



KURA KAI
CARING FOR OUR COMMUNITY

NA TO ROUROU, NA TAKU ROUROU KA ORA AI TE IWI

With your food basket and my food basket the people will thrive



Lottery Grants Board



FUNDS FOR YOUR
COMMUNITY

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KO WAI TĀTOU? WHO ARE WE?

KURA KAI IS A CHARITABLE TRUST, ADMINISTERED TO SUPPORT RANGATAHI AND WHĀNAU ACROSS AOTEAROA.

At Kura Kai we live by the value of manaakitanga with a simple kaupapa of “whānau cooking for whānau”. We do this by raising funds to purchase chest freezers and resources, which we donate to the High Schools we support. We then build a local community of volunteers who give their time, money and resources to cook nutritious family meals to help keep the freezers well stocked. Each School is then responsible for distributing the meals to support our rangatahi and their whānau who need a bit of extra aroha and support.

In May 2020, Makaia Carr was asked to put the ‘call out’ for volunteers to cook for her local school’s compassion freezer. Makaia was inspired and decided that this idea had merit across the motu and Kura Kai was born. Fast forward to today, Kura Kai has made a positive impact across many Aotearoa communities. Our organisation has grown nationwide with 34 high schools, thousands of volunteers and around 40,000 meals have been delivered.

FROM LEFT TO RIGHT
Marie Paterson - General Manager
Makaia Carr - Founder and Trustee





KURA KAI RANGATAHI

Our Kura Kai Rangatahi initiative moves closer to where our heart and purpose is; empowering our rangatahi. Teenagers can be a difficult age to help as there can be a lot of whakamā (shame) so our rangatahi initiative aims to normalise the concept of having a food support programme in a school.

Students can be involved in cooking meals right through to coordinating Kura Kai within their school. Integrating the program into the wider life and culture of schools has many benefits and teaches rangatahi important life skills such as cooking healthy meals, project planning, experiencing the benefits of helping others and even gaining unit standards for this work.

Kura Kai Rangatahi can be moulded to align with your school's values and culture, something we encourage as we understand that no two schools are the same. Kura Kai Rangatahi is open to all high schools including higher decile schools to form a "sister/brother school" bond where they support one of our partnered Kura Kai schools or their local community by cooking meals.

Kura Kai Rangatahi was piloted in 2022 and here are some examples of how this programme has been implemented.

TAUHARA COLLEGE - TAUPŌ



KIRSTY TREVOR
HOF Technology and Within School
Kahui Ako Leader

Our school has been a Kura Kai school for approximately one year now and it has been such an amazing experience! We run an entirely rangatahi based programme using our Hospitality students to cook the meals.

At the same time as teaming up with Kura Kai, we also became a KidsCan school and joined the Kickstart Breakfast Programme.

For our Kura Kai meals, we have also been lucky to have a couple of monetary donations from local businesses and a local funding grant which have helped us to buy ingredients and trays for these. Students in Hospitality class cook the meals in bulk, while completing practical components of some of their Hospitality assessments.

We also have a Manaakitanga group at school who organise various fundraising events for charities. These students have planned to write letters to various businesses to try and get either food products or monetary donations but so far we have actually done quite well, so we are saving this up for next year.

We have asked staff to nominate anyone who they think would be a good recipient for a meal and have posted in school newsletters and on the school Facebook page asking for any requests or nominations.

We also work closely with the regional attendance team who are based at our school but service all of the schools in the region. When making home visits, it is a real ice-breaker for them being able to turn up with a meal and offer of support rather than just turning up to ask why students aren't attending school.

This team we are also very aware of many whanau in the community who might be doing it tough, living in emergency accommodation, have other situations at home which could be affecting student attendance etc. This has so far proven to be our most effective way of identifying whanau to receive our meals.

