

Te meitaki o te kai i roto i te ngutu'are, i muri ake i te Cyclone Gabrielle

Te 'ōronga atu nei teia pēpā 'akakitekite'anga, i te 'akakitekite'anga no runga i te kai meitaki no te aronga 'oko kai, e te 'iti tangata tei tukia'ia e te au vai puke, e te motu'anga uira, no runga i te Cyclone Gabrielle.

'Auraka e kai i te kai tei pakia'ia ana e te vai-puke

- Kua kī'ia pa'a te vai-puke i te repo; te au tu manumanu (bacteria, viruses, e te parasites); te au vairākau mei te pesticides, heavy metals, e te petroleum products; e te au manatā ka kite-mata atu koe, mei te 'o, e te tītā.
- No teia tumu, 'auraka e kai i teta'ī ua atu kai tei pakia'ia ana e te vai-puke. Ka anoano'ia kia titiri'ia te au kai pouroa tei pakia'ia ('auraka to roto i te tini/punu), pērā katoa teta'ī ua atu 'apinga tei roto i te mō'ina pōpani-tākaviri, me kore ra, tei vai'o'ia ki roto i te au vairanga.
- Ka anoano'ia kia 'ōrei meitaki 'ia te au tini/punu ki te vai tā'uka'uka'ia ki te pu'a, i mua ake ka kōputa'ia ei no te kai. Tāmarō meitaki, me te tāporoporo'ia ra, kia kore e tutae 'āuri. Tiria te au tini/punu tei kopakopa tākiri, a te 'ope tikāi, me kore ra, kua tutae 'āuri tākiri.
- Me kua 'ōronga'ia atu teta'ī kai kiā koe, 'akapāpu meitaki e, kua kite koe i te ngā'ī no reira mai, e kare te kai tei 'ōronga ia atu na roto i te ngākau tae, i pakia'ia ana e te vai-puke.

Te 'akatoka'anga 'aka'ōu i te kai

Me 'anga'anga 'aka'ōu te uira, 'ākara'ia te kai i roto i ta'au freezer.

- Me te 'ākakara'anga toka ra rāi te kai (teia te 'ākara'anga, me tei runga rāi te ice crystal i te reira) e kare te ko'u i nga'ae, me kore ra, i vā'ia, ka rauka iā koe i reira i te 'akatoka 'aka'ōu i te reira.
- Me kua ta'e te kai, 'auraka e 'akatoka 'aka'ōu i te reira.
- Ka rauka rāi iā koe i te tāporoporo, me kore ra, i te kai i te kai kua ta'e, me kare te reira i 'akamata i te 'ākara'anga kino, me kore ra, i te 'aunga kino. Tāporoporo'ia kia anu (mei iā roto rāi i te fridge) kia papa roa koe, i te kai i te reira, me kore ra, i te tunu.

Me kare e uira: Te rāvenga tau no ta'au kai i roto i ta'au fridge, e te freezer

Me motu te uira, teia te rāvenga tau i te rave, kia kore e maki'ia mei te kai kare e tau kia kainga'ia:

- Kainga'ia te kai te ka kino vave – mei te varāoa, te kai kiko, te kai raurau, e te au mea tei ma'ani'ia mei roto mai i te ū – no te mea, ka kino vave ratou, kare i 'āite ki te kai kare e kino vave.
- I te tuātau kua motu te uira, auraka e 'akatu'era putuputu i ta'au fridge/freezer, kia roa atu te tuātau no te vai'anga kia anu. Ka rauka i te au fridge tōpiri'ia, i te mou i to ratou anu, no teta'ī 4 ora.
- Ka roa atu te anu'anga o te au freezer, me kua kī meitaki (2-4 rā) me 'aka'āite'ia ki te 'āpa (1-2 rā). No reira, me ka rauka, 'akarukena'ia te kai kua toka takere, ki roto i te freezer.
- 'Akarukena te kai'anga i ta'au kai tini/punu, e te au mea kare e kino vave ki te 'openga.



Te au kai no roto mai i ta'au 'āua kai

- Me e 'āua kai ta'au, me kore ra, e au tumu 'ua-rākau, 'auraka e kai i te au kiko-enua/ raurau, me kore ra, i te 'ua rakau tei ngaro ana ki raro, me kore ra, tei pakia'ia ana e te vai puke.
- Tāmā'ia ma te 'akaātea i te tītā mei roto i te 'āua kai, ma te rūrū atu ki te ngaika, me ka rauka.
- Ko te kai 'ua tei kino i te ua anake e kare i pakia'ia ana e te vai puke, te mea tau kia kainga'ia, me mā i te tāmā.

Tāto'u ki runga i te rāvenga mā, i te tuātau ma'ani'anga, e te tunu'anga kai.

