



KURA KAI

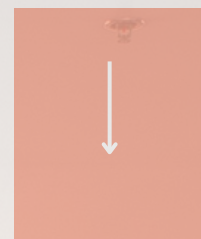
Rangatahi Initiative

est. 2022



NA TO ROUROU, NA TAKU ROUROU KA ORA AI TE IWI
WITH YOUR FOOD BASKET AND MY FOOD BASKET THE PEOPLE WILL THRIVE

KURA KAI RANGATAHI



Welcome to the Kura Kai whānau. We're excited to have your school join our growing network of schools across Aotearoa, making a difference in the lives of rangatahi and their whānau.

At Kura Kai, we live by the value of manaakitanga with a simple kaupapa: "whānau cooking for whānau". We support secondary schools by providing a Kura Kai freezer. Each school is then responsible for identifying the need and distributing the meals directly through their pastoral care teams. We focus on secondary schools because we know how important education is for the future of our rangatahi.

Kura Kai operates on a self-sustainable model. We provide the tools, resources and guidance to help you get started, and we'll support you wherever we can. From there, each school builds a programme that works for school, with the support of staff, students and volunteers.

Our Kura Kai Rangatahi Initiative takes this one step further by empowering students to be part of the solution. From planning and cooking meals to helping coordinate Kura Kai within their school, students gain practical life skills while giving back to their own community.

Every school is different, so there's no one-size-fits-all approach. We encourage you to shape this initiative to reflect your school's values, culture and strengths.

This guide is designed to help you get started. Inside you'll find practical tips, resources and examples from schools already running successful Kura Kai Rangatahi programmes across the country.

Our Four Pou

Tahi – Response to Poverty and Emergency

Rua – Empowering Rangatahi

Toru – Community Engagement

Whā – Kaupapa Māori Values



OUR PARTNERED HIGH SCHOOLS

Check out our website for an up to date list of schools

NORTHLAND

- Whangārei Girls High School

AUCKLAND

- Aorere College
- De La Salle College
- James Cook High School
- Manurewa High School
- Ormiston Junior College
- Papakura High School

WAIKATO/TAUPŌ

- Putāruru High School
- Te Aroha College
- Rototuna Senior High School
- Tauhara College

TAURANGA

- Aquinas College
- BOP Youth Development Trust
- Katikati College
- Mount Maunganui College
- Pāpāmoa College
- Tauranga Girls College
- Tauranga Special School
- Te Puke High School
- Waihi College
- Ōtūmoetai College

BAY OF PLENTY

- Western Heights High School
- Tarawera High School
- Ōpōtiki College

HAWKES BAY/WAIRARAPA

- Central Hawkes Bay College
- Kuranui College
- Napier Boys High School

TARANAKI

- Spotswood College
- Taranaki Boys High School
- Te Paepae o Aotea

WELLINGTON

- Porirua College
- Bishop Viard College
- Mana College
- Naenae College
- Queen Margaret College
- Samuel Marsden Collegiate
- Te Kura Māori o Porirua
- The 502 Rangatahi Ora
- Wainuiomata High School

MARLBOROUGH

- Marlborough Girls College

CHRISTCHURCH

- Haeta Community Campus

DUNEDIN

- King's High School
- Trinity Catholic College
- Queen's High School



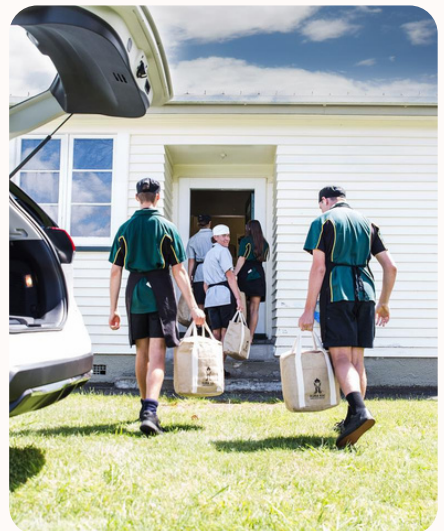
KATIKATI COLLEGE

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 school's Hospitality Classroom. Our group's drive is to keep the two donated freezers full so that we are never in a position where we cannot send food out to support students who need it most.

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 school's core values of Manaakitanga, Ako, Rangatiratanga and Kotahitanga. We have also run special project days where students got into the kitchen and created 100s of meals.





