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42,000+ ngā waea ā-hauora ki ngā kiritaki i te wā noho mohoaō mō te KOWHEORI-19



He wā pōkaikaha, he wā whakamataku mō te iwi, koinei i tahuri ai ā mātou kaimahi huri noa i te motu ki te waea haere ki ā mātou kiritaki ki te tiroiro kei te pēhea rātou.

I whai wāhi atu mātou i ēnei whakawhitiwhiti kōrero i runga waea ki te hono atu i ngā tāngata ki ngā ratonga āwhina.

Ina kāore anō mātou kia waea mai ki a koe, engari he hiahia tōu, waea atu ki 0800 801 601 mai i te 8am ki 6pm, Mane ki te Paraire.

Mō Shirley ake, nā te rongo i te reo o tētahi e mōhio ana ia i tau ai tōna mauri, ā, i kaha ia mō te roanga atu o te noho rāhui.

“Ka noho mokemoke ahau i te kāinga nā te mea kāore au e tino kitekite i tōku whānau,” hei tāna.

“He tino rawe te rongo i te reo whakarata i runga waea, me te ui noa ‘Kei te pēhea koe?’”

I tua atu i te kōrerorero ki ngā kiritaki neke atu i te 42,000 i runga waea, neke atu i te 3,800 i whai pūtea tautoko, e hia ngā raurau tāngata i whiwhi kai, i whai rongoā hoki.

Heoi, nā te rata o ngā kiritaki ki tēnei mahi kei te panonitia te āhua o te whakahaere i a Kāinga Ora i te taha o ōna kiritaki, hei tā Shannon, te Kaiwhakahaere ā-Motu o Kāinga Ora.

“Kua roa nei te ritenga tonutanga a ō mātou tāngata ki te tiaki i ō mātou kiritaki, heoi, ko te ngākau atawhai, te aroha, me te ngākau mahara ngā mea nui ki te āhua o te mahi a ō mātou kaimahi anga-kiritaki,” hei tā Shannon.

Ina mārāma ana mātou ki te take e uaua ana te noho a te tangata i tōna ake whare, me te utu i tana rēti, ka pai ake tā mātou āwhina i a ia.

Ka panonitia ngā tikanga tiaki kiritaki a Kāinga Ora ā te mutunga o te tau – he tāngata ake ō mātou kainoho katoa, ā, ko te wawata, e oti i a mātou te whakarite kia hāngai ngā rongoā ki ō rātou hiahia. Ko tētahi mea pai anō ka toro atu ngā kaiwhakahaere whare i te wā e pai ana ki a koe. Ka arotahi mātou ki a koutou ko tō whānau, kaua ki te kāinga anake.



NGĀ KŌRERO MŌ TE KOWHEORI-19

He wāhanga nui ngā kiritaki o Kāinga Ora o tā Aotearoa ‘kapa 5 miriona’ kua āwhina i te motu ki te urupare ki te urutā KOWHEORI-19.

Kei te mihi atu ki a koe i ō mahi ki te whakapōturi i te horahanga a te KOWHEORI-19 me te manaaki i ngā tāngata kia ora ai. I heke a Aotearoa ki te Taumata 1 i te 8 o Pipiri, heoi me kaha tonu tātou ki te tiaki i a tātou anō me ētahi atu.

Ngā mahi māmā kia aukati i te horahanga a te KOWHEORI-19:

- Whāia ngā tohutohu a te Kāwanatanga me te noho taratahi ina he tikanga.
- Karo i te noho tata ki ngā tāngata e pāngia ana e ngā māuiuitanga pērā i te rewharewha, te maremare rānei.
- Āraia ngā maremare, ngā matihe hoki mā ngā rauangiangi rukenoa, mā te kākahu rānei.
- Nōhia ki te kāinga ina kei te māuiui koe.
- Horoia ō ringa ki te wai me te hopi kia 20 hēkona, neke atu rānei, kātahi kia āta whakamaroketia:
 - ā mua i te kai, i te whāwhā kai rānei
 - ā muri i tō whakamahi i te heketua
 - ā muri i te maremare, te matihe, te whengu ihu, te ūkui i ngā ihu o ngā tamariki rānei

– ā muri i te tiaki i ngā tāngata māuiui.

Kia maumahara kia ngākau atawhai, kia manawanui, kia manaaki tētahi i tētahi.



He tautoko kē atu mō te kōrero āwhina tahua, pūtea hoki

Kua whiwhi pūtea ngā ratonga penapena pūtea kia āwhina i ngā tāngata o Aotearoa kei te raruraru ā-pūtea nā te urutā KOWHEORI-19.