TAUHARA COLLEGE - TAUPŌ



There are a number of NCEA standards which could be included in a programme for students to gain credits through their Kura Kai mahi. Some of these could include:

Unit Standard 13278 - Cook food items by roasting - L2, 2 credits

Unit Standard 167 - Practice food safety methods in a food business under supervision - L2, 4 credits

Unit Standard 13284 - Clean food production areas and equipment L2, 2 credits

Achievement Standard 90973 - Take action to enhance an aspect of people's well-being within the school or wider community - L2, 5 credits

Achievement Standard 91303 - Analyse practices to enhance well-being used in care provision in the community - L2, 5 credits

Achievement Standard 91280 - Conduct a reflective social inquiry - L2, 5 credits

The students who have been involved in the meal preparation are always so proud of their achievements. This activity has helped raise awareness of all sorts of different reasons why people might need an extra helping hand, develop empathy and display manaakitanga. We are so proud to be a Kura Kai school and are excited about growing this initiative in our school even further!



NEW PLYMOUTH BOYS' HIGH SCHOOL



EVAN RYS DAVIES
DIRECTOR OF CULTURE
New Plymouth Boys High School

What an epic year we have had working with Kura Kai. We decided to engage our three year 13 Hospitality classes in the project this year and they absolutely rose to the challenge. The boys organized a chat room for the leaders and then began planning out what our focus would be for the year and how we would go about executing this. Boys set up meetings with potential sponsors, investigated distribution priorities and then just got stuck in. Amazingly, the fellas managed to raise around \$1,500 in initial funding and then decided to work through three major cooks over the course of the year.

It was awesome to see the boys really attack this project and feel good about the food they were making and why they were making it. With full freezers, the boys then set about distributing this kai to a range of those in need within our school community and beyond.

It was our pleasure to support the Taranaki Retreat - a local organization who work with people battling with serious mental health issues. Mac and his team were hugely appreciative of this kai delivery.

Towards the end of the year and with seniors on study leave, our junior boys stepped up and took the reins of the third cook. The boys loved sinking their teeth into this project and it was smiles all round. Again, the cook was timely as the boys saw their meals immediately used to awhi a school family dealing with a tragic loss. The family was speechless and so appreciative of this kindness.

NEW PLYMOUTH BOYS' HIGH SCHOOL



EVAN RYS DAVIES
DIRECTOR OF CULTURE
New Plymouth Boys High School

To cap the year off, our junior hospitality boys were stoked to use the Pak 'n' Save vouchers that were given to us by Kura Kai head office to awhi a local primary school. We took a trailer BBQ over to Marfell Community School and cooked burgers for the whole school.

Beforehand though, we spent 3 hours engaging the whole of the primary school in games and activities such as hip hop, drama, acting, music, cookie decorating (and eating!!) and math. The kids were so stoked to have the older boys from NPBHS come and spend time with them. It was an unforgettable day which was certainly inspired by the generosity of the Kura Kai team.

We are already excited for next year and are keen to take our BBQ and workshops on the road to visit other kura.

Thanks again to the Kura Kai whanau for your support and we will keep smashing out what we can to bring some kai and joy to those in our community. Have a Merry Christmas everyone!!

Evan and the NPBHS Kura Kai team

KATIKATI HIGH SCHOOL



KARYN WILLIAMS,
Technology / Hospitality Teacher

Katikati College got involved in the Kura Kai initiative in early 2021 and we haven't looked back. We have had tremendous community support which has enabled us to carry out large community cooks in the schools Hospitality Classroom with plenty of lovely volunteers coming along and helping. Our group's drive is to keep the two donated freezers full 365 days of the year so that we are never in a position where we cannot send food out to those in need.

As the food technology teacher here at the college it wasn't long before the opportunity to get students directly involved as part of their learning. This involved mainly level one hospitality, year 9 & 10 students. This sits very well with our schools core values of Manaakitanga, Ako, Rangatiratanga and Kotahitanga. We have also run special project days where students got into the kitchen and created 100's of meals.

“Getting my level one hospitality students involved today prepping all the donated vegetables for more Kura Kai meals! Learning great knife skills while contributing to such a wonderful initiative”.

