū local practices are upheld and shared with prior approval. Local food identity is celebrated and embraced.

Pūrākau
(Food Storytelling)
Current and historical stories of whānau/hapū and their relationship with the whenua and kai are treated as gifts and shared when appropriate with prior approval from those involved.

Tapu
(Sacred)
Celebrate and encourage tikanga which surrounds tapu and noa. Knowledge around karakia, maramataka, pātaka, māra, rongoā is explored, understood, and observed.



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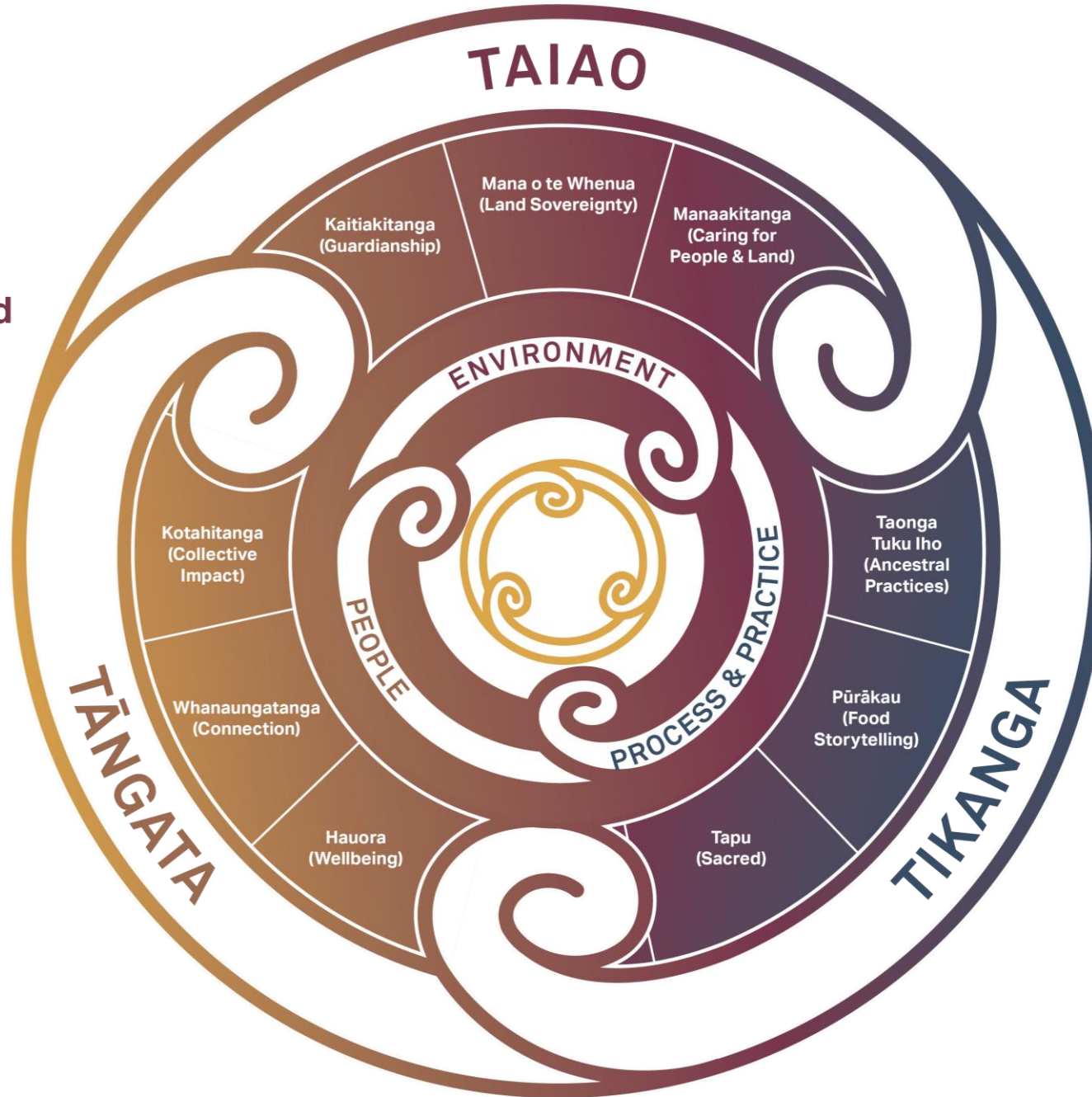
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MANA MOTUHAKE TE KAI

1.  Mātauranga Māori is a taonga that must be cherished.

Mana Motuhake o te Kai offers a way to celebrate the indigenising of local spaces and places where kai is cultivated, gathered and shared.




2.

3.  Through this we can take care of the health and wellbeing of Māori and focus on the unique skills and knowledge of Māori whānau and hapū.

This tool allows us to build authentic relationships with Māori whānau and hapū. This process cannot be rushed or fast-tracked.



4.

5.  Nurturing these relationships to understand their unique values and aspirations is front-of-mind and are not based on personal assumptions.

