



Kaupapa ā-Motu 1 Ārahitanga

Me whakamahi e koe te Kaupapa ā-Motu 1 mēnā koe kei te:

- Hīkaro mīere, takupe mīere rānei
- Whakatipu, takupe ranei i ngā huarākau, huawhenua, ētahi atu hua ahumāra rānei
- Mahi marahihi huka, tirikara, ngā hua hāngai rānei
- Hoko tī, kawhe, tiakarete wera me ngā kai pūmau whatanga tākai anake
- Hoko aihikirīmi tākai, ahiparaka, ngā mea ōrite anake rānei
- Putu kai, kawē kai anake

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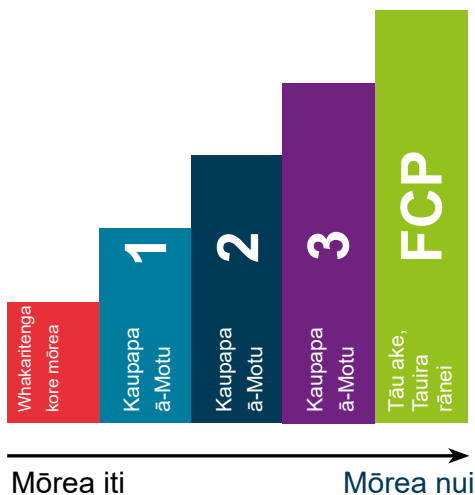
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He aha te Kaupapa ā-Motu?

Ko te Kaupapa ā-Motu (NP) he ture ērā hei whai mā ngā pakihi kai mōrea tauwaenga, iti ake hoki kia ū ai ki te Food Act 2014. He ture ēnei hei āwhina i a koe ki te whakahaere i ngā mōrea haumarū kai me te aukati i te pāngia e te mate o te tangata. E toru ngā taumata o ngā NP e ai ki te mōrea haumarū kai e pā ana ki ngā momo pakihi kai. Ko te Taumata 1 te mōrea iti rawa.

I raro i tētahi NP, kāore koe e mate ki te whai hātepe ā-tuhi, he mahere whakahaere ā-kai rānei (e hiahiaatia anake ēnei mō ngā pakihi kai mōrea nui), engari me pupuri koe i ngā pūkete mō ētahi o ō mahi.

Mō tētahi NP me rēhita anō koe me tō kaunihera, Te Manatū Ahumahi Matua rānei, ā, kia tirotirohia (whakaūtia).



Ka taea e koe āu ake ture te tuhi

Ehara i te mea whai koe i tēnei kaupapa – kei a koe te tikanga ki te tuhi i āu ake ture haumarua kai, tōtikatanga hoki mā te tuhi i tētahi Mahere Whakahaere Kai hāngai tonu (tauwhāiti rānei). Me tirotiro āu ake ture (me aromātai) hei whakarite ka tika te whakahaere i te haumarua me te tōtikatanga o ngā kai.

Ahakoia ka tuhia e koe āu ake ture ka hāngai ngā auautanga whakaūnga NP 1 ki tō pakihi.

He aratohu kei konei hei tuhi i āu ake ture:

<http://mpi.govt.nz/document-vault/12843>

He aha te take me pānui ahau i tēnei pukaiti?

E whakamārama ana tēnei i ngā ture e hāngai ana ki te NP 1. Kei roto i tēnei ko tētahi tirohanga whānui o ngā mea e hiahiatia ana e tētahi pakihi kai hei tīmata, ngā mea e hiahiatia ana e te ture, he aha ngā pūkete hei pupuri, ā, me ngā mea ka tirohia e tētahi kaiwhakaū.

Ki hea ahau tiki mōhiohio atu anō?

Ka taea e koe Ngā Whakaritenga Kai 2015 te tiro i konei: www.legislation.govt.nz

Mēnā he pātai āu me whakapā atu ki MPI, tō kaunihera rānei.

