

Ngā Rōpū Kai

Huawhenua & Huarākau

Eat a rainbow of colours



Huaora, Ōpapa + Muka Kai

Ngā Kai Kākano

(Warowaihā)



Pūngao, Muka kai + Pū Kākano

Fibre is important for your gut health

Ngā Kai Pūmua

Mīti Hinuiti, Heihei, Ika, Kaimoana, Hēki, Pekiumu (Pītiki, Rētini, Pīni) Tōwhū, Nati & Kākano

Protein keeps you feeling full



Pūmua + Rino

Momo Hua Miraka

Calcium is important for your bones and teeth



Konupūmā + Pūmua

I ōna wā ka kaingia



Ngā Ngako Pai

Rahopūru, Nati & Kākano, Ika & Kaimoana, Hinu Ōriwa, Hinu Nati & Kākano



Wai Māori

Te tino inu o te rā, kia kaha te inu wai



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