It can be organised chaos at times but also a really cool vibe with lots of chatting, laughing singing and dancing in the mix!

KATIKATI HIGH SCHOOL



KARYN WILLIAMS, Technology / Hospitality Teacher

2023 we are looking at the project being more student-led from our senior school under my guidance. Students will have a series of jobs they can be involved in including food drives, sourcing ingredients, sourcing donations, running our personal care scheme as well as cooking and delivering the Kura Kai meals within our community.

Some of the credits that could be available to students are the following:

- 167 Practice food safety methods in a food business under supervision.
- 15901 Prepare and Present fruit and vegetables in the hospitality industry
- 15900 Prepare, cook and present meat in the hospitality industry.
- 13280 Prepare fruit and vegetable cuts.
- 13278 Cook food items by roasting.

We at Katikati College are looking forward to another productive year with Kura Kai, the support from Marie and Makaia is truly amazing. "

BAY OF PLENTY TIMES

More cooks needed to make food, meals for Katikati's Kura Kai

Bay of Plenty Times
By Rebecca Mauger

24 Feb, 2022 01:46 AM © 3 mins to read

Save Share



More volunteers are needed to help those in need. Pictured is Megan Branks. Photo / Rebecca Mauger

No one in the Branks family goes hungry.

ORMISTON JUNIOR COLLEGE - AUCKLAND



FRANCIS JAMIESON
Counsellor/Wellbeing Coach
Ormiston Junior College

First up, a huge shout out and thank you to Kura Kai and the service it provides for our families. The kaupapa and spirit of the mission is much appreciated.

Ormiston Junior College shares its campus with Ormiston Primary School and Ormiston Senior College. Our kura is of vast ethnic makeup, many families being new to New Zealand having chosen to emigrate here. Therefore, many of our students are vegetarian or require halal meats.

We have many ways our food is being prepared.

- Students prepare through class projects,
- or special groups needing a connection/bonding experience.
- Some produce meals with halal meats

- Staff donate meals
- A parent from the primary school Indian community has got together a group of volunteer cooks to make vegetarian meals
- The Maori Warden team donate meals
- Kura Kai donates Pak'n'Save vouchers

As we are a campus that includes three schools, we have started giving meals to both the primary school and the college. With that, the senior college is now donating ingredients, as well as some food they are preparing. This sharing between the schools is proving to be a great way to network and build connection.

Again, a huge thanks to Kura Kai, and we look forward to continuing to get food out there. Ka pai!!!

AQUINAS COLLEGE - RANGATAHI LED



Thea Smith, Aquinas College Cultural Prefect 2022

Jadel Taitumu-boot and Thea Smith were our first ever rangatahi coordinators who ran Kura Kai in Aquinas College this year. They organised cook ups during Matariki and Maori Language week, connected in sponsors, project planned and worked with two local organisations, where they distribute the Kura Kai meals too.

Thea won two 2022 Awards for her College; Contribution to Tikanga Maori and Contribution to service and has received a scholarship to Auckland University for next year. She credits part of her success of being a recipient of this scholarship to her mahi with Kura Kai.

Jadel has a passion for photography so our Kura Kai General Manager asked her to take our photos for the Kura Kai Charity Fundraiser. This was her first event and she did amazing. Jadel is off to Auckland next year to study.



"Hi Marie, I just thought I would let you know what we have been up to lately :) Myself and two other prefects are currently studying a paper in Leadership communications at Waikato University, one of these assignments was to get involved in a community action. We choose to talk about our work with Kura Kai and also our recent partnerships we have made through this. Recently we reached out to the Pacific Island Community Trust Tauranga (PICTT), and have created a relationship with them where we can supply them with meals and they can get their youth teams engaged in our cook ups. We also reached out to Hanmer Clinic Tauranga and supplied them with meals for some of the families they support. These are exciting new partnerships for us as we are getting our meals out into the wider community as well as within our own school"

The following is Thea and Jades proposal they presented at the start of their journey as our first ever student lead Kura Kai 2022.

