

90960R



NEW ZEALAND QUALIFICATIONS AUTHORITY  
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD  
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

## Level 1 Home Economics, 2018

**90960 Demonstrate understanding of how an individual, the family and society enhance each other's well-being**

2.00 p.m. Wednesday 21 November 2018

Credits: Four

### RESOURCE BOOKLET

Refer to this booklet to answer the questions for Home Economics 90960.

Check that this booklet has pages 2–8 in the correct order and that none of these pages is blank.

**YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.**

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RESOURCE A: KAIBOSH FOOD RESCUE – AN INTRODUCTION



**Our vision**

Zero Food Poverty, Zero Food Waste.

Kaibosh is based in Wellington and is New Zealand’s first food rescue organisation.

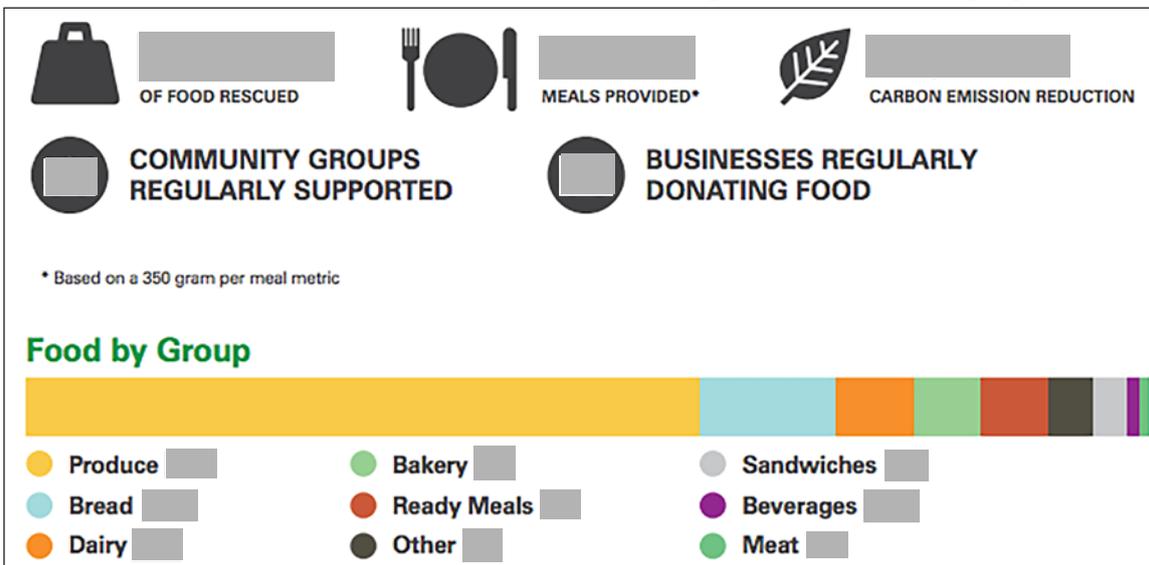


On average, about 60 per cent of all food rescued by Kaibosh is fruit and vegetables.

For families that are doing it tough, the first thing that drops off their list is healthy, nourishing food. It can be difficult for people with limited budgets to be able to afford.”

**Kaibosh By Numbers**

The Kaibosh Food Rescue Annual Review 2015 / 2016 reports the following figures:



**RESOURCE B: KAIBOSH'S COMMUNITY**

Kaibosh's work is a collaboration between their volunteers, food donors, the community groups that they work with, and the many organisations, businesses, and individuals who support them.

**Food donors to Kaibosh include:**

- Bidvest
- Countdown supermarkets
- Harbourside Market
- My Food Bag
- Pak'n'Save supermarkets.

**Charities who receive food from Kaibosh include:**

- Lower Hutt Food Bank
- Salvation Army Centres
- Wellington City Mission
- Red Cross Cooking Group
- Whānau Family Support Services.



**Thanks a bunch! A Wellington City Mission volunteer checks out the bananas and other edible goodies donated.**

**Benefits for the community and the environment**

- Community groups receive a wide range of healthy, nutritious food.
- [Redacted]
- [Redacted]
- [Redacted]
- Volunteers have a direct and positive impact on their community and environment.

**RESOURCE B (continued): KAIBOSH'S COMMUNITY****Kaibosh volunteers**

Each day, a Kaibosh driver picks up food from seven supermarkets – about 70% comes from Countdown – Kaibosh's biggest donor.

Kaibosh's General Manager says the more than 160 Kaibosh volunteers are "the engine" that keeps everything running smoothly.



**A Kaibosh driver collects donated food from Countdown Petone, which will soon be distributed to several charity groups.**

I love my time volunteering at Kaibosh. I moved here last year, and am quite shy, so I have found it a great way to meet new people who have common interests in the community. We often grab lunch together once we finish our shift.

**Lee  
(Kaibosh volunteer)**

I can give something back to the community by volunteering here. Kaibosh reduces waste, and at the same time helps people in need. The working atmosphere here is awesome and dynamic.

**Angela  
(Kaibosh volunteer)**



**Kaibosh volunteers sort donated food and get it ready for distribution.**

Since I retired, I have found new meaning and direction in my life by helping others. Volunteering at Kaibosh gets me out of the house, and keeps me fit and active. I thought the young ones would think I am past it, but they come to me for advice, and make me feel like I am valued and belong here.

**Grace  
(Manaia's grandmother  
and Kaibosh volunteer)**

## RESOURCE C: KAIBOSH FUNDRAISING

### 'Make a Meal in May'

With its focus on sharing food, 'Make a Meal in May' suits individual supporters hosting friends or family at home, as well as workplaces wanting to support the community.

