



HAPŪ HAUORA

NGĀ KETE MĀTAURANGA

Oranga Kai Guidelines

These guidelines will help hapū 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:

- teach our tamariki skills and knowledge about healthy eating and healthy cooking by showing them how food is grown and prepared, and cooked in traditional and healthy ways
- grow and maintain a [maara kai](#) vegetable garden. The food grown will be used in marae meals and/or distributed fairly to hapū members
- encourage [reducing food waste](#) by composting for the maara kai, using pig/chicken buckets, or a worm farm
- where possible, source local produce for our kitchen from our own hapū members who grow or produce food
- store, prepare, and serve food in a [safe and hygienic way](#)
- have clean drinking water available at all times
- serve water with meals as the [first drink of choice](#)
- have sugar and salt available at the servery only (not on tables)
- encourage and promote healthy eating options for fundraising activities, treats or rewards
- support our ringawera to undertake food safety qualifications, healthy cooking lessons, and/or nutrition education
- support māmā to [breastfeed](#) her pepe anywhere on our marae.

www.ttophs.govt.nz/maara_kai

www.maoritelevision.com/news/regional/zero-waste-marae-2020

www.mpi.govt.nz/dmsdocument/1053-te-kai-manawa-ora-marae-food-safety-guide

www.ttophs.govt.nz/sugary_drinks_public

www.ttophs.govt.nz/breastfeeding_public