He mea nui kia wawe tēnei āwhina koreutu – kia mōhio ake, toroa govt.nz/browse/family-and-whanau/financial-help-for-your-family/getting-help-budget/

He ratonga pūtea ā-waea koreutu a MoneyTalks mō te āwhina me te tautoko nō ngā kaiāwhina pūtea ngaio, ā, e oti hoki te honoa koe ki ngā ratonga i tō hapori.

Waea koreutu ki **0800 345 123** mai i te Mane ki te Paraire, 8am ki te 8pm, me ngā Hātarei 10am ki te 2pm.



Kua whakatio ngā ekenga rēti

Horekau he ekenga rēti ki ngā kainoho mō ngā marama e ono e whai ake i te 25 o Maehe i te tau nei.

Ina hia kōrerorero koe, waea koreutu mai ki **0800 801 601** mai i te 8am ki te 6pm, Mane ki te Paraire, me te 24/7 ina he whāwhai te waea.



He āwhina anō e wātea mai ana

Ina kua pāngia tō āhuratanga pūtea e te COVID-19, ā, e hia āwhina ana koe kia utua katoatia, whakapāngia Te Hiranga Tangata ki **0800 559 009** kia uia:

- ina rānei koe e utua tika ana te rahinga rēti
- ina e oti rānei i a koe te whiwhi takuhe, āwhina ā-pūtea kē atu rānei

- e pā ana ki te āwhina mō tētahi pire ohorere, tētahi atu hiahia nonoi rānei, ahakoa e mahi ana koe (ina koa, te kai, te wāhi noho, te hiko, ngā utunga ā-tākuta, ā-kura rānei).

Tirohia te wāhanga Takuhe me ngā utunga i workandincome.govt.nz/eligibility/index.html – whakamahia rānei te utauta tuihono ki te rapu āwhina, i msd.govt.nz/

Ina kua rerekē ō āhuratanga inā tata nei, whakamōhiotia mai ki **0800 801 601** mai i te 8am ki te 6pm, Mane ki te Paraire me te 24/7 ina he whāwhai te waea.

My Kāinga Ora – kei konei kia āwhina i a koe



My Kāinga Ora – he ara ngāwari ake e whakahaere ai i tō kāinga me te rētitanga.

He ratonga tuihono a My Kāinga Ora mā ō mātou kiritaki kia tirohia ā rātou pūkete, touna rēti, tono tapitapi, he aha atu anō – pērā pai i a MyMSD me MyIR.

Ina kei a koe te My Kāinga Ora e oti i a koe te uru ā-tuihono ki ō mōhiotio kairētia, ahakoa te wā, i te hāneaneatanga o tōu ake kāinga, me te kore waea mai ki a mātou.

He manomano ngā kiritaki Kāinga Ora e whakamahia kētia ana te My Kāinga Ora, me te mea nei e harikoa ana i tāna e taea ai.

Ko ērā e hiahia ana kia rēhita, me kairēti kē, me whai hoki i tētahi wāhitau imēra kua rēhita ki a mātou.

Mā tēnā kua ngāwari rawa – pāwhiria ā-tuihono ki <https://my.kaingaora.govt.nz>

Kia pahaki tō Nama Tohutoro Kiritaki me tō wāhitau imēra.

Timatatia ai te rūmātiki i te korokoro mamae, e oti pea te anga ki te mate manawa

Ina he korokoro mamae tō tāu tamaiti (4-19 tau te pakeke), ā he Māori/Pasifika, tirohia tana koro i nāia tonu nei, ia wā.



He tino manawa tau te āwhina mohoa ki tētahi Kairēti nō Ōtepoti



Whakaahua nā The Star, Ōtepoti

E whakawhētai ana tētahi whaea me tana piripoho nō Ōtepoti ki a Kāinga Ora, me ō mātou kaiwhakatika, i tō rātou tere whakatika i ana ohorerenga kōrere wai i te noho mohoa a COVID-19.

I ngā rā i mua tata mai i te whānau mai a tāna tamāhine, i kitea e tētahi kainoho Kāinga Ora, e Geane, kua waipuketia te parakaingaki i tētahi kōrere kāti ki tana whenua.

I wewehi ia i tana waea atu ki a Kāinga Ora mō te āwhina, kātahi i tae mai tētahi kaimahi kōrere wai i ngā hāora e rua i whai ake kia whakatika i te raru.

“He mea tino āwhina te tere whiwhi tautoko. Ā, i whakaute, i manaaki hoki te katoa i ahau, he mea paruhi tēnā.”

He urupare rawe tērā. Ki te hiahia koe ki tētahi mahi tapitapi ki tō kāinga, waea koreutu atu ki a mātou ki 0800 801 601 mai i te 8am ki te 6pm, Mane ki te Paraire, me te 24/7 ina whāwhai te waea.