Haere ki www.mpi.govt.nz/foodact

MPI: info@mpi.govt.nz 0800 00 83 33

Kimihia tō kaunihera: www.lgnz.co.nz

Ngā tohutohu

Me pēhea te whakamahi i tēnei aratohu

Ka whakamōhio atu tēnei aratohu i a koe he aha ngā mea ka tiroirohia e tō kaiwhakaū me te whakarārangi me putu ō pūkete ki hea. Hei āwhina i a koe ki te whakarite kei te pupuri koe i ngā pūkete tika mō ngā mea tika kua raua e mātau ngā ata puta noa i tēnei tuhinga:



Me whai pūkete



Whakaaro: Ētahi mea hira kia kite, kia maumahara

E toru ngā wāhanga o ia kaupapa: Mōhio, Mahi me te Whakaatu.



Me
mōhio

Kei roto i **Me mōhio** ko ngā mōhiohia noa he aha i hira ai tēnei kaupapa ki te haumarua kai me te tuku whakaaro me pēhea tō ū ki te ture kai.



Me mahi

E whakarārangi ana i **Me mahi** ko ngā mea me mātua ū koe me ngā ture haumarua kai.



Me
whakaatu

E whakarārangi i **Me whakaatu** ko ngā mea ka uia e tō kaiwhakaū ki a koe hei whakaatu, ngā pūkete rānei me kite ia.

I ētahi wā ka hapa, ā, kua kore e haumarua, e tōtika rānei ō kai. Me mōhio koe ki te tautohu ina hapa ana, ā, me pēhea te whakatika. Me whai hātepe koe me te whai pūkete. E rārangi ana ēnei pūkete puta noa i te tuhinga. Me whai i te kāri '**Ina hē tētahi mea**'.

E whakarārangi ana ngā whārangi **kākāriki** i ngā mōhiohio mō te whakatū i tō pakihi me te whakangungu kaimahi.

E whakarārangi ana ngā whārangi **kikorangi** i ngā mōhiohio mō te horoi me te patuero, te tautiaki utauta me ngā whakaurunga me te tikanga akuaku ake.

E whakarārangi ana ngā **whārangi** karaka i ngā whārangi mō ngā upane whakahaere e whakamahia noatia ana i roto i ngā pakihi NP 1. Kua kitea kē te whaikiko o ēnei hātepe mō te whakaiti, te whakakore rānei i ngā pūmate kia haumarua ai, tōtika ai rānei ngā kai. Me whakamahi anake e koe ko ngā whārangi karaka e hāngai ana ki tō pakihi.

E whakarārangi ana ngā whārangi **whero** me aha mēnā ka hē tētahi mea.

Ngā ata mō ngā momo pakihi kai rerekē

He ata ēnei mō ngā momo pakihi kai tauwhāiti. Ina kite koe i tētahi ata e hāngai anake ngā ture ki taua momo pakihi kai.

Ki te kore he ata, ka hāngai ngā ture ki ngā pakihi Kaupapa ā-Motu 1 katoa.



Miere



Ahumāra



Huka



**Aihikirīmi
kua
tākaitia**



**Ngā inu
Hikawe
Wera**



**Te kawae
me te
tuari**

Tirohanga whānui o te tīmata



Whakatūnga

- Pānuitia tēnei aratohu.
- Me whakarite ka pēhea tō whakatinana i te haumarū kai.
- Whakapā atu me te tiki reta mai i tētahi kaiwhakaū e kī ana ka whakaūhia koe e ia.



Rēhita

- Whakaotihia te puka rēhita me ngā puka tāpiri e hiahiatia ana e tō kaunihera, MPI rānei.
- Tukuna te tono, me te utu.



Whakahaere

- Me whai i ngā hātepe haumarū.
- Me whakatakoto atu ō pūkete.
- Me noho hou haere tonu ō pūkete.
- Me whakapā atu ki tō kaiwhakaū ka whakarite i tētahi wā hei whakaū.
- Me aro ki ngā whakaritenga matua e 5.



