



# Ni sa Bula Vinaka, Talofa, Malo and Halo olgeta!

Welcome to our first issue of The Food Warrior Bulletin for 2022. While the last two years have provided some challenges, we are expecting an exciting year ahead for the Pacific Island Food Revolution (PIFR) family.

We welcomed the new year with a fully functional **PIFR Board** consisting of Dr Colin Tukuitonga, Jenny Seeto, and Dr Steven Ratuva. The newly appointed members offer decades of experience in the private and public sectors, public health, development, finance, social science, project management, and business development. I am immensely grateful to each of the members and look forward to their expertise and guidance as our work in the region continues to grow.

In October 2021, the program's three-year pilot concluded and PIFR is now a registered charitable organization, focused in establishing, nurturing and strengthening key strategic partnerships with the Governments of Australia and New Zealand, The Asia Foundation, Save the Children, The Food and Agriculture Organisation Pacific, other international agencies, Governments, philanthropic institutions and corporates. We pursue partnerships with those who share the values and principles of PIFR.

In establishing the PIFR series, I have always envisioned that the revolution will eventually translate from the screen to individuals, families and communities and this has been made evident in the **Impact Assessment Report** and through the Sanma Food Revolution (SFR).

This has also come to life through the Sanma Food Revolution, in the Sanma province, Vanuatu. The programme, supported by the Asia Foundation, has proven to be a huge success with talks to move into other provinces of Vanuatu.

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Like the rest of the Pacific, we were astonished on the morning of January 15, 2022, when the Hunga Tonga-Hunga Ha'apai volcano erupted off the coast of Tonga, generating a tsunami. The Kingdom of Tonga was almost completely shut-off from the rest of the world and in true Pacific spirit many individuals and organisations came to together to rally support for our Tongan families in the Kingdom.

Therefore, PIFR has joined forces with UNICEF NZ to launch the "**Tonga with Love**" virtual auction launched on Trade Me in mid-March to raise funds to help the children of Tonga. The auction features items such as a costume worn by Academy Award winning actress Marisa Tomei in the latest Spider-Man film, and a \$30,000 home solar power system installed by Tongan-born ex-All Black Charles Riechelmann.

PIFR understands the critical role it plays in bringing communities together and we appreciate the support we receive from international donors and partners to be able to better serve and influence communities.

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



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



## A Community Empowered: Healthier Choices

***“The Pacific Island Food Revolution series began as a celebration of the local kaekai of the Pacific. With the initial intention to promote a healthier way of life through fresh local vegetables and traditional cuisine that connects us to our magnificent history and the memories of the dishes made by our grandmothers that nourished us both body and soul,”***

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

Pacific Island Food Revolution (PIFR) is a social movement that’s empowering and inspiring Pacific peoples to make good food choices within their own communities, through traditional knowledge of local foods and how they’re prepared.

Inspired by PIFR, and with the support of The Asia Foundation, the Sanma Food Revolution (SFR) was born to two of the Season 2 contestants and chefs, Basil Leodoro and Primrose Siri, both of whom reside in Santo, Vanuatu. SFR is a traveling roadshow of more than 350 volunteers, who deliver recipes and nutritional information to households, families, and people with disabilities throughout their communities that seeks to celebrate organic and local cuisine of Vanuatu.



***“We envision a future where healthy choices are combined with healthy food as a way to promote our culture, connect with our community and protect our health,”*** said Dr Basil Leodoro.

The guiding principles of the roadshow are food sovereignty, health, community empowerment, innovation, equity and accessibility, and food security during times of crisis.

Despite the logistical challenges with transportation, shelter, access to water and human resources, requests for the team to visit communities and those in attendance continues to



grow. Over the 21 trainings conducted, a total 457 community members participated.

In a recent SFR report it was noted that there is a huge demand for this type of community engagement that is locally lead, locally relevant, practical and interactive. The entire training is a melting pot of different languages, separate cultures and differing socio-economic backgrounds united in the one common language of food.

***“We have been privileged to be part of this Food Revolution and it has meant so much more to us to be able to reach our communities, teach them in our language and be able to adapt our trainings to their strengths, enabling the community to absorb the key messages and feel empowered to make better and healthy decisions for themselves and their loved ones,”*** said co-founder, Dr Basil Leodoro.

SFR team members are unanimous that there is a need to expand the program into the 5 other provinces: Amabe, Malekula and Gaua. And in doing so, the team will continue to inspire systemic change through the strengthening of communities and nurturing ni-Vanuatu food warriors in “every kitchen and in every home”.

The ultimate vision of PIFR is a Pacific where local food and knowledge provide the foundation for economic development, tourism, health, and well-being. SFR is one way to promote local food and encourage Pacific Islanders to return to their traditional diet of nutrient-dense superfoods from their own gardens.





## A Passion for Local Healthy Cuisine



My life as a chef is about experimenting, creating and changing local recipes and elevating it into authentic local cuisine. It all began with my father, a Sea Captain, who served for many years abroad and when he finally retired and returned home it was an amazing time for the family to be together again.

