



Food Insecurity in Kaipātiki

Mapping and Analysis

JULY 2023



**AUCKLAND NORTH
COMMUNITY AND DEVELOPMENT**
Te Runanga Ratonga Hapori o Te Raki-Pae-Whenua



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ABOUT US

Auckland North Community and Development Inc (ANCAD) is a registered charity and community organisation that has been supporting the Auckland North Region and wider Auckland region since 1974. It provides backbone capability and capacity-building infrastructure, training, resources, and programmes to community organisations and social services providers. It is a thought leader and respected influencer in strengthening communities and systems change through collective impact approaches that enable resilient, safe, connected communities.

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Executive summary

The purpose of this report is to analyse the state of food insecurity in the Kaipātiki local government area in Auckland, and to propose recommendations to enhance food security in the region.

This report utilises Kore Hiakai's definition of food insecurity as "a state of being without reliable access to a sufficient quantity of affordable, nutritious, sustainably sourced, culturally appropriate food. This includes the right to self-determine how you access food" (Kore Hiakai Zero Hunger Collective, n.d.a).

Charitable organisations in Kaipātiki, such as the Good Works Trust, have reported a significant increase in the need for food support, and several have had to adapt their services to meet rising demands. Factors contributing to food insecurity in the area include income instability, the impact of the Covid-19 pandemic, consumer isolation, disconnection from soil, and social factors such as gender, marital status, and ethnicity.

Multiple organisations are contributing to food security initiatives in Kaipātiki, including Non-Profit (NFP) Organisations like charities, schools, alternative education programs, and religious institutions. Moreover, many local food businesses and community groups are also vital in these efforts by donating surplus food to local pātaka kai, food banks, or food rescue organisations.

Despite numerous initiatives, there are concerns over the lack of coordinated action and understanding of the full scope of food insecurity in Kaipātiki. The North Shore has limited information on food insecurity, and many organisations reported feeling disconnected from others in the food security sector.

This report also raises the concern that there is a significant reliance on word of mouth to access services, and children residing in food-insecure households in Kaipātiki may not have access to healthy school lunches, highlighting a potential long-term impact on their well-being and development.

Based on these findings, the report recommends allocating further resources to comprehensively understand the scope and specific causes of food insecurity in the area. It also recommends establishing a comprehensive directory to record all food services in Kaipātiki, and fostering collaboration among existing organisations to ensure no family misses out on the network of support available to them.

The report also advocates for resources to support school lunch programmes, ensuring that children in Kaipātiki have access to nutritious meals during school hours; and promoting services that connect individuals with sustainable food practices, such as community gardens.

By addressing these areas of concern, there is potential to significantly improve food security in Kaipātiki.





Introduction

This report maps and analyses the charitable services currently available to address food insecurity in the Kaipātiki local government area in Auckland, New Zealand. It also proposes recommendations to improve food security in Kaipātiki.

Kaipātiki is a local government area located on the North Shore of Auckland. It covers an area of approximately 52 square kilometres, has a population of around 96,000 people, and encompasses the suburbs of Beach Haven, Birkenhead, Chatswood, Bayview, Birkdale, Northcote, Glenfield, Hillcrest, Totara Vale and Marlborough. Like many areas of Aotearoa, the population experiences food insecurity.

Food Insecurity is “a state of being without reliable access to a sufficient quantity of affordable, nutritious, sustainably sourced, culturally appropriate food. This includes the right to self-determine how you access food” (Kore Hiakai Zero Hunger Collective, n.d.a).

Research suggests that 15% of kiwi children live in moderately food-insecure households, while 2% experience severe insecurity (Gerritsen et al., 2023; Ministry of Health, 2019). 40% of New Zealand households in Aotearoa experience some level of food insecurity (University of Otago & Ministry of Health, 2011).

Anecdotal evidence from charitable organisations in Kaipātiki suggests that the area experiences higher levels of food insecurity than surrounding local board areas on the North Shore and that the need for food support is increasing. However, relevant local statistics either do not exist or are not accessible to community organisations.

Sophie Gray, Operations Manager of the Good Works Trust (GWT), an emergency food provider for the North Shore, has seen a steady increase in frequency and new requests for support in Kaipātiki since 2012. In 2022, GWT supplied over 2000 food parcels, 1700 lunch kits and supported 140 families with a Christmas Social Supermarket initiative.

