

#Tiakina Tō Whakapapa

Mehemea kei te māuiui koe,
kei te rewharewha, kei te hēmanawa,
kei te mamae tō korokoro,
kei te mate kirikā rānei —

waea atu ki te Waea Hauora
0800 358 5453

Kai



- ✓ **Kai Maroke** — parāoa rimurapa, pāreti, pata kai, kihu parāoa, pīni, miraka paura.
- ✓ **Kai waiwai** — huka paraone, parāoa, raihi, hinu/pata, miraka paura.
- ✓ **Kai Kēne** — pīni, tuna, tomato, hua rākau, hua whenua.
- ✓ **Kai whakangoi** — pata pīnati, nati, kākano, pihikete maroke, kai whakangoi.
- ✓ **Kai pai mō te whānau mēna e māuiui ana** — hūpa, pihikete maroke, wai rēmana, wai atu anō hei inu.
- ✓ **Kai mā ngā mōkai.**

Wai



- ✓ **Tēra pea ka aukatia te wai.**
Nā reira tiakina te wai i tō kainga mō te toru rā neke atu.
- ✓ Mēnā ka pāera te wai, me pērā rawa mō ngā wāhi taiwhenua
- ✓ kua mate tauraki, nā me whakakī i ngā puoto ki te wai.



Whakaputunga Whakapai

- ✓ **Wai patu huakita.**
- ✓ **Wai whakakōmā** (4 tīpune ki te 1 rīta wai).
- ✓ **Pēke rāpihi.**
- ✓ **Tāora Pepa** me ētahi ūkui e tāea te hōroi, te whakamahi anō.

Ngā Mea Tika Me Whai

Kia pūnaunau te whataroa o te whānau mō te rua wiki neke atu ki te kotahi marama



Tikangā Akuaku

- ✓ Pepa whēru
- ✓ Hopi
- ✓ Wai Patuero
- ✓ Tāora pepa
- ✓ Rauangiangi
- ✓ Hopi Makawe
- ✓ Kope Ikura Wahine
- ✓ Pēniho
- ✓ Hopi horoi rihi
- ✓ Hopi horoi kaka
- ✓ **Whakaputunga pēpi** — kope, whēru, pani kauhikahika.



Tikangā Whakapā

- ✓ **Tirohia** mehemea e whai hiko katoa ana āu, ā koutou taputapu whakawhiti kōrero, ā, e taea hoki e koutou te whāwhā atu.
- ✓ **Whakahiko** i ngā pū hiko katoa, tiakina inā weto ai te hiko i tō kainga.
- ✓ **Awhina i tō whānau** ki te tiki taupānga, e taea ai te whakarite kōrero ataata ā-rōpū nei, te kōrero ataata rānei mā te waiwhai.
- ✓ Mēna kāore he taputapu whakawhiti kōrero, he waiwhai rānei āu, ā te whānau rānei, **whakaritea he tikangā whakapā e taea ai te kōrero ki a rātou.**



Whakaputunga Rongoā

- ✓ **Kete āwhina tūroro** — tāpi, kuku, kutikuti, tākai, karapu, Tetori me ngā pani patu huakita, ine pāmahana.
- ✓ **Tūtohi rongoā.**
- ✓ **Rongoā mai i te toa matua,** rongoā ārai mamae, Panatori & Parahetamori, rongoā rewharewha (hei whekaheke i te kirikā).
- ✓ **Mōhiti,** wai mōhiti piriwhatu.
- ✓ **Rongoā whakaora mōu ake** (pēnei i te pēke puku, te kope mimi rānei).
- ✓ **Rongoā mō ngā mōkai.**

Mā tātau katoa e ārai atu te

COVID-19