



**Aotearoa Standard
Food Parcel Measure**

Onboarding Guide

From 01 July 2022 -



kore hiakai
Zero Hunger Collective

Aotearoa Food Parcel Measure

Onboarding Guide

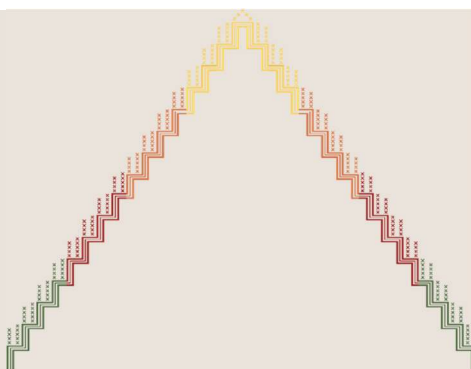
Step 5 – your data with Kore Hiakai

Step 4 – counting

Step 3 – nutrition

Step 2 – matrix measure

Step 1 – what do you currently do?



Other relevant documentation:

- ‘What is a Food Parcel?’ Nutritional Guide:
[Contents for a Food Parcel](#)

**“ We’re setting out to address
the root causes of food insecurity ”**

Onboarding of Organisations



Using the food parcel measure helps us to better understand the extent of food assistance given in our communities, by way of measuring nutritionally adequate food volume through food parcel distribution.

Introduction

The primary driver for the Aotearoa Food Parcel Measure (AFPM) is better understand the number of people requiring food assistance and to measure the volume of nutritionally adequate food being distributed via consistently counted food parcels [accessed through foodbanks and other community food organisations].

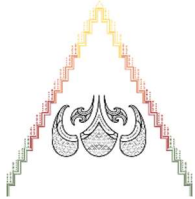
Kore Hiakai invite foodbanks and community food distributors to use this measuring tool by calculating the number of food parcels their organisation distributes against the measure.

This measure is not to scrutinize any particular practice; it is one way to consistently count the number of food parcels being distributed, and to lean towards mindful nutrition conversations when compiling.

Kore Hiakai 'What is a Food Parcel?' research findings (released June 2021)

affirmed foodbanks and community food distributors throughout the country have different methodologies for their food parcel compilation. There has been no specific measuring tool accessible to uniformly determine the volume of nutritional food support distributed through Food Parcels, or an accurate way to quantify the number of people nutritionally adequate food parcels reach. Subsequently, Kore Hiakai developed and launched the Aotearoa Food Parcel Measure (July 2021) **with a nutritional guide.**

As an onboard organisation you are agreeing to calculate the number of food parcels you distribute against the Aotearoa Food Parcel Measure, and to provide Kore Hiakai with monthly data that will be analysed and shared (usually by the 10th of the following month for dashboard statistics and population).



Data Collection

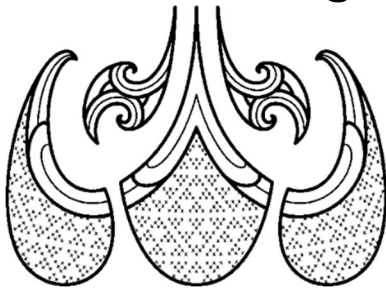
Kore Hiakai will act as a central source to collect, analyse, and share quantitative and qualitative data for sector digestion. We will not include any individual identifiable [organisational] data.

Kore Hiakai encourage you to include any trends, challenges and/or transformative practices you wish to highlight each month. These will make up the qualitative narrative insights that sit alongside the quantitative numeric data snapshots.

We will populate a [dashboard](#) (statistics and in some instances narrative) via the [Kore Hiakai website](#).

Please note information may also be passed on to the MSD Food Secure Communities Team and their partners, The New Zealand Food Network and The Aotearoa Food Rescue Alliance.

Ngā Kete o te Wānanga



Kore Hiakai Zero Hunger Collective are hungry for a better understanding of how much kai is being distributed across Aotearoa; how many of our people experience food insecurity; and how that knowledge can assist us to create the systemic changes needed to create a food secure and sovereign Aotearoa.

To ground Kore Hiakai in this, we turn to Te Ao Maori to guide us, and we ask ourselves: How do we acquire knowledge and for what purpose?

This whakaaro and tohu have been developed to help guide our mahi using our shared data to shed light on the kaupapa of food insecurity, security and sovereignty. If you wish to know more about this please get in touch.

Pūrākau

Ngā Kete o te Wānanga is the story of how Tane, one of the roots of humankind, of the forests and of all living beings of the forest, ascends through the many realms to the uppermost in order to obtain the three baskets of knowledge. Tane then returns to Earth with these vessels where humankind were created and enfolded with that knowledge. **The Poutama are a symbol of the journey Tane took both to ascend and acquire the baskets, then to descend so that this knowledge could be shared to impact humanity.**

How that affects the Aotearoa Food Parcel Measure: In any journey to acquire knowledge we begin with curiosity – to develop a sense and collective understanding of the scale that quantitative data, and issues qualitative insights, can give us.

Having a common measure and counting system allows any data gathered to bring consistent clarity – to gain more meaning and insights of our shared wisdom.

When we weave all the threads and work together with integrity and mana, it is because our people matter – to uplift, uphold, and give voice to those we journey alongside.

If we use our collective wisdom and understanding, this enables the changes we champion – to work towards meaningful systemic change.

