



RETURNING TO OUR ROOTS

Kōkua Kalihi Valley

Grow, Prepare, Share



KOKUA KALIHI VALLEY

Mission:

Together we work toward healing, reconciliation and the alleviation of suffering in Kalihi Valley, by serving communities, families and individuals through strong relationships that honor culture and foster health and harmony.



Ho`oulu `Āina



'Aipono
a movement
I ola no ke kino



Sustainability

protecting ancestral
abundance

Food for us comes from our relatives, whether they have wings or fins or roots.

That is how we consider food. Food has a culture. It has a history. It has a story. It has relationships.

- Winona LaDuke

E 'ai i kekahi, e mālama i kekahi.

The recovery of the people is tied to the recovery of food, since food itself is medicine – not only for the body, but also for the soul and spiritual connection to history, ancestors, and the land.

Health is Connection



Connection to Place



To have a kinship with 'āina

Connection to Others



To love and be loved; to understand and be understood

Connection to Past & Future



To have kuleana, a purpose in the world

Connection to your Better Self



To find and know yourself

Place



Others



Connection



Past & Present

Better Self



Grow

Community Gardens
Community workdays
Growing farmers training
Supporting local farmers

Share

Farmers Markets
Mobile Market
Cultural Food Hub
“Farm”-acy
Plant giveaways
Produce giveaways
Decolonizing Diets
Food story sharing

Prepare

Café & Catering
Community food
business incubator
Food demos
Ehuola -
family health program
Cultural birthing classes



Birthing a Nation

Hawaiian Culture and Traditions in Childbirth

Ka Lahui O Ka Po



Haumea was born with the entire Hawaiian race in her

BIRTHING A NATION

kama

mākua

pale
keiki

‘ohana

‘āina

kūpun
a

hō‘ailona

ākua

"These eight weeks have positively impacted my `ohana in so many different ways! Because of the classes my partner and I are better communicators, we are stronger lovers, and best of all - better parents. We lomi each other more, cook healthy meals with our daughter, and practice forgiveness more often! Our love for each other has truly blossomed when we started putting what we were taught into practice!"

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child
parent
midwife
family
land
ancestor
omen
divinity

“Attending the course *Birthing a Nation* marks the first step towards creating a healthy, vibrant member of the Hawaiian Nation and starts the child on a path to perpetuating their Hawaiian culture. We are fortunate to be able to attend a program like this to allow for cultural knowledge to enter into what has become a needlessly medical tradition”



La`au Lapa`au,
Lomilomi, `Aipono,
Mo`omeheu, Iewe,
Ho`oponopono,
Mo`olelo, Pilina

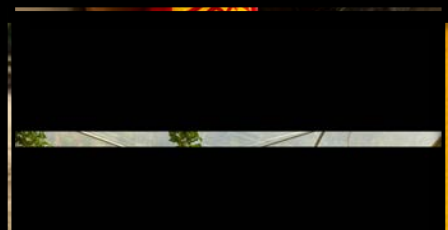
APUHALA



EHUOLA

ʻOhana Health Program





Kalihi Jr Chef Competition





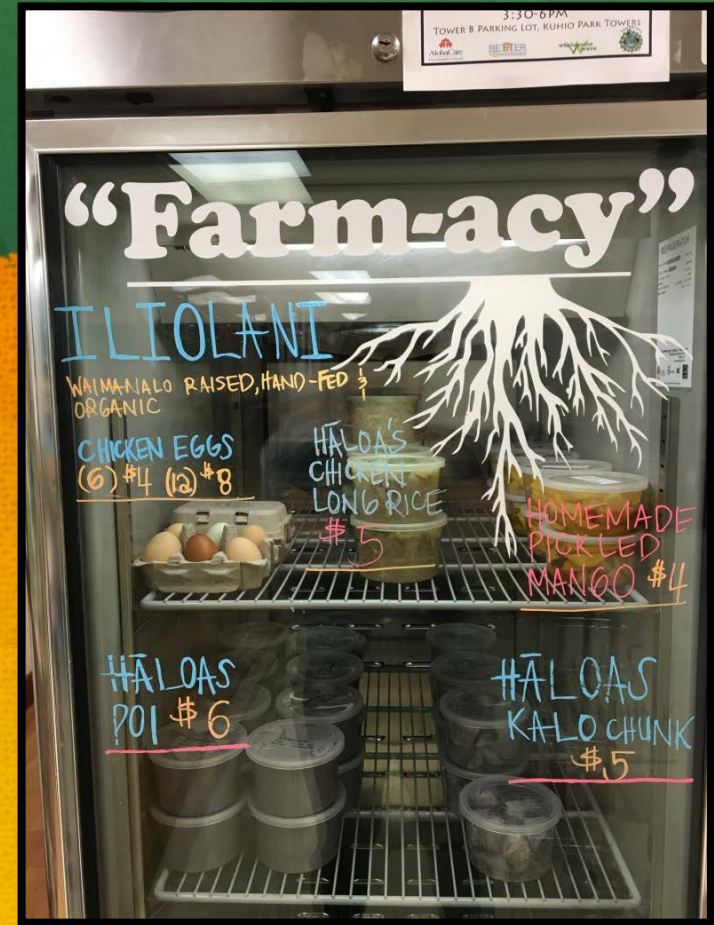
We need to reclaim the palates of our keiki



Roots Café and Cultural Food Hub



Crop Shop and Mobile Cart



Community work days



Hooulu Aina

Wednesdays

3rd

Saturdays

Kaluaopalena

2nd Saturdays

Growing Farmers



**Thursdays – volunteers learn
and help in the food and
medicine garden**

Elder Program





is a story...