Ko ngā kiritaki kei te iho o ā mātou kirimana tautiaki whare hōu

Mai i Hōngongoi ka kite koe i ngā huringa ki te āhua e whakahaerehia ana ō tapitapi me ngā mahi tautiaki i tō kāinga, nā runga i ngā urupare i tukuna mai e koe.



He aha ngā huringa?

- Ka whakaritea e mātou he wā hei whakahaere i ngā mahi tapitapi i te wā e pai ana ki a koe.
- Ka whiwhi koe i ngā whakamahara pātuhi, ā, e oti i a koe whakarite anō ina e hiahia ana koe.
- Ka whiwhi koe i tētahi tau tohutoro mō ō tono tapitapi e oti ai ia koe te whaiwhai haere mā My Kāinga Ora, mā te whakapā mai rānei ki tā mātou Pokapū Tautoko Kiritaki.

E oti tonu i a koe te:

- waea koreutu atu ki a mātou ki 0800 801 601 mai i te 8am ki te 6pm
- whakamōhiohia mātou mā My Kāinga Ora
- kōrero atu ki tō kaiwhakahaere whare.

**PENAPENA HIKO
PENAPENA PŪTEA**



Mā te haumaruru ahi e ora ai te tangata me ngā rawa



Ngā pūoho auahi

Kia haumaruru ai koe i ō mātou whare, ka whakamaua tētahi pūoho auahi ki ia rūma moe, te rūma noho, ngā kauhanganui me ngā karāti hono.

Me whakamātau i ia marama me tō hokinga

mai i tētahi haerenga roa. Hei whakamātau i te pūoho auahi, pēhia te pātene whakamātau/tautuhi anō mō te rua hēkona. Ka tangi te pūoho. Ina tango koe i tō matimati mai i te pātene, ka timata anō te pūoho, ā, ka kemokemo hoki te rama.

Me matua whakapai koe i ngā pūoho auahi i ia ono marama mā te āta aku i te puehu mā te parāhe horo puehu.

Me tere te whakamōhio mai ina hei tāu kua takarepa te pūoho auahi. Waea atu ki a mātou ki 0800 801 601 ina:

- ka mutu te kemokemo o te pūrāma whero
- kāore e tangi te pūoho ina pēhia e koe te pātene whakamātau/tautuhi anō

- he rite tonu te rerenga kētanga a te tangi, te whiowhio rānei a te pūoho auahi.

Ina ka tangi pokerehū te pūoho auahi, huakina ngā matapihi kia puta ai te auahi i te whare, pēhia te pātene whakangū ina kei reira tētahi.

Ētahi atu tohutohu haumaruru ahi

Kia 1 mita i te iti rawa te tawhiti o ngā taonga ā-whare me ngā ārai mai i ngā whakamahana me te pouaka ahi.

Putua ngā pungarehu ki tētahi ipu rino e tawhiti ana i te whare – atu ki te rima rā pea roa e mātao ana.

Whakawetohia tō paraikete hiko mai i te pakitara i ngā wā katoa i mua i tō kuhu ki tō moenga.

Me ārai atu ngā a tunu kai:

- Kaua e waiho noa he kai ki te tō tunu ai ina kāore he tangata i reira.
- Whakawetohia te tārahu ina ka auahi mai te hinu, ngenge rānei.
- Kia noho tawhiti ngā ārai, ngā puoto kirihōu kōhu wai me ngā titaora i te tō.
- Kia rite tonu te whakangita i ngā maramara parāoa mai i te mihini tōhi, kia whakapai hoki i te umu.

Kia koi tā tātou penapena wai

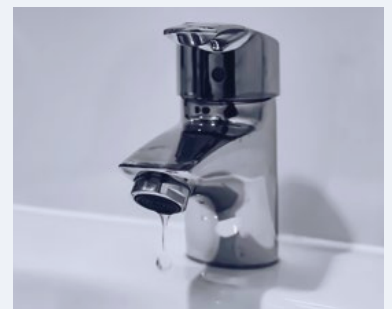
NGĀ TINO ĀWHINA:

- Whakawetohia te kōrere wai ina paraihe ana i ō niho, ina heu ana rānei.
- Kia poto iho ngā uwhiuwhinga – ā, **ka penapena hoki i te wai me te pūtea.**
- Kia iti iho te putuputu a te meinga wai ki ngā heketua.
- Rawa e whakahohe te mihini horoi kākahu tae noa ki te wā kua kī katoa. **Mā te huri i te wai horoi kia makariri e penapena ai te hiko.**
- Purua tētahi pounamu wai nui ki te pouaka mātao, kia kore e moumou wai nō te kōrere i a koe e tatari ana kia makariri.
- Whakapurua te puoto i a koe e horoi ana i ngā huawhenua, ngā pereti rānei – tahorotia te toenga wai ki ō otaota.