Whakaūnga

- Me whakarite ka taea e koe te whakaatu he pēhea tō mahi kia haumarū, kia tōtika ngā kai.
- Tukuna ngā pūkete e tika ana.



Ngā whakaritenga mō te Kaupapa ā-Motu 1

Ngā pūkete e hiahiatia ana

Ngā Pūkete NP 1	E hiahiatia ana	Ina hē tētahi mea
Matatau me te whakangungu	✓	
Ngā otinga aromatawai wai (tōu ake wai anake)	✓	
Ngā kīrearea		✓
Tautiaki		✓
Te rapu, te whiwhi me te whaiwhai	✓	
Rokiroki me te whakaatu		✓
Te mōhio he aha kei roto i ō kai *	✓	
Te wehewehe i ngā kai haumarū mai i ngā kai kino		✓
Ngā mea kē		✓
Te tākai me te whakamau tapanga		✓
Te kawē kai (pāmahana)	✓	
Te tiroiro kei te mahi pai te kaupapa		✓
Te tono kia whakahokia mai ngā kai		✓

* Rātaka tōrehu ahumāra

Tirohanga whānui o ngā whakaritenga Matua e 5

Koinei ngā mea hira rawa e 5 me tika i ia wā. Ka tirohia ēnei e tō kaiwhakaū i ia wā.



Te whakangungu me te matatau

Me mōhio me pēhea te mahi i ngā kai haumarū, tōtika hoki.



Te horoi

Me noho mā me te nahanaha hoki ngā papa.



Tikanga Akuaku Ake

Me horoi ngā ringaringa, ā, kaua e tāhawahawatia ngā kai.



Te rapu me te whaiwhai

Te tiroiro me te tuhi he aha ngā mea e kuhu mai, e puta ana i tō pakihi.



Ngā whakahaere tukatuka

Me whakarite ka whakahaerehia e koe ngā wāhanga o te mekameka kai, tō tukanga rānei, te wāhi pai, whakamutunga rānei hei whakahaere i ngā mōrea haumarū kai tauwhāiti.

Ngā Mea Matua e 5 mō te rāngai:



Mīere

Tūnga tutini i
rō mīere



Ahumāra

Whakapānga
wai me te tōrehu



Huka

Ngā tirotironga
mea kē



Aihikirīmi, inu wera, kawē me te tuari

Tirohia ō pāmahana



Te whai kawenga

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Kei runga i a koe ki te whakarite ko ngā kai e puta ana, e whāwhātia ana, e hokona ana hoki/rānei i tō pakihi he haumarū me te tōtika.
- Ehara i te mea me tohunga haumarū kai koe engari me whai mōhio koe ki te tuku whakatau pai mō te kai haumarū, tōtika hoki mō tō pakihi. Ko te kaupapa o tēnei aratohu he āwhina i a koe kia tutuki tērā.
- Ko te mea kē i te mea ko koe te rangatira kei a koe te kawenga, ahakoa ka tiki kaimahi koe hei āwhina ki te whakahaere i te haumarū kai me te tōtikatanga.



Ehara i te mea e hāngai ana ngā wāhanga katoa o tēnei aratohu ki a koe – kāore koe e mate ki te whai i nga ture kāore i te hāngai ki a koe (hei tauira, mēnā kāore koe i te tākaikai kai kāore koe e mate ki te whai i ngā ture mō te tākai). Mēnā kei te māharahara koe mēnā e hāngai ana tētahi wāhanga ki tō pakihi me rapu tohutohu mai i tētahi mātanga, tō kaiwhakaū, tō mana rēhitatanga rānei (kaunihera, MPI rānei).