But did not last very long because he fell ill and was bedridden. Because of my love for him, all I wanted to do was to give him the best care I could offer and that was where I found the courage to take care of him by cooking his every meal.

I started to take a very serious interest in what he was eating, its nutritional value and found cooking for him very exciting; deciding his menu and how to prepare each meal. After his passing, I knew that cooking was my calling.

It was a way of connecting with him. Therefore, it was only natural that I take up a career in cooking and eventually I made my way into the Pacific Island Food Revolution kitchen. I was introduced to the idea by my General Manager at the Tanoa International Dateline Hotel in Nuku'alofa, where I was working as a Sous Chef.

The highlight of my PIFR experience was standing in front of Princess Royal Salote Mafie'o Pilolevu Tuita. It was so humbling, knowing that I had a very important role to play for my country and all I wanted to do was to give my all, for Tonga.

I have since used my experience to inspire others, urging everyone to make healthier choices for their families. We are all chefs in our own way we don't need to spend a lot of money on each meal, we just need to know how to cook a good nutritious tasty meal from our own backyards. We can all eat 5 star restaurant meals in our very own homes.



### MAFI AND MIA'S SWORDFISH ROULADE WITH CASSAVA RISOTTO

#### INGREDIENTS FOR THE SWORDFISH ROULADE:

250 grams swordfish (any firm fish is fine)  
 pinch of salt and pepper  
 100 grams pak choy (bok choy)  
 1 banana leaf  
 Fresh coconut cream (1 cup)  
 50 grams ginger  
 50 grams garlic 100 mls  
 fresh lemon juice  
 Virgin coconut oil (5mls)

#### METHOD:

1. Cut the fish into rectangle shapes roughly 200 gm pieces, season both sides well.
2. Blanch the Pak Choy in boiling water and then drop into cold water. Drain well.
3. Cut the banana leaves in large rectangles and run over the flame to soften.
4. In a separate bowl, mix the Pak Choy with the virgin coconut oil, salt and pepper

5. Place a layer of the fish onto the banana leaf and some pak choy on top then
6. roll like a roulade and tie up with string to hold firmly while cooking
7. Poach for 10 minutes in gently boiling water, remove from the pot and let sit for 5 minutes
8. While the fish is resting put the coconut cream and lemon juice into a small pot and bring to the boil until reduced by half
9. Unwrap the fish and slice carefully, and place on the cassava risotto (below) and top with the coconut sauce, garnish with Tongan Ratatouille if desired.

#### FOR THE CASSAVA RISSOTTO

Ingredients:  
 Virgin coconut oil (5 ml)  
 1 clove garlic  
 1 onion (diced fine)  
 1 cup grated fresh cassava (manioc)  
 2 cups water  
 1 fresh coconut (cream) 100 mls  
 Pinch of salt and pepper  
 1 tbsp chopped coriander

#### METHOD:

1. Heat a frying pan to a medium heat and put in the coconut oil, add the onion and garlic and gently fry without browning
2. Add the grated cassava and mix well
3. Add the cup of water gradually and keep cooking until the mixture thickens (the same process as risotto)
4. Add more water (about a cup) and keep stirring
5. Add the coconut cream to the mixture all the time stirring gently
6. Add coriander, salt and pepper, add more water if it gets too thick.
7. Stir once more, serve about one cup per person.



## Our Reach Data and Statistics

### INTERNATIONAL OUTREACH STATS



TV1 New Zealand



Maori TV New Zealand



ABC International



USA Placement  
(Coming Soon)