- Whakamahia tētahi pākete kia horoi, kia opeope i te motokā – waiho rānei kia puehu.

- Tahitahia ō ara, kaua kē e horoi mā te ngongo wai.
- Tirohia ngā māturu, ngā komama rānei i ngā kōrere, kātahi waea atu ki a mātou i 0800 801 601 ina me whakatika.

Tirohia smartwater.org.nz e kite ai i ngā whakaaro anō, tae rā anō ki ngā āwhina mahi māra, me ngā ngohe paruhi mā ngā tamariki.



E oti i a koe te whāki atu i ngā hianga me ngā āwangawanga tinihanga i te tūmataiti. Waea atu ahakoa te wā ki 0800 8355 469.



Ka pēhea te pānga a te Kaupapa Kāinga Hauora ki a koe

Me whai ō mātou kāinga i ngā ture kāinga hauora hōu ā mua i te 1 o Hōngongoi 2023.

Ka toroa tō kāinga e tētahi o ō mātou kaimahi kia kitea ina:

- me whakahōu i ō ārai tuanui, papa rānei
- kua nanea tō pūrere whakamahana
- kua ita ā-āngi ō matapihi, me ō kūaha
- e whakaawa ana te ua me ngā wai i te papa ki ngā wāhi tika
- he kōwhiowhio unu tō tōu kihini, me tō rūma horoi
- me whai whāriki, ārai hōu hoki.

Me pēhea koe e āwhina?

Ka whakapāngia koe e tētahi o ō mātou kaimahi kia whakarite wā ki te toro ki tō kāinga, hei tētahi wā pai ai ki a koe, e oti ai hoki i a koe te noho ki te kāinga i tāna toronga.

He ngāwari ake te whakamahana i te āngi hōu, maroke hoki – e tau mai ake ai te āngi hōu ki tō kāinga, e oti i a koe te:

- tuwhera i ō matapihi kia 20 mineti hei ngā ata me ngā ahiahi
- taupokina ngā puto ina tunu ana koe ki te tō
- whakamaroke i ngā kākahu ki te taura i waho – kua ki rō i tō kāinga
- ngana kia kaua e whakamahi i ngā mihini whakamahana ā-haurehu i te mea ka tāpiri ērā i te tōmairangi ki tō kāinga, kei te āhua mōrearea hoki.

He maha ngā ara e mahana ai i tō kāinga. Ina kāore i a koe tētahi mihini whakamahana ki tō wāhi whakatā matua, kāore rānei e tika ana tana mahi, waea atu ki a mātou i 0800 801 601.

Ina he mapu mahana tāu

- Tohua kia 18-20 tohuru – kaua e kaha, kei kore e pahawa, ā, ka nui ake te utu whakahaere ina kaha ake.
- Kia mā te wāhanga ō-waho, kia paru-kore, kia otaota-kore hoki.
- Tohua te matawā kia 30 mineti ā mua i tō taenga ki te kāinga.

Ina he hatete rākau tāu

- Tahuna te rākau maroke anake.
- Kaua e tahu i te rākau paru, te paewai, te kirihōu, te para rānei.
- Whakamōhiohia mātou ina kua mahue tētahi ārai haumarua i a koe.

Ina he mihini whakamahana ā-hiko ki te pakitara

- Whakakāngia ina kei te rümā koe; whakawetohia ina ka wehe koe.
- Kia neke atu i te 1 mita te tawhiti a ngā takawairore, ngā tēpu, tūru hoki i ngā mihini whakamahana.

Ina hia āwhina koe, whakapāngia te tīma Healthy Homes ki 0800 801 601.



Kia noho ngā mea katoa neke atu i te 1 mita i ngā mihini whakamahana, tētahi pākaiahi rānei. Kaua rawa e puru, e iri rānei i ngā kākahu ki te mihini whakamahana kia whakamaroke.



Tupu ana i ngā umanga me ngā kāinga



Kua āwhinatia e Kāinga Ora neke atu i ngā rangatahi 70 ki tētahi mahinga tauira e whakarewa ai i tā rātou umanga.

Ko tētahi o ēra ko tētahi kaimahi hiko hōu, ko Matt; kātahi anō ia ka whakanui i tana tau tuatahi ki te kaupapa mahinga tauira a Kāinga Ora, ā, hei tāna, koia te mutunga kē mai o te harikoa.

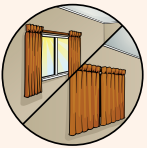
E tino harikoa ana a tō Matt kaiārahi, a Craig Wright, te Rangatira o Wright Wire Electrical, i tāna mahinga tauira. “He paruhi a Matt. Hei tāku, ko tāna noa i hiahia kia whaiwāhi ki te whakatūturu i a ia anō, ā, kua eke ia ki tua.”

