

# Building a food secure Westland.

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'Food Security exists when when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life'

*Food Sovereignty refers to the degree of control of which people have on food supply, including prioritising edible food to feed the people living there*

culturally appropriate

health and wellbeing

Cost of living

Geographic isolation

living situation

Income

cooking skills

gardening skill

lack of food outlets

Food literacy

## The voices of people experiencing food insecurity on the West Coast

“When we were up in Marlborough sometimes Pak n Save would have apples for not even \$1.00 a kilo, or broccoli for 50c or tomatoes down to 99c a kilo- you don’t get that here. They just don’t have the buying power” Participant 5

"You can't get to a proper slumber because it's always on your mind, you know? And it always comes down to the same old thing, feed the child and you starve" Participant 10

*“My utopia would be having food grown in our communities for our communities... and for those accessing it to ideally provide some labour to grow it.....” Organisation*

*“.....I buy powdered milk because you can stretch it further, we live on a dairy farm, but because it's been winter we haven't been able to take milk, and also with this farm I don't know if we are allowed to take milk. Some farms and some farmers don't allow it” Participant 5*

*“Fruit and vegetables are very expensive on the West Coast. There are no produce shops. I have lived in other parts of New Zealand and would buy a box of bananas for \$5 and dehydrate them” Participant 7*

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<https://www.facebook.com/MSDNewZealand/videos/784867262765852/>



# Improve community & individual food security

## Enhance food sovereignty

*Promote household gardening*

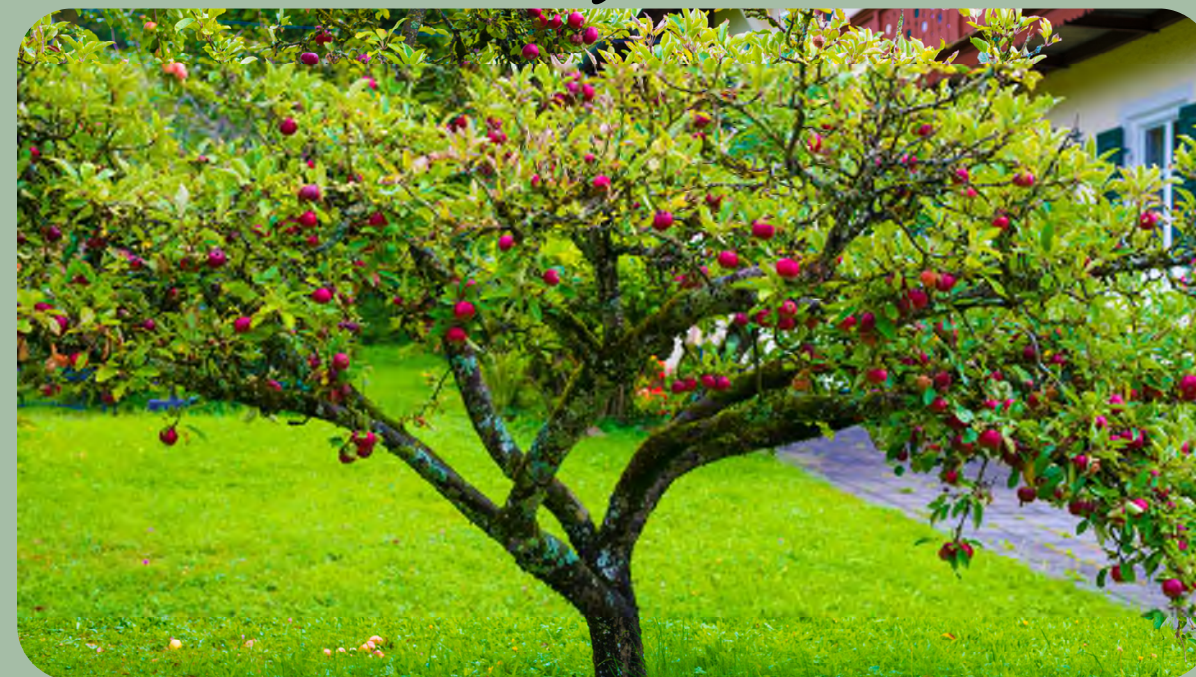
*Community gardens*

*Edible planting*

*Cooking on a budget workshops*

*Lower-cost recipes to be given with meal ingredients*

*Increase choice for access to food in mana-enhancing  
way*





*2023/4 Annual Plan priority: Waste minimisation and  
management plan*

*WDC LTP priority: Grow and protect our communities,  
our economy and our unique natural environment*

*Edible Planting Policy*

*Community Garden Policy*

*Food Charter- Councils commitment to working together*

*Food Security Policy-*



Grow and enjoy delicious fruit, crisp vegetables and tasty herbs in our edible garden city.