EXAMPLE - STUDENT PROPOSAL

KURA KAI PROPOSAL:

The Kaupapa:

At Kura Kai we live by the value of manaakitanga with a simple kaupapa of “whānau cooking for whānau”. We do this by raising funds to purchase chest freezers, which we donate to the High Schools we support. We then build a local community of volunteers who give their time, money and resources to cook nutritious family meals to help keep the freezers well stocked. Each School is then responsible for identifying the need and distributing the meals to support our rangatahi and their whānau.

THE PLAN:

We have already had a meeting with the general manager, Marie Paterson, and she has told us that Kura Kai will be ready to send us the freezer and starter supplies as soon as we get the go from the SLT (senior leadership team). I have a meeting with Jon Morrison in one of the following weeks to discuss how and if he could possibly support us either financially or with actual foodstuffs. We are also planning to have a cultural committee fundraiser in the coming weeks to get startup funds for the first round of meals. I have been in talks with Matua Tuwharetoa about using a double period of his year 13 Tikanga class fortnightly for cooking and getting the students involved as well as incorporating the cooking into their class program and have it used as part of an assessment or internal. Aside from this we think we will find a sufficient number of volunteers from both the cultural committee, special character committee and the year 12 year group. We are planning to introduce this initiative to the cultural committee in our first meeting next week, and also to the year 12 year group next week through their mentoring classes.

THE BUDGET/RESOURCES:

- Fundraising
- School gardens/resources
- Possible sponsorship: Paknsave - Jon Morrison
- The freezer KuraKai provides us with has the dimensions: W: 1115mm, D: 670mm, H: 850mm
Gross Capacity: 295L. We will need storage and power for this freezer.

THE NEED:

- Families in isolation
- Students in hardship
- Whanau with bereavement
- Sister/brother school partnerships

The need in our own school for these meals may not be that steady or urgent immediately so it would be good to develop partnerships with other Tauranga high schools who are also working with kurakai to support them and their families (if allowed under covid guidelines), because the need at their schools may be greater than the need at Aquinas.

The organisations need: currently Northland schools are in need of support because they have lost their two directors. If the organisation has a need outside of school they will tell/ask and organise ways which we can send/distribute food to those outside of our school whanau/community.

THE STUDENTS:

- Year 13 foodtech class do a service project, talked roughly with Mr Webb about this and he seems keen to get his students involved (this is later on in the year though)
- Cultural committee
- Year 12s who would usually be in loaves and fishes and are looking for service as a leadership opportunity
- Fortnight tikanga class period/double period (possibly)

We have chosen to support secondary schools because we know how important a completed secondary education is to the future of our rangatahi.

We also want to encourage the practice of manaakitanga in our rangatahi and teach them the value of “Caring for their Community”. We do this by asking them to look out for tāngata, whānau, kaumātua that need support within their community and to use Kura Kai as an offering to those they see in need.

WHAT WE NEED FROM OUR SPONSOR:

We would like to ask you to consider supporting the students in our school to be able to make a difference in the lives of others. This may be in the form of foodstuffs or an account that we could use to buy foodstuffs to make our meals from Pak and Save.

KuraKai provides supporting schools with a list of approved recipes and meals, such as:

- Macaroni & Cheese
- Spaghetti/Pasta & Mince Bolognese (Meat or Vegetarian)
- Lasagne
- Pasta or Potato Bakes (Vegetable, Tuna or Meat)
- Bacon & Egg Pie
- Casseroles
- Shepherd’s Pie (Meat or Vegetarian)
- Fish Pie
- Mild Chilli Con Carne on Rice
- Fried Rice (Meat or Vegetarian)
- Curry with Rice (Meat or Vegetarian)

Any support you are able to give us regarding either food items or a sponsor account which we can use at Pak N Save, would be very much appreciated.

