



HAPŪ HAUORA

NGĀ KETE MĀTAURANGA

Oranga Wharekai Tips for Ringawera

These tips will help ringawera create a healthy marae environment that supports whānau to make healthy kai choices and encourages positive role modelling for tamariki and rangatahi.

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

Our hapū will:

- Have water as the only drink available on tables.
- Have sugar and salt available at the servery only, and not on the tables.
- Have a range of seasonal fruit available on the tables.
- Limit the supply of sugary drinks including, but not limited to, fizzy drinks, sports drinks, vitamin waters, flavoured waters, energy drinks, fruit drinks and cordial drinks.
- Limit the supply of sugary foods such as lollies (including mints), biscuits and cakes.
- Display [food safety posters](#) in the kitchen to encourage [safe handling](#) of food.