

NGĀ PĀTAI ME NGĀ WHAKAUTU



Āhea aku rukenga kai kohia ai?

Ka kohia ō rukenga kai i ia wiki, i te rā e kohia ai ō rāpihi whānui. I ia wiki, tukuna tō ipu mō ngā rukenga kai ki waho, ahakoa kāore anō pea kia kī.

Ka mate au ki te utu i tēnei ratonga mō ngā rukenga kai?

Ka utua tēnei ratonga mā tētahi reiti whāiti e hāngai ana ki ngā kāinga noho o tō pae kiritata.

E pīrangi ana au ki te mahi wairākau; me whakamahi rawa au i tēnei ipu?

He āpitianga tēnei ratonga mō ngā rukenga kai ki ngā mahi wairākau me ngā pāmu noke o te kāinga. E whakaetia ana kia raua te mīti, ngā wheua pakupaku, ngā kiri riki, ngā hua hīmoē me ngā mātaītai ki te ipu mō ngā rukenga kai.

Ka pēhea ngā pereti, ngā pāokaoka me ngā kapu kawhe ka hurihia hei wairākau?

Ehara ngā taputapu ka hurihia hei wairākau i te rukenga kai, nā reira, kāore ērā e āhei ana ki ngā ipu mō te rukenga kai.

Ka pēhea mehemea kei tētahi wāhi noho-rau ahau (pēnei i te whare apa, i tētahi hapori whai kēti rānei)?

Tērā pea, he whakaritenga motuhake kei tō wāhi noho mō te kohinga o ngā rukenga kai. Uia te kaiwhakahaere o tō wāhi noho e mōhio ai koe ki te wāhi e kohia ai ō rukenga kai i ngā wā me pērā.

Ka ahatia ngā rukenga kai ka kohia ana?

Kī ana ngā rukenga kai i te taiora puiaki. Ko ngā rawa e kohia ana, ka hurihia hei ngao parakore, hei wai whakahaumako hoki. E kitea ai he pārongo atu anō, toro mai ki aucklandcouncil.govt.nz/foodscraps, karapahia rānei te tohu QR o raro.



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NGĀ KAI HEI RAU ATU KI TŌ IPU MŌ NGĀ RUKENGA KAI



Ngā rukenga huawhenua, tae atu ki ngā tihoretanga, ki ngā tā me ngā kiri



Ngā rukenga huarākau, tae atu ki ngā tihoretanga, ki ngā tā me ngā kiri



Ngā rukenga kamenga



Ngā parāoa me ngā kai kua puruhekaheka



Ngā parāoa rimumapa me te raihi



Ngā hua miraka



Ngā wheua me ngā rukenga mīti, tae atu ki ngā poro ngako



Ngā rukenga me ngā wheua ika, me ngā pāpapa mātaītai



Ngā pāpapa manu



Ngā parehūare me ngā rauangi



Ngā nehu kawhe, ngā rau tī me ngā tīraurau



Ngā putiputi whakarākei o toro i te whare

✗ Ngā para o te mārā

✗ Ngā ipu kai me ngā utauta hei ākiri, tae atu ki ngā tūemi ka hurihia hei wairākau

✗ Ngā pēke kirihou

✗ Ngā poro hikareti

✗ Ngā tūemi ā-waiwhero me ngā kope

✗ Ngā para mōkai

✗ Ngā tākai piri, te pepa wākīhi me te raukonu

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HE KAI ANŌ KA HUA I TE KAI

Homai ki a mātou ō rukenga kai, ā, mā mātou e huri hei ngao parakore, hei wai whakahaumako hoki.

Raua noatia ki tō ipu mō ngā rukenga kai, ā, ka kohia i te rā ō ngā wiki e kohia ai ō rāpihi whānui.



HE MĀMĀ TE HANGARUATIA O Ō RUKENGA KAI



I TE RĀ KOHI RAPIHI

Waiho atu tō ipu mō ngā rukenga kai ki te paeara i te rā e kohia ai ō rapihi whānui e Te Kaunihera o Tāmaki Makaurau.

Kia maumahara:

- Me kati rawa te taupoki o te ipu mō ngā rukenga kai, ā, me tū te kakau kia anga ki runga
- Me nui tonu te āputa i waenga i tō ipu mō ngā rapihi whānui me tō ipu mō ngā rukenga kai
- Mehemea kotahi te āpure pātītī kei tō pae kiritata, he tino pai te whakaaro kia whakaemihia ngā ipu mō ngā rukenga kai ki te wāhi kotahi, mehemea ka taea



1

E mā tonu ai tō okoiti kīhini mō ngā rukenga kai, whakatakotohia he niupepa ki roto, raua atu rānei ki te ipu tētahi o ā Te Kaunihera o Tāmaki Makaurau tīrongo ka hurihia hei wairākau.



2

E pai ana kia hangaruatia ngā rukenga kai katoa, tae atu ki ngā wheua, ki ngā mīti, ki ngā hua miraka, ki ngā parāoa me ngā tihoretanga huarākau. Raua atu ki tō okoiti kīhini i te roanga o te wiki.



3

Herea ngā kiwai o te tīrongo, ka raua atu ai ki tō ipu mō ngā rukenga kai. Mehemea ka haunga tō okoiti, me rite tonu te ruke atu i ngā kai o tō okoiti ki te ipu mō ngā rukenga kai i te roanga o te wiki.



4

Waiho atu tō ipu mō ngā rukenga kai ki te paeara i te wā e kohia ai hoki ō rapihi whānui. Me waiho tētahi āputa i waenga i ngā ipu.



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HE TĪWHIRI WHAI TIKANGA

Mehemea e rongō ana koe i te haunga haere o ō rukenga kai, me nui ake ngā wā e rukea ai ngā kai o tō okoiti, me whakatio rānei ō rukenga kai, me whakamahi rānei he tīrongo. E pai ana hoki kia horoia tō okoiti ki te wai mahana e hopihopi ana i muri i te rukenga o ngā kai.

Ehara i te mea me whai tīrongo, ka mutu, e pai ana kia tākaia ō rukenga kai ki te niupepa, ki te pēke pepa rānei, ki te parehūare rānei hei hautai mō te wai.

Ā Te Kaunihera o Tāmaki Makaurau Tīrongo ka Hurihia hei Wairākau

He māmā te whakamahi i ā Te Kaunihera o Tāmaki Makaurau tīrongo māwhero ka hurihia hei wairākau, ā, mā aua tīrongo e mā tonu ai tō okoiti kīhini, e āwhina hoki kia mauru te kino o te haunga. Waiho ō tīrongo ka hurihia hei wairākau ki tētahi wāhi maroke, ki tētahi wāhi kāore nei hoki e whitikina e te rā. Ka hokona ngā tīrongo ka hurihia hei wairākau i ngā hokomaha pātata, i ngā pokapū ratonga o te kaunihera me ngā whare pukapuka.



E 20 ngā tīrongo kei ia pōkai. Ko te utu e tūtohungia ana, ko te \$2.80 mō ia pōkai.



*He utu kē pea kei tēnā tēnā, kei tēnā o ngā kaihoko whakamutunga.

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