EXAMPLES OF THIS INITIATIVE

TAUHARA COLLEGE -TAUPŌ



Kirsty Trevor| Technology / Hospitality Teacher

Our school has been part of Kura Kai since the very beginning, and it has been an incredibly rewarding journey. We run an entirely rangatahi-led programme, with our Food Technology and Hospitality students preparing all of the meals. This allows us to assess curriculum standards in an authentic, real-world context while giving students the opportunity to cook larger-scale meals than they would typically prepare in class. Most importantly, it helps foster empathy, responsibility and a genuine understanding of manaakitanga through serving others.

To help fund our Kura Kai meals, we have been fortunate to receive both financial support and product donations from generous local businesses. We also hold fundraising events throughout the year, including mufti days and our annual Restaurant Evening. During this special event, our Hospitality students prepare a four-course degustation menu for paying guests, while raffles and silent auctions featuring prizes donated by local businesses help raise additional funds to support the programme.



10 KEY TIPS

1. Appoint a Kura Kai Coordinator

Choose one dedicated Kura Kai Coordinator as our main point of contact. They should work closely with your school's pastoral care team to create a simple plan for distributing meals. Every school is different, so find a system that works for you, with guidance and truancy teams often playing a key role. Some schools have truancy officers delivering meals to whānau, while others heat meals at school for students who need them.

2. Select Your Student Leaders

Identify students who are passionate about making a difference. Where possible, include a mix of year levels rather than relying on Year 13 students alone, so the programme continues to grow as seniors leave.

3. Connect Kura Kai with Food Technology

Integrate meal preparation into Food Technology classes wherever possible. It's a great way for students to develop practical skills while giving back to their school community.

4. Keep Cook-Ups Simple

If you're cooking outside of school, aim to keep sessions to a maximum of two hours. Set up dedicated preparation, cooking and packing stations to make the process efficient and enjoyable. This can be a great way to get volunteers involved. Playing music in the kitchen is always a vibe!

5. Use Kura Kai Packaging

Please ensure all meals are packed using the tin foil meal trays and labels. This helps maintain food safety, consistency and makes meals easy to identify in the freezer. Packaging guidelines can be found [here](#)

6. Pack Meals Carefully

Don't overfill meal trays, and avoid stacking meals on top of each other before they have frozen. Overfilled trays can leak or spill.

7. Start Small

Begin with a manageable number of meals i.e. 30-40 while everyone learns the process. Once your students are confident, you can gradually increase the number of meals produced. Quality over quantity any day!

8. Cook Meals Teenagers Will Enjoy

Remember who you're cooking for! Choose hearty, nutritious meals that teenagers enjoy eating. We've got plenty of recipes on our website.

9. Share Your Journey

We love seeing your students in action! Get them to take photos/videos and tag Kura Kai. Your ideas and successes inspire other schools.

10. Have Fun

The Kura Kai Rangatahi Initiative is about more than cooking meals—it's about building leadership, learning new skills, strengthening school culture and showing manaakitanga.

10 IDEAS TO SUSTAIN KURA KAI IN YOUR SCHOOL

1. Use Leftover Ingredients

Have leftover food from school camps, events or catering? Turn it into nutritious Kura Kai meals instead of letting it go to waste.

2. Make the Most of Your School Garden

If your school has a vegetable garden, use seasonal produce in your Kura Kai cook-ups.

3. Ask Your School Community for Support

Many families, local businesses and community groups are happy to donate ingredients when they know what is needed.

4. Create an Ingredients List

One of our schools shares a shopping list before each cook-up, and volunteers simply choose an item to donate. It's an easy way for everyone to contribute.

5. Run a Can or Dry Foods Drive

Collect non-perishable items such as canned goods, pasta, rice and sauces to keep your pantry stocked.

6. Hold a Kura Kai Fundraiser

A non-uniform day, bake sale, restaurant evening or sausage sizzle...there are so many simple ways to raise funds for ingredients and supplies.

7. Use Your Starter Grocery Voucher

Every new Kura Kai school receives some grocery vouchers to help purchase ingredients and get your programme underway.

8. Embed Kura Kai into the Curriculum

Kura Kai fits naturally into Food Technology, Hospitality, Health, Cultural and Leadership programmes, making it part of everyday school life.

9. Share Your Story

When we announce your school as a Kura Kai partner, share the news with your own community. You'll often be surprised by how many people want to help.

