

Keeping kai on the table

In Aotearoa New Zealand, we produce enough kai (food) to feed us all. But it doesn't mean it's affordable.

Rising prices and employment instability can make it harder for people to put food on the table.



What is food insecurity?

Food insecurity might mean:

- going hungry or not having enough to eat running out of food with no money to buy more
- having to choose cheaper or less healthy options
- parents going without so their kids can eat
- living with the stress of constantly worrying about not having enough food to feed your whanau.



Effects of food insecurity

- It's a major barrier to healthy eating. It forces people to fill up on cheap highly processed food.
- It can impact on health and lead to long-term health conditions, such as obesity, diabetes, heart disease and some cancers.
- It can affect childhood growth and development and lead to health and education problems.



Places to get help

Food and emergency support

- **Auckland City Mission** – emergency food, clothing and bedding (09) 303 9200
- **Counties Manukau** – food and emergency support services
- **Community Support Waitakere** links to foodbanks in West Auckland
- **Dignity** – free period products. 021 175 9454
- **Family Services Directory** – foodbanks, food parcels and community services.
- **Paerangi** – kai and foodbanks. Also offers information in te reo Māori and New Zealand sign language.
- **Pasifika Proud** – lists of foodbanks, including support in Pasifika languages.
- **Pātaka Kai** – resident-led, local free food pantries
- **Salvation Army** – emergency food and clothing, advocacy and referral support.
- **The New Zealand Foodbank Directory** – list of local food banks and community services.
- **Vision West Community Trust** – emergency food and support services. (09) 818 0700
- **Work and Income (WINZ)** – support and employment services. 0800 559 009
- **Zero Hunger Collective** – for māra kai (community gardens), pātaka kai (community store houses), community meals and food banks.

Budgeting and advocacy services

- **Beneficiaries Advocacy and Information Service (BAIS)** – information and advocacy services, (09) 444 9543
- **Christians Against Poverty** – debt counselling 0508 227 111
- Combined Beneficiaries Union (CBU) – advocacy services to beneficiaries (09) 376 4760
- **Money Talks** – budgeting services 0800 345 123



Find out more:

www.healthify.nz/keeping-kai-on-the-table