One clear indicator of this need is that several charitable organisations, which did not have food security services as part of their original mission, have adapted to provide these services as demand rises.

Awataha Marae began providing food parcels during the 2023 Auckland Flood and Cyclone. However, the demand for food support continued once the severe weather abated. They currently provide food support for 150 to 200 people each week. “We are acutely aware that we have become a central hub for the community to access food and other necessities,” says Chief Executive Anthony Wilson.

De Paul House (DPH), a housing provider, is also focusing on how they can enhance their food support services despite it being a supplementary service of their organisation. They provide 30-40 food parcels per month to their clients.

Several members of the North Shore’s charitable sector felt that social issues in the area are often overlooked due to the perception that the area is affluent.



Figure 1 Auckland Council, n.d.

The purpose of this report is to:



Explore the scope of food insecurity in Kaipātiki.



Create a comprehensive picture of food security services in Kaipātiki.



Identify actions that can be taken to improve short and long-term food security in Kaipātiki based on research around best practices and the analysis of existing initiatives.

Background

Scoping food insecurity is challenging due to its multifaceted causes. Carter et al. (2010) found that income was the strongest predictor of insecurity in New Zealand. In 2022, 14% of Kaipātiki residents felt their income could not meet their everyday needs (NielsenIQ, 2022). However, it is worth noting that Kaipātiki's median income of \$37,000 per year surpasses the Auckland region's median income of \$34,400 (Stats NZ, 2018a; Stats NZ, 2018b).

The Covid-19 Pandemic exacerbated financial instability, isolation, and food insecurity in New Zealand (Gerritsen et al., 2023; NielsenIQ, 2022). 44% of Kaipātiki residents felt the pandemic had a negative impact on their financial situation (NielsenIQ, 2022). However, this is still lower than the negative financial impact of Covid-19 in the neighbouring Devonport-Takapuna, Upper Harbour and Hibiscus and Bays Local Board areas (48%, 53%, and 48%, respectively).

Food insecurity is not limited to just low-income households. It affects females more than males, unmarried individuals, households with children, sole-parent households, and younger age groups (Carter et al., 2010). Food insecurity is strongly associated with Māori and Pasifika ethnicity (Carter et al., 2010; Gerritsen et al., 2023).

Statistically, Kaipātiki does not have a significantly higher number of children, females or never married individuals compared to the rest of Auckland (Stats NZ, 2018a; Stats NZ, 2018b).

Certain areas within the Local Board district do have significant Māori and Pasifika populations. For instance, the Northcote Social Housing Development area has a Pasifika population of 41% and a Māori population of 17% (Northcote Development, n.d.).

Food insecurity is a complex social phenomenon, and it is possible that there are other factors at play in Kaipātiki that have not been identified. For example, isolation and disconnection from soil are also determinants of food insecurity (Fouché et al., 2021).

Disconnection from soil refers to a lack of gardening confidence or consumer confidence that impacts an individual's ability to grow, access, and choose appropriate foods.

Isolation encompasses social isolation and consumer isolation. Sophie Gray believes consumer isolation is a big challenge in the North Shore. She points to the various Kainga Ora developments in Beach Haven, where there is no supermarket.

The North Shore has limited information on food insecurity, making it difficult to determine the scope of the problem or identify the specific causes unique to this area. Further investigation is necessary to gain a better understanding of the issue.



Methodology

This report utilises a combination of primary data, secondary sources, and grey literature to analyse and understand the existing services addressing food insecurity in the Kaipātiki local government area. The methodology employed is outlined below.

Consultation with charitable organisations:

- Auckland North Community and Development (ANCAD) consulted various charitable organisations operating in the Kaipātiki area, including Awataha Marae, Barnados, Belong Church, De Paul House, Citizens Advice Bureau, Good Works Trust and Onewa Christian Community.

Secondary Sources and grey literature:

- A comprehensive search of academic and grey literature was conducted using the keywords “Kaipātiki,” “North Shore,” “Auckland,” and “food insecurity” to gather relevant information and insights.
- Various online directories and Google searches were utilised to map the existing services.

