

Geog402: Resilient Cities

Onika Baptiste, Ashleigh Hamilton, Rubie McLintock, Hayden Slaughter

Identifying opportunities to improve food resilience in Spreydon-Heathcote:

An analysis of edible initiatives in the
community

Abstract

Introduction

Food resilience, as defined by the Christchurch City Council's Food Resilience Policy (Christchurch City Council, 2014), is; the access by all people to a food supply that can withstand natural and man-made shocks, to sustain an active and healthy lifestyle. The Canterbury Earthquake Sequence created issues of food security after this event, and as a result, food resilience has received increasing attention, and needs to be improved in Christchurch. Edible initiatives seek to improve food resilience in communities, types of initiatives include; edible community gardens, community kitchens, food foraging, orchards, farmers markets, and food distribution hubs. The purpose of this report is to identify opportunities to improve food resilience in Spreydon-Heathcote. Two aims have been acknowledged; (1) to understand how edible initiatives facilitate food resilience; and, (2) to provide recommendations to improve

A study undertaken in New Zealand focused on edible gardens in Early Childhood Centres
(Dawson, Richards, Collins, Reede

Spreydon-Heathcote, and from relevant websites such as Canterbury's Community Gardens Association and Fruit and Vege Cooperative (Canterbury Community Gardens Association, 2016; Christchurch South Fruit and Vegetable Collective, 2016). We also mapped locations where new edible initiatives could be implemented. This included facilities such as primary schools, early childhood centres, churches, and parks, and the data were sourced through Nina Perez, Google, and Zenbu (Google, 2016; Zenbu, 2016). These were included, to show groups

to understand community perceptions of edible initiatives, and whether implementing new edible initiatives is adequate to enhance food resilience.

The final component of our research is to make recommendations for the future. From the opportunities we identified, we can provide recommendations for the future in regards to how

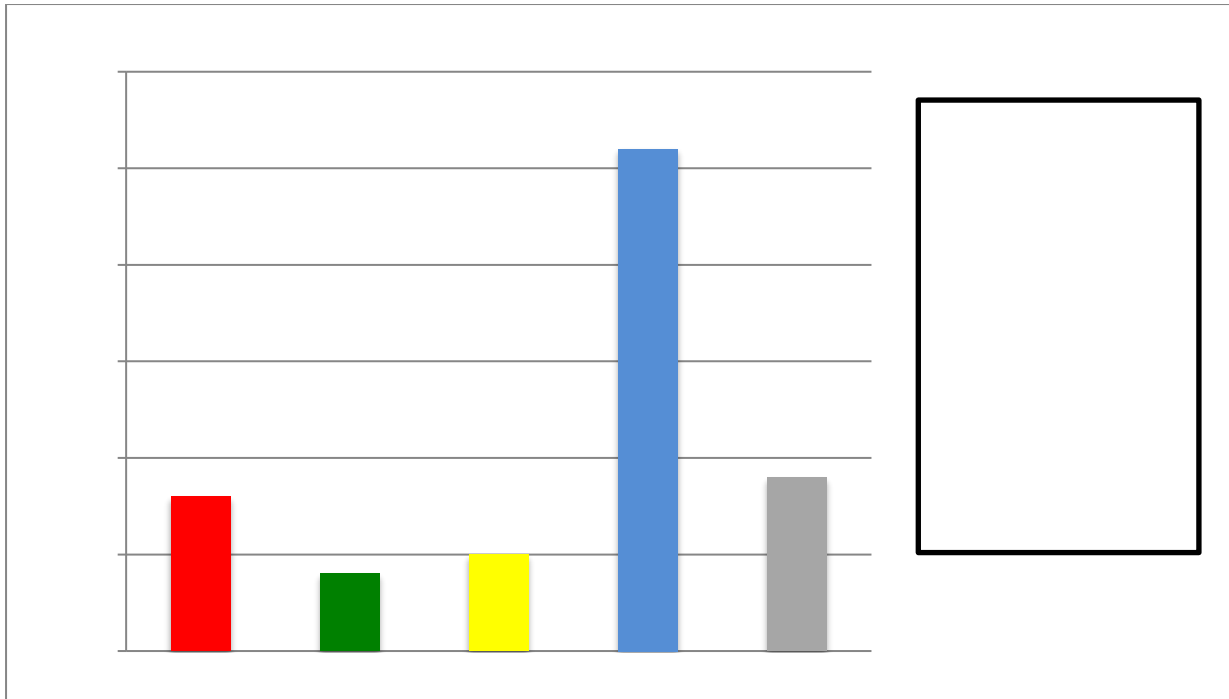


Figure 4. Deprivation levels of respondents.