Haumarū kai ki te tōtikatanga kai

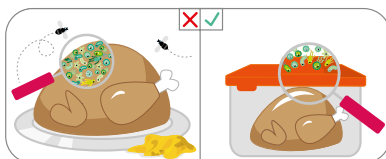
- Ko te **Haumarū kai** mō te ārai i ngā pūtake māuiui, tūkinō rānei mai i ngā kai. Kāore pea e haumarū ngā kai mēnā kei roto i ētahi 'pūmate'. Ka taka mai ngā pūmate ki roto i ngā wāhanga e 3:



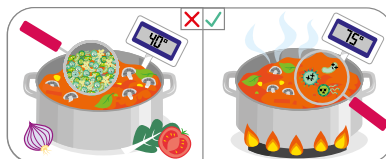
Me
mōhio

- 1 **Koiora (ngā ngāngara):** Ka māuiui te tangata i ētahi ngāngara. Kāore pea e haumaruru ngā kai mēnā he nui rawa ēnei ngāngara kei roto.
 - 2 **Matū:** He maha ngā matū e māuiui ai pea te tangata mēnā kei roto, kei runga kai.
 - 3 **Ōkiko (mea kē):** Ka uru pea he karāhe, maitai, ētahi atu mea koi rānei i ētahi wā ki ngā kai me te tūkino.
- Ko te tōtikatanga o te kai ko te whakarite ka eke ngā kai ki ngā tūmanako o te kiritaki, ā, kāore he mea rerekē i roto, kāore i te matakawa rānei.
 - Mā te whai kawenga mō te haumaruru kai me mārama ki ngā pūmate ka taea e kino ai ngā kai me te whai upane ki te:

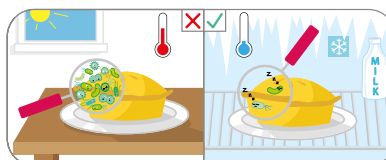
- ārai atu i ngā ngāngara,



- whakaiti i ngā ngāngara ki te rahinga haumaruru,



- whakakore, whakawātea rānei i ngā ngāngara.





Me
mōhio

- Ko te whai kawenga mō te tōtikatanga o te kai ko te:
 - whakamahi anake i ngā kai, kai whakauru rānei e hāngai pū ana ki te kaupapa,
 - tika o te whakamau tapanga ki ngā kai, me te
 - whakarite kei te tika ngā kōrero mō ō kai.

Te whakarite kei te haumarua ngā kai

- Mā te whai i ngā ture ka āwhina i tō pakihi i te mea:
 - tata ki te 86% o ngā tāngata ka māuiui i te kai kāore e pūrongo atu – engari ka kimi tangata tonu hei whakapae hē,
 - tata ki te 75% o ngā tāngata ka kī kāore rātau i māuiui i ngā kai nā rātau ake i mahi, ka whakapae nā ngā kai a tētahi kē i hokona mai e rātau,
 - ko te nuinga ka pōhēhē i māuiui rātau i tētahi o ngā kai whakamutunga i kainga – engari pea nā tētahi kai i kainga i roto i ngā rā, wiki rānei ki mua,
 - tata ki te 40% o ngā tāngata ka māuiui kāore e hokona mai e rātau ngā kai e whakapae ana rātau i māuiui ai (me te kōrero atu ki ō rātau hoa kia kaua e hokona mai),
 - ki te pūrongo māuiui tētahi tangata, ka tūhuratia tana amuamu e te āpiha haumarua kai – ko te tikanga o tēnei ka haere pea ki te kite i a koe ahakoa kāore ō pānga ki te take i māuiui ai te tangata.



Me
mōhio

Me pupuri ngā pūkete

- Mā te pupuri i ngā pūkete pai ka āwhina ki te whakaatu kāore i māuiui i a koe te tangata.
- Kei reira ētahi pūkete me pupuri e koe, me ētahi me pupuri i te mea he tikanga pai. I ngā wā kāore koe e herea ki te pupuri pūkete kei a koe te tikanga mēnā me pupuri ngā pūkete, ētahi atu whakaaturanga rānei hei whaiwhai haere he pēhea te pai o tō whakahaere i te haumarū me te tōtikatanga o ngā kai.
- Ki te kore he pūkete ka uaua rawa atu te whakaatu kei te haumarū me te tōtika o kai, ā, ko te mutunga atu:
 - ka tono kia whakahokia mai ngā kai,
 - ka aukatia te hoko kai,
 - me oti ētahi whakapaitanga ki ō tukanga, tikanga rānei,
 - he whaina, he hāmene rānei.

