RETURNING TO OUR ROOTS
Kōkua Kalihi Valley
Grow, Prepare, Share
KOKUA KALIHI VALLEY

Mission:
Together we work toward healing, reconciliation and the alleviation of suffering in Kalihi Valley, by serving communities, families and individuals through strong relationships that honor culture and foster health and harmony.
Ho`oulu `Āina
ʻAipono
a movement
I ola no ke kino
Sustainability
protecting ancestral abundance

Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has a culture. It has a history. It has a story. It has relationships.

– Winona LaDuke

The recovery of the people is tied to the recovery of food, since food itself is medicine – not only for the body, but also for the soul and spiritual connection to history, ancestors, and the land.
Health is Connection
Connection to Place

To have a kinship with ‘āina
Connection to Others

To love and be loved; to understand and be understood
To have kuleana, a purpose in the world
Connection to your Better Self

To find and know yourself
Grow
Community Gardens
Community workdays
Growing farmers training
Supporting local farmers

Share
Farmers Markets
Mobile Market
Cultural Food Hub
“Farm”-acy
Plant giveaways
Produce giveaways
Decolonizing Diets
Food story sharing

Prepare
Café & Catering
Community food business incubator
Food demos
Ehuola – family health program
Cultural birthing classes
Haumea was born with the entire Hawaiian race in her
"These eight weeks have positively impacted my `ohana in so many different ways! Because of the classes my partner and I are better communicators, we are stronger lovers, and best of all - better parents. We lomi each other more, cook healthy meals with our daughter, and practice forgiveness more often! Our love for each other has truly blossomed when we started putting what we were taught into practice!"
“Attending the course *Birthing a Nation* marks the first step towards creating a healthy, vibrant member of the Hawaiian Nation and starts the child on a path to perpetuating their Hawaiian culture. We are fortunate to be able to attend a program like this to allow for cultural knowledge to enter into what has become a needlessly medical tradition”

Laʻau Lapaʻau, Lomilomi, `Aipono, Mo`omeheu, Iewe, Ho`oponopono, Mo`olelo, Pilina
EHUOLA
`Ohana Health Program
Kalihi Jr Chef Competition
We need to reclaim the palates of our keiki
Roots Café and Cultural Food Hub
Crop Shop and Mobile Cart
Community work days

Hooulu Aina
Wednesdays
3rd Saturdays
Kaluaopalena
2nd Saturdays
Growing Farmers

Thursdays – volunteers learn and help in the food and medicine garden
Elder Program
Food tells a story...
Health is...

Getting back to our ROOTS
We have to look at the natural systems that predate the monetary and colonial systems imposed on earth and the peoples of the earth... How did people live when they were relating to the cosmic nature of life, to the movement of starts and the ability to be whole beings...

Nalani Minton,
Original Instructions... Indigenous Teachings for a Sustainable Future