Mapping and analysing food security initiatives in Kaipātiki

There are multiple actors contributing to food security initiatives in Kaipātiki, including Non-Profit (NFP) Organisations like charities, schools, alternative education programs, and religious institutions. Local businesses and community groups are also crucial in these efforts.

Diversity of services is essential for realising food-secure communities (Kore Hiakai, n.d.b). For example, studies indicate that Pasifika households often turn to church-based initiatives for support, emphasising the significance of faith organisations in fostering food-secure communities (Rush & Rusk, 2009).

There is also a close link between environmental movements and food insecurity; community gardens and food rescue organisations, which aim to minimise food waste, are practical tools in making food more accessible.

Moreover, local businesses play a vital role in supporting resilient and equitable communities in Kaipātiki. Many food businesses contribute to food security by donating surplus food to pātaka kai, food banks, or food rescue organisations.

Charities are often expected to address social issues like food insecurity in isolation, and consultation showed that many organisations felt disconnected from others working in the food security sector. However, adopting a collective action approach is essential to achieve food-secure communities.

The following directory can be used to map existing food security initiatives in Kaipātiki and to propagate opportunities for collaboration between actors in the food security services.

In Kaipātiki, existing initiatives have been categorised as foodbanks/food providers, pātaka kai/food pantries, school lunch programmes, food rescue programmes, community gardens and education programmes and community meals.



FOODBANKS AND FOOD PROVIDERS

Foodbanks provide food and household items to those in need.

Many people noted that locating food banks on the North Shore is challenging. One Wrap-around Service Facilitator from Barnados described her difficulty in finding food support for her clients due to a lack of accessible information: “If there is a phone number, the chances are high that I am passed over to a couple more people before I have any tangible information for myself to pick up the parcel or to share with the families.”

Additionally, many organisations are recognising the unsustainability of the current food distribution model. Innovations in food security focus on honouring Te Tiriti o (the treaty of) Waitangi obligations and promoting long-term, sustainable change.

Alternative food distribution models such as social supermarkets or bartering systems have emerged as effective ways to provide food support while offering greater choice and dignity to individuals. The Good Works Trust is currently piloting a Social Supermarket model which allows households to order groceries using a points-based system.

Food bank services in Kaipātiki include:

Organisation	Location	Service	Referral Criteria
Awataha Marae and North Shore Māori Wardens	58 Akoranga Drive, Northcote, Auckland 0627	Food parcels and a community meal available on Sundays from 10am-12pm.	Self-referral
Birkenhead Baptist Church	25 Birkdale Road, Birkdale, Auckland 0626	Food parcels	Self-referrals and referrals from Citizens Advice Bureau
Cedar Centre Birkdale & Beach Haven Anglican Church	Cedar Centre. 56A Tramway Road, Beach Haven, Auckland 0626	Food bank	Self-referral

Organisation	Location	Service	Referral Criteria
Community Eats by the Birkdale Beach Haven Community Project (Auckland Council, 2023, p. 10).	Birkdale Beach Haven Community House. 130 Beach Haven Road, Beach Haven, Auckland 0626	Fortnightly food parcels. The Birkdale Beach Haven project also maintain the Pātaka Kai, host regular community meals and distribute School Lunch Kits.	Referrals from local schools
De Paul House (De Paul House, n.d.)	92-96 Onewa Road, Northcote Point, Auckland 0627	Food bank and wrap around services including clothing, household goods and furniture, financial management services, and playgroup.	Referrals needed.
Food together (Highbury Community House, n.d.)	Highbury House. 10 Hinemoa Street, Birkenhead, Auckland 0626 RSA Birkenhead. Recreation Drive, Birkenhead, Auckland 0626	Wholesale produce boxes	Must pay for service.
Glenfield Baptist Church	46 James Street, Glenfield, Auckland 0629	Food parcels, CAP Debt Management.	Self-referrals and referrals from Citizens Advice Bureau
Glenfield Community Church (Glenfield Community Church, n.d.)	82 Chartwell Avenue, Glenfield, North Shore	Food parcels.	
Glenfield Salvation Army (The Salvation Army, 2021)	Glenfield Corps. 430 Glenfield Road Glenfield Auckland, 0629	Food parcels and wrap around support including clothing, furniture, budgeting advice, counselling, social services and more.	Identification and, if in receipt of a benefit from Work and Income, a confirmation letter is required showing that food entitlements have already been used up.