Ko te utu pea o ngā mea katoa i runga ki tō pakihi ko te wā, moni, ingoa pai rānei.

- E wātea ana ētahi tohutohu me ngā utauta whaitake kei te **‘Ngā Pūkete Pātea’** kei te paetukutuku MPI i <http://www.mpi.govt.nz/dmsdocument/16717-food-business-record-blanks>

Ngā tohutohu me ngā ārahitanga

- Ka taea te tiki tohutohu me ngā ārahitanga mai i ētahi atu, hei tauira, ngā mātanga me ngā kaiwhakaū.
 - Ka taea e ngā **Mātanga** ngā pūnaha, tukanga me ngā hātepe te hoahoa māu – engari kāore e taea ō kawenga te tango mai. He wāhanga tēnei o tā rātau mahi kia mōhio ai koe me pēhea te tuku



Me
mōhio

whakatau pai mō te haumarū me te tōtikatanga o te kai – otirā ina kāore e mahi tika.

- Ka taea e ngā **Kaiwhakaū** te tuku tohutohu me ngā akoranga (ngā kōwhiringa me ngā tauira) me pēhea te mahi a tō pakihi i ngā kai haumarū me te tōtika engari tē taea ō whakatau te tuku māu.



Me
mahi

He aha te mahi māu?

- Me whai i ngā ture haumarū kai, tōtikatanga hoki.
- Me whakarite kei te rawaka ō kaimahi mōhio, matatau hoki (me ngā kaiwhakahaere mēnā e hiahia ana) hei whakatutuki i te haumarū me te tōtikatanga o ngā kai.
- Me whakaū.
- Me whai i tētahi tārua o ngā tuhinga katoa, pūkete hoki e hiahia ana mō te 4 tau i te iti rawa.
 - Me mātua tika ngā pūkete katoa, me marama ki te pānui me te tautohu he aha ngā mahi i oti, inahea, ā, nā wai.
- Me whakarite ka taea māmātia ngā pūkete.
- Me tuku pānui ā-tuhi ki te mana rēhitatanga mō tētahi whakarerekētanga hira ki ō āhuatanga – mēnā ka taea i mua i te whakarerekētanga, i roto rānei i te 10 rā mahi i muri i te whakarerekētanga.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ka uia pea e tō kaiwhakaū:
 - mēnā i tukuna e koe ētahi kawenga haumarū kai ki ētahi atu tāngata, ā, mēnā āe, he pēhea tō mōhio kei te pai tana mahi mō te whakarite kei te haumarū, tōtika rānei ngā kai,
 - mēnā he rerekētanga ki ō mahi, ngā mea e mahia ana, e hokona atu rānei mai rā anō i te wā whakamutunga i reira rātau.



Te tiro tiro kei te mahi pai te kaupapa

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Kei runga i a koe ki te tiro tiro haere tonu kei te pai te whakahaere i te haumarua kai me te tōtikatanga hoki i roto i tō pakihi.
- Mō ngā mea me tiro tiro me te maha o te wā, kei te āhua kē o tētahi mea ka hē i roto i tō pakihi (hei tauira, mēnā i hē tētahi mea e pā ana ki te haumarua kai ko te tūmanako ka mate pea koe ki te tono kia whakahokia mai ngā kai ki te wāhi whakamutunga i whai whakaaturanga koe i te pai te haere – nō reira he mea nui kia rite tonu te tiro tiro i ēnei mea).
- Ka taea anō tētahi tiro tironga ā-roto te mahi mēnā ka ōtitahia e tētahi pakihi e whakaratoa ana e koe, engari ehara i te mea ko tēnei anake.
- Me tiro tiro e koe:
 - kei te mahia e ngā tāngata ngā mahi me oti,
 - ko ngā hātepe i whakaurua e koe kei te whāia, ā, he whaitake,
 - kei te noho tōtika tonu ō whakaurunga, utauta hoki mō ngā mahinga kai a tō pakihi.
- Me noho koe, tētahi o ō kaimahi rānei hei kaiwhakāū ā-roto māu (kaiōtita-whaiaro).