Kei tana tau tuarua ināiane, e 32 ngā hoa hanga, kaimahi Kāinga Ora hoki tō te kaupapa mahinga tauira, e whakawhiwhi ana i te mahi ki ngā tauira katoa huri noa i ngā wāhi whakatū whare tūmatanui.

Kia mahana, kia maroke i tēnei hōtoke



Maumaharatia, mā te tunu, te hīrere, me te iri kākahu ki rō whare, e kiki ai tō kāinga i te tōmairangi, anā, ka haumate pea.



Tuwheratia ngā ārai i te rā e kuhu mai ai te mahana, ā katia ā mua tata mai i te pō kia mau tonu ki te mahana.



Mutua ngā kauanu ki ngā kūaha me ngā matapihi.

NEED TO TALK?

1737

free call or text
any time

E āmāimai ana, e pōuri rānei ana koe? E mānukanuka ana koe, e hiahia rānei ana kia kōrero ki tētahi? Kei te hiahia rānei ki ngā kōrero āwhina mō te hauora hinengaro, mō ngā raru waranga rānei?

Ahako te kaupapa, e oti i a koe te waea atu, te pātuhi atu rānei ki 1737 ahako te wā. He koreutu, he tūmataiti, ā, he ratonga motuhake hoki.

Pānuitia tā mātou puka Clean & Green

Toroa <https://kaingaora.govt.nz/assets/Tenants-and-communities/Documents/Clean-and-green.pdf> kia kimi āwhina e pā ana ki ngā hua e oti i a koe te whakamahi kia mā ai tō kāinga – engari kia haumaruhoki te whakaputu.





Te tima Kāinga Ora ki Creekfest.



Grace rātou ko Mackenzie ko Dante me tō rātou whaea, a Stevie.

Whakanuia ai e Creekfest 2020 te oranga me te hauora ki Cannons Creek

I waingōhia tētahi kanoho o Cannons Creek, a Stevie, i te kitenga atu i tētahi pātaka Kāinga Ora ki Creekfest i te tau nei. He turi a Stevie, ā, mā te kōrero ā-kanohi ki tētahi kaimahi Kāinga Ora i oti i a ia te ui atu i ngā pātai, me te whai urupare hoki ā-tinana.

Whakamahia ai e Kāinga Ora a iSign kia tautokona ō mātou kainoho turi. Whakamahia hoki e mātou te Ratonga Pāho o Aotearoa (New Zealand Relay Service), e āwhinatia ana te hunga turi i Aotearoa, waihoki ko

ngā hapori turi-kāpō, raru-whakarongo, me te raru-kōrero kia whakapā atu ā-waea, me te kore hia whai āwhina i ō rātou hoa, whānau hoki.

I muramura hoki tō tātou pātaka ki Creekfest i te rā heke mai, i taua wā, o te Rangi Hoa Nohotata o Aotearoa, me My Kāinga Ora – te ara hōu e oti ai i a koe te whakahaere i tō kāinga me te tirohia tō pūkete, tō rēti, tō tapitapi, he aha atu anō.

Nā te angitu a Creekfest i te tau nei, e hikaka ana mātou ki ngā hohenga ā-hapori e hia kē nei mō muri ake nei. Hei tā Stevie, he ariā rawe tēnei.



Me whai reo koe mā te pōti

Ka tū te Pōtitanga Whānui o Aotearoa hei te Rāhoroi 19 o Mahuru. Me rite tāu rēhita ki te pōti e whai reo ai koe i tēnei pōtitanga whānui, ngā pōti ā-rohe, me ngā tāpaetanga pōti, mō ngā kaupapa e whai pānga ana ki a koe, ki ō hoa me tō whānau.

Nā runga i te KOWHEORI-19, ka whakaritehia ngā tukanga kia haumarua ai ngā tāngata i te wā e tuku pōti ana rātou. Ka wātea he ratonga pōti ā-mēra mā ngā kaipōti nui te mōrea mai i te KOWHEORI-19.

Me rēhita me te tirotiro i ō taipitopito, me whakahou rānei o taipitopito i www.vote.nz

Ngā whakahōunga mā ngā kāinga Kāinga Ora pāhake ake

Kei te whakamahana, kei te whakamaroke, kei te whakaora ake i ō tātou kāinga, kia pai ake te hauora o ō mātou kiritaki, me te hiki i te taumata a ō tātou kāinga pāhake ake ki ngā taumata waihanga hōu, me Homestar 6.

Tae rā anō tēnei mahi, mā tō mātou kauapapa Retrofit, ki te ārai katoa (ngā ārai i ngā pakitara, te tuanui, me te papa), te mōhinuhinu huarua, te painga ake o te ita ā-āngi, te aumanga me te whakamahana hōu.

