



EVERYONE IN AOTEAROA NEW ZEALAND SHOULD BE ABLE TO ACCESS GOOD FOOD AT ALL TIMES

With local food systems that are regenerative, inclusive and resilient, food can be a catalyst for systemic change.

GOOD FOOD ROAD MAP

Food and beverages that are affordable, nourishing, appetising, sustainable, locally produced and culturally appropriate.

A strategic framework to encourage consistency in approach, efficiency in use of available resources, and increase collaboration for collective impact.

FOOD INSECURITY

The food system is not working for all, with many unable to access adequate good food, and are consuming less nutritious food due to limited options.

FROM

FOOD DEPENDENCY

The food system is not accessible to all, creating the need for ongoing financial and other support for people to consume good food.



FOOD SECURITY

The food system enables all people, at all times, to have physical, social and economic access to good food which fulfill their dietary needs and food preferences for an active and healthy life.

FOOD SOVEREIGNTY

People exercise the right to good food and have the right to define their own food systems - placing the control of food back into the local communities.

GOOD FOOD ROAD MAP

COMMON GOAL

Good Food Road Map is a collective strategy towards food security and food sovereignty in Aotearoa New Zealand in order to help strengthen the overall health, wellbeing, and resilience of our communities.

Achieving this goal requires all of us working together, collaborate and co-create to shift our food systems to better support our people, community, and environmental wellbeing.

It is time to reconnect to our indigenous wisdom, valuing our diverse cultural knowledge around food supply and demand – where food is produced in ways that nourish our people and protect our environment.

On this journey, the right food policy is paramount to optimise food production, distribution, availability and affordability, reducing environmental impact, as well as regulating food advertisements in public spaces and packaging, so it can promote and support the consumption of good food, while educating about the health risks associated with foods that are ultra-processed and high in fat, sugar and salt.

There is an urgent need for developing local food systems that are regenerative, inclusive and resilient, understanding that food can play a critical role in driving systemic change and if produced, delivered, selected and consumed in a sustainable manner, it can improve individual and collective wellbeing, foster multiculturalism and social cohesiveness, build climate and community resilience, preserve and restore the natural environment, create jobs and regenerate communities.

There are plenty of well-structured stand-alone initiatives in New Zealand that together, can create a powerful movement towards a sustainable food system; but they need strategic support and guidance to leverage the work required to deliver positive long-term systemic change.

As a country, we have the necessary resources and collective intelligence to organise, motivate and implement a set of game-changing initiatives. Acting locally, we can have positive transformations in this field and create changes across all sectors within the food system.

The Good Food Road Map is a plan to tackle food insecurity, a proposal taking a realistic approach based on harnessing international experience and local knowledge, leveraging existing resources from different stakeholders, working together to influence the necessary policy and behaviour changes to achieve food security and ensure that food sovereignty remains in the control of our communities in Aotearoa.

This road map supports and aligns with many other local and international food charters, including the C40 Good Food Cities Declaration¹, where leaders of major cities around the world committed to promote and preserve the health of citizens and the health of the planet by working to transform urban food systems.

¹ C40 World Mayors Summit - Copenhagen, Denmark (October 10, 2019)

GOOD FOOD ROAD MAP

Vision

Everyone in Aotearoa New Zealand should be able to access good food* at all times.

Mission

Develop and establish sustainable local food systems**, so all individuals and whānau have access to food and drink that are affordable, appetising, nourishing, and nutrient dense, in order to improve community health and wellbeing.

**food and beverages that are affordable, nourishing, appetising, sustainable, locally produced and culturally appropriate (adapted from FAO and different food charters).*

***a collaborative network that integrates sustainable food production, processing, distribution, consumption, and waste management in order to enhance the environmental, economic, and social health of a place, ensuring food security and nutrition (FAO; Community-Wealth Org).*

Five ideal scenarios - targets



Ideal

1. Individuals and whānau should all be able to meet their basic human rights to nourishing food and drink.

Facts

- The current global food system is out of balance. Millions of people around the world suffer from hunger, yet many more have an unhealthy diet that contributes to premature death and rising healthcare costs¹.
- This scenario is not different in New Zealand. Most of our food is consumed in cities² and food insecurity, malnutrition, child undernutrition and micronutrient deficiencies are increasingly urban problems, just as much as rising rates of chronic diseases.



2. Individuals and whānau should be able to participate in their local food system in a sustainable, self-determining, and mana-enhancing way.

- Our people and communities hold collective wisdom (cultural, life experience, individual knowledge) that could effectively shape the food system (demand, supply, marketing, consumption) so that it is supportive of their wellbeing.
- The recovery of the people is tied to the recovery of food, since food itself is medicine; not only for the body, but for the soul, is the spiritual connection to history, ancestors and the land.³



3. Our food system should reflect who we are as Aotearoa New Zealand – a diverse and multi-ethnic society with strong indigenous culture, the 'capital of Polynesia'.

- Our existing social, economic and environmental challenges demand a collective approach, tackling the problems at their heart in order to truly deliver systemic change. Food plays a critical role in this process with an equally pivotal and cross-cutting role in driving change, since the connections among food, culture, and society, incorporates our cultural heritage and ethnicity, but is not limited to it. Food can foster multiculturalism and social cohesiveness, celebrating our nation's diversity, cultural identity and sense of place, which is closely connected to the land and the food systems. Indigenous and traditional knowledge offer a wealth of experience that can inspire local food systems to reconnect people to whenua, restoring the natural environment and enhance community resilience.