THE FUTURE:

We want KuraKai to be an ongoing organisation that we support at Aquinas. At the moment the plan is for myself, Thea Smith to be the schools student coordinator for KuraKai. If this goes well in 2022 it would be worth having another student coordinator after I graduate in 2022, preferably someone who wants to get involved and be active in this area this year. To make this a sustainable initiative for the years to come we would work with a group of senior students (years 11 and 12 in 2022) and organise for them to continue on with KuraKai in the years to come, so hopefully it will become a permanent part of Aquinas Colleges contribution to community service.

OUR MAHI IN ACTION



Katikati College students cooking meals for Kura Kai as part of their learning



Assistant Principal of Tarawera High "I have a system developed with my local Rotary club - we use the excess food from the school lunches and some donated goods, then do a big cook up with my student volunteer group or prefects each term. So working really sustainably at the moment"



Kura Kai partaking in the Massey research "Our Land and Water" programme



Full puku and smiling faces

OUR MAHI IN ACTION



Local donated produce adding to programme sustainability



Finished product ready for the freezer



Harcourts Good Sort of the month goes to Kirsty Trevor Hose, Ben Bisley and students from Tauhara College with Kura Kai NZ



Aquinas College Matariki Cook-Up

KURA KAI IN ACTION

FEEDBACK

"Your team of volunteers are amazing and we appreciate them so much. Thank you for all you are doing to keep our students and families supported. A warm meal goes a long way to bring comfort and a smile to their faces amongst the everyday challenges some of them face".

"We use our Hospitality students at school to prepare the meals, so it gives them authentic experience with catering in bulk. A student led Manaakitanga group is writing letters to local businesses to ask for donations for ingredients to prepare our meals. Having the rangatahi involved gives them a great sense of pride, knowing that they are helping others. It also raises awareness so that they can direct students in need to us for meals. With so many whanau isolating with Covid, we have been posting on the school Facebook page for anyone to contact us for meal delivery. This has led to some really positive dialogue and has resulted in some of these whanau wanting to volunteer with meals for us in the future. We are only in our second school term with our Kura Kai freezer and are excited to see it growing in popularity already!

- Tauhara College Teacher

"A family recently had a son try to commit suicide at home with a knife. Another son tried to stop this and ended up with severe lacerations requiring surgery. Dropping meals to this whānau was incredibly helpful."

"We have a growing number of whānau in emergency accommodation. Motels in porirua but also all the way in town. Motels don't have great cooking facilities. So again regular meal drops. The kids are like wow real food!"

OUR VOLUNTEERS

We are a family of 5 with 3 busy boys who are always hungry! Mitchell (12), Cooper (9) and Shaun (4) all love to cook and have a servant heart wanting to help others. We want to give back in a meaningful way to our community and believe kura kai is one way we can without making a physical cash donation.

- Tauranga

Mother of 7 and grandmother of two n half mokos. I love that I can give back to our tamariki/rangatahi and community by providing yummy meals.

- Tauranga

I'm 14 and I go to Wellington East Girls College. I love to be in the kitchen cooking. I spend lots of time at the pool swimming and training for water polo and cooking has always been a great escape from everything going on.

- Wellington

I'm a single mum trying to help make a positive difference for our whānau, community, iwi and wider communities.

- New Plymouth

Almost 60 - busy with my own business and sport governance locally and internationally but sure I can cook a few meals here and there.

- Tauranga



MEDIA



- AS FEATURED IN -

UNO

FOOD FOR THOUGHT

M... ..

KARENA & KASEY

Pāpāmoa Post

Kura Kai offers the comfort of food

Pāpāmoa's Makaia Carr is helping feed thousands of Kiwi families through a new charitable trust empowering teenagers to help feed themselves and their whānau.

Kura Kai donates chest freezers to high schools and coordinates an army of volunteers to keep them topped up with nutritious, hearty meals for kids to take home.

Social media influencer Makaia came up with the idea during the Covid lockdown, when a Tauranga primary school PFA member asked her to put out a call for volunteers to cook meals for the school's "compassion freezer" for families in need.

Makaia loved the idea of giving families direct help through a home-cooked meal, and was inspired to develop the concept for Kura Kai. "It's simple and effective, and all the things that Kiwis love when they want to help people." Her work targets high schools because she says the teen years can often be a "fork in the road" when kids often come under pressure to leave school to bring another income into the household. Makaia has always had a passion for supporting rangatahi (teenagers), in particular girls and Māori teens.

"Helping teenagers, there can be that whakaama, that shame. This way we can help empower them by giving them a freezer of kai, to help someone in their whānau or in the community.



Kura Kai meals from one whānau to another.

"A teenager can say 'my neighbour's really struggling, I want to take a lasagne home for them', or 'my mum's had a really hard week', so it's their choice to help."

"I really want the freezers to be that hub of community. Hopefully these meals will give them and their whānau just one more reason to stay in school and focus on their education."

In just a few months Kura Kai has rapidly taken off, with freezers now in 20 schools around the country, and more than 1000 volunteers cooking thousands of meals distributed through six regions. In the Western Bay it currently operates in Te Puke High School, Otumoetai College and Mount Maunganui College, with plans to be in Pāpāmoa College by the end of term one.

Makaia moved to Pāpāmoa from Auckland in July, and since then Pāpāmoa has become the hub of the Kura Kai network. Makaia coordinates the Bay of Plenty operation, cooking meals herself and collecting meals from others and restocking the freezers.

Each freezer is filled with an average of 200 meals each term. Volunteers pay for all their own ingredients and foil trays to cook hearty meals in their own kitchen; these need to freeze and defrost well and favourites include lasagne, macaroni cheese, casseroles, spaghetti bolognese and chow mein.

"The feedback we have received so far has been incredible," says Makaia. "This support and relief has been well received by so many families throughout our kura (school)."

At first it was all run from Give A Little donations. Then in February Kura Kai received a \$25,000 funding boost with a grant from Newmas's Own Foundation, thanks to support from the Kindness Collective Foundation, a registered charity run by Sarah Page. With an additional \$35,000 from a Government grant, Makaia is ready to take Kura Kai to the next level: more freezers, more schools, and a website and marketing plan to recruit the volunteers to cook the meals.



Kura Kai founder Makaia Carr.

Pāpāmoa is a big part of Makaia's future plans. "My dream is to find a space here in Pāpāmoa where I can set up a volunteer space, a Kura Kai kitchen where I can work full time cooking meals."

"I envisage it to be a volunteer centre where people can come and hang for the day and bring their kids, to cook for the day and feel good about it. They can make a meal, donate a meal, and take a meal home with them. That's my goal, a hub kitchen."

To become a volunteer, contact Makaia through the Kura Kai Facebook or Instagram page.

Kura Kai programme 'Takes the stress away of feeding whānau'



A charity supplying schools with freezers full of cooked meals each term is helping to relieve stress for struggling students and their families.

Kura Kai, founded by Pāpāmoa woman Makaia Carr, is supporting more than 30 schools across the country.

Each school receives a large chest freezer and volunteers work to keep it stocked with nutritious meals. The school then decides how the meals are distributed in their school community.

Pāpāmoa College, Te Puke High School, Otumoetai College, Tarawera High School, Opōtiki College and Mount Maunganui College are the six Bay schools working with Kura Kai.

Carr said the "whānau cooking for whānau" model was a simple and effective way to get communities



The charity has donated chest freezers to 30 schools across the country.

It is a grassroots, community connection way of helping, and it just brings out beautiful

of communication with families and took the pressure off those who were struggling. Meals were also given to extended family members in need, she said.

"It has brought another level of care. Some families are receiving kai weekly, which is relieving a bit of stress and financial pressure."

She had also received feedback

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THE FIRST WAHINE MAORI PILOT
IN THE ROYAL NZ AIR FORCE

Angela Swann-Cronin

RACHEL GRUNWELL
Makaia Carr
FREE MEALS FOR TEENAGERS
WEEKEND GETAWAY TO WHAKATA ME AND OHŌPE

Take me home I'M FREE

FEED OUR CAUSE