10. Kura Kai Campaigns

Link in your cook ups with campaigns like "National Youth Week" or our Kura Kai Matariki or Back to School Campagins.

Reach out to marie@kurakai.co.nz and we'll support you wherever we can.

VJ COOKS KURA KAI AMBASSADOR



We are incredibly grateful to have Vanya Insull, best-selling author and the face behind the hugely popular VJ Cooks, as our Kura Kai Ambassador.

VJ helps share our kaupapa while providing recipes that are practical, wholesome and the perfect fit for Kura Kai.

Through her generosity, VJ donates both her time and resources, with every Kura Kai Coordinator receiving complimentary access to her COOK Plan app.

"I've been a proud ambassador for over a year now and we've already made hundreds of delicious meals together. It is such an important charity to me and I love supporting the rangatahi of New Zealand through the mahi of Kura Kai. I'm looking forward to many more years to come and seeing the kaupapa of Kura Kai continue to grow".

- Vanya Insull

KURA KAI RANGATAHI AMBASSADOR



The Kura Kai Rangatahi (Youth) Ambassador role was launched in 2026 and plays a vital role in promoting our kaupapa (mission). This role requires a passionate rangatahi, committed to addressing food insecurity. By sharing their involvement in Kura Kai, the Ambassador role aims to encourage youth and high schools to see the value in community and charitable service and inspire new activity to support Kura Kai.

This role is an important part of leadership and our Ambassador will bring awareness and speak passionately about the work of Kura Kai in helping to achieve our kaupapa.

In term 4 we will select schools to apply for the Kura Kai Rangatahi Ambassador Role.

Each Ambassador receives a special tohu (badge) for the commitment.



