TE WHĀNAU O RANGIHAEREPO - MARINE AND COASTAL AREA
KAIMOANA ORA – Te Whānau o Rangihaerepo Tikanga

Healthy Kai / Kaimoana\(^1\) for Te Whānau o Rangihaerepo

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 Rona\(^2\) / Mātauranga Māori

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1 In Māori, “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 Mātauranga Māori 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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<table>
<thead>
<tr>
<th>Wairua</th>
<th>Hinengaro</th>
<th>Tinana</th>
<th>Whānau</th>
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</thead>
<tbody>
<tr>
<td><strong>Spiritual</strong></td>
<td><strong>Mental / intellectual cognition / intuition</strong></td>
<td><strong>Physical dimension / body</strong></td>
<td><strong>Family relationships</strong></td>
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<tr>
<td><strong>Pepi / Tamariki</strong>&lt;br&gt;Babies / Children</td>
<td>The wairua [spirit] of healthy pepi / tamariki is strong and protected.</td>
<td>Pepi / tamariki have the capacity to learn, understand, and value healthy kai / kaimoana.</td>
<td>Pepi / tamariki eat healthy kaimoana, have good nutrition practices and a strong tinana [body].</td>
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<td><strong>Mātua</strong>&lt;br&gt;Parents / caregivers</td>
<td><strong>Aroha</strong> - Mātua are spiritually connected with their tamariki – they have aroha for each other. <strong>Kaimoana</strong> provides divine energy for them to thrive.</td>
<td>Mātua are motivated and confident in their ability to provide healthy kaimoana.</td>
<td>Mātua have knowledge / strategies / skills to provide tamariki with healthy kai / kaimoana which is both available and accessible.</td>
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<td><strong>Whānau</strong>&lt;br&gt;Family relationships</td>
<td><strong>Whakapapa</strong> – whānau past / present / future are embedded in whakapapa [genealogies] that provide critical information (nature / nurture) to help care for whānau and tamariki.</td>
<td><strong>Whatumanawa</strong> [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.</td>
<td>Whānau provide warm, safe homes and sufficient resources (e.g. money, gardens) to provide healthy kai / kaimoana for tamariki and whānau whānui.</td>
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<td>Friends / peers</td>
<td><strong>Wairua</strong> is strengthened through constructive peer relationships and friendships.</td>
<td><strong>Whakawhiti korero.</strong> Positive social interactions and healthy activities bring mental and emotional wellbeing.</td>
<td>Social groups / sports teams – health-conscious instructors share knowledge and skills in active environment.</td>
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| **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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