Organisation	Location	Service	Referral Criteria
Good Works Trust North Shore (The Good Works Trust, n.d.)	Level 2, 252 Forrest Hill Road, Forrest Hill, Auckland 0620	Good Works Trust is the emergency food provider for Hospice, Waitematā District Health Board (WDHB), Te Puna Hauora, the Fono, Corrections, Plunket, Shine, Pathways, Victim Support, Budget advisory, Oranga Tamariki, Age Concern, Plunket, and most other agencies on the Shore. Tailored food parcels including “non cook” or “limited cooking”.	Self-referral through their website, Citizens Advice Bureau or Te Puna Hauora.
Northcote Baptist Church	67 Eban Avenue, Hillcrest, Auckland 0627	Food parcels	
Te Puna Hauora O Te Raki Paewhenua – Health and Social Services for the North Shore (Ministry of Social Development, 2022).	58A Akoranga Drive, Northcote, Auckland, 627	Food provider – also provides health, addictions, budgeting, parenting, and life coaching services.	Self-referral or referral needed.
The Fono Northcote	First Floor, Norman King Building, Raeburn House, Northcote Shopping Centre, 65 Pearn Crescent, Northcote, Auckland 0627	The Fono will offer or organise food support for community members.	Self-referral or referral needed.

PĀTAKA KAI/FOOD PANTRIES

Pātaka kai are community food storage places that distribute non-perishable and fresh food collected through community involvement. “A key element of Pātaka Kai is a relational element to the way they operate within the community, including opportunities to give back” (Kore Hiakai Zero Hunger Collective, n.d.c).

Local residents often monitor pātaka kai via local Facebook Groups; people will post when there are new donations and if there is perceived antisocial behaviour (such as taking more than you need).

This is likely not a complete list as most food pantries are not registered with appropriate directories such as <https://www.patakai.co.nz/>.

Pantry	Location
Bayview Community Centre Pantry	72 Bayview Road, Bayview, Auckland 0629
Beach Haven Community Centre Pantry	Shepherds Park, 130 Beach Haven Rd, Beach Haven
Glenfield Community Church Pantry	82 Chartwell Avenue, Glenfield
Highbury House Community Pantry	110 Hinemoa Street, Birkenhead, Auckland 0626
Sunnynook Community House Pantry	148 Sycamore Drive, Sunnynook, Auckland 0620
The Kai Shed (Kaipātiki Community Facilities Trust)	Tonar Street, Northcote



SCHOOL BREAKFAST/LUNCH PROGRAMMES

Research shows that school lunch programmes improve diet quality and academic achievement for children (Gerritsen et al., 2023).

Some schools in Kaipātiki offer breakfast and lunch programmes to students from low-income families. These programmes ensure that children have access to nutritious food during the school day, which can improve their educational outcomes.

Ka Ora, Ka Ako is the government’s healthy school lunches programme. Of the 177 schools selected to participate in Auckland, none were located in the Kaipātiki Local Board area. According to research by Growing Up in New Zealand, “half of the young people living in moderately food insecure households, and a third of those living in severely food insecure households did not receive Ka Ora, Ka Ako in the past year” (Gerritsen et al., 2023, p. 1).

Organisation	Location	Service
Belong Church	Opp. Mitre 10 Mega 16b Poland Road, Wairau Valley, Auckland 0627	Provide school lunch food bags to 13 schools.
Good Works Trust North Shore (The Good Works Trust, n.d.)	Level 2, 252 Forrest Hill Road, Forrest Hill, Auckland 0620	Good Works Trust is the emergency food provider for many agencies on the North Shore. The Good Works Trust School Lunch Kit project provides whanau with the supplies to make a week’s worth of school lunches at home.
Transformation Academy	88 College Road, Northcote, Auckland, 0627	Transformation Academy is an education programme for 16–19-year-olds that offers breakfast and lunch to students.

FOOD RESCUE PROGRAMMES

There is a strong connection between environmental sustainability and food security. “Food rescue” organisations collect surplus food from retailers and producers, check its quality, and distribute it to those in need via charitable or community organisations. The purpose is simultaneously to support food security and prevent food waste (Kore Hiakai Zero Hunger Collective, n.d.c).