Ka 'inangaro'ia te manako meitaki atu, ki tei mātau'ia, i te mou piri'anga ki te au rāvenga mā, no runga i te ma'ani'anga, e te tunu'anga kai, māri ra, e rāvenga pu'apinga, kia vai meitaki to'ou ora'anga, e to'ou kōpu tangata.

- 'Ōrei'ia to'ou rima i te au taime pouroa, e, me ka rauka, tamarō'ia i mua ake, i te ma'ani'anga kai – me kare e rava ana te vai, vai'o'ia teta'i ki roto i teta'i kumete, e te disinfectant.
- 'Akapāpu kia mā meitaki te au 'apinga ma'ani kai, e te au ngā'i-ma'ani'anga kai, i mua ake, e i muri ake, i te tā'anga'anga'ia'anga.
- Tunu'ia te kai kia māoa meitaki.

Te rāvenga 'ākono'anga i to'ou vai, kia ponuiā'au, e te mā.

'Ākara meitaki me e au 'akakitekite'anga teta'i i roto i to'ou 'oire, no runga i te tunu'anga i te vai, kia pupū na mua. Ka anoano koe i te vai mā, no te tunu'anga kai, te 'ōrei'anga kapu, e te 'ōrei'anga i tō'ou rima.

Me kare e meitaki ana to'ou vai paipa:

- Tā'anga'anga'ia te vai, mei roto i te cylinder vai-vera, teta'i toilet cistern – 'ākapāpu ra, kia kore i tāvairākau'ia, me kore ra, te vai tei 'oko'ia i roto i te mō'ina.
- Tunu'ia kia pupū, me kore ra, tāmā'ia te vai, i mua ake ka tā'anga'anga'ia ei no te ma'ani'anga kai, i te pāruru i te toto'a'anga i te au tū manumanu, na roto i te kai. Tunu'ia kia pupū 'aka'ōu te vai, me kare i tā'anga'anga'ia ana i roto i teta'i 24 ora.

- Me kare e rauka iā koe i te tunu i te vai kia pupū, tā'anga'anga'ia te purifying tablets, me kore ra, i te bleach, i te 'ākapāpu kia ponuiā'au te vai. Topata'ia e 5 topata'anga bleach, no te 'okota'ī rīta vai (me kore ra, teta'i 'āpa tipunu, no teta'i 10 rīta) ma te 'akaruke no teta'i 30 miniti. 'Auraka e tā'anga'anga i te bleach tei tākakara'ia, te surfactants, me kore ra, teta'i atu additives – ka 'akamaki teia i te tangata.

Te titiri'anga i te kai

Me kare i pāpu iā koe, tīria ki va'o. Kare e meitaki i te kai te ka kino vave me taeria te vera e tupu ei te au manumanu kino, te ka 'akatupu i te kai kia pōitini'ia.

- Te 'aunga āinei, me kore ra, te 'ākara'anga tūkē āinei te kai mei roto i ta'au fridge, 'freezer me kore ra, kāparāta-kai? Kua tauī āinei te kara, e kua 'āvare? Me e 'āe, kare i reira e meitaki ana, e ka tau kia titiri'ia.
- Tiria te au kai pouroa (māri 'ua te tini/punu) e te vai inu, tei pakia'ia e te vai puke, pērā katoa te au mea tei roto i te au mo'ina pōpani takaviri, me kore ra, te au mea tei vai'o'ia ki roto i te au vairanga.
- Tukuna te kai kino ki roto i te au pūtē tei roto i te taramu tītā, kia kore e 'āriki i te kiore toka, punupunua kiore, e te rango.

Te tiki'anga kai moana

- 'Auraka e tautai i muri ake i teta'i ākā 'uri'ia, i te mea e, kua ki i te repo mei ko i te stormwater runoff, me kore ra, i te māringiringi'anga mei roto i te au sewerage systems.
- 'Auraka e ko'i i teta'i ua atu ika mate, me kore ra, i te kai moana e anga to ratou tei uru'ia mai ki ta'atai, noātu te 'ōu o te 'ākara'anga, ko te kī ā'ea'ia e te manumanu kino.



No teta'i atu 'akakitekite'anga

www.mpi.govt.nz/funding-rural-support/adverse-events/food-safety-in-natural-disasters-and-emergencies/

Ko te food safety teta'i taka'ia'anga anake, no runga i te turanga ponuiā'au, i te tuātau e tupu ra, e i muri ake, i teta'i manamanatā tupu po'itirere. E 'akakitekite'anga kē atu ta te Civil Defence, no runga i te mea tau i te rave. 'Ākara'ia te www.civildefence.govt.nz/