Recommendations to improve food resilience in Spreydon-Heathcote:

Edible initiatives in Spreydon-Heathcote can enhance food resilience. The purpose of this project was to identify opportunities for edible initiatives in Spreydon-Heathcote. The results collated above allow for discussion around the second aim of this report; how to improve food resilience in Spreydon-Heathcote through edible initiatives. Four issues in regards to edible initiatives in the Spreydon-Heathcote area became evident through the research process; (1) the lack of knowledge and education surrounding food resilience; (2) ongoing community consultation is necessary to support specific groups; (3) access to edible initiatives needs to be improved; and, (4) more support must be given to support existing edible initiatives. To understand these points, they will be discussed in the following section, and recommendations for how to improve food resilience in Spreydon-Heathcote will then be addressed.

(1) Lack of knowledge and education

Knowledge and education are essential to improve food resilience. For community members to implement edible initiatives effectively, they must have the knowledge and the ability to do so. Individuals with gardening skills, cooking skills and an understanding of the benefits of food resilience would enable edible initiatives to succeed and thrive. The results from the

survey and the focus group (Focus group, 2016) highlighted the need to improve these skills in Spreydon-Heathcote. Gardening skills, cooking skills, and an understanding of food resilience is necessary for implementation and involvement of communities within edible initiatives. However, it is likely that these skills and knowledge can be improved as an outcome of participation in edible initiative schemes.

One option for improving skills and increasing knowledge regarding food resilience would be the use of community kitchens. These kitchens provide a space for cooking lessons which can assist in improving the cooking skills of individuals as well as their knowledge regarding produce and its use. The respondents from the focus group indicated that food distribution hubs provided a source of affordable and fresh produce. However, as people were unable to select what vegetables were purchased, there was limited knowledge of how to cook using the produce supplied, 1

exist. Community consultation allows the needs of a community to be understood, facilitating

the focus group were also informed through these mediums. This created issues reaching out to individuals who do not have access to these channels, and these are the groups who should be the target of this study. This created bias, as the research method catered to a specific audience, and could have implications for the results. Further research should use a broad range of research methods, to reach a wider ample of the community.

Conclusion

This study has aimed to understand ways to improve food resilience through the use of edible initiatives in Spreydon-Heathcote. The results in this report outline the importance of community consultation, and this should be central to the methodology of future projects. By utilising focus groups and interviews, research can begin to understand community wants and needs, regarding edible initiatives.

Further research should consider the above three points in unison, and focus specifically on community consultation and participation, to improve the support system for edible initiatives in Spreydon-Heathcote. By utilising focus groups and interviews, research can begin to understand community wants and needs, regarding edible initiatives. Expanding the scope of the research to include other aspects of food resilience would allow for exploration around this concept to be more extensive. Finally, this piece of research aims to understand how edible initiatives could be improved in Spreydon-Heathcote, and further research should build on results highlighted with an emphasis on community consultation

