



Landon Opunui, ND, FAIHM, DipACLM



Mālama 'Ohana: Nourishing Generations Through Family Meals

Discover the transformative journey of the Pu'uwai O Moloka'i 'Ohana Meal Kit Pilot Program, an innovative three-month initiative aimed at enriching family mental health through the power of food. This program demonstrates a successful, culturally responsive approach to the integration of nutrition, education, culture and the family unit in pursuit of cultivating Maui Ola (optimal health and wellbeing).

At its heart, the program provided healthy, whole food ingredients from local farmers, transforming each family meal kit into a blend of nutritious meals, learning experiences and family togetherness. Participants not only enjoyed nutrient-rich foods but also gained valuable insights into their health benefits while functioning as a conduit for culinary and cultural empowerment. The program aimed to encourage sustainable lifestyle changes by simplifying meal preparation and making healthy home-cooked meals more attainable for families with busy schedules. We encouraged family engagement, inviting families to bond over meal preparation and dining, all while integrating behavioral health insights to foster stronger family ties and well-being.

Speaker Bio: Landon Opunui, ND, FAIHM, DipACLM

Dr. Opunui holds key roles at Nā Pu'uwai, serving as the Executive Director, Medical Director, and Clinician, where he blends traditional Hawaiian health views with modern medical practices. His team has pioneered the development of the **Native Hawaiian Integrative Health Center at Nā Pu'uwai**, which offers culturally responsive health services to the rural communities of Moloka'i and Lāna'i. Dr. Opunui is deeply committed to integrating traditional and modern approaches in healthcare, through his clinical practice, executive leadership, non-profit efforts and community advocacy.

Dr. Opunui is an advocate for health, wellbeing and cultural empowerment in his personal life as well. His wife and two sons live in a humble yurt they built in the forest of Mahinui. An avid and competitive outrigger paddler, Dr. Opunui finds solace in the ocean, balancing his professional and personal responsibilities with his passion for the sea.