

Te whāngai i tō whānau





I Aotearoa, he nui te kai hei whāngai i a tātou katoa. Heoi, ehara i te mea he māmā te utu.

Nā te pikinga o te utu me te pāhekeheke o te whiwhi mahi i uaua ake ai te whiwhi mahi me te whāngai i te tangata.






He aha te pāhekeheke o te kai?

Ko te tikanga pea o te pāhekeheke o te kai:

-  te matekai, kāore i nui te kai, ka pau rānei ngā kai otirā kāore ō moni hei hoko kai anō
-  ka mate koe ki te kōwhiri i ngā kai iti ake te utu, te taioraora rānei
-  ka kore ngā mātua e kai, kia kai ai ngā tamariki
-  te noho pōkaikaha nā te māharahara ki te korenga o te kai hei whāngai i tō whānau.



Ngā pāpātanga o te pāhekeheke o te kai

-  He taupā nui ki te kai hauora. Ka mate te tangata ki te kai i ngā kai tukatuka.
-  Ka pā ki te hauora, ka mutu ka puta ko ngā mate tauroa, pērā i te mate mōmona, mate huka, mate manawa me ētahi momo mate pukupuku.
-  Ka whai pānga ki te tipuranga me te whanaketanga o te tamaiti, e whakararuraru ai i te hauora me te mātauranga.



He hononga āwhina kei te whārangi e whai ake nei.





Ngā wāhi e whiwhi āwhina ai koe

Tautoko kai me te ohotata

- **Te Tāpui Atawhai** – kai, kākahu, paraikete ohotata (09) 303 9200
- **Counties Manukau** – ratonga kai me te tautoko ohotata
- **Community Support Waitakere** e hono ana ki ngā pātaka hapori i te Uru o Tāmaki Makaurau
- **Dignity** – ngā hua mate marama koreutu. 021 175 9454
- **Family Services Directory** – pātaka hapori, pūhera kai me ngā ratonga hapori.
- **Paerangi** – kai me ngā pātaka hapori. E rato ana i ngā kōrero i roto i te reo Māori me te reo rotarota o Aotearoa.
- **Pasifika Proud** – ngā rārangi pātaka hapori, me te tautoko i roto i te reo Pasifika.
- **Pātaka Kai** – ngā pātaka kai koreutu tūtata, e arahina ana e ngā kainoho
- **Salvation Army** – kai me ngā kākahu ohotata, tautoko kōkiritanga me te tono tautoko.
- **The New Zealand Foodbank Directory** – he rārangi pātaka hapori me ngā ratonga hapori.
- **Waka Whakakitenga** – ratonga kai ohotata me te tautoko. (09) 818 0700
- **Te Hiranga Tangata (WINZ)** – ratonga tautoko me te whiwhi mahi. 0800 559 009
- **Kore Hiakai** – mō ngā māra kai, pātaka kai ā-hapori, kai ā-hapori me ngā pātaka hapori.

Ngā ratonga whakamahere pūtea me te kōkiritanga

- **Beneficiaries Advocacy and Information Service (BAIS)** – ratonga mōhiohio me te kōkiritanga, (09) 444 9543
- **Christians Against Poverty** – tohuora ā-nama 0508 227 111
- Combined Beneficiaries Union (CBU) – ratonga kōkiritanga mā ngā kaipenihana (09) 376 4760
- **Money Talks** – ratonga whakamahere pūtea 0800 345 123



Rapua ētahi atu kōrero:

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