Me
mōhio



Me auau te whakaoti i ngā tirotiro. Ehara i te mea me tirotiro e koe ngā mea katoa i te wā kotahi, hei tauira, ka tirotiro pea e koe kei te tangohia ngā pāmahana o ngā pouaka whakamātao (e tuhia anō hoki) i ia rā, i ia wāhanga rānei, engari ka oti noa iho pea te tirotiro i ētahi marama e whakahaerehia ana ngā whakangungu, he whaitake, ā, kei te hou ngā pūkete.

He aha i hira ai te ōtita whaiaro?

- Kei a koe te kawenga mō tō pakihi me ngā kai ka mahia e koe, ehara ko tō kaiwhakaū, te kāwanatanga rānei. Ki te waiho e koe mā tētahi kē koe e kōrero he aha kei te hē, tērā pea ka nui rawa te utu, ā, ka māuiui pea i a koe he tangata.
- Me tirotiro kei te mahi pai te kaupapa mā te (hei tauira):
 - tirotiro mēnā kei te mahia e ngā kaimahi ngā ritenga haumarua kai matua (hei tauira, te horoi ringaringa, aha atu, aha atu),
 - tirotiro kei te whakaotihia ngā pūkete, ā, kei te tiakina,
 - titiro i ngā pūkete ki te tirotiro kei te pai te haere o ngā mahi ki tērā e tūmanakohia ana (hei tauira, kei te whakarite ngā pouaka whakamātao kei raro ngā kai i te 5°C),
 - arotake i ngā mōhiohio **‘Ina hē tētahi mea’** me te tirotiro kei te whāia ngā upane hei ārai i ngā raruraru kia kaua e pupū ake anō,
 - whakahaere kai roro haumarua kai me ngā kaimahi,
 - te whakamahi i ngā wāhanga **‘Whakaatu’** i roto i tēnei ārahitanga hei tuku i aua pātai anō, te tirotiro rānei i aua mea anō ka tonoa, ka tirohia rānei e tō kaiwhakaū,
 - whakamātautau i te taiao, ngā kai rānei mō ētahi ngāngara, matū rānei hei whakaatu kei te whaitake ngā hātepe (hei tauira, te horoi).



Me
mōhio

Ētahi kōrero mō te whakamātautau:

- Kei reira ētahi whakaritenga tauwhāiti mō te whakamātautau i ētahi āhuatanga (hei tauira, te rato wai). He ture anō kei reira mō ētahi tepenga mō ngā ngāngara, matū rānei. Ahakoa te tepenga ehara i te mea me whakamātautau te kai mō taua ngāngara, matū rānei i ngā wā katoa. Mēnā kei te whakaaroaro koe mō te whakamahi i te tīpakonga me te whakamātautau hei whakaatu kei te mahi pai tō kaupapa, kaua e waiho ko tēnei anake tō mahi tirotiro. Kāore e taea te whakamātautau atu ki te kai haumaruru.
- He tikanga pai te whakamātautau, engari he whāititanga ōna. Hei tauira, mēnā ka kitea he ngāngara i roto i ngā otinga whakamātautau, kei te whakaatu pea kāore tētahi wāhanga o te tukanga i te mahi pai.
- Ki te kore e kitea he mea ehara i te mea kei te rawe tō mahere (kei te haumaruru rānei ō kai). Otirā, kāore e ōrite te tuari o ngā ngāngara i roto i ngā kai – ka taea ētahi kai te whakamātautau kia kore ai e kitea he ngāngara engari i tētahi wāhanga anō o aua kai anō he kī i ngā ngāngara kino.



