



**Tamariki are change-makers,
and this is our dream for them.**

This is our why, what and how to
empower tamariki for their future



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OUR DREAM FOR TAMARIKI



OUR DREAM

For every child in Aotearoa New Zealand to have the opportunity and resources to GROW and SHARE their own fresh kai as part of daily life.



OUR KAUPAPA

To empower tamariki to GROW, HARVEST, PREPARE AND SHARE kai. We enable schools and kura throughout the motu to deliver, embed and sustain impactful and holistic food education.

WHY?

By empowering tamariki as changemakers, we are disrupting the loss of essential life-skills of growing and cooking kai. Bringing these skills back builds the resilience needed for life, and helps combat today's pressing health, educational, social and environmental challenges. These positive impacts radiate far beyond school gates – to whānau/families, the wider community, and the planet – ultimately enabling a more sustainable, equitable and climate friendly social and economic future.

OUR VALUES AND PRINCIPLES

- Recognition of Te Tiriti o Waitangi partnership
- Empowered, Resilient and Resourceful students
- Kaitiakitanga – environmental stewardship
- Inclusion and respecting diversity
- Ako – teaching and learning
- Hauora – holistic health and wellbeing
- Community Connectedness
- Manaakitanga – hosting and demonstrating respect



Seeds

We plant the seeds that inspire children to think about food differently.



Roots

We enable schools and kura to teach tamariki essential life skills – and in doing so, develop resilience, and address health, educational, social and environmental challenges.



Sprouts

Tamariki take their kete – basket of knowledge and practical skills home. Children share with their whānau and this influences the home food environment.



Flowers

As tamariki and their whānau use and share knowledge, communities build social cohesion and collective food resilience.



Pollination

As communities pass this knowledge through generations, we create a more sustainable, equitable and climate-friendly future.

HOW WE CREATE IMPACT



WHY

- Over recent decades, knowledge and skills in the garden and kitchen have been lost
- Childhood obesity is increasing. Around 1 in 8 children (aged 2–14 years) were classified as obese (12.7%), up from 9.5% in 2019/20
- Eco-anxiety is common amongst tamariki, and continues to negatively impact wellbeing
- 1 in 5 New Zealanders faces food insecurity. That is a million Kiwis – including kids, that cannot always access good food
- Food waste is an increasingly prevalent issue. Food rotting in landfill creates methane contributing about 10% of all human-made greenhouse gas emissions warming the planet

Schools are a logical setting for building food literacy and generating behavioural change to address these challenges

Impact Settings

Primary Schools and Kura Kaupapa Māori
 Intermediate and Secondary Schools
 Early Childhood Centres
 Whānau/families
 Home environments
 Broader community



What Happens

Here's what ākonga/students do:

GROW – Tamariki connect to nature, sowing seeds, nurturing plants, and making compost

HARVEST – Filled with a sense of achievement, tamariki take seasonal bounty straight to the kitchen

PREPARE – Cooking meals from scratch, tamariki learn skills that transfer home

SHARE – Tamariki eat and celebrate kai together – deepening connections and practicing manaakitanga/hospitality

Children do everything for themselves. Tamariki learn by doing in real-life settings

Ākonga/students develop key competencies, and engage in learning that supports the New Zealand curriculum vision, values and principles

Everything can be linked to core curriculum concepts and learning areas.

Outcomes

Hauora – health and wellbeing

Tamariki build knowledge and skills to grow and cook fresh food, and establish the foundations for lifelong healthy habits

Tamariki increase their ability to name, try and consume new fruit and vegetables*

Time spent in the garden increases access to therapeutic and sensory benefits and being physically active

Sharing food enriches and extends relationships between tamariki, volunteers and staff

Ako – teaching and learning

In the garden and kitchen, children learn about science, technology, engineering, maths, arts, language skills and more

Children take new skills and knowledge about nutritious kai home to their whānau

Tamariki from diverse backgrounds build resilience, and achieve success together

Ākonga/students enhance their learning through peer and tuakana – teina relationships.**

Environmental Sustainability and Kaitiakitanga

Tamariki learn where food comes from, and understand the environmental impacts of their food choices

Ākonga/students experience the full circular food system, and the interdependency of planetary health with individual and community health

Tamariki nurture Papatūānuku/Earth Mother, develop respect for the whenua/land we live on

Student-led sustainability, and climate action is fostered as tamariki grow and cook environmentally sustainable kai

Impact

Tamariki, their whānau and communities have improved health and wellbeing for life

Learning outcomes for tamariki are improved and students take their learning home

Environmental awareness and behaviour change is nurtured

Sources: The New Zealand Health Survey 2021, Ministry of Health / United Nations State of the World Report Card 2019 / United Nations Environment Programme, Food Index Report 2021 / Love Food Hate Waste Scotland 2021 / Kore Haikai - Zero Hunger Collective Aotearoa, NZ 2021 *Centre for Endocrine Diabetes and Obesity Research (CEDOR) at Capital and Coast DHB (2019) **An older or more expert tuakana helps and guides a younger or less expert teina

STRATEGY

The next five years



PRIORITY ONE

ENABLE schools to deliver impactful, well-embedded and sustainable programmes and **EXTEND** regional support to all areas