Between 2021-2022, Aotearoa Food Rescue Alliance members redistributed approximately ten million kilograms of food in New Zealand – the equivalent of 29 million meals (Aotearoa Food Rescue Alliance, 2023).

Community-minded local businesses often engage in food rescue by stocking Pātaka Kai or donating to food banks. For example, volunteers from the Onewa Christian Community pick up bread from Wild Wheat (Birkenhead) three times per week and distribute it to local pātaka kai and supported housing sites. In Bayview, Loafer’s Bakery stock the local community pantry regularly.

KiwiHarvest (n.d.) is a national food rescue organisation that supplies food for distribution to various organisations in Kaipātiki, including:

- Beach Haven Primary School
- Beach Haven Food Bank
- Birkdale Intermediate School
- Birkdale North School
- Birkdale Primary School
- Birkenhead College
- De Paul House
- Massey University Chaplaincy
- Northcote College
- Man Up North Shore
- North Shore Women’s Centre
- The Cedar Centre
- The Fono - North Shore

COMMUNITY GARDENS AND EDUCATION PROGRAMMES

Community gardens, orchards, and food forests provide public spaces for growing and consuming fresh produce. Māra kai (common gardens) focus on growing traditional Indigenous kai, promoting knowledge exchange and learning.

Community gardens are versatile tools for addressing food security. They can be used in conjunction with educational programmes to promote connection with soil and intercultural and intergenerational knowledge. The Kaipātiki Project delivers regular and accessible community education workshops in partnership with community organisations (Kaipātiki Project, n.d.).

Community gardens can also support local food initiatives by providing fresh produce for pātaka kai (food pantries), food banks, social supermarkets, community meals and more.

Anthony Wilison of Awataha Marae sees community gardens as a key tool for food security on a local, regional and national level. However, it is widely acknowledged that organisations struggle to recruit volunteers and obtain the resources needed to maintain their gardens due to high costs. Awataha's garden will be connected to their community market to make it economically sustainable.

For the purpose of this report, community gardens with non-edible plants have not been included.

Garden	Location	Education
Awataha Marae (in partnership with Kaipātiki project)	58 Akoranga Drive, Northcote, Auckland 0627	This Māra Kai is still being planned but will have workshops with themes around traditional Māori growing techniques and suburban gardening methods/tools.
Bayview Community House Garden (Kaipātiki Project, n.d.)	72 Bayview Road, Bayview, Auckland 0629	Educational workshops delivered by the Kaipātiki project.
Cedar Centre Community Gardens in Beach Haven	Cedar Centre. 56A Tramway Road, Beach Haven, Auckland 0626	Workshops organised by the Cedar Centre
Garden to table – Bayview School	60 Bayview Road, Bayview, Auckland 0629	Educational gardening and cooking programmes for primary and intermediate aged children.
Garden to table – Birkdale Intermediate School	200 Birkdale Road, Birkdale, Auckland 0626	

Garden	Location	Education
Garden to table – Glenfield Primary School	101 Chivalry Road, Glenfield, Auckland 0629	Educational gardening and cooking programmes for primary and intermediate aged children.
Garden to table – Kauri Park School	16 McGlashen Place, Beach Haven, Auckland 0626	
Garden to table – Northcote Primary School	2 Lake Road, Northcote, Auckland 0627	
Garden to table – St Mary's School	45 Gladstone Road, Northcote, Auckland 0627	
Garden to table – Target Road Primary School (Garden to table, n.d.)	80 Target Road, Totara Vale, Auckland, 0629	
Garden to table – Windy Ridge School	54 Seaview Road, Glenfield, Auckland 0629	
Highbury House Community Garden (Kaipātiki Project, n.d.)	110 Hinemoa Street, Birkenhead, Auckland 0626	Educational workshops delivered by the Kaipātiki project.
Northcote Intermediate School	45-157 Lake Road, Northcote, Auckland 0627	Kumara Patch
Transformation Academy	88 College Road, Northcote, Auckland, 0627	Regular education programmes.

