

# CONNECT WITH FOOD, WHĀNAU AND COMMUNITY

share healthy food ideas with your community



## Walking Fundraiser

Hold a walking fundraiser or "fun race" for teams to find clues about traditional harvesting and gathering of kai. Provide healthy kai afterwards such as hangi with water and milk-only.

To start your ideas visit: [ngaitahu.iwi.nz/culture/mahinga-kai](http://ngaitahu.iwi.nz/culture/mahinga-kai)



## Healthy Dinner Meals

Create healthy dinner meals with children and whānau and enter the 'Just Cook' competition over June and July. Teaching resources are also available for years 7-11 at [justcook.co.nz/challenge](http://justcook.co.nz/challenge). Find more healthy meal ideas for the whole family at [myfamily.kiwi.govt.nz](http://myfamily.kiwi.govt.nz).

## pumpkin Growing

Start organising a pumpkin growing competition now so you can plant the seeds in spring! Hold this between households in your school community. Link in with local gardening groups and provide edible garden space for those who need some, even better; teach them to build their own!

Check out the Shirley Primary Pumpkin Award: [cph.co.nz/wp-content/uploads/hps43.pdf](http://cph.co.nz/wp-content/uploads/hps43.pdf)



## Sponsorship

Set up a sponsorship deal with a local fruit tree grower or hobby grafter. Plant your sponsored trees in an accessible, visible place to the school community and talk about ways to use them. For gardening contacts across Canterbury and West Coast see: [chsgardens.co.nz](http://chsgardens.co.nz), or email [mygarden.co.nz/ContactUs.aspx](mailto:mygarden.co.nz/ContactUs.aspx), or [facebook.com/incredibleEdibleWC/?hc\\_ref=SEARCH&fref=nf](https://www.facebook.com/incredibleEdibleWC/?hc_ref=SEARCH&fref=nf).



## Healthy Events

Plan your events with health in mind. For your pet day, gala, disco or dance, provide healthy kai and water and milk-only, and talk to your community about why.

For tips and great ideas download the NEW healthy events and fundraisers guide: [www.cph.co.nz/resources/healthy-events-and-fundraisers](http://www.cph.co.nz/resources/healthy-events-and-fundraisers)



## Promote Healthy Ideas

Promote healthy ideas in your newsletters, noticeboards, website and Facebook, using credible information with healthy tips for the whole family. See: [fuelled4Life.org.nz](http://fuelled4Life.org.nz); [myfamily.kiwi](http://myfamily.kiwi); [vegetables.co.nz](http://vegetables.co.nz); [potatoes.co.nz](http://potatoes.co.nz).