Me kī, he rourou āporo 200 tāu kua raua ki ngā pēke 10, ā, e whakaaro ana koe 1, e 2 pea ngā āporo kino i roto i te rourou. Ka huakina e koe tētahi pēke 1 ka tango mai i tētahi āporo 1 – mēnā he āporo pai e whakaatu ana tērā kei te pai ngā āporo katoa?

E hia ngā pēke me huaki e koe, ā, e hia ngā āporo me tango mai (tīpako) e koe kia tino mōhio ai ka kitea e koe ngā āporo kino, e whakaatu ana rānei kāore he āporo kino i roto i te rourou? Ka aha, ina tangohia he āporo mai i te pēke, kāore e whakaaetia te hoko atu?

Ka 'whakamātautauhia' e koe ngā āporo i roto i ngā pēke – te whakatakoto tukanga rānei kia mātua mōhio ai koe i kitea, i tangohia rānei ngā āporo kino i mua i tō rau atu ki ngā pēke i te tuatahi?



Me
mōhio

- Mēnā e hiahia ana koe ki te whakauru mai i te whakamātautau ki ō tirotironga ko te mea whaitake ko te whakamātautau i te taiao kua ngā kai kua oti te mahi.
- Ki te whakamahia e koe te tīpakonga me te whakamātautau i roto i tō hātepe tirotiro, e tino tūtohu ana kia mahia mai te mahere whakamātautau e tētahi tohunga. Mēnā kāore he tohunga i roto i tō pakihi, ka taea e tētahi kaitohutohu, tō kaiwhakaū, MPI rānei te tuku mōhiohio mō te whakarite mai i tētahi mahere tīpakonga me te whakamātautau.



Me
mahi

He aha te mahi māu?

- Me whakatū ngā hātepe mō te tirotiro haere kei te mahia e koutou ko ō kaimahi ngā kai haumarū, tōtika hoki me te whakatutuki i ō whakaritenga, kawenga hoki i raro i te Food Act 2014.
- Me whai hātepe mō te **‘Ina hē tētahi mea’** mēnā ka kitea he hapa i roto i ō tirotiro whaiaro, mahi rānei i kino pea ai ngā kai, kāore rānei i tika.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tirotiro mēnā kei te mahi pai ō hātepe,
 - ngā otinga o ngā tirotiro tanga i oti i a koe,
 - ngā otinga o ngā whakamātautau i whakahaerehia e koe.



Ngā wāhi me ngā utauta



Me
mōhio

He aha ngā mea me mōhio koe?

- Ina kōwhiri koe i ngā wāhi me ngā utauta mō tō pakihi kei reira ētahi hei whakaaroaro māu, pērā i:
 - te kaupapa i whakamahia ai te wāhi i mua,
 - te māmā o te horoi me te tautiaki i ngā rūma me ngā utauta,
 - te nui o ngā rama me te hauhau,
 - te hoahoatia o ngā utauta mō te kai me ngā whakahaere e hiahiatia ana e koe te whakamahi.

He aha i hira ai te kōwhiri wāhi pai, utauta hoki?

- Ko ngā wāhi me ngā utauta te tūāpapa o tētahi pakihi kai, ā, ka tohu ō kōwhiringa i te uaua o ā koutou mahi ko ō kaimahi kia noho haumarū, tōtika ai ngā kai.
- I te nuinga o te wā ko ngā mea iti noa kāore e arohia e tātau te pūtake o te tāhawahawa o ngā kai me te māuiui o ngā tāngata. Hei tauira:
 - ka pakaru he rama, ā, ka purere te karāhe ki roto i ngā kai,
 - ngā huanga kai e ngongo ana i ngā maitai, matū rānei kei rō oneone mai i te whakamahinga whenua o mua (hei tauira, wāhi puhipuhi, wheketere pūhiko, aha atu, aha atu) ki roto i ngā pakiaka, rau hoki,



