

Te 'akarava'anga i te kai i roto i te ngutu'are





I roto i Aotearoa, ka rava te kai na te katoatoa. Ināra, kāre e mei te mea e, ka peke i te 'oko.

Ka rauka i te kake'anga i te 'oko, e te paruparu o te turanga 'anga'anga-moni, e 'akangatā i te tangata i te 'āngai i te ngutu'are tangata.






Ea'a i reira te turanga 'ēkōkō no te kai (food insecurity)?

Ko te 'āite'anga pa'a teia o te turanga 'ēkōkō no te kai (food insecurity).

-  te ora'anga matepongi, me kore ra, te rava-kore i te kai, kua pou te kai, e kāre e moni no te 'oko kai 'aka'ou
-  te 'iki'anga i te kai māmā ake, me kore ra, te 'iki'anga i te kai kāre e meitaki ana no te kōpapa
-  te no'o'anga matepongi o te metua, kia kaikai ta ratou tamariki
-  te no'o'anga ki roto i te turanga taitaiā, no runga i te mātakutaku'ua'anga no runga i te ravakore o te kai i te 'āngai i te kōpu tangata.



Te au manatā te tupu nei i roto i te turanga 'ēkōkō no te kai

-  E ākā pāroru'anga teia, ki te kaikai'anga tau. Te 'ōpara nei teia i te tangata, kia 'akakī i to ratou kōpu, ki te au kai kua ma'ani takere 'ia.
-  Ka tutuki teia i te ora'anga meitaki, e ka 'akatupu i te au turanga maki te ka roa e meitaki ei, mei te matū, te toto vene, te maki puku'atu, e teta'i au tu oviri.
-  Ka tāmamanatā teia i te tupu'anga meitaki o te tamaiti e, ka 'akatupu i te au manatā no runga i te ora'anga kōpapa, e te turanga 'āpi'i.



Tei runga te au tāmako'anga tauturu i te kapi e āru mai nei.





Te au ngā'i tiki tauturu

Te kai, e te turu no te manamanatā tupu po'itirere

- **Auckland City Mission** – te kai no te tuātau manamanatā tupu po'itirere, te kāka'u, e te au 'āriki-ro'i/ parangikete (09) 303 9200
- **Counties Manukau** – te kai, e te au turanga turu i roto i te tuātau manamanatā tupu po'itirere
- **Community Support Waitakere** te 'ātui nei ki te au pangika-kai i roto i West Auckland
- **Dignity** – te au mea tutaki-kore no te maki-va'ine. 021 175 9454
- **Family Services Directory** – te au pangika-kai, te au ko'u kai, e te au turanga tauturu o te 'oire.
- **Paerangi** – te kai, e te au pangika-kai. Te 'ōronga katoa nei i te 'akakitekite'anga i roto i te reo Māori, e te reo 'akatūtū o Aotearoa (New Zealand sign language).
- **Pasifika Proud** – te au 'akapapa'anga o te au pangika-kai, pēra katoa te turu i roto i te au reo o te Moana-nui-o-Kiva.
- **Pātaka Kai** – te 'aka'aere'ia nei e te 'oire tangata, te au kāparāta-kai tutaki-kore
- **Salvation Army** – te kai, e te kāka'u no te tuātau manamanatā tupu po'itirere, te turu'anga, e te arataki'anga ki te au turu'anga
- **The New Zealand Foodbank Directory** – te 'akapapa'anga o te au pangika-kai i roto i te 'oire, e te au turanga tauturu i roto i te 'oire.
- **Vision West Community Trust** – te kai no te tuātau manamanatā tupu po'itirere, e te au turanga tauturu. (09) 818 0700
- **Te Hiringa Tangata (WINZ)** – te au turanga turu, e te 'anga'anga-moni. 0800 559 009
- **Zero Hunger Collective** – no te māra kai (te au 'āua kai no te 'oire), pātaka kai (te 'are vairanga kai no te 'oire), te au ko'u kai o te 'oire e te pangika-kai.

Te au turanga 'akatanotano'anga i te moni, e te au turanga turu

- **Beneficiaries Advocacy and Information Service (BAIS)** – te au turanga 'akakitekite'anga, e te au turanga turu(09) 444 9543
- **Christians Against Poverty** – te tauturu no runga i te kaio'u 0508 227 111
- Combined Beneficiaries Union (CBU) – te au turanga turu no te aronga ko'i moni tomāti (09) 376 4760
- **Money Talks** – te au turanga 'akatanotano i te moni 0800 345 123



Kimi'ia teta'i atu:

www.healthify.nz/keeping-kai-on-the-table