PRIORITY TWO

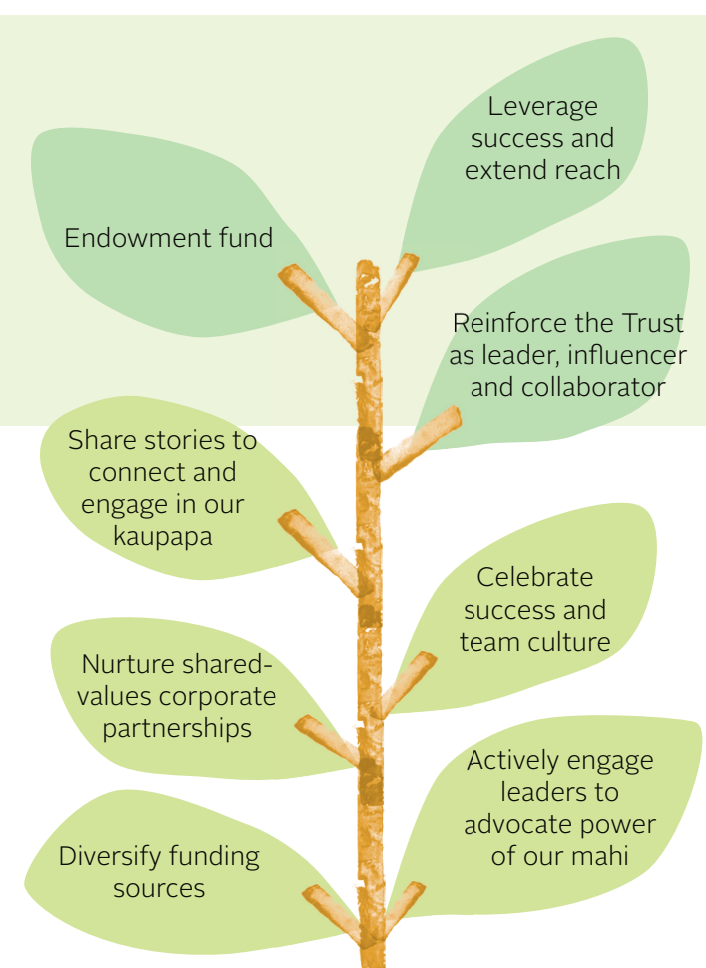
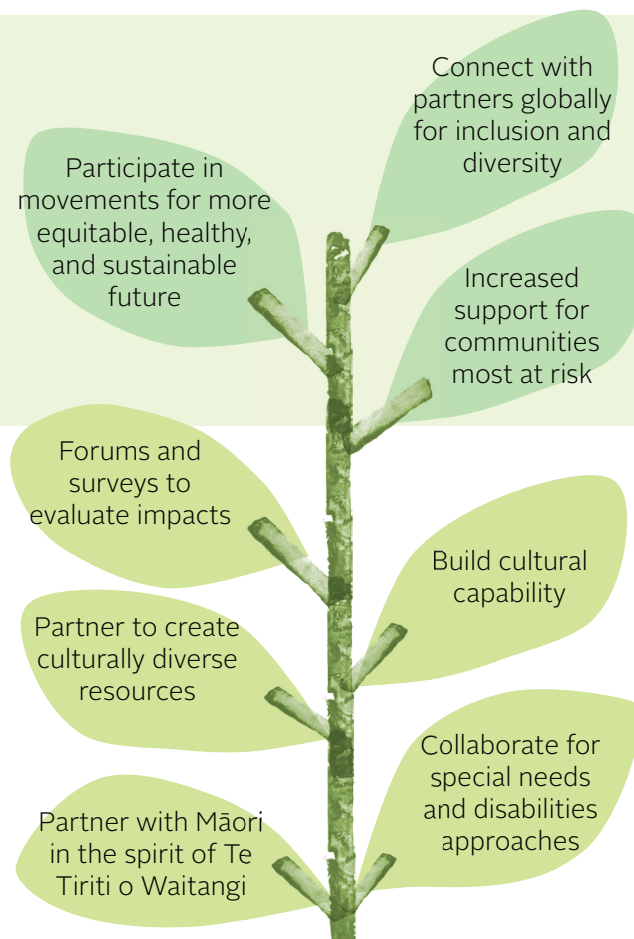
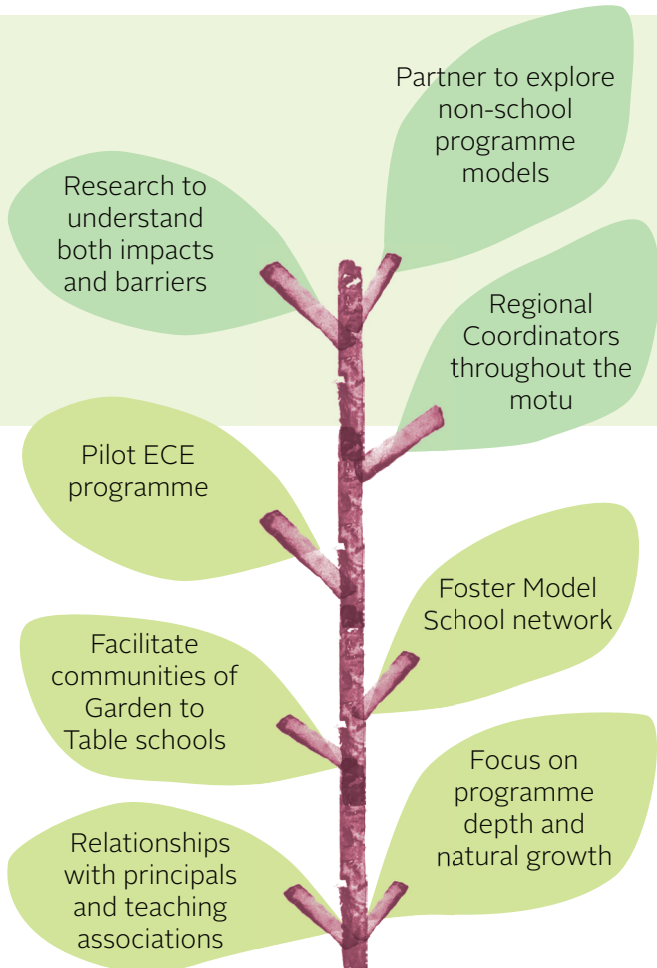
EMBRACE and **INCLUDE** all tamariki in Aotearoa New Zealand