Place



Others



Connection



Past & Present

Better Self

Health is...



**Getting back
to our
ROOTS**

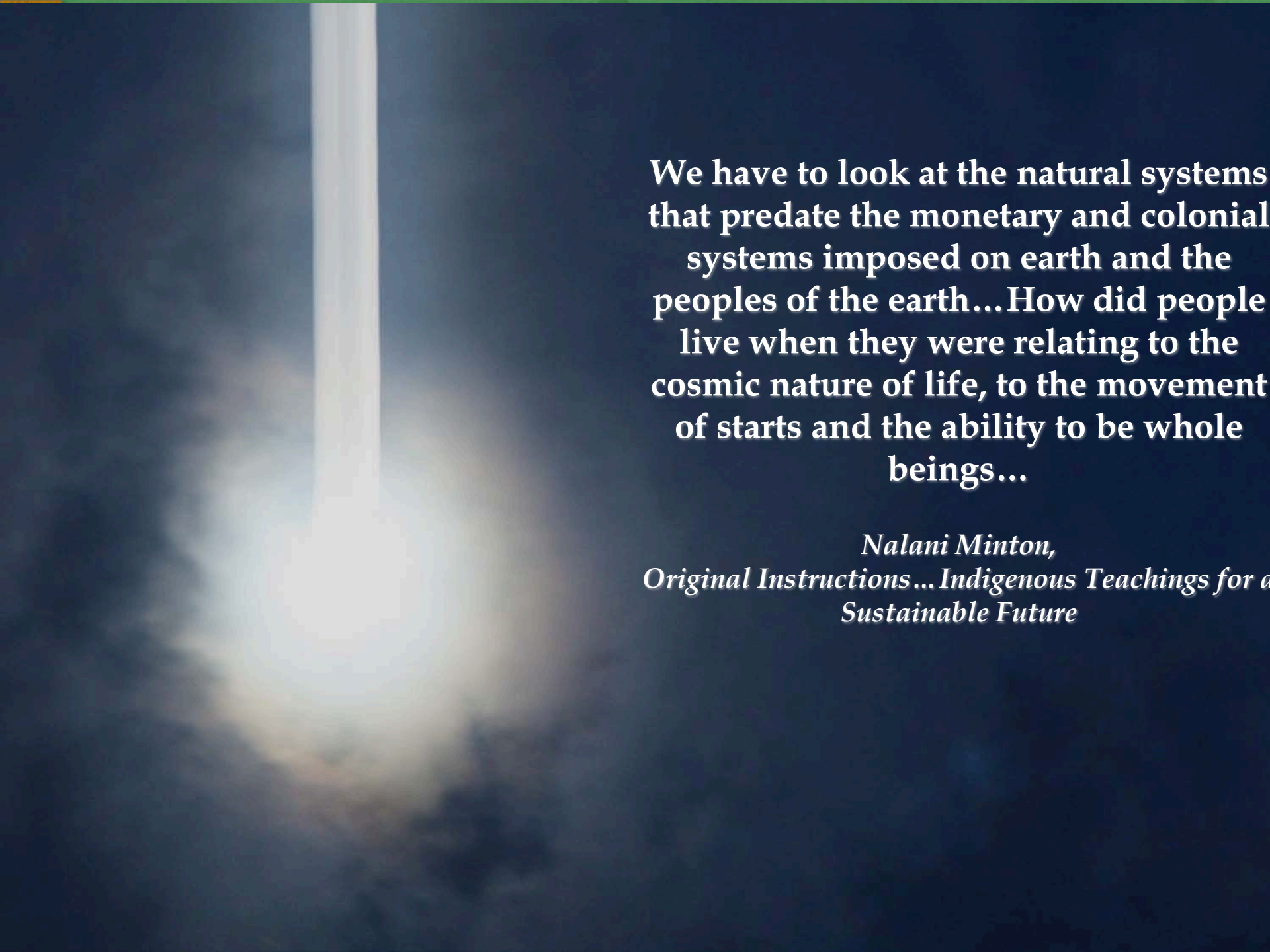
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Director**

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**We have to look at the natural systems
that predate the monetary and colonial
systems imposed on earth and the
peoples of the earth...How did people
live when they were relating to the
cosmic nature of life, to the movement
of stars and the ability to be whole
beings...**

*Nalani Minton,
Original Instructions...Indigenous Teachings for a
Sustainable Future*