Ka whakahōungia peatia e mātou ngā rūma horoi me ngā kīhini, ka hurihia ngā kāinga kia hōu, kia puare te whakatakoto, kia haratau ake te kāinga hoki.

Whai ake ana i te taurira Retrofit ki Te Awakairangi, he tōmina tō mātou kia whakahohea te mahi nei ki ngā rohe maha huri noa i a Aotearoa. Ka whakapāngia koe e mātou ina he kōwhiringa pea a Retrofit ki a koe.



Tō Barbara kāinga i mua, i muri hoki i ngā mahi whakahōu.

He mea pai ngā Retrofit ki tō hauora me tō hari

Noho ai a Barbara ki tana whare ki Te Awakairangi mō ngā tau 12, me tana harikoa hoki i whakahōungia tana whare.

“Kua kore tētahi mea pēnei i pā mai ki ahau i taku oranga. He moemoeā kua pahawa,” hei tāna.

I te mātua kitenga a Barbara i tana kāinga hōu, i mau te wehi i a ia i te hurihanga:

“Tē whakapono nōku kē tēnei, kua hōu, kua ātaahua rawa.”

I āwhinatia a Barbara e Carol, te Āpiha Kaitakawaenga Kainoho, kia hūnuku taupua, i whakaatu ki a ia ka pēhea tana kāinga e huri, ā, i waiho māna e tīpako nō ngā kōwhiringa tae e toru, ngā whāriki, te tapeha, me te tae peita ō-waho.



E kaingākau ana a Ian ki te mahi māra, me te whāngai i ōna hoanoho me te hapori



I kaingākau a Ian ki te mahi māra ki tana māra ā-hapori, heoti i te whatinga a tōna waewae, rawa i oti i a ia te kokea.

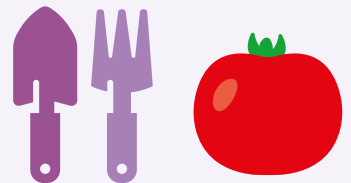
I āwhinatia a Ian e te Claddagh Haven Trust whakahohe i ōna ringa raupā, kia whakarato i ngā hua hōu ki ōna hoanoho ki tō te rōpū kāinga West Melton.

Tautokona e Claddagh Haven ngā tāngata hauā-ā-hinengaro, tae rā anō – me te mahinga tahitanga me Kāinga Ora – whakarato i ngā kāinga noho ā-rōpū ki ngā tāngata pērā i a Ian.

Kei ia o ngā kāinga e toru o te tautiaki huri noa i a Waitaha tētahi māra huawhenua e whai hua ana e whāngai ai i ngā kaimahi me ngā kainoho.

“Mā ā rātou whare pī, me ngā māra, kāpā e whakarato anake i ngā hua hōu, ātaahua hoki ki ō rātou kainoho, kei te tupu kē ia i ngā pūkenga e huri ai i ngā oranga o ngā tāngata,”

hei tā Vivienne, te Kaiwhakahaere Hinonga Whare ā-Rōpū i te Hapori ki Kāinga Ora.

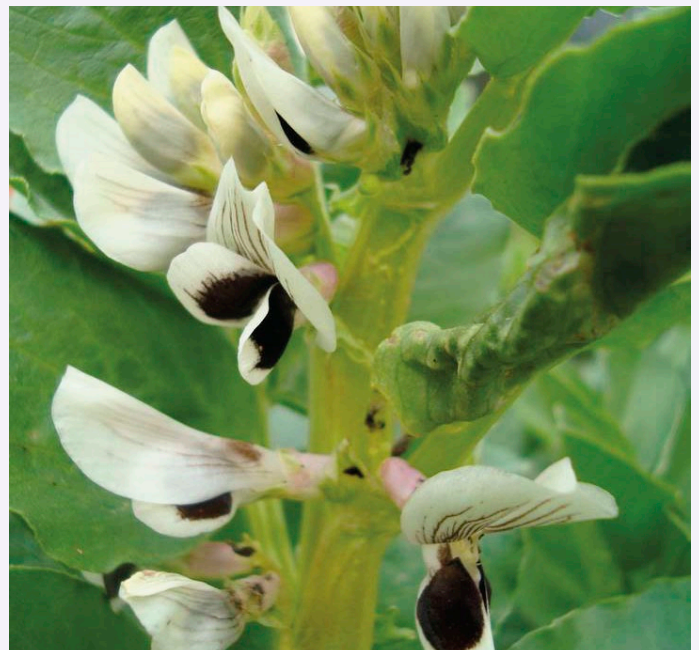


Ngā āwhina mahi māra

Ko te hōtoke, ā, kua tino pōturi te tupu haere. Ina kāore koe i whakatō i ngā hua hōtoke pērā i te puananī, te kāpeti, me te kareparāoa i te Maehe, kua kore e takamuri rawa, heoti ka kore e tino tupu tae noa ki te putanga mai a kōanga. Whakatōngia ētahi mea ia ruarua wiki e kaha, e rite tonu ai te puawai.