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[Food foraging and edible parks](#)



[School gardens](#)



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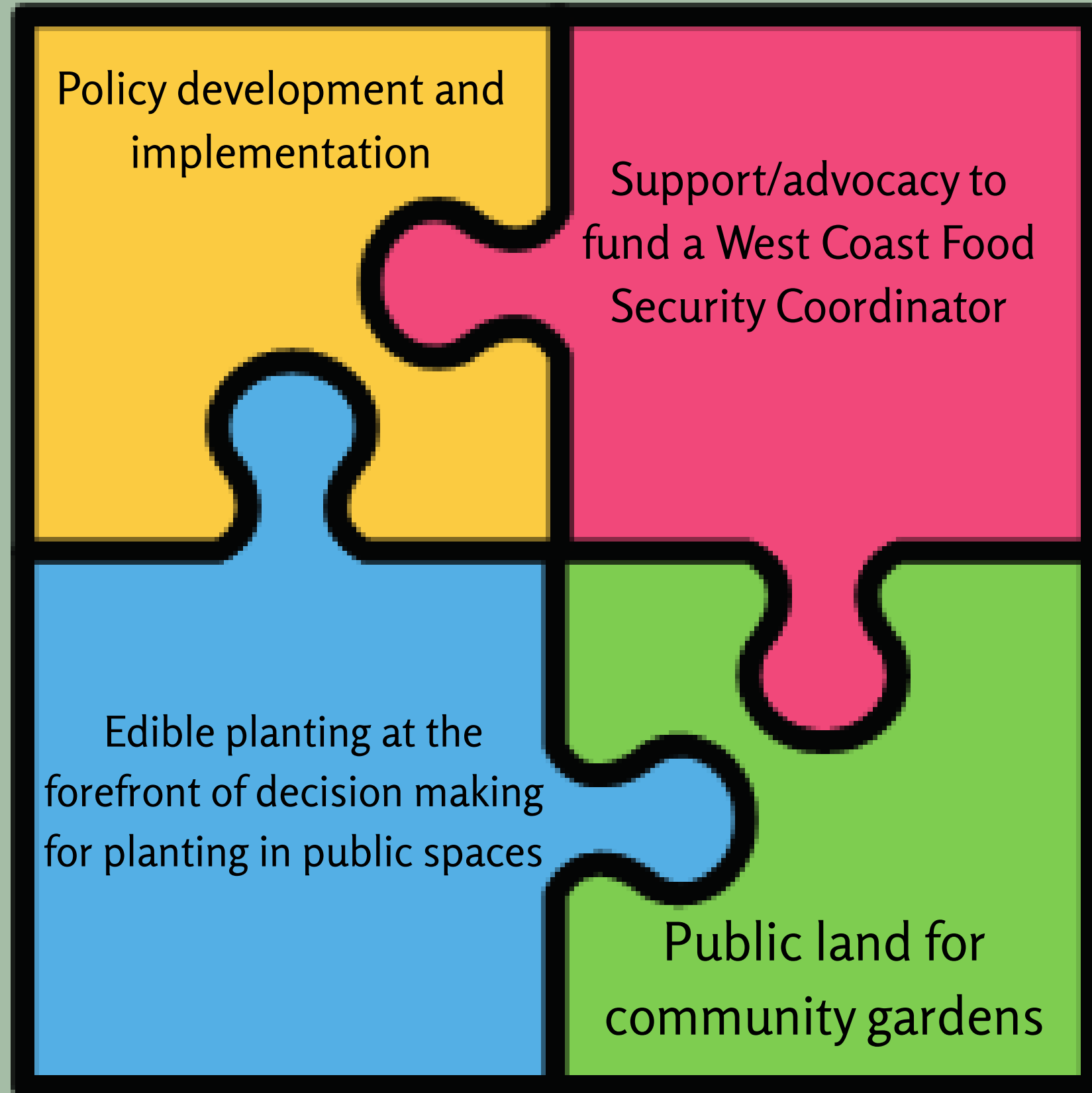
HOME **GARDEN DIRECTORY** ABOUT NEWS & EVENTS DOCUMENTS CONTACT

*Garden Directory*

As of January 2023, there are 52 community gardens in the Canterbury area. More are evolving all the time.

The image shows a screenshot of a website's 'Garden Directory' page. At the top is a navigation menu with 'HOME', 'GARDEN DIRECTORY' (highlighted in orange), 'ABOUT', 'NEWS & EVENTS', 'DOCUMENTS', and 'CONTACT'. Below the menu is a map of the Canterbury region in New Zealand, with numerous red location pins indicating the positions of 52 community gardens. The map includes labels for various towns and geographical features like the Waimakariri River and Pegasus Bay. At the bottom of the map are controls for zooming and keyboard shortcuts. Below the map, the title 'Garden Directory' is written in a stylized orange font. A paragraph of text states: 'As of January 2023, there are 52 community gardens in the Canterbury area. More are evolving all the time.'

# Our call for support





*“Nau te rourou, naku te rourou, ka ora te manuhiri.”*

*With your food basket and my food basket, the people will thrive.*

