



# HAPŪ HAUORA

NGĀ KETE MĀTAURANGA

## Oranga Inu Guidelines

These guidelines will help hapū create a healthy marae environment that supports whānau to make healthy inu choices and encourages positive role modelling for tamariki and rangatahi.

“Our whakaaro is to provide oranga inu for our whānau and guests as part of our manaakitanga”

### Our hapū will:

- have clean drinking water available at all times.
- serve water with meals as the [first drink of choice](#).
- actively promote water as the first drink of choice through [signage and posters](#) in the wharekai and kitchen.
- supply unflavoured, reduced or low fat milk.
- provide tea, coffee or herbal teas with reduced or low fat.
- only serve hot drinks such as drinking chocolate, Milo and Horlicks occasionally, made with either hot water or reduced or low fat milk.
- not supply cordial or fizzy drinks including sugar free and ‘diet’ fizzy drinks.
- not supply [sports drinks](#), vitamin waters, flavoured waters, energy drinks or shots or flavoured teas.
- encourage adults to role model healthy drinking habits to our young people.
- actively discourage [sugary drinks](#) being brought on to our marae.
- actively discourage [alcohol](#) being drunk on our marae.

[www.ttophs.govt.nz/sugary\\_drinks\\_public](http://www.ttophs.govt.nz/sugary_drinks_public)

[www.nutritionandactivity.govt.nz/nutrition/sugary-drink-infographics](http://www.nutritionandactivity.govt.nz/nutrition/sugary-drink-infographics)

[www.hpa.org.nz/sites/default/files/documents/Sports%20drinks.pdf](http://www.hpa.org.nz/sites/default/files/documents/Sports%20drinks.pdf)

[www.heartfoundation.org.nz/healthy-living/healthy-eating/food-for-a-healthy-heart/reduce-salt/ditching-sugary-drinks](http://www.heartfoundation.org.nz/healthy-living/healthy-eating/food-for-a-healthy-heart/reduce-salt/ditching-sugary-drinks)

[www.ttophs.govt.nz/alcohol](http://www.ttophs.govt.nz/alcohol)