



FRESH START 2020

FAMILY SERVICES & FOODBANK INC.

MESSAGE FROM THE CHAIR & KAIWHAKAHAERE:

Who Food Insecurity is affecting in 2023?

What is food insecurity? Let's put it in real terms. Food insecurity is waking up early and sending your child off to school with a rumbling tummy and empty lunchbox because you've been forced into an impossible choice between paying the rent or buying food that week. Food insecurity is living at home alone as a pensioner, convincing yourself that three meals a day is a luxury, and that two – or even one – will suffice. Food insecurity is rushing to the fruit platter at a working lunch in the office because fresh fruit and vegetables have become a treat, rather than a dietary staple. Food insecurity is now having a mortgage, a full-time job and a side hustle, yet food is a discretionary spend in the household budget.

I wish these were hypothetical examples. They're not. Each year, the Foodbank Statistical Report gives us insights into food insecurity in Kaitia.

To use the formal definition, "A person is food insecure when they lack regular access to enough safe and nutritious food for normal growth and development and an active and healthy life. This may be due to unavailability of food and/or lack of resources to obtain food". This year's report highlights just how many households are experiencing food insecurity for the very first time, and how reluctant these people are to ask for help, despite how urgently they need food relief. It's clear the cost-of-living crisis is worsening the challenges facing those in vulnerable circumstances, and forcing people to make compromises on what, and when they are eating. We are fast heading towards a reality where more than half the population will know what food insecurity is because they are experiencing it themselves. Add to that, natural disasters of increasing frequency and severity, and it equals an increase in the demand for food relief that has never been greater. Our country produces enough food to feed our population three times over. We must do better to ensure nutritious, culturally appropriate food reaches the dinner tables of everyone in Kaitia.

The statistical data for this coming year 01 April 2023 to 31 March 2024, is nearly equivalent to the previous year's figures (Pg 7 of the Performance Report).

From 01 April to 31 October 2023 (7 Months)

Given out 1,645 Food Parcels, Personal care, and Household products.

Which is equivalent to 81,570 Meals provided.

To 2,20 Adults (18 to 65+ years) fed

And 2,670 Children (0 to 17yrs) fed.

Who the team was for 01 April 2022 to 31 March 2023:

Julie Rickit – Chair

Janine Baker – Secretary / Treasurer

Rahuia Kapa

Jean Beazley

Vincent Rudolph

Vanessa Copeland-Susich

Sophie Smith-Cressy

Floella Simeon

Ngaio Mataroa

Dianne Smith

Acknowledgements

Fresh Start Foodbank would like to thank the following, without whom the Foodbank, would not be possible:

- The individuals who shared their lived experience in our Foodbank, providing insights into the challenges they face in meeting their daily food needs.
- MSD, Trust Grants, Philanthropic funding bodies and individual donors. (A full list can be found in our Performance Report, for the year ended March 2023 and on our website: freshstart2020inc.org.nz)
- Individual Monetary Donors
- Food Donors
- Volunteers
- Fresh Start Committee, Staff and Volunteers.
- Agency Partnerships

We are incredibly grateful to central and local governments, individuals, organisations, trusts, community groups, and to Fresh Start 20/20 Inc., Committee, Staff and volunteers, for supporting this organisation, and myself, during such demanding times Thank you!

Partners

Due to funding cutbacks and a change in priorities and outcomes, we are having to source alternative avenues and forge long-term relationships to access food and produce.

We have currently, partnered with:

- o Auckland City Mission Distribution Centre0.
 - o We pick up donations every 1st Friday of the month.
- o Michael & Sara Reihana

- o Donation of Van
- o Pick Up Donations from Auckland City Mission Distribution Centre Mangere.

- o Meet the Need – Thanks to the generosity of a combined effort by the Farming Communities Nationally.
 - o 48 kg (I.e. 96 x 500g packs) of Mince is delivered to our door every 6 weeks.
 - o Milk Powder will also be available.

- o Te Runanga o Ngai Takoto Iwi
 - o Provide 2 beef per year to be processed at our costs into sausages and other cuts of meat.
 - o Donations of Multiple surplus veggies, fruit personal care and household products.

- o NZ Food Network and Te Hiku Pataka Food Hub
 - o Donations from the NZ Food Network are made available to Fresh Start 20/20 Inc through the Te Hiku Pataka Food Hub.

The work we do is only possible due to the exceptional donors and partners who support our work, allowing us to address the real need in our communities today, while advancing our efforts to drive meaningful action to address the root causes of food insecurity in Te Hiku for tomorrow.

Key Changes

As from the 5th of October 2023, all incorporated trusts and companies need to re-register under the Incorporated Societies Act 2022. (The new Act).

Going Forward

The consequences of the Covid 19 Pandemic, coupled with the rising costs of living (E.g., Fuel costs and Transport issues), has widened the gaps to achieve food secure households.

We distribute surplus goods (E.g., 3 tons of kumara, potatoes, carrots, avocados, apples and confectionery etc.), out through 18 organizations within the Kaitaia and wider Far North Rural Communities.

This is a more cost-effective way to reach food insecure whanau / households.

Tier 4 (NFP) Standard

The Performance Report for the year ended 31 March 2023 for Fresh Start 20/20 Inc., has been prepared in accordance with Tier 4 (NFP) Standard Reporting Requirements for Tier 4 Not-For-Profit Entities (which includes registered charities and other NFP entities) that are permitted to prepare annual performance reports (also known as financial statements) in accordance with Tier 4 reporting requirements as issued by the External Reporting Board (XRB).

The Committee approves the operating plan and budget and receives monthly reports from management. Additionally, the Executive monitors and approves all financial commitments and related mitigation strategies of the organisation.

Increasing Our Membership

Finally, we are looking to increase our Governance board and are seeking at least 4 more members. If you are interested and are not disqualified, please speak to Sophie as our manager. We hope that today you may consider joining our organisation.

Nga Mihi

Julie Rickit - Chair

Sophie Smith-Cressy - Kaiwhakahaere