

Ai Maluhia, Food Security

The first World Food Summit, held in 1996, stated that food security:

"exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."

Here in Hawai'i, Ai Maluhia is one way to translate the term Food Security which was created and defined by the United Nations years ago. Ai Maluhia can be one way we begin to think locally about Food Security; Ai is for healthy food and Maluhia is for peace, and security. The sum total of the two terms Ai and Maluhia is the reality of Ola which is life, well-being, and health.

Food Security also has been defined as in terms of four pillars: availability, accessibility, utilization, stability.

Eha Mau Kia or Four Pillars of Ai Maluhia

AHUPUA'A

Availability

KOMO ANA

Accessibility

HANA

Utilization

PA'A

Stability

AHUPUA'A - Availability Applies to the availability of food in a country or geography. In Hawaii availability is an ahupua'a concept in which everything needed for a healthy life including food is available in the ahupua'a. Ahupua'a promotes the existence of a just and equitable availability of food and food sharing as a basic human right, related to a communities ahupua'a interdependence from the mountains to the sea and it's ability to aloha and mālama 'āina.

KOMO ANA - Accessibility Komo ana includes the ability of individuals within that country (geography) to access, afford, and source adequate foodstuffs.

It is the ability of a food sharing community to have food readily accessible in order to mālama pono care of those who are poor, marginalized, disabled and disenfranchised, those with limited resources. Komo ana is the ability to create and sustain systems and relationships that create access and enable outreach to increase food sharing and community health. Moku access is basic.

HANA - Utilization Hana Is the most beneficial and highest good and utilization of food in promoting health and wellness, including food preparation and maximum utilization of food with the least amount of food waste.

PA'A - Stability Pa'a is the continuous evaluation and best development of the natural order and human systems, socio economic structures and relationships in an ahupua'a that are interdependent and integral to a community well-being and the humanity of sharing of food.