Me
mōhio

- ka uru ngā puehu me ngā paru kawē ngāngara ki ngā kai mai i tētahi iāri paetata e whakarato ana i te wairākau, whakahaumako, aha atu, aha atu ki runga taraka,
- ko ngā whare i hangaia mai i ngā papanga ka noho pea hei pūtaka e uru ai ngā ngāngara, matū, mea kē rānei ki roto i ngā kai.
- Ko te mea pai rawa ko te tiki i ngā utauta i tino hoahoatia ai mō te kai me ngā whakahaere e hiahiatia ana e koe te whakamahi.
- Ko te mea pai rawa ko te kōwhiri i ngā wāhi me ngā utauta e ārai ana i ngā mōrea haumarua kai maha rawa ka taea.



Me
mahi

He aha te mahi māu?

- Me whakahaere ngā mōrea haumarua kai/tōtikatanga e pā ana ki ngā wāhi me ngā utauta.
- Tirohia ngā whakamahinga o te whenua me ngā whare o mua, ā, kaua e whakamahia ngā wāhi ka whakakino pea i ngā kai.
- Mēnā ka mahia e ngā kiritata he mahi e kino ai, kāore e tōtika rānei ngā kai, me whiriwhiri me pēhea te whakaiti i te tūponotanga ka pā mai tēnei.
- Me mātua whakarite ka nui ngā whare mō te whakamahi i ō pakihi kai kia uru pai mai ai ngā kaimahi e whakaarohia ana e koe ka mahi i reira me te whakarite ka pai te rere o ngā mahi.
- Me hoahoa tō rerenga mahi kia haumarua ai tō nekeneke haere i tō wāhi (hei tauira, kia kore ai koe e waha i ngā kai kino, kai whakauru kino rānei mā ngā wāhi e whāwhātia ai ngā kai haumarua).



Me mahi

- Me mātua whakarite kāore i hangaia ngā whare, tautara, whakamaunga, utauta rānei mai i ngā papanga e noho ai ngā ngāngara, matū, mea kē rānei kei kuhu ki ō kai, te whiriwhiri rānei me pēhea te whakaiti, whakakore rānei i te tūponotanga ka tāhawahawatia ai ngā kai mai i ēnei pūtake.
- Me mātua whakarite ka horoia māmātia ngā wāhi e mahia, e rokirokitia ai rānei ngā kai.
- Te whakaiti i te nui o te puehu, au, kīrearea rānei ka uru pea ki ngā whare e whakamahia ana mō te whāwhā, te tukatuka, te rokiroki kai rānei.
- Te whakarato wāhi mō te rokiroki i ngā matū horoi me ngā pūhui tautiaki kia tawhiti i ngā kai.
- Me mātua whakarite he wharepaku me ngā wāhi horoi e pātata ana ki ngā wāhi whāwhā kai (tae atu ki ngā wāhi e hauhaketia ana ngā huanga ahumāra).
- Te whakarato i ngā wāhi rāpihi kia tawhiti i ngā wāhi mahi/whakataka kai.
- Me mātua whakarite kei a koe ngā utauta mō te ine i ngā wāhi whakahaere (hei tauira, ngā ine pāmahana mō te tiroiro i ngā pāmahana pouaka whakamātao/ rūma whakamātao), ā, kei te tika, kei te mahi tika hoki.
- Me mātua noho haumaru ngā mīhini rato kai.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ka uia pea e tō kaiwhakaū:
 - he pēhea tō mōhio kāore i whakamahia te wāhi mō tētahi mea e kino ai pea ngā kai,
 - ka aha koe ki te whakahaere i ngā mōrea mai i ngā mahinga o ō kiritata,
 - he aha koe i kōwhiri ai i ngā utauta e whakamahia ana e koe,
 - he pēhea tō mōhio kāore te whare, ngā tautara, whakamaunga, utauta hoki i te whakararuraru i te haumarū, te tōtikatanga rānei o ō kai.
- Ka mātakitaki te kaiwhakaū i te rerenga mahi, ā, mēnