

We can create a better CITY:

When many Christchurch residents can't afford to feed their families well, our collective future is at risk. Don't accept this as a given.

by improving access
to **GOOD FOOD**

The facts about food security

- Poor diet is strongly linked to depression in mothers, which can lead to poor family relationships, neglect and abuse.
- Caregivers, especially women, may 'go without' in order to provide food for their children.
- Children raised in homes which don't have access to good food are more likely to have poor health and do less well at school.
- Children lacking iron in their diet at an early age are more likely to have lasting problems with poor attention and behaviour.
- Cheap foods are energy dense, high in fat and sugar, which means it is very cheap to become obese.
- The risk of obesity is 20-40% higher in people who cannot access healthy food compared with the rest of the population. Obesity increases the risk of ill health, including diabetes, cardiovascular disease and some cancers.
- Demand on the Christchurch City Mission foodbank increased by 100% between February and June 2011.
- Between March 2009 and March 2011, the price of food in Aotearoa rose by 6% but the average rate of hourly earnings rose by 3.4%
- Between March 2010 and March 2011, the cost of fruit and vegetables rose by 9.5% and the price of milk, eggs and cheese rose by 8.8%.
- 16% of New Zealanders have used a food-bank or food vouchers, or have had severe difficulties in affording food. Research shows significantly higher levels of distress among these people.

Food security means reliable access to nutritious, safe and acceptable foods without needing to resort to begging, scavenging or relying on food parcels.

It doesn't have to be this way. Good food security is achievable



Rebuilding Christchurch

Dealing with problems around food security is one crucial part of the wider story about building a great city. We all need access to the things we need to flourish.

For food security we need to...

Support community initiatives

Community gardens are resourced and skills are developed through cooking classes and community meals.

Buy local

By supporting local producers, we strengthen the local economy and reduce the financial and environmental costs of transporting foods across long distances.

Focus on schools

Good nutrition is vital to children's development. School breakfast clubs ensure that hunger doesn't prevent any child from starting the day ready to learn. Ensuring that only healthy foods and drinks are available on schools sites supports our children in making healthy choices.

Limit fast food outlets

Mass produced fast food tends to be high in sugar, salt or trans fats. Reducing the number of outlets reduces the promotion of fast food as an easy choice.

Reduce cost of food

Make fruit, vegetables and basic healthy foods affordable for everyone.

Develop food policy

A city food policy promotes access to affordable, healthy food for all.

Raise incomes

The cost of food, especially fruit and vegetables, has risen faster than wages over the past two years. Working for full employment and a higher minimum wage supports families to have access to good food.



THE CHRISTCHURCH METHODIST MISSION has provided emergency food relief for many decades. However, foodbanks provide no long term solutions for communities which cannot access good food.

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This information can be used and distributed freely.