



PIFR LOOKS BEYOND SEASON 3

Ni sa Bula Vinaka, Talofa lava, Mālō e lelei and Halo Olgeta! This is the 9th issue of our Food Warrior Bulletin and the 3rd issue for 2023.

In the months of March and April, I was fortunate to be in Fiji to promote the new season and catch up with the many individuals who support our work and continue to inspire me, and for whom I am truly grateful.

It was so good to be working again with everyone at the Asia Foundation Pacific office. Thank you for the office space and for leading the work we are doing together.

To Sandra and the entire team...thank you for your hospital, generosity, and for always being there for PIFR.

I was fortunate to meet with the Deputy Prime Minister of Fiji, and Minister for Tourism and Civil Aviation, the Hon. Viliame Gavoka, his Permanent Secretary and the Director for Tourism. It was great to share our work and find avenues for collaboration...stay tuned for more on this!

It was also great to meet the Vice-Chancellor of USP, Professor Pal Ahluwalia, and reaffirm our partnership as we work on developing a Pacific cuisine curriculum, exciting times ahead for PIFR.

It was such a pleasure to catch up with colleagues at the NZ High Commission as they hosted NZ's Deputy PM, Hon. Sepuloni's Pacific delegation, and I also teamed up with the team at WWF Pacific to host the screening of the Blue Pacific season 3 episode.

It was most unfortunate to farewell a dear friend, Rachael Temo, in April. The PIFR family misses her dearly. We are truly blessed to have known her. However, we managed to host her family, donors, supporters, and PIFR friends at the private screening of the season 3 finale, which was an absolute success. I am so grateful to everyone who attended.

And a very exciting piece of activity that we managed to complete was with Ana Laqeretabua for the Busara impact assessment of season 3. I look forward to receiving the report on our work and the public's hopes for PIFR's future.

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

Robert Oliver MNZN
Executive Director & Chair of Pacific Island Food Revolution





JANE & ALISTAIR - TEAM TALEFA

Meet Jane and Alistair, representing Vanuatu in Season 3 of Pacific Island Food Revolution. We catch up with this affable and charismatic duo.

How you know each other and for how long?

We are second cousins and we grew up in Port Vila, Vanuatu. I (Jane) am older than him and he was mischievous when we were growing up. He was an cute orange chubby baby because our Auntie fed him pumpkin. I (Jane), haven't seen my cousin for a number of years so I am very excited to team up with him.

What does Food mean to you?

Alistair is a very good cook, and we all enjoy his dishes....What I (Alistair), want to bring to the competition is inside here, my heart....Traditional food preparation in Vanuatu involves the whole family. And if you are not biologically part of the family, you become part of the family. The food makes you part of the family. Once you have eaten in someones home you are part of the family.

Describe your cooking style.

Food is like religion to Alistair. He will take a simple vegetable and make it look exquisite. I (Jane) am a home cook and I haven't killed anyone yet....We love our country very much and the best is all we can give. Nothing short of the best.



Ingredients

- 2 cups flour
- ¾ cup cane sugar
- ½ cup Cocoa powder
- ½ tspn salt
- 2 eggs at room temperature
- 1/3 cup coconut cream
- 1 2/3 cup Kava water: 200-300 grams of kava powder sieved in 2 cups of water (strength of kava to preference)
- 1 Grated namambe (Tahitian chestnut) in flakes
- Some honey

Method

1. Pre-heat oven to 280-degree C.
2. Sift flour, salt, and cocoa powder into a bowl.
3. In another bowl, mix all liquid ingredients including eggs. Pour into dry ingredients and mix thoroughly until all ingredients are fully combined.
4. Grease muffins pan and place muffin cups inside. Pour mixture equally into cups.
5. Toss grated namambe flakes in honey and sprinkle on top of muffins.
6. Place tray in the center of the oven and bake for 15 minutes or when skewer comes out clean.

Jane & Alistair's Kava Muffins





INTERNATIONAL OUTREACH STATS



TV1 New Zealand



Maori TV New Zealand



ABC International



USA Placement
(Coming Soon)



SBS Food Australia
(Prime Time)



CHINA Placement
(Coming Soon)



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DIGITAL STATISTICS

FOR MARCH - APRIL 2023



Facebook
Increase by **164%**



Instagram
reach
more than **2.5K**



YouTube
views
increase **6.5K**



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WEBSITE

www.pacificislandfoodrevolution.com

for March - April 2023



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Na i Tukutuku (....in the news)



The Pacific Islands Food Revolution (PIFR) held a special screening of its Season 3 premiere yesterday with a major focus on highlighting the importance of the mangrove ecosystem in Fiji and the Pacific. WWF director Conservation-Fiji Francis Areki said the PIFR tried to connect nature with the Pacific cuisine and to promote the importance of mangroves as breeding grounds for a lot of seafood commodities.

Click [here](#) to read the article.



Thank you so much to the team at the Fiji TV Breakfast Show for having us in studio to talk about Season 3.

Click [here](#) to view the interview

