

TE WHĀNAU O RANGIHAEREPO - MARINE AND COASTAL AREA



KAIMOANA ORA – Te Whānau o Rangiharepo Tikanga

Healthy Kai / Kaimoana¹ for Te Whānau o Rangiharepo

Our Tikanga incorporates several key elements, including:

- Māori / Hapū / Whānau health concepts and contexts
- Māori / Hapū / Whānau views of holistic health and wellbeing
- Māori / Hapū / Whānau systems and models of wellbeing, including:
 - HAKAMANA
 - Te Whare Tapa Whā
 - Te Wheke / Nga Pou Mana
- Treaty of Waitangi
 - Provisions
 - Kawanatanga / Governance
 - Tino Rangatiratanga / Māori control and self determination
 - Oritetanga / Equity
 - Principles
 - Partnership / Participation / Active Protection
 - Marine and Coastal Area – Customary Rights
- He Korowai Oranga / Whānau Ora
- Rangatiratanga / Māori aspirations and contributions
- Whānau, hapū, iwi, community development
- Tohungatanga o Te Puna a Rona² / Mātauranga Māori



¹ In Maori, “kai” incorporates multiple sounds including “ka” for ‘fire and energy’ and “i” inferring the divine. Hence “kai” infers ‘divine energy’; and every day as ‘food’.

² Te Puna a Rona – Tohunga and Matauranga Maori Specialists including Puroku Fraser Tawhai (Te Whakatohea), Tohunga Te Uranga o Te Ra Kingi (Te Whanau a Apanui, Ngai Tai, Te Whakatohea) and Kuia Kirikowhai Kingi (Raukawa, Mahuta / Tainui).

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	WAIKUA <i>Spiritual</i>	Hinengaro <i>Mental / intellectual cognition / intuition</i>	Tinana <i>Physical dimension / body</i>	Whānau <i>Family relationships</i>
Pepi / Tamariki Babies / Children	<i>The wairua [spirit] of healthy pepi / tamariki is strong and protected.</i>	<i>Pepi / tamariki have the capacity to learn, understand, and value healthy kai / kaimoana.</i>	<i>Pepi / tamariki eat healthy kaimoana, have good nutrition practices and a strong tinana [body].</i>	<i>Healthy pepi / tamariki need aroha [love] and the ongoing care and support of whānau [family].</i>
Mātua Parents / caregivers	Aroha - Mātua are spiritually connected with their tamariki – they have aroha for each other. <i>Kaimoana</i> provides <i>divine energy</i> for them to thrive.	Mātua are motivated and confident in their ability to provide healthy kaimoana. Mātua are good role models.	Mātua have knowledge / strategies / skills to provide tamariki with healthy kai / kaimoana which is both available and accessible.	Whānau ora – whānau are responsible for good family health. Whānau whānui need to support parents and caregivers.
Whānau Family relationships	Whakapapa – whānau past / present / future are embedded in whakapapa [genealogies] that provide critical information (nature / nurture) to help care for whānau and tamariki.	Whatumanaawa [stong-hearted]– whānau can have positive emotional experiences. Tamariki learn knowledge and skills from whānau whānui - learn of Tangaroa, Rongo, Tane, Haumi and other Atua.	Whānau provide warm, safe homes and sufficient resources (e.g. money, gardens) to provide healthy kai / kaimoana for tamariki and whānau whānui.	Whanaungatanga Whānau gather, prepare and eat healthy kai / kaimoana together. Whānau are interdependent - protect future generations.

Friends / peers	Wairua is strengthened through constructive peer relationships and friendships.	Whakawhiti korero. Positive social interactions and healthy activities bring mental and emotional wellbeing.	Social groups / sports teams – health-conscious instructors share knowledge and skills in active environment.	Supportive social networks provide events and opportunities for healthy kai / kaimoana.
Marae / social groups / education	Tikanga, kawa [protocol] Encourage learning environment (e.g. marae). Strengthen cultural identity in various systems (e.g. health, education) - wānanga, kura, kohanga and schools.	Hui, wananga, kura, kohanga, marae, tangihanga – learning theory and practice – learn to fish, gather seafood, cook, plant (e.g. kumara)	Marae provides healthy kai / kaimoana at events [hakari] All kura [schools] have healthy kai / kaimoana available. Kai mahi need healthy kai to carry out work	Manaakitanga Encourage positive social dynamics. Māori aspirations and contributions Resource Māori development
Hapu / Iwi / Māori communities	Mana – internalise positive social messages / stories about healthy kai / kaimoana in multiple media / incl. marketing	Matauranga [learning], tikanga, kawa - mana whenua [power of earth]; mana moana [power of ocean] positive learnings experiences – taonga tuku iho.	Hauora, mauriora - Maori health services available and accessible nationwide – rongoa [healing], mirimiri [massage]. Healthy kai / kaimoana available in food outlets.	Tikanga, turangawaewae Tribal leadership Hapu / iwi / community events promoting healthy kai / kaimoana Increased partnerships & participation.
Environment Social / political / economic / physical	Tino Rangatiratanga Sovereignty Relational / connected, harmony, balance – incl. Papatuanuku, Ranginui.	Mana Authority Partnership Learn from / care for the ocean, land, environment	Oritetanga Equity – equitable benefits. Kaitiakitanga , active protection of taonga.	Kawanatanga Governance Management Decision-makers

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