Ngā Herenga

Any engagement with Māori whānau and hapū requires the constant consideration of 'what does this mean for Māori? What is the give back? What do they get out of this?' This needs to be considered before the intended outcomes of a project. This includes feeding back on any taonga that is shared through ways of reporting, outcomes, what has been done, how taonga has been used, and koha (donation).

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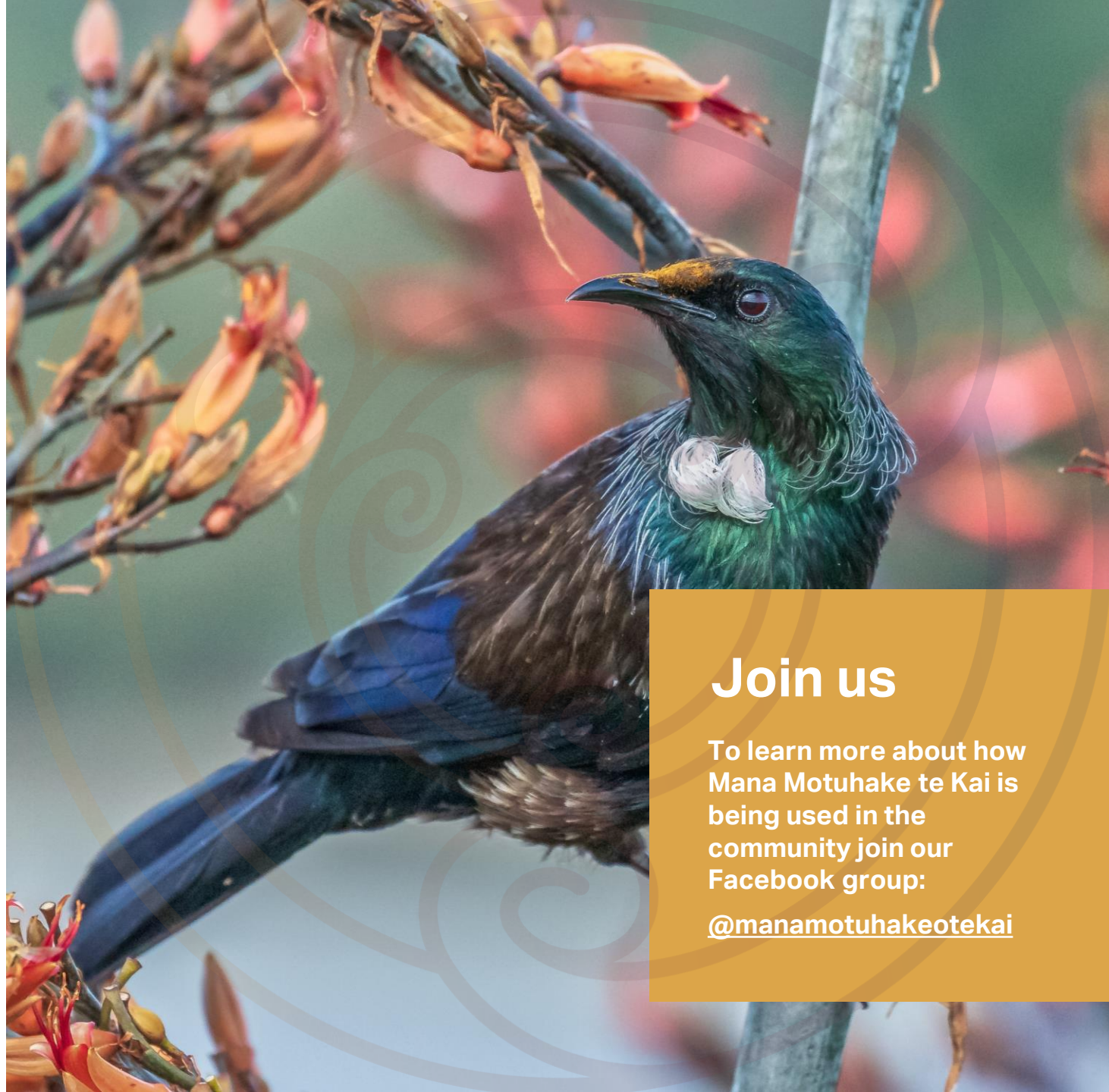
Let's connect! We want to hear more about your ideas and how you might see Mana Motuhake o te Kai supporting people's hauora in West Auckland. We can help connect you with likeminded people and partners, alongside supporting you to bring the kaupapa to life.

For more information:

Email: HFW@sportwaitakere.nz

Visit: www.healthyfamilieswaitakere.org.nz

Healthy Families Waitākere supports change for better health and wellbeing in the places where we spend our time, so people can lead long, healthy and happy lives. Healthy Families Waitākere is led by Sport Waitākere, collectively working towards connected healthy and active people in West Auckland.



Join us

To learn more about how Mana Motuhake te Kai is being used in the community join our Facebook group:

[@manamotuhakeotekai](https://www.facebook.com/manamotuhakeotekai)

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Ngā mihi nui!

Thanks for your time.

