Food Insecurity
Food Security

What is the difference?
And why does it matter?

kore hiakai
Zero Hunger Collective

There are three separate concepts to understanding Food Insecurity & Food Security:

- **Temporary Food Insecurity:** Caused by a sudden shock, such as a natural disaster, for which the response is intended to be temporary. By temporary we mean no more than 16 weeks.

- **Food Insecurity:** Caused by systemic issues including inadequate income and high cost of living. This is food-related poverty. Our responses to meet the immediate hunger experienced in this space are temporary fixes delivered by NGOs and community. They are dependent on donations, external funding and volunteers. Without these measures people remain hungry. These responses create a dependency on these solutions in order to not be hungry.

- **Food Security and Food Sovereignty:** Adequate access to healthy, affordable, culturally appropriate food that allows people to self determine what, how and when they eat. People may rely on a community network and share with whānau but they are not dependent of the provision of kai by others to remain food secure.

The following look at these in more depth, they list some causal factors, how food insecurity, security and sovereignty is experience, our general responses and the factors that need to be addressed to transform our communities from food insecure to food secure.

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Temporary Food Insecurity

Limited or uncertain availability of nutritionally adequate and safe foods, or limited ability to acquire personally acceptable foods that meet cultural needs in a socially acceptable way.

(Ministry of Health, 2019: Household Food Insecurity Among Children in New Zealand)

Brief, short-term
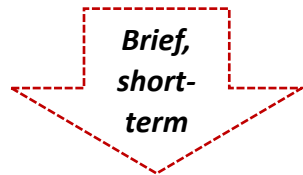
Shocks / disasters (economic, health, natural)

Response is usually government – Civil Defence

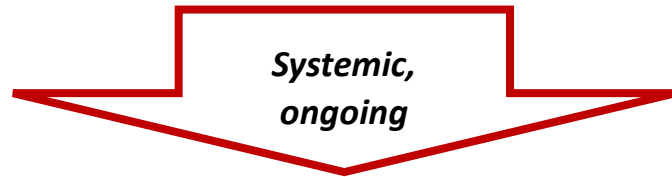Personal shocks with temporary consequences
not lasting more than 12 weeks
(health, loss of income, change of circumstances)
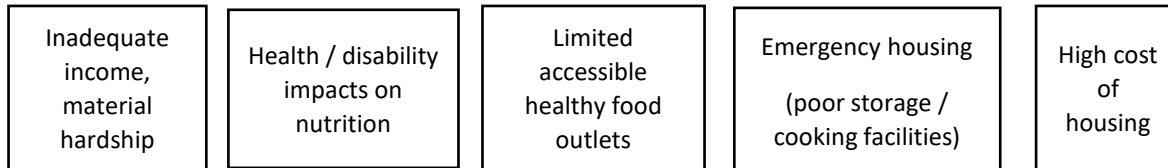
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Food Insecurity

Limited or uncertain availability of nutritionally adequate and safe foods, or limited ability to acquire personally acceptable foods that meet cultural needs in a socially acceptable way.

(Ministry of Health, 2019: Household Food Insecurity Among Children in New Zealand)

Systemic, ongoing

[Root causes: Inequality, racism, colonisation, gender disparities]

Inadequate income, material hardship	Health / disability impacts on nutrition	Limited accessible healthy food outlets	Emergency housing (poor storage / cooking facilities)	High cost of housing

Traditional Response has been Food Parcels, Foodbanks, community meals etc.

Until 2020 this has been funded through the community and philanthropy.

This has been largely community responding to community and focused addressing the immediate need not the systemic probelms.

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Food Related Poverty

"People living in food poverty have an income or expenditure that is less than the amount needed to consistently afford a basket of food with minimum recommended nutritional intake"

(Development Initiatives Website)

Systemic, ongoing

[Root causes: Inequality, racism, colonisation, gender disparities]

| Single earner, minimum wage &/or large household | High rent + inadquate protections for renters | Benefit rates and minimum wage inadequate to meet household costs | Reliant on bought food due to housing type / location | Reduced variety, quantity, quality of food; skip meals; stressed. |

Food Related Poverty is a symptom of poverty.
Food Insecurity is one of the consequences of poverty.

Food Dependency

"Food is not accessible to all, creating the need for ongoing financial and other support for people to consume good food"

(The Southern Initiative, Good Food Roadmap, 2020)

Systemic, ongoing

[Root causes: Inequality, racism, colonisation, gender disparities]

Regular users of foodbanks including people in employment	Increased focus on schools and ECEs are sites for food provision	New models of community provision, to reduce stigma and barriers to access	Some families rely on wider whanau & others regularly feeding their children

Food Dependency are the systems we create to meet the immediate material needs of those experiencing food insecurity as result of experiencing poverty.

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Food Security

"All people at all times, have physical, social and economic access to sufficent, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy lifestyle."

(United Nations Food & Agriculture Organisation, 1996)

Benefit & MW increased towards adequate levels	Increasing business practice of the Living Wage	Action on affordable housing & community housing initiatives	Collaborative development & implementation of food security strategy/ies, policies and plans	Ongoing support for food secure community initiatives and experimental	Commerce Commission Inquiry into Super-markets

Food Security is not only about food – it is about resilient community, adequate housing and income, affordable food, short supply lines, access to land & knowledge to grow kai and more.

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Food Sovereignty

"The right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems."

(2007 international Forum for Food Sovereignty)

Circular economies / doughnut economics	Mahinga Kai Indigenous kai gathering	Co-ops – fruit & veggie markets, land, collective food buying	Iwi-led housing, land & environmental initiatives	New urban food systems	Regenerative agriculture and food systems

Food sovereingty is intrinsically linked to land sovereignty. In Aotearoa it is therefore linked with honouring Te Tiriti o Watangi.

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Moving from

Food Insecurity

to Food Security requires

TRANSFORMATION;

- **of our mindsets,**
- **of our practice,**
- **of our systems**

**as well as grounding
in values
and principles**

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When we make those paradigms shifts our priorities change we move from

Striving to thriving

Scarity to abundance

Deficit-based to strengths-based

Short-term fixes to long-term resolutions

Tackling symptoms to addressing root problems

Being reactive to being proactive

Individual focus to community focus

To or at to with and by

Maintaining the status quo to disrupting the status quo

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