References

- Acheson, D. (1998). *Independent Inquiry into Inequalities in Health*. The Stationery Office.
- Adams, A. T., Ulrich, M. J., & Coleman, A. (2010). Food deserts. *Journal of Applied Social Science*, 4 (2), 58-62.
- Cains, L. (2014). *Chch may become edible Garden City*. The Press. Retrieved April 22, 2016, from <http://www.stuff.co.nz/the-press/news/10323097/Chch-may-become-edible-Garden-City>
- Canterbury Community Gardens Association. (2016). *Canterbury Community Gardens Association*. Retrieved June 8, 2016, from Canterbury Community Gardens Association: <http://www.cpga.org.nz/>
- Christchurch City Council (2014). *Christchurch City Council Food Resilience Policy*. Retrieved May 16, 2016, from <http://resources.ccc.govt.nz/files/TheCouncil/policiesreportsstrategies/policies/groups/community/CCCFoodResiliencePolicy.pdf>
- Christchurch South Community Gardens. (2016). *About Us*. Retrieved June 8, 2016, from Christchurch South Community Gardens: <http://cscommunitygardens.net.nz/about-us/>
- Christchurch South Fruit and Vegetable Collective. (2016). *Christchurch South Fruit and Vegetable Collective*. Retrieved June 8, 2016, from Christchurch South Fruit and Vegetable Collective: Christchurch South Fruit and Vegetable Collective
- Dawson, A., Richards, R., Collins, C., Reeder, A. I., & Gray, A. (2013). Edible gardens in early childhood education settings in Aotearoa, New Zealand. *Health Promotion Journal of Australia*. 24, 214-218. Doi: <http://dx.doi.org/10.1071/HE13066>
- Focus group (2016, May 23). Personal communication.
- Google. (2016). *Google Maps*. Retrieved April 11, 2016, from Google Maps: <https://www.google.co.nz/maps>
- Guitart, D., Pickering, C., & Byrne, J. (2012). Past results and future directions in urban community gardens research. *Urban Forestry and Urban Greening*, 11(4), 364-373. doi:10.1016/j.ufug.2012.06.007
- Harris, S., & Templeton, S. (2016). *Heathcote: The Upside*. Christchurch, New Zealand: Freerange Press.
- Healthy Christchurch (2012). *Food Security*. Retrieved June 7, 2016, from <http://www.healthychristchurch.org.nz/media/22462/foodsecurity.pdf>

Healthy Families Spreydon-Heathcote. (2015). *Spreydon-Heathcote*. Retrieved June 7, 2016, from Healthy Families Spreydon-Heathcote: <http://www.healthyfamilies-spreydonheathcote.org.nz/#!our-place/x8yw4>

Incredible Edible Todmorden Community Team (2016). *What we do*. Retrieved May 3, 2016, from <http://www.incredible-edible-todmorden.co.uk/>

Koordinates Limited. (2016). *Koordinates*. Retrieved April 11, 2016, from Koordinates:

Ministry of Health. (2014, January 31). . Retrieved April 13, 2016, from Ministry of Health: <http://www.health.govt.nz/our-work/populations/pacific-health/factors-affecting-pacific-peoples-health>

Ostrom, E. (1996). Crossing the Great Divide: Coproduction, Synergy, and Development. *World Development* , 24 (6), 1073-1087.

Pacific Trust Canterbury (2016). *Healthy Families NZ*. Retrieved June 8, 2016, from <http://www.pacifictrust.co.nz/about/healthy-families>

Appendices

Appendix 1: Spreydon-Heathcote Community Survey

6/9/2016

Spreydon-Heathcote Edible Initiatives Survey

Spreydon-Heathcote Edible Initiatives Survey

We are a group of post graduate geography students from the University of Canterbury conducting research about edible initiatives in the Spreydon Heathcote area. This research will form part of the course assessment for GEOG 402: Resilient Cities. In collaboration with Healthy Families Spreydon Heathcote and the Food Resilience Network, we aim to increase our understanding of the impacts of edible initiatives, and how they might improve community resilience and well being. We also seek to identify possible new o

A large empty rectangular area, likely a placeholder for a survey form or data table. It is bounded by a thin vertical line on the left and a thin horizontal line at the bottom. A dotted horizontal line is visible about halfway down the page, extending from the left edge towards the center.

Appendix 2: Focus group consent form

University of Canterbury edible initiative
research consent form:



We are a group of post-graduate geography students from the University of Canterbury conducting research about edible initiatives in the Spreydon-Heathcote area. This research will form part of the course assessment for GEOG402: Resilient Cities. In collaboration with Healthy Families Spreydon-Heathcote. 12.015f1001425q90712.884.9WhBT/F192.015f1001240.34.8m0g13.0019.34.8m5i