

The video focuses on Rewi Spraggon, also known as the hangi master. Rewi owns a portable hangi maker and explains the process of being able to create something so special to him and his ancestors. Rewi talks about how his main goal is to inform other people in the world of his traditions and culture brought down to him from his ancestors.

Being grateful for the world that we are provided with is important for Rewi. For example, when he compiles the materials, he needs to produce a hangi (stones, leaves, wood), he makes sure to thank the materials for helping him have this opportunity to share kai with others.

Rewi is very spiritually connected to the whenua he stands on and his ancestors that came before him. He tells how preparing hangi reminds himself of his family, his dad and grandad. Rewi's ancestors were the ones who taught him the ways of creating a hangi. Rewi expresses that he hopes to do the same someday and teach the world these traditions to keep the culture alive. He has already started to do this by travelling to Canada. While in Canada, Rewi took the opportunity to teach a group of First Nation people by creating and making a hangi to share. As soon as Rewi arrived, he talks about how he feels a connection to the spirit of the land and how he feels the presence of his father and grandad. Doing what he loves while also having a reason to do so, improves Rewi's taha Wairau and the way he cooks and produces food.

Traditionally, creating a hangi pit can be very hard work, doing things like digging a large hole in the ground, placing heavy stones down, dealing with the immense heat and lifting crates of food up and down. When Rewi is working in his hangi master cart, there is a portable hangi pit, meaning some parts of preparing the hangi is less work. This doesn't mean that there's none. Rewi must still deal with the heat and the weight of everything. It is just as physically demanding. All of this improves Rewi's physical wellbeing. He even plants and harvests his own veggies for the hangi, meaning he is constantly outside doing hard manual labour, but also eating healthy fresh veggies, improving his taha tinana.

Rewi travels the country sharing his food with masses of new people, meaning Rewi's social life will never be dull, impacting his taha whanau constantly. Rewi only works with a few friends in the hangi cart and is very close with each of them. All this, plus the fact that his food brings his family, his friends, and his culture closer together, means that Rewi's social wellbeing is constantly being enhanced.

Sharing food and creating food to share is what Rewi loves to do. But he also loves the feeling of knowing he is playing his part in keeping traditions alive. Doing things like travelling to Canada to share his culture with new people and taking his mobile hangi cart/pit around the country for people to experience affects his mental health hugely. Rewi knew what he wanted, he knew what his goals and dreams were, so finally being able to start turning those into reality plays a huge part in his emotional wellbeing. He feels a sense of accomplishment.

All these concepts of wellbeing are interconnected, producing a hangi pushes Rewi to feel spiritually connected to his culture, land, and ancestors but to do so he must put in the work to create the meal. Doing this causes Rewi to become a very physical person, by lifting heavy things and constantly working up a sweat. But it's all for a good cause because he gets the opportunity to share his food with everyone ranging from strangers to close family. All this together improves his mental health by giving him a sense of purpose and helps him to feel accomplished.

To conclude, Rewi Spraggon is a healthy, productive, and confident person who is very pleasant to work with. He has managed to create a balanced lifestyle by staying connected to everything and everyone physically, mentally, socially, and spiritually. He has gone and taken the things he loves very dearly and created a lifestyle out them, constructing him to have a perfectly steady Hauora. As Rewi said, “At the end of the day, food will bring you life and food will kill you”.