asian food network  
Asian Food Network



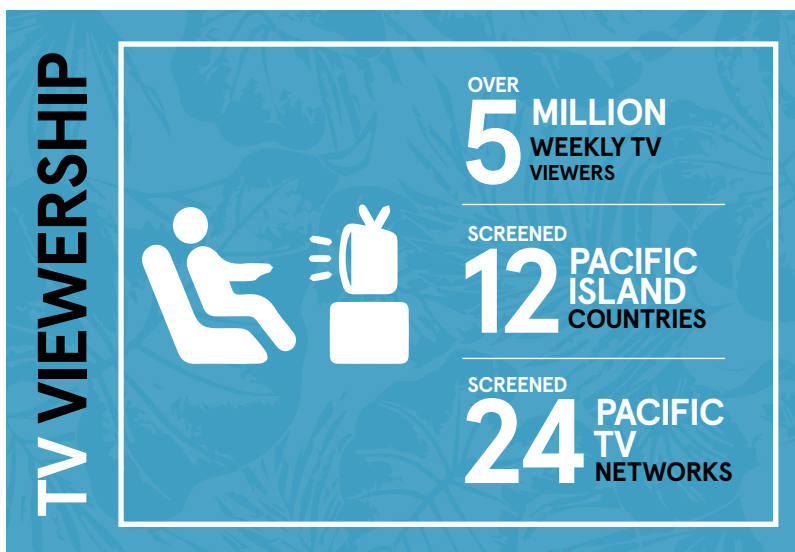
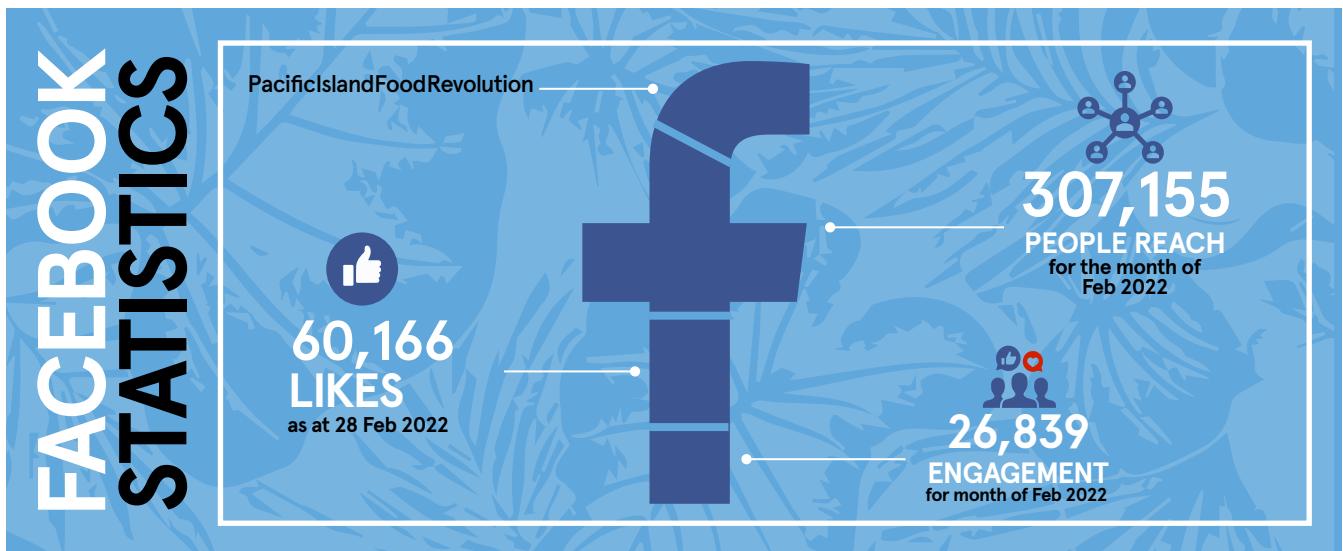
SBS Food Australia  
(Prime Time)



CHINA Placement  
(Coming Soon)



BITE TV -  
UK





## Na i Tukutuku (In the News)



### **The Pacific Island Food Revolution is pleased to welcome Dr Colin Tukuitonga to the PIFR Board.**

Dr Tukuitonga, who is from Niue, is the inaugural Associate Dean Pacific and Associate Professor of Public Health in the Faculty of Medical and Health Sciences, University of Auckland in New Zealand. He has comprehensive clinical, public health, and public policy experience in New Zealand, the Pacific, and internationally. Dr Colin was the Director-General of the Secretariat of the Pacific Community from 2014-2019. [Read more](#)



### **Jenny Seeto joins Food Board**

Successful businesswoman and former senior partner at PricewaterhouseCoopers Fiji, Jenny Seeto had added another feather to her hat.

She is one of four members, and the only female to join the board at Pacific Island Food Revolution – a programme which promotes healthy Pacific cuisine and the sustainable use of island resources. [Read more](#)



### **In Pacific Island Kitchens, the Revolution is being televised**

Over the last 50 years, there has

been a dramatic shift in the diet of Pacific Islanders, from traditional seafood, coconut, green leafy vegetables, and crops like taro, cassava, breadfruit, and yams to imported, processed foods and sugary drinks low in nutrients and high in salt, sugar, and fat. Looking for a way to push back, The Asia Foundation has joined forces with the producers of Pacific Island Food Revolution (PIFR), a reality-TV cooking competition that's become a runaway hit in the Pacific Islands by putting traditional ingredients and local produce front and centre. [Read more](#)



### **New members for Pacific Island Food show**

The Pacific Island Food Revolution recently announced the appointment of a new four-member board. Founder, executive director, renowned international chef and award-winning author Robert Oliver has been appointed Board chairman. Other members include inaugural Associate Dean Pacific and Associate Professor of Public

Health in the Faculty of Medical and Health Sciences, University of Auckland Dr Colin Tukuitonga, former senior partner at Price Waterhouse Coopers Fiji and successful businesswoman Jenny Seeto, and Director of the Macmillan Brown Centre for Pacific Studies, University of Canterbury Dr Steven Ratuva [Read more](#)



### **Healthy Living, Healthy Eating**

COVID19 comes with a shroud of bad news but in the Pacific an opportunity has been revealed. When children are at home because of the lock down their environment has been altered. The environment outside has been influenced by fast food marketing and their choices are being influenced, so when they are at home the environment is yours to control. And there is a lot of opportunity there for parents to cook with their children and create those connections to the original food source and creating that experience for your children to enjoy cooking healthy food. [Read more](#)