



Strengthening partnerships with our Pacific food family...

Ni sa Bula Vinaka, Talofa, Malo and Halo olgeta and welcome to the 2nd issue of our Bulletin for the year.

For the last two months Pacific Island Food Revolution has focused on strengthening our current partnerships and developing new ones as we prepare to shoot a new season.

It was so good to be back in Fiji in early May, to visit with partners and explore avenues to better collaborate. From our meetings, we are finding very strong linkages to our work; local food systems, local cuisine, health (NCDs), culture, agri-culture, agri-tourism, and climate change to name a few. We are very excited about the work we will be doing in these spaces.

I want to especially thank Sarah Carter and the team at Save the Children Australia, for the invitation to be part of the high level delegation visit to Fiji.

Rajjeli, from PIFR Season 1, and I were able to present our work in the Pacific to the delegation at the Australian High Commissioner's residence and meet with potential partners.

Thank you to the individuals and organisations, that met with me over the two weeks. I sincerely appreciate all your generosity and support and I look forward to growing our partnership - Pacific Community SPC, UNICEF Pacific, BSP Life Fiji, Fiji Water, ACIAR, Film Fiji, Vanuatu High Commission, Pacific Tourism Organisation, Fiji's Ministry for Health & Medical Services, FRIEND Fiji, and the US Embassy.

Vinaka Vakalevu, tangkyu tumas, tenkyu tru, malo `aupito and faafetai.



Robert Oliver,
Executive Director & Chair of
Pacific Island Food Revolution.





PIFR awakens passion for healthy food



Rachael Temo, is truly a woman of the Pacific, born in Fiji but raised in the Solomon Islands, Kiribati, Nauru and Vanuatu.

Her father worked for Fletcher Construction, and that meant that the family had to travel with him to all his postings across the region. Adjusting was not an issue for the family as Rachael remembered how her mother used food as a way to introduce themselves to the community.

"I remember once when my father was working in Sols. We arrived six months after, to join him and when we got there my mother decided to cook up a feast and invite all my father's workmates to eat, only so we could meet them," shared Rachael.

Her parents loved being in the different communities, and quickly embraced the lifestyles and especially the local food. It was this same enthusiasm and passion that drove Rachael to

participate in Season 1, when she came across the advert in the APTC Alumni Newsletter. Her nephew then, was struggling with his dad's illness, and she felt the competition would be a welcome distraction.

Being a participant has completely changed her life; the turning point was in the episode just before they were eliminated - preparing the "Half-Quarter-Quarter" (vegetables, protein and carbs) dish. This was a defining moment for her, realising that what made up the plate was just as important or even more, than its taste and what it looked like.



"I realised how important it is to eat healthy and this was when I started to make changes to my lifestyle. I acknowledge PIFR for awakening this passion in me to commit to promoting local and healthy cuisine."

RACHAEL & TIMO'S DIKAVU OTA MITI

INGREDIENTS:

- 1 cup ota, finely chopped (river fern, blanched and chilled)
- 1 cup okra, young, trimmed and quickly blanched in salted water
- 2 cloves garlic, minced
- 2 cups coconut, grated (keep 2 tbsp aside, squeeze the rest for cream)
- 1 tbsp red onion, finely diced
- ½ tsp chilli powder
- ½ tsp salt
- 2 tbsp tomatoes, diced
- 2 tbsp lemon juice
- 2 cooked tapioca or dalo (cassava or taro)

METHOD:

1. Place ota, tomato, garlic, ginger, onion in a bowl, mix well.
2. Add 2 tablespoon grated coconut, lemon juice and coconut cream, stir well.
3. Serve with cooked cassava or dalo and cooked okra on top.





International Outreach Stats



TV1 New Zealand



Maori TV New Zealand



ABC International



USA Placement
(Coming Soon)



asian food network
Asian Food Network



SBS Food Australia
(Prime Time)



CHINA Placement
(Coming Soon)



BITE TV -
UK

FACEBOOK STATISTICS

59,261 LIKES
as at 31 MAY 2022

Reach increased by
674.4% as at
31 MAY 2022

Engagement increased by
275% as at
31 MAY 2022

TELEVISION VIEWERSHIP

OVER **5 MILLION** WEEKLY TV VIEWERS

SCREENED **12** PACIFIC ISLAND COUNTRIES

WEBSITE

www.pacificislandfoodrevolution.com

Website traffic has increased by **45%**

and an increase in users by **45%**

Na i Tukutuku (In the News)



Mr Robert Oliver, of Auckland, MNZM, honored for services to the food industry and Pacific communities.

Rob Oliver is a New Zealand chef, raised in Fiji. He developed programmes to feed the homeless and African migrants with AIDS in New York City and created farm-to-table resorts in the Caribbean.

Read complete article: <https://bit.ly/3ayzeN4>



“PIFR Nominated for Top Award at World Food Event 2022”

The Pacific Island Food Revolution Television Series has been nominated for the 2022 World Food Television Award at the Gourmand and Hallbars Awards on June 3 in Umeå, Northern Sweden. This is the 12th year for the awards and the Pacific has been nominated alongside France, Malaysia, Portugal, Peru, Sweden and USA.

Read complete article: <https://bit.ly/3O1b906>