Gardening Sessions at Community Houses



*Everyone
welcome!*



Sessions 10:30am - 12pm

- ✓ **24 March:** Highbury House
110 Hinemoa St - Sowing and
transplanting seedlings
- ✓ **7 April:** Birkdale Community House
136 Birkdale Rd - Growing in clay &
Improving soil fertility
- ✓ **21 April:** Bayview Community House
72 Bayview Rd - Composting trouble
shooting
- ✓ **28 April:** Glenfield Community House
96 Bentley Ave - Growing in small
spaces, pots & containers

Let's grow our local food gardens!
Whether you're experienced or just
starting your journey, come and join us
for one of these free workshops. If
you've had any lingering questions,
we'd love to answer questions or give
you some advice.



Figure 2 Kaipātiki Project, n.d.

COMMUNITY MEALS

Community meals are free or low-cost meals for local residents. These meals provide a social opportunity for people to connect with others in their community and access nutritious food. Sharing kai is culturally significant in Māori and Pasifika traditions for developing relationships and building community.

Organisations that provide community meals say that it is an opportunity for people to receive support, camaraderie, and connection. Additionally, it allows organisations to hear about what is happening in the community.

Organisation	Location	Service
Awataha Marae	58 Akoranga Drive, Northcote, Auckland 0627	Host a community meal on Sundays between 10am – 12pm. Attendees can also access food support parcels at this time.
Cedar Centre Birkdale & Beach Haven Anglican Church.	Cedar Centre. 56A Tramway Road, Beach Haven, Auckland 0626	Host community meals.
Birkdale Beach Haven Project (Auckland Council, 2023, p. 10).	Birkdale Beach Haven Community House. 130 Beach Haven Road, Beach Haven, Auckland 0626	Host regular community meals and distribute school lunch kits.
LIFE Community Kitchens (LIFE community, n.d.)	Beach Haven Community House, 130 Beach Haven Road, Northcote Citizens Hall, 1 Ernie Mays Street	Mondays from 5.30pm. Tuesdays from 5.30pm.

Conclusions and impact

- 1** Many organisations feel as if they are disconnected from other groups working towards food security in Kaipātiki.
- 2** The lack of definitive research focusing on the extent and causes of food insecurity in Kaipātiki and the broader North Shore area indicates a need for further investigation and understanding of this issue.
- 3** The reliance of many food providers and food security services on word of mouth and the absence of registration with online directories presents a challenge in comprehensively assessing the available services. This situation increases the risk of ineffective resource utilisation when providers are unaware of each other.
- 4** It is concerning that children residing in food-insecure households in Kaipātiki may not have access to healthy school lunches, highlighting a potential long-term impact on their well-being and development.
- 5** Access to community gardens plays an essential role in fostering long-term sustainable food security within the community.



Recommendations

- 1** Foster collaboration, communication, and partnerships among organisations addressing food insecurity in Kaipātiki. Adopt a Zero Hunger approach, recognising the need for interconnected, innovative, and cross-sector initiatives. Promote awareness and capacity building among community organisations to ensure no family misses out on the network of support available to them.
- 2** Allocate resources for ongoing research focused on food insecurity in the North Shore, including Kaipātiki, to better understand the issue and inform targeted interventions.
- 3** Establish a comprehensive directory that records all food services in the Kaipātiki area, including community gardens, school lunch programmes, and other initiatives supporting food security. This directory will improve coordination, facilitate information sharing, and support more effective distribution of available resources.
- 4** Advocate for resources to support school lunch programmes, ensuring that children in Kaipātiki have access to nutritious meals during school hours. This investment in school lunch programmes can contribute to improved well-being and educational outcomes for children.
- 5** Prioritise and promote services that connect individuals to the soil and foster sustainable food practices. Community gardens and education programmes are vital in reducing food insecurity in the long term. Increase awareness of these programmes and encourage broader participation, as they can provide opportunities for learning, empowerment, and community engagement.

Limitations

The report relies on secondary sources such as academic and grey literature. While efforts were made to gather comprehensive and reliable information, the accuracy and completeness of these sources may vary.

Due to time constraints, community consultation was limited, potentially leading to an incomplete understanding

of the full range of services addressing food insecurity in Kaipātiki.

There are various challenges in mapping current food security initiatives in Kaipātiki, as many services have not registered with online directories. Additionally, the landscape of food security services is

changing rapidly as more organisations move their focus and resources to support food security to meet the increasing need. For this reason, it is likely that the services outlined in this report are not an absolute picture.



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