

EPISODE CHALLENGES

- EPISODE 1**
Royal Food in the Kingdom Today The Tongan royal family has always eaten the best of the best. In this challenge, contestants will review the tradition of Tongan royal food and create a delicious meal that reflects the true essence of the Kingdom of Tonga. Co-hosted by Her Royal Highness Princess Salote Pilolevu Tuita, the Princess Royal of the Kingdom of Tonga.
- EPISODE 2**
It's All About the Greens Despite there being an abundance of greens in Fiji, iron deficiency is a real problem. In this episode, contestants were challenged to prepare three dishes using everyday Fijian greens that reflects Fiji's melting pot of cultures.
- EPISODE 3**
Cooking with the Mamas of the Market The Mamas of the Market, a group of women who run small café stalls at the Port Vila Market in Vanuatu, serve delicious local food with healthy indigenous complex carbohydrates. White rice is off their menu!
- EPISODE 4**
Eat the Rainbow Samoa's government is promoting diet diversity, encouraging Samoans to eat a variety of different coloured fruits and vegetables. Co-hosted by restaurateur Dora Rossi and the vivacious Miss Cindy of Samoa, the contestants were challenged to create soul dishes of Samoa with a variety of fruits and vegetables.
- EPISODE 5**
Amelia and the Lalo Mango Grow Wellness Team Amelia Afuha'amango Tuipulotu was the Head of the Nursing Association in Tonga when this episode was filmed. She is currently the Tongan Minister for Health. Amelia and her team walk 10,000 steps every Saturday before enjoying a healthy, local breakfast. The contestants were challenged to create their version of a healthy, hearty Tongan breakfast and the winning Tongan duo will progress to the finals in Fiji!
- EPISODE 6**
Half Quarter Quarter The hustle and bustle of city living leads to many urban-dwelling Fijians to have little to no time to cook. As a result, many turn to convenience foods. In this challenge, contestants will cook a balanced, healthy meal for four in 45 minutes. A truly balanced meal would be half a plate of vegetables, a quarter of protein and a quarter of carbohydrates. A half, quarter, quarter! Only one team will go through to represent Fiji in the finals. The heat is on!
- EPISODE 7**
The Wan SmolBag Way Wan SmolBag Café provides fresh, local, and delicious meals for the people of Vanuatu. Contestants compete to create quick, easy and nutritious one pot meals out of fresh local ingredients that could be on the Wan SmolBag Café menu! From the two remaining teams, only one will go head to head with Teams Fiji, Samoa and Tonga.
- EPISODE 8**
Organic Fantastic Almost 40 per cent of Samoan farms are certified organic. Organic farming is the traditional Pacific way and this has been spearheaded by Women in Business Development Samoa. In this episode, contestants are challenged to create a tasty and healthy fish dish with organic Samoan produce accompanied by a smoothie. All in under one hour!
- EPISODE 9**
The Masterclass with Top Chefs In this episode, the finalists from Tonga, Samoa, Vanuatu and Fiji meet at the revolution kitchen in Suva, Fiji for the first time and they are in for a delightful surprise. They are taking a break from cooking because accomplished chefs Robert Oliver and Bertrand Jang will be treating the contestants to delicious side dishes and mouth-watering desserts. Yum!
- EPISODE 10**
Climate Change and Food Indigenous crops have a role to play in climate change resilience and response. The finalists are challenged to create a side dish and a hearty soup from disaster resilient crops, and impress the judges. Only three teams will progress to the next round while one team will pack up and return to their home country. Will it be Team Tonga, Team Vanuatu, Team Samoa or Team Fiji?
- EPISODE 11**
The First 1,000 Days with UNICEF UNICEF Pacific Ambassador and double Olympian Pita Taufatofua joined the judges to highlight the importance of healthy nutrition for children in the Pacific. The first 1,000 days of a child's life, from conception to age two, is possibly the most important period from a nutrition perspective. This episode aims to highlight the importance of this time, and challenges the contestants to provide actionable recipes high in nutrient rich ingredients for pregnant and lactating mothers, first food for babies and healthy meals for young toddlers. The pressure is rising in the revolution kitchen. Competition is now down to three teams but only two teams will go head to head in the grand finale.
- EPISODE 12**
Epic Island Feast It's the first ever grand finale of the *Pacific Island Food Revolution*! In this last episode, the finalists are reminded of the crucial role Pacific mothers play in their local food. To honour the mothers and grandmothers of the Pacific, special guest and Robert Oliver's mother, Jean Oliver, joined the judging panel where the two finalists are competing in the revolution kitchen to create an epic island feast. The winning team will win great prizes including a trip to Hong Kong flying Fiji Airways. One team will be crowned the very first Pacific's best! Who will it be?



