

Aide-Mémoire

Meeting with Everybody Eats

Date due to MO: 15 April 2024 **Action required by:** 17 April 2024

Security level: IN CONFIDENCE **Health Report number:** H2024039383

To: Hon Matt Doocoy, Minister for Mental Health

Consulted: Health New Zealand: Māori Health Authority:

Contact for telephone discussion

Name	Position	Telephone
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Details of meeting: 18 April 2024, 6:00pm–7:30pm, Everybody Eats, 306 Onehunga Mall, Auckland

Everybody Eats attendees:

Amy Tew, General Manager Everybody Eats.

Staff and volunteers.

Purpose of meeting: The Minister is meeting and dining with Everybody Eats in Onehunga and will be meeting staff and volunteers.

Comment: Everybody Eats is a part of a broad community led approach that focusses on addressing food insecurity within communities. Research has found that approximately 14% of New Zealand's population experiences food insecurity and need assistance in putting food on the table.

There is strong evidence that food insecurity is related to mental health and wellbeing issues. Evidence suggests that insufficient access to a reliable nutritious food source can cause depression, anxiety, and other mental illnesses and issues.

Food insecurity disproportionately affects Māori and Pacific peoples, who experience food insecurity at a significantly higher rate than New Zealand Europeans. The 2015/16 New Zealand Health Survey found that 37.1% of the Pacific population and 28.6% of the Māori population are food insecure, compared to 15.4% of New Zealand Europeans who experience food insecurity.

In 2022/23 studies of New Zealand children population experiencing food insecurity, research shows that 21% of children aged 0-14 live in households experiencing food insecurity, with Māori children being 2.2 times more likely to experience food insecurity than non-Māori children,

and disabled children being 1.8 times more likely to experience food insecurity than non-disabled children.

Everybody Eats:

- Everybody Eats was founded in June 2017, establishing their first location in Auckland and is a pay-as-you-feel restaurant charity dedicated to reducing food waste and feeding people experiencing food poverty, and creating a community hub to tackle social isolation.
- Today, Everybody Eats has 3 locations, one in Glen Innes (Auckland), one in Onehunga (Auckland), and one in Wellington.
- Everybody Eats offers restaurant-quality three-course meals prepared by volunteer chefs, from food otherwise that would otherwise go to waste, at low or no cost.
- Everybody Eats is largely funded by charitable donation.
- Officials are not aware of any funding provided via Vote Health.
- This aide-mémoire discloses all relevant information.



Michelle Mako
Director, Māori Public Health
Public Health Agency

Everybody Eats Attendees



Amy Tew – General Manager

Amy has worked on social enterprise ventures and charitable projects internationally, including in Tanzania, France and New Zealand. Amy has been General Manager at Everybody Eats since June 2023.