



# PIFR READY FOR 2023!

Ni sa Bula Vinaka, Talofa lava, Malo e lelei and Halo Olgeta! This is the 6th issue of our Food Warrior Bulletin, which marks the end of 2022 and the beginning of the New Year.

Last year has been absolutely amazing, despite a few challenges, we managed to record a new season of the show, secure new partnerships and strengthened old ones, build our social media platforms, extend our community outreach, increase engagement with our contestants and explore new avenues to share the PIFR journey with others; conferences and public lectures.

A key aspect of our work has always been to take time to reflect and assess our work, through monitoring and evaluation. In the last quarter of 2022, PIFR reengaged the **Busara Center for Behavioural Economics**, to conduct a survey on the impact of our work; with the audience and partners, and to explore new ways of working.

In Nov-Dec, I had the pleasure of speaking at the Maori Whenua Summit and our very own Votausi McKenzie-Reur represented us at the TropAg Symposium: Pacific

Food Environments – transformations for better nutrition. This was a wonderful opportunity to share our journey and the work that we do.

And we will continue to share our Pacific food journey through the support of our many stakeholders and partners. I am truly grateful to MFAT, DFAT, The Asia Foundation, UNICEF Pacific, WWF, FAO, The Pacific Community/SPC, European Union in the Pacific, the Governments & High Commissions of Fiji, Samoa, Vanuatu, Tonga, and PNG, and finally, to our production partners – Pacific Productionz, PIFR contestants for S 1, 2 & 3 and to the PIFR co-hosts.....Thank you all so much for your love and support in 2022!!

I wish you all every success for the New Year ...Vinaka Vakalevu, tangkyu tumas, tenkyu tru, malo `aupito and faafetai.



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





## Sikipio Fihaki – It’s Always Been In The Family....

“ I have my mother’s pallet and my father’s flamboyance when it comes to the kitchen.... ”

Sikipio or Pio, as he is known to many, is a name already renowned in the sport of athletics in Fiji and across the Pacific. He has won numerous medals and holds records for Shot Put and Discuss in many national and regional competitions. As an athlete, Pio was extremely talented, but many now believe that his true calling is in cooking.

“Cooking came naturally. My mum is Samoan and my dad is Tongan, and they both worked in the Tourism industry so they were always willing to try new dishes for the family. Mum was the chef in our home, she was always trying something new, changing a part of the ingredients or one thing and that changed the entire dish. And my dad was one who could do the pan-flip...so you can say that I have my mother’s pallet and my father’s flamboyance when it comes to the kitchen,” said Pio.

Although exposed to cooking at a young age, Pio only truly took to it after the passing of his parents. It would be a year after his father’s passing in 2014, when he decided to open Niu Grillz.

It all began at Suva’s Sunday Rock Markets when he would sell his signature smoked dishes, which were an absolute hit with customers.

It would be four years later when he would enter the Pacific Island Food Revolution kitchen under a dare by a friend while discussing season 1.

“A real defining moment for me on the show, was when all the contestants sat around one evening after a long day of shooting over a couple of beers and talked about food. It was just listening to everyone’s food journey, the types of ingredients, the crops they have in their countries, and the types of dishes they make or want to make. This was when I knew that I really belonged. We were a community with a single passion for local Pacific cuisine,” Pio shared.

He added that his love for cooking has amplified further after the show and he has since conducted private cooking classes for many locals and tourists. This is what he would love to continue to do in Fiji and the Pacific; teaching locals about our food, crops and produce, reigniting our love for local cultural dishes.



### KRYSTELLE AND PIO’S VEGE BAKE

#### Ingredients

- 5 whole Eggplants (peeled and sliced)
- 1 Pumpkin (Peeled, deseeded and sliced the same size as the eggplant)
- Virgin Coconut Oil to fry
- 1 bunch of Rourou approximately 20-25 young Taro leaves (chopped)
- 4 Brown Coconuts to make coconut cream or 2 tins of Coconut Cream
- 2 Tomatoes (sliced)

#### Method

1. Lightly coat eggplant and pumpkin in coconut oil, season with salt and pepper then grill until golden brown and softened.
2. Dry fry rourou till the leaves have completely broken down (at least 20-30 minutes, to avoid itchy throat it must be well cooked) you should have a thick paste that’s reduced to half the size of the raw ingredients
3. Layer ingredients in an oven dish ( eggplant and pumpkin then rourou paste) pour thick coconut cream on top, garnish with tomato slices, and top with a little more coconut cream then bake for 20minutes.



## International Outreach Stats



**FACEBOOK STATISTICS**  
FOR DECEMBER 2022

**LIKES**  
+60,000

**Reach**  
+493,000

**Engagement**  
+23,000

**TELEVISION VIEWERSHIP**

OVER **5 MILLION** WEEKLY TV VIEWERS

SCREENED IN **12** PACIFIC ISLAND COUNTRIES

**WEBSITE**  
www.pacificislandfoodrevolution.com  
for DECEMBER 2022

Page Views  
**↑ 68.8%**

Most Users  
**North America & Australia**

## Na i Tukutuku (...in the News)



Robert Oliver, MNZM, was invited by the **Te Manu Atatu - Whanganui Maori Business Network** as a guest speaker at the Whenua Maori Summit.

The Whenua Maori Summit aims to help landowners understand the complexities of trustee and shareholder responsibilities, housing and land development: Succession Planning, Capability Building, Housing and mahinga kai.



The My Kana Fiji is a mobile app with the aim to promote healthy eating habits. It is designed and developed in Fiji. The App gives you nutritional information about local foods, record what you eat, and identify whether your meals are balanced and healthy.

Click [here](#) to view the video.