Being careful and considerate about how we gather and use data ensures our combined wisdom and understanding impacts positive change for all – empowerment begins with those individuals who have the knowledge, skills, desire and opportunity to lead in such a way that there is collective triumph.

The Aotearoa Food Parcel Measure of '1' is for:

4 people, 3 meals a day, for 4 days, at 80% of the NZ nutritional guide

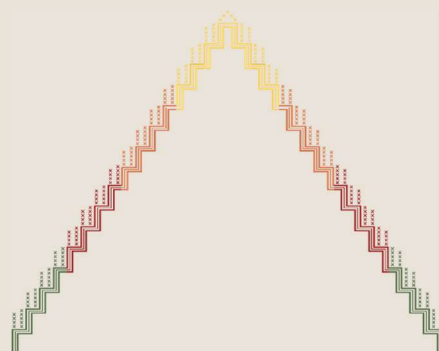
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Step 1 – what do you currently do?

Lay out what your current standard practice is

- Label how many people it is for;
- How many days it is for;
- How many meals it covers for each of those days;
- What foods you currently put in and why you choose those foods.

Step 2 – matrix measure

- Compare that to the Food Parcel Measure of 4 X 3 X 4;
- From the matrix in this resource decide what number your current measure is.

Step 3 - nutrition

- Next divide your Food Parcel into food groups as described in the nutritional guide. See what the amount is for each food group for the Food Parcel Measure at 50-80% of the NZ nutritional guide;
- Decide if you want to adjust the nutritional make up of your parcel at all;
- If not, decide from the matrix what your measure would be;

- Remember there is wiggle room so you can adjust for whānau choice and what is available to you. However if whānau choose a carb loaded parcel – you may then need to adjust the measure of that one parcel;
- From the matrix decided what your regular food parcel measures at.

Step 4 - counting

Onboarding and willing to share data with Kore Hiakai:

- Do you need any further support, such as an onsite or online visit from one of our team to solidify your measuring and counting? (contact staff to book a time if so);
- Sign the data collection and sharing agreement with Kore Hiakai and return;
- If no further support required, begin data collection for monthly feedback to Kore Hiakai.

Step 5 – your data with Kore Hiakai

- Please record the number of food parcels you have distributed for a calendar month.
- **Email** to Kore Hiakai by the 10th of each month. Send that with any narrative about distribution or practice insights.



Kore Hiakai are here to help, if needed. We encourage you to check in with us when you have decided what your measure is so that there is consistency across organisations (one of the integral purposes of the measure). Please know we are willing to work with you for any fine tuning aspects of measuring.

Please contact us if you have queries: tammie.korehiakai@nzccss.org.nz

Matrix for counting Food Parcels

Counting the number of people:

Number of people decreasing:

No of parcels	1	0.75	0.5	0.25
Number of people	4	3	2	1
Number of Meals	3	3	3	3
Number of full days	4	4	4	4
Nutritional standard	50-80 %			

Number of people increasing

No of parcels	1	1.5	2	2.5	3
Number of people	4	6	8	10	12
Number of meals	3	3	3	3	3
Number of full days	4	4	4	4	4
Nutritional standard	50-80 %				

Counting the number of days:

Number of days doubled (a full week)

No of parcels	2	1.5	1	0.5	0.25
Number of people	4	4	4	4	4
Number of meals	3	3	3	3	3
Number of full days	7	5-6	3-4	2	1
Nutritional standard	50-80 %				

Number of days halved

No of parcels	0.5	0.375	0.25	0.125
Number of people	4	3	2	1
Number of meals	3	3	3	3
Number of full days	2	2	2	2
Nutritional standard	50-80 %			

Counting the number of Meals:

No of parcels	1	0.5	0.25	
Number of people	4	4	4	
Number of meals	3	2	1	
Number of full days	4	4	4	
Nutritional standard	50-80 %			

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Data Sharing and Collection Agreement

Organisations collecting and sharing Aotearoa Food Parcel Measure Data agree:

- To strive to ensure that the data they are sharing is accurate and consistent, and engage with Kore Hiakai;
- To submit this data to Kore Hiakai by the 10th of the month following the month of data collection;
- To ensure their staff are adequately trained and are aware of their responsibilities for any shared data they have access to or supply;
- To contributing to an assessment of the ongoing effectiveness of the data sharing at regular intervals as agreed (that is 3, 6 and 12 months);
- That if planning to cease collecting and sharing data, one month notice to opt out will be given in writing.

Kore Hiakai, as the data collection organisation, agrees:

- To work with organisations so they have all the tools and information they need to gather data for the Aotearoa Food Parcel Measure with accuracy and meaning;
- To treat all data with care and respect, honouring the whānau it represents;
- To only use data collected for the purposes agreed to.

Those purposes are:

- To ensure their staff are adequately trained and are aware of their responsibilities for any shared data they have access to or supply.

Onboard organisation

Contact:

Title:

Date:

On behalf of Kore Hiakai

Contact: Tric Malcolm

Title: Pou Ārahi

Date:

Taking the steps to use the food parcel measure and share insights gives us an opportunity to collectively understand the extent of support being experienced by whānau through Food Parcel assistance. This happens specifically through giving numerical insight into those receiving assistance through Food Parcels. This measured data gives voice to those advocating for systemic change around the multi-dimensional root causes of food related poverty in Aotearoa.



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