Ko ngā **pīne nunui** ngā hua e tinaku pai rawa i te hōtoke, he ngāwari hoki te whakatō tōtika ki te whenua. Kaua e waiho kia kirikau, kia kiwikiwi te āhua, hutia kia paku iho, engia he reka, e mea pūhou kākārīki - he rite te rongo ki ngā pī, e oti te kai kia torouka, kia ngāwari te parai, kia whakakorohū rānei. Kāpā me noho ngā pīne nunui ki te whenua pai, heoti, mā rātou te whenua e whakapai mā te huanga kai e whai ake. Whakatōngia ngā pīne ki te wāhi e hiahia ana koe ki te whakatō tomato hei te kōanga, ā, ehara noa i te hauota e puta mai ai ki te whenua, e oti hoki te topea hei wairākau kakau kia tiakina ngā tupu tomato hei te Oketopa.

Whakamaheretia: pīne nunui (kākano), puananī, kāpeti, kāriki, kare (kale), rētuhi, rētuhi rerehua, paka toi (pak choi), rātihi, pī hukapapa me ngā rōpere.



He mihi ki a Hannah Zwartz, te Pouaka/Kaiwhakahaere Kai Tāone, Common Unity Project Aotearoa
www.commonunityproject.org.nz



Parāoa rimurapa me te paukena parangunu, amiami basil, me te pēkana

👤 Whāngai te toko 4-6

Me whai e koe:

kia 2 ngā kapu o te paukena kua tapahi ki ngā mataono 1 cm

kia 2-3 ngā tbsp hinu ōriwa

kia 1 te kapu-ā-ringa o ngā rau tihāehae basil, kia 1 tbsp rānei o te pani basil nō tētahi rango, kia 1 te tsp rānei o te basil kua whakamaroketia

kia 1 te aniana āhua rahi, kua āta hahahu

kia 2 ngā wāhanga kāriki kua kōpenutia

kia 200g te pēkana hahau, kua tango i te hiako

kia kotahi te puto 700-800g o te pahata (passata) – he ranunga tomato kua tunu, kua tātari, e wātea ana ki ngā hokomaha

kia ½ te tsp o te huka

kia 400g te parāoa rimurapa maroke

Tote me te pepa

1. Mātua whakamahana i te umu ki te 230°C.
2. Ki tētahi pēne parangunu, tahoro kia 2 ngā tbsp o te hinu, kātahi kororitia ngā mataono paukena, poia kia huihia e te hinu, ā, parangunua, me te huri i ētahi wā, kia tōna 20 mīneti – kia ngohe ai.
3. I a te paukena e parangunu ana, whakamahanatia te toenga hinu ki tētahi pēne parai, kātahi āta tunua te aniana kia ngohe. Tāpirihia te kāriki me te pēkana hahau, ā, tunua kia kōura te pēkana, engari kia kaua e mato.
4. Tahorotia te pahata, kātahi tāpirihia te huka me te basil, ā, kia kaha te whakakakara mā te tote me te pepa.



5. Kōhua tētahi puoto wai nui mā te parāoa rimurapa, ā, tunua mā ngā tohutohu ki te pakete. Hei te wā kua tunua, penapena kia ¼ te kapu o te wai i tunu i te parāoa rimurapa.
6. Āta whētuituia te paukena parangunu ki te kīnaki, kātahi tāpirihia he paku wai māngaro nō te tunu parāoa rimurapa – e whakahinuhinu, e māheniheni ai i te kīnaki. Whāngaia te parāoa rimurapa, me te kīnaki kua tahoro ki runga ake.

He āwhina nō te kaitunu: whakamahia te momo parāora rimurapa i tō pātaka – ka ōrite te kākara o ngā koru me te makaroni i tō te kākara rimurapa, ko te mea, kāore e tino pārekareka te kai.

He mihi ki a Sophie Gray i te homai i te tohutaka nei – www.destitutegourmet.com



Kia tae atu tō rēti hei te wā tika

He mea hirahira kia whakamahia te tau tautohu utu tika ina utu rēti koe – kei tō kirimana rēti, e oti rānei i a koe te waea atu ki a mātou kia mōhio.

Ina whakamahia te tau hē, ka rima rā pea, neke atu rānei, te roanga kia tae mai te pūtea nei ki tō pūketē.

