

# Taumasuasua le laoai





Ua lava ma totoe meai o maua i Aotearoa Niu Sila e fafaga ai i tatou uma. Ae e le faapea o gafatia.

O le siitia o le tau o le soifuaga ma le lē mauu o galuega ua atili faafaigata ai ona maua e tagata meai.






## O le ā le oge meai?

E mafai ona faamatalaina le oge meai:

-  fia 'ai po o le lē lava o meai ma le lei o se tupe e faatau ai le tele o meai
-  ua sili ai le faatau o meai sili ona taugofie po o meai e lē lelei mo le soifua maloloina
-  ua sili i mātua le fafaga na o tamaiti
-  nofo ma le atuatuvaletu i taimi uma talu ai le popole tele i le lē lava o meai e fafaga ai lou aiga.



## Aafiaga o le oge meai

-  E punitia ai le maua o meai maloloina. E faamalosia ai tagata e faatau meai gaosi taugofie.
-  E mafai ona aafia ai le soifua maloloina ma faatumauiina ai se ma'i, e pei o le tino puta, ma'i suka, faaletonu o le fatu ma nisi o kanesa.
-  E mafai ona afaina ai le ola tuputupu a'e ma le malosi o le tamaitiiti ma faaletonu ai le soifua maloloina ma taumafaiga i le aoga.



Tatala itulau aoga i le itulau o sosoo ai.



## Nofoga e maua atu ai le fesoasoani

### Meaai ma lagolagosua mo tulaga faafuaseia

- **Auckland City Mission** – meaai ua moomia vave, lavalava ma iemoega (09) 303 9200
- **Counties Manukau** – meaai ma auaunaga mo lagolagosua mo tulaga faafuaseia
- **Community Support Waitakere** fesootai i nofoaga e maua ai pusa meaai i West Auckland
- **Dignity** – maua fua ai mea e faaaoaga mo palapala masina. 021 175 9454
- **Family Services Directory** – pusa meaai, taga meaai ma auaunaga faitele.
- **Paerangi** – meaai ma nofoaga e maua ai pusa meaai. E maua ai foi faamatalaga tusia i le te reo Māori ma le New Zealand sign language.
- **Pasifika Proud** – lisi o nofoaga e maua ai pusa meaai, e aofia ai mau gagana Pasifika.
- **Pātaka Kai** – taimua e tagata nofomau, meaai maua fua
- **Salvation Army** – meaai ua moomia vave ma lavalava, lagolagosua malosi ma fesoasoani i tagata na faasino i ai e isi faalapotopotoga.
- **The New Zealand Foodbank Directory** – lisi o nofoaga e maua ai pusa meaai ma auaunaga faitele
- **Vision West Community Trust** – meaai ua moomia vave ma auaunaga tau lagolagosua. (09) 818 0700
- **Work and Income (WINZ)** – auaunaga tau lagolagosua ma galuega. 0800 559 009
- **Zero Hunger Collective** – togalaau 'aina faitele, faaputuga oloa, meaai faitele ma pusa meaai.

### Auaunaga tala o le tupe ma lagolagosua malosi

- **Beneficiaries Advocacy and Information Service (BAIS)** – faamatalaga ma lagolagosua malosi, (09) 444 9543
- **Christians Against Poverty** – faufautua i tulaga o nofo aitalafu ai 0508 227 111
- Combined Beneficiaries Union (CBU) – lagolagosua malosi mo tagata o maua penefiti (09) 376 4760
- **Money Talks** – auaunaga tala o le tupe 0800 345 123



### Mo nisi faamatalaga:

[www.healthify.nz/keeping-kai-on-the-table](http://www.healthify.nz/keeping-kai-on-the-table)