

Food insights since Covid-19

May 2020

Healthy Families Hutt Valley reached out to stakeholders and community members to hear their experiences of the lockdown period since Covid-19. This document captures their insights relating to food.

What has changed?

There was an increased need for food deliveries/parcels. Some who could afford food but couldn't leave home needed support (e.g. elderly/single parents).

Some whānau experienced increased worry about how they would feed their children and cook meals when they didn't know how.

Whānau found their routines adapted to staying at home with siblings stepping up and adults sharing the load more.

“Tough to get quality food in Naenae as no supermarket close by.”

Whānau adapted their meals to suit spending more time at home including cooking lunches, eating better, more baking and trying new recipes.

Whānau rediscovered cooking, eating meals together and spending more time together in general.

Whānau are being resourceful making meals with what they have. Many are not in a position to buy in bulk.

Fruit and vegetable co-ops, takeaways and restaurants were not running during lockdown. Whānau were fearful of supermarkets running out of essentials.

Whānau with one parent found it hard to get to the supermarket as they couldn't leave kids at home alone, but had to shop alone.

Whānau found they shopped differently. They shopped with purpose and in a more hostile environment. Whānau found that they stocked up on long lasting foods and less fruit and vegetables.

Some whānau put more energy and time into their māra kai and gardens. Some planned to share what they had from their garden with others in the community.

Whānau were in survival mode, so budgeting as well as quality of food was more important.

Local community groups and churches wanted to help. There were efforts to raise money for food packages.

What is important?

Whānau tried to eat well together to ensure everyone is safe, healthy, have a good mindset and have everything they need.

Whānau needed to know if they were financially secure.

“Tiaki whakapapa protection of our whānau.”

What might change in the future?

Whānau want to support local businesses and have a greater understanding of importance on food security and food supply.

Whānau feel scared for winter - no/less work, less money and worry about access to blankets and food.

Emergency kits should be adaptable to all kinds of situations as fear of being caught short was present.

Whānau felt they should spend more on essentials rather than non-essentials.

Increase need for food parcels vs whānau receiving double ups in food parcels vs ensuring food parcels are going to those in need.

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