The inaugural season of the *Pacific Island Food Revolution* brought together influential Pacific leaders, foodies and nutritional experts as special guests, co-hosts and judges. The reality show is hosted by renowned chef, UNDP Pacific Office Advocate for Food, Sustainable Development and Wellbeing, and passionate Pacific personality Robert Oliver.

The series sees 12 teams of two, three each from Fiji, Samoa, Tonga and Vanuatu compete against one another in a reality TV cooking competition where each episode addresses a specific regional development challenge, to find the *Pacific Island Food Revolution* Champions. Series 1 was screened free to air across the Pacific in early 2019. More than 60 recipes were produced, providing actionable resources making it easy for people to cook and eat healthier using nutritious locally sourced ingredients.

12
TEAMS FROM
FIJI, SAMOA,
TONGA & VANUATU

12
REGIONAL
DEVELOPMENT
CHALLENGES

60+
RECIPES
PRODUCED



The Pacific Island Food Revolution is jointly supported by the Governments of Australia and New Zealand.

CO-HOSTS AND SPECIAL GUESTS



TONGA

The Princess Royal Salote Mafile'o Pilolevu Tuita

The Princess Royal Salote Mafile'o Pilolevu Tuita of the Kingdom of Tonga is a member of the House of Tupou. HRH is an advocate for organics in Tonga, has terrific charisma and dignity and because Tonga is the only Pacific nation with a continuous royal line, brings a distinctly Tongan flavour to these episodes.



SAMOA

Dora Rossi

Dora Rossi is one of Samoa's most glamorous and beloved chef. A trailblazer in Samoa, Dora's two Apia restaurants are supplied by local organic farmers under the Farm to Table initiative created by Women in Business Development Samoa and Robert Oliver. In 2016 and 2018, Dora's family won Best Restaurant in Samoa for their Paddles Restaurant at the Samoa Tourism Excellence Awards.



FIJI

Dr Jone Hawea

Dr Jone Hawea is a doctor with a difference. A seasoned surgeon in Fiji, Dr Hawea spent years removing the limbs of fellow Fijians as they succumbed to the effects of diabetes. Wanting to, as he puts it, "move from the bottom of the cliff to the top of the cliff", he now heads a Healthy Living initiative in Fiji. In 2014, Dr Hawea and Robert Oliver filmed seven healthy recipe videos for Fiji TV, which were repeatedly played before the evening news.



VANUATU

Votausi MacKenzie-Reur

Votausi MacKenzie-Reur is known as "The Queen of Ni-Van Cuisine". She studied as a nutritionist at Queensland University and had her "aha" moment when she realised that her own cultural cuisine ticked all the nutritional boxes she was learning about. She returned to Vanuatu and formed Lapita Catering, which produces food products from local crops, supplied by a network of over 1,000 farmers that she has cultivated over the years.

CONTESTANTS

VANUATU



KNOX AND LEO Island Boys

Local food culture is important - it is our identity.



LUCY AND MAEVA Foodie Mummas

We are the mums and we are going to be number one.



FLORIAN AND ASHI Food Power Couple

We will show you how easy it is to cook healthy.



SELA AND TAUFA More than Minister's Wives

Minister's wives are in it to win it.



JOSH AND NOX Social Media Influencers

If you don't have food, you don't have life.



HINA AND PUELA Tongan Foodie Besties

Tonga is inside us.

TONGA

SAMOA



TINA AND AMAZING Best Friends

With teamwork we can do anything.



JOHN AND ASIA Samoa Foodies

I want to tell the world that Samoa has got everything.



JEREMIAH AND ANTONIO Childhood Friends

Without food, you definitely can't survive.



RAKESH AND PRITISHA Father and daughter

If you can't stand the heat, then stay out of the kitchen.



RACHAEL AND TIMO Aunty and Nephew

Being with family is paradise - laugh together, cook together.



SHAMIM AND MANASA Fijian Foodies

Fijian foodies have got this all the way.

FIJI