PRIORITY THREE

BUILD the long-term sustainability and **RAISE** the profile of the Trust

THREE TO FIVE YEARS

ONE TO THREE YEARS



STRATEGY PRIORITIES

2022-2027

Priority areas:

ENABLE schools to deliver thriving, impactful, well-embedded and sustainable programmes and **EXTEND** regional support to all areas throughout the motu

EMBRACE and **INCLUDE** all tamariki in Aotearoa New Zealand

BUILD the long-term sustainability and **RAISE** the profile of the Trust



ENABLE schools by providing exceptional support and **EXTEND** support by having a Regional Coordinator in every region of Aotearoa

1-3 years

Continue to enable schools and kura by focusing on programme depth, and encouraging natural growth and long-term sustainability

Continue to facilitate Garden to Table regional community clusters, provide professional development, and foster mutual support between schools and their communities

Foster Model school network and develop Model Schools in all regions where we have a Regional Coordinator

Develop tailored programme approach to meet schools' current resources and needs, staged towards a fully embedded and thriving programme

With partners explore and pilot early childhood education (ECE) programme

Continue to develop curriculum material with the Ministry of Education

Develop relationships with principal and teaching subject associations to show how Garden to Table can strengthen, improve, and broaden childrens' learning

3-5 years

Identify gaps and instigate research to understand both impacts and barriers

Have a Regional Coordinator for every area of Aotearoa New Zealand

Develop links with community garden initiatives to enhance connectedness and resilience

Contribute to forums that discuss and influence beyond school life so Garden to Table graduates are supported as they emerge into broader society

With partners explore viability and pilot non-school programme approaches beyond ECEs

Continue to develop relationship with Ministry of Education for them to understand what local curriculum could look like to support growing and cooking food in schools, and to support opportunities for Garden to Table to create professional development and curriculum resources for teachers

EMBRACE and **INCLUDE** by broadening programme approaches that **CELEBRATE** our unique place in the world, Aotearoa New Zealand, and **MEET DIVERSE NEEDS** of all tamariki

1-3 years

Build cultural capability of our team and deepen understanding of Te Tiriti o Waitangi partnership in school context

With partners develop programme approach for Kura Kaupapa Māori

With partners develop programme approach for ākonga/students with disabilities and special needs

Actively identify and engage and collaborate with diversity partners that broaden programme approaches to meet childrens' diverse needs

Facilitate forums and survey to design resources and measure impacts

3-5yrs

Increase support for schools and kura in communities who are most risk

Evaluate and demonstrate the impacts for tamariki of the diversification of programme approaches

Actively participate in movement toward a more holistic model of health, more equitable, sustainable and climate friendly social and economic future

Connect and network with our international counterparts for global impact and advocate for inclusion and diversity

BUILD the long term sustainability of the Trust and **RAISE PROFILE** by increasing public awareness of Garden to Table as a leader in impactful food education

1-3 years

Focus on professional development and staff wellbeing for team – celebrate success and team culture!

Create, and continue to nurture existing, shared-values corporate partnerships

Develop alternative income streams via merchandising and increased donations-based funding

Diversify funding sources to secure multi-year funding reflecting programme impacts, including environment, hauora/health and wellbeing, resilience, climate action, food security

Share stories with our community, partners, and schools to increase support base, raise awareness, and engage people in our kaupapa

Actively identify and engage leaders, role-models, and sector stakeholders and friends in community to build public awareness, profile and advocate the power and impact of our work

3-5 years

Develop endowment fund for future financial resilience

Leverage our success, brand, experience, expertise and content to extend reach and reinforce the Trust as a leader, influencer, and knowledge centre

With partners scope viability of Garden to Table showcase hub centre for visitors and supporters to experience our programme