Utua tō rēti mā te ipurangi, mā te pēke ā-pūkoro rānei

Tipakona te 'Kāinga Ora – Homes and Communities' i te rārangi kōwhiringa Kaiutu Pire, ā, whakakīngia ngā āpure utu.

Toroa rānei tētahi peka BNZ

Whakamahi noa i tētahi o ngā Mīhini Koi, tipakona te 'Kāinga Ora – Homes and Communities' i te rārangi kōwhiringa Kaiutu Pire, ā, whakakīngia ngā āpure utu.



Ina hia kōrero koe ki a mātou, waea ki

0800 801 601
enquiries1@kaingaora.govt.nz



Ko ngā waea kore-whāwhai i waenga i te 8am me te 6pm i ngā rā-wiki anake. Ko ngā waea whāwhai i ngā hāora 24, i ngā rā e 7 o te wiki.

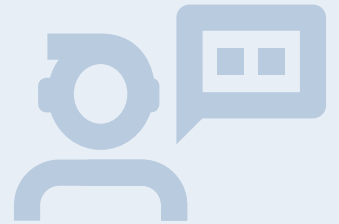


Ko ngā tari paetata e tuwhera ana kia toro mai i waenga i te 9am me te 4pm i ngā rā-wiki anake.



My Kāinga Ora, mō te tirohia tō pūkete, tō toenga rēti, te tapitapi, me te aha atu anō.

Whakapāngia mātou ina kua kore tika tētahi mea



Mahinga 1: Whakapāngia mātou, ā, mā mātou tō kōamuamu e pūrongo i te wā tuatahi, e kore ai koe e toaitia ina waea atu anō.

Mahinga 2: Ina kāore koe e nanea i tā mātou whakatika i tō kōamuamu, uia mātou kia tirohia anō.

Mahinga 3: Ina kāore tonu koe e nanea ana i tētahi whakatau kōamuamu, e oti i a mātou te mea ake i tō kōamuamu ki te Tari o te Kōmihana Kōamuamu kia motuhake te tirohanga a te whakatau.

Ahakoā kāore pea koe e hiahia ana i a mātou kia urupare ki tētahi mea, kei te hiahia tonu mātou ki tō urupare e oti ai i a mātou te whakapai i tā mātou ratonga ki a koe.

He ngāwari te whakapā atu ki a mātou – whakamahia te mea pai rawa ki a koe:

- Waea koreutu atu ki a mātou i 0800 801 601 mai i te 8am ki te 6pm, Mane ki te Paraire, me te 24/7 ina whāwhai te waea.
- Kōrero atu ki tō kaiwhakahaere whare.
- Toroa tō tari paetata i waenga i te 9am me te 4pm Mane ki te Paraire.
- Īmēra atu ki enquiries1@kaingaora.govt.nz
- Whakamahia te puka urupare ki tā mātou paetukutuku: <https://kaingaora.govt.nz/contact-us/feedback-form/> – pāwhiria rānei te 'Contact Us'.
- Tuhi mai ki a mātou i Kāinga Ora, Tari ā-Motu, Pouaka PO 2628, Te Whanganui a Tara 6140.



He whakamaumaharatanga haumarutanga tūnga waka

E marohi ana a Safekids Aotearoa i ngā mea e toru e oti i a koe te mahi e haumaruru ake ai ngā tūnga waka ki ngā tamariki:

- **Tirohia** mēnā rānei he tamariki ā mua i te taraiwa atu
- **Whakahaerehia** ngā tamariki huri noa i ngā waka – i ngā wā katoa
- **Whakawehea** ngā wāhi tākaro i ngā tūnga waka.

He mihi ki:



Kōwhiringa imēra Ina mariu ana koe ki te whiwhi i tēnei putanga mā te imēra, tukuna tō wāhi tau imēra ki editor@close2home.co.nz

Whakapāngia Me tuku ngā uinga whakaputa ki: editor@close2home.co.nz

Whakatānga Kua tāngia te puka nei ki te Sumo Offset, me momo pepa tiaki taiao kua wāhangatia mā te puru kua hauhake mai i ngā ngahere hūrokuroku, pai hoki te whakahaere, ā, kua whakakōmātia mā te hātepe pūmotu haumāota-kore.

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Māna kua mea kē atu, nā Kāinga Ora – Homes and Communities te manatā ki tēnei makahēni. Tē whakaae kia tārua, kia pāpāho rānei tētahi wāhanga o te whakaputanga nei, ahakoa pēhea, mā hea rānei, ā-hiko, ā-pūreke rānei, tae rā anō ki te pūreke whakaahua, ki te hopu, ki tētahi rokeroke mōhiohio rānei, me kore ake he whakaetanga ā-tuhinga nā Kāinga Ora – Homes and Communities.

newzealand.govt.nz