[Redacted]

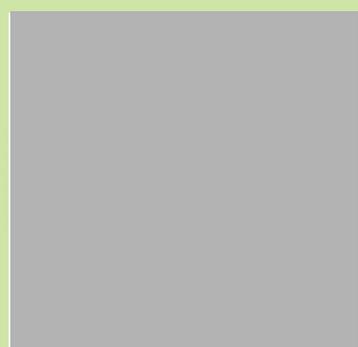
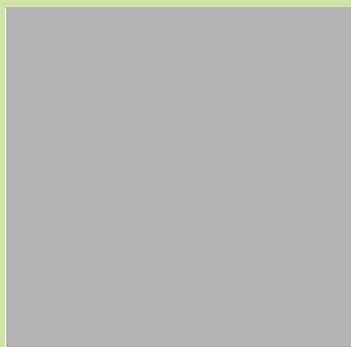
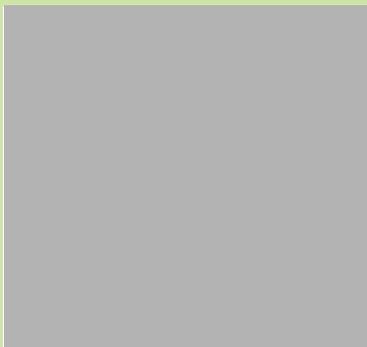
[Redacted]

Kaibosh do amazing work in the Wellington community – we support them however we can and we're really looking forward to making a meal".

### Why Make a Meal in May for Kaibosh?

- People are hungry in the community, and you can do something about it.
- [Redacted]
- [Redacted]
- [Redacted]
- It's fun!

**Make a Meal in May, Make a Difference.**



**RESOURCE C (continued): KAIBOSH FUNDRAISING****How will your donation help?**

Your donation makes a real difference to those in the community who are struggling to make ends meet.

For every \$20 donated, Kaibosh can provide 20 quality surplus food meals to those in the community who need it most.

**Feedback from 'Make A Meal in May' fundraisers**

I was very happy to do the 'Meal in May' fundraiser, as I have always looked for ways to support those in our society who are less fortunate. The Kaibosh fundraiser aligns with my belief that it is better to give than to receive, and so it gave me a sense of personal satisfaction.

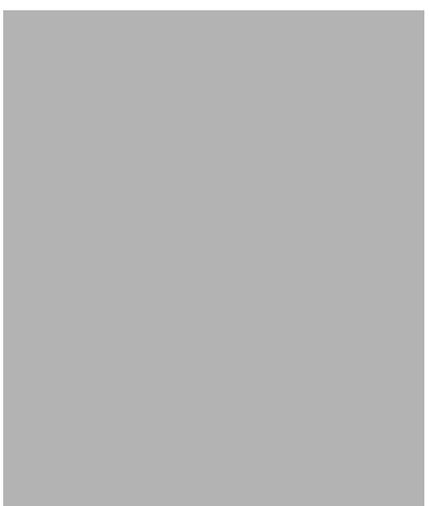
**Poppy**  
(**'Make A Meal in May'** host)

It seemed strange at first to go to my friend's house and pay for the meal, but once she explained about Kaibosh, I realised how lucky I am, and I was in! What a great cause, and we had a fun night. I met new people and a few of us are going to volunteer to sort food at Kaibosh.

**Toa**  
(**'Make A Meal in May'** attendee)

I am so proud of my daughter, Manaia, for organising this fundraiser. She did all the planning of the meal and taught me how to balance the meal using the 'ideal plate' model. We did all of the shopping and cooking together, which was fun – even her younger sisters helped! Our friends loved the meal and we felt so proud of the amount of money we collected for Kaibosh.

**Lecia**  
(**Manaia's mother**)



**A 'Make a Meal in May' host dishing out the mushroom risotto at a dinner she helped organise for 36 people.**

## Acknowledgements

Material from the following sources has been accessed on 8 February 2018, and adapted for use in this examination.

### Resource A

<https://www.kaibosh.org.nz/about-us/>.

<https://www.stuff.co.nz/dominion-post/news/94650518/curiouscity-saving-half-a-tonne-of-food-all-in-a-days-work-for-kaibosh>.

Kaibosh Food Rescue, 2015/2016 Annual Review, p.2, found on [http://www.kaibosh.org.nz/wp-content/uploads/2014/07/kaibosh\\_2015-2016\\_annual\\_review\\_final.pdf](http://www.kaibosh.org.nz/wp-content/uploads/2014/07/kaibosh_2015-2016_annual_review_final.pdf).

### Resource B

<https://www.kaibosh.org.nz/donate-food/who-donates-food/>.

<https://www.kaibosh.org.nz/receive-food/who-receives-food/>.

<https://www.kaibosh.org.nz/donate-time/>.

<https://www.kaibosh.org.nz/about-us/>.

<https://www.onepercentcollective.org/stories/war-on-waste>.

<https://www.stuff.co.nz/dominion-post/news/94650518/curiouscity-saving-half-a-tonne-of-food-all-in-a-days-work-for-kaibosh>.

### Resource C

<http://www.kaibosh.org.nz/make-a-meal-in-may/>.

<https://www.stuff.co.nz/dominion-post/capital-life/79835827/two-wellingtonians-make-dinner-for-36-people-fundraising-for-kaiboshs-make-a-meal-in-may>.

<http://www.healthyfoodguide.com.au/resources/the-perfect-plate>.