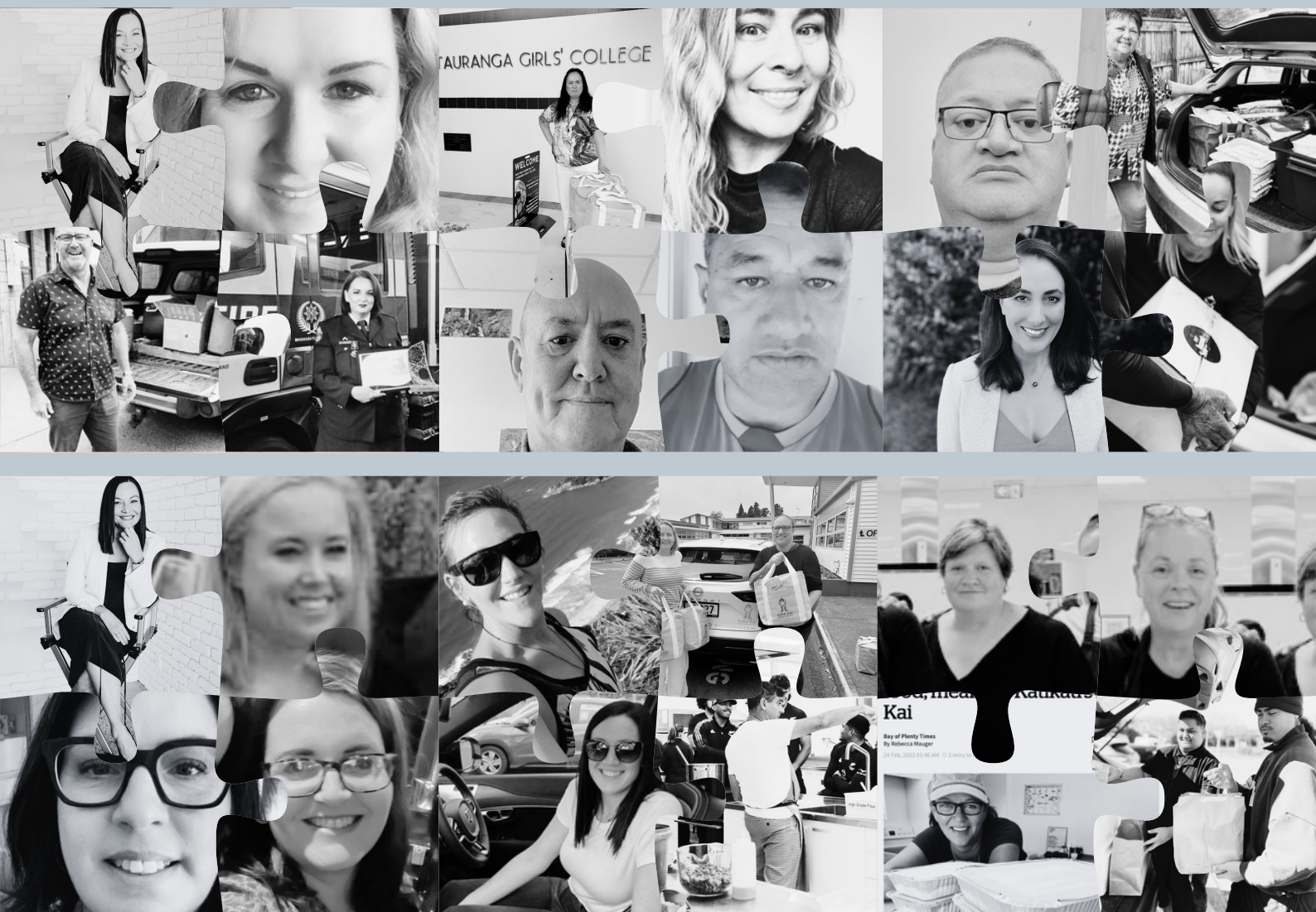


OUR KURA KAI COORDINATORS

Our wonderful team of 48 Kura Kai Coordinators, made up of volunteers and school staff, helps ensure the smooth running of communications and operations for Kura Kai volunteers and our partnered High Schools across Aotearoa.

Our school-based Coordinators are key in engaging their students to cook meals and understand the role Kura Kai plays in their school and community.

Our Coordinators are the heart of Kura Kai, helping us maximise our resources and reach more students and whānau who need food support.



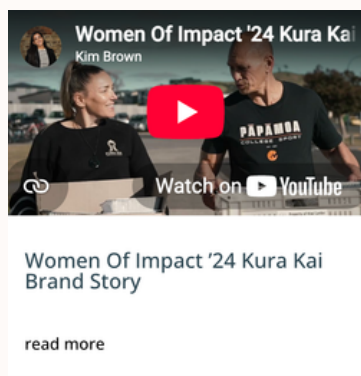
RESOURCES

WEBSITE + SOCIAL MEDIA

Our website is your one-stop shop for everything Kura Kai, with recipes, meal labels, guidelines and helpful resources.

The "[Women of Impact](#)" video is a great way to introduce students to Kura Kai and our kaupapa.

Follow us on Facebook and Instagram for ideas, inspiration and updates, and don't forget to tag us in your posts—we love seeing what you're up to!



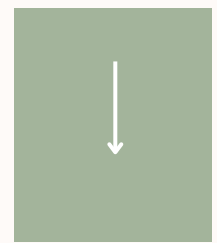
Our Resources page includes editable social media templates, ready for you to personalise and share. They're also perfect for school or organisation newsletters. Here are a few examples:

[CLICK HERE](#)



KURA KAI RANGATAHI





OUR KEY PARTNER

AsureQuality - Kaitiaki Kai

September marked the third anniversary of our partnership with AsureQuality, whose generous support through their Employee Volunteer Programme continues to make a meaningful difference to Kura Kai.

AsureQuality provides food assurance, testing, inspection and certification services, helping ensure the safety and quality of New Zealand's horticulture, food, dairy and farming industries.

Their ongoing contribution has been invaluable, and we are grateful to have such a significant organisation engaged in our kaupapa. We look forward to continuing to grow this partnership.



As Kaitiaki Kai, guardians of food, we have a responsibility to shape a better food world in ways that truly matter. Partnering with Kura Kai allows us to live that purpose through connection, care, and by supporting rangatahi and whānau to strengthen the communities we are part of. We're thankful for this partnership and proud of the impact we've been able to make together

Kim Ballinger
AsureQuality Chief Executive Officer



WHY WE DO WHAT WE DO



The system we have in place is great. Staff can easily access meals for students to take home.



COORDINATOR



Our students are learning that leadership isn't always loud.

Sometimes it looks like filling a freezer and feeding a whānau.



TEACHER



As part of our college Pastoral care, we deliver "Care" packages every Friday during the term and the lovely Kura Kai meals are included.



TEACHER SUPPORT



KURA KAI
CARING FOR OUR COMMUNITY

KURA KAI
OUR COMMUNITY