¹ FAO, 2018, The State of Food Security and Nutrition in The World

² C40, 2019, In Focus: Addressing food related consumption in C40 cities

³ Winona LaDuke in Recovering the Sacred, 2005



Food for Health and Wellbeing

Ideal

4. Individuals and whānau should be able to take control of their food and drink intake.

They need a food system where the best choice is the easiest choice – this means more options and alternatives to support their health and wellbeing.



Food Resilience

5. All levels of the food system need to be resilient ensuring the supply of sufficient, adequate and accessible food to all.

In order to preserve the environment and ensure food and nutritional security for all, there needs to be a transition based on sustainable development principles⁶.

Facts

“We have good access to bad food and bad access to good food.”

Individuals and whānau in Aotearoa are suffering from diet-related chronic diseases.

- One in five deaths can be associated with bad diet⁴. The leading diseases associated with diet related deaths in New Zealand are coronary heart disease, stroke, colon and rectum cancer. Those who live with diet-related diseases are more likely to experience poorer mental, social, and educational outcomes⁵
- Community, non-governmental, and non-profit organisations deliver a number of initiatives tackling the food system, particularly around urban production and food environments. However, many of these initiatives face obstacles including policy constraints, funding constraints and lack of influence or access to decision makers.
- There are also significant and complex underlying systemic issues that cannot be addressed by the community alone:
 - loss of productive land
 - unsustainable business practices
 - waste reduction
 - regulations that can lead to commercial interests favoured over community wellbeing
 - fragmented approaches to addressing the food system e.g. multiple stakeholders with shared interests working independently
- As an island nation with close island nation friends in the Pacific – we are at the forefront of experiencing the effects of climate change. Furthermore, our diets are not just hurting our health but also the eco-system that supports human life⁷. Food is among the largest drivers of global environmental change contributing to biodiversity loss, freshwater overuse, interference with the nitrogen and phosphorus cycles, and land-system change. The world is in a climate crisis, where droughts, floods, desertification and extreme weather events, is reducing our ability to feed everyone on the planet⁸.
- An estimated one-third of all food produced is either lost or wasted. Food loss also represents a vast waste of labour, water, energy, land and other natural resources, as well as emissions, that went into producing it⁹.
- Local food systems¹⁰ are inherently more resilient and provide greater food diversity. Their development, promotion, and protection have a key role to play in achieving greater food security while minimising food waste and GHG emissions¹¹.

⁴ Lancet, 2017, *Health effects of dietary risks in 195 countries*

⁵ OECD, 2019, *The Heavy Burden of Obesity*

⁶ FAO 2017, *Food Security and Nutrition in the Age of Climate Change*

⁷ The EAT- Lancet Commission <https://eatforum.org/eat-lancet-commission/>

⁸ UN Dispatch, 2017, *Climate Refugees Explained*

⁹ FAO, 2015, *Food wastage footprint & Climate Change*

¹⁰ <https://community-wealth.org/strategies/panel/urban-ag/index.html>

¹¹ FAO 2017, *Food Security and Nutrition in the Age of Climate Change*

GOOD FOOD ROAD MAP

Action Plan

This document provides a framework for an individual plan towards a collective goal having the five ideal targets as a reference. Once you define the approach or initiatives, please share and connect with others so your work can inspire and contribute to systemic change.

Location: [Place, Contact Person]



Action Points

1. Supporting communities' right to nourishing food and drink

Examples of intended approach or initiative

- Supporting an overall increase of healthy plant-based food consumption (which involves eating more fruit, vegetables, nuts, and legumes, and for many, less food from animal sources) by shifting away from unsustainable, unhealthy diets.



2. Supporting sustainable, self-determining, and mana-enhancing community participation in local food systems

- Working with Iwi, community, businesses, public institutions and other organizations to develop a joint strategy for implementing these actions and achieving these goals inclusively and equitably.



3. Supporting food systems to reflect who we are as Aotearoa-New Zealand – a diverse and multi-ethnic society with strong indigenous culture, the 'capital of Polynesia'

- Working with local communities to revive and strengthen cultural food practices that are good for the people and the environment, and celebrates our unique diversity



4. Supporting individuals and whānau to take control of their food and drink intake via a food system where the best choice is the easiest choice

- Supporting urban/backyard food production and local/neighbourhood food collective/cooperative schemes
- Talking with policymakers to ensure that schools, hospitals and other priority settings are supported to provide and promote healthier food as the default



5. Supporting all levels of the food system to be resilient ensuring the supply of sufficient, adequate and accessible food to all, in the face of various and even unforeseen disturbances

- Reducing food loss and waste through education and transformation of current practices.
- Incentivising local food production and supply chain to increase local demand and consumption.
- Supporting regenerative agriculture



The information below is to help planning and can be used to ensure consistency and develop collective data to communicate the impact that the initiatives will have not only in your region but across Aotearoa New Zealand.

Please provide if you have available.

Example of resources available to deliver intended actions (can be for all or one of the action points above)

What are the main challenges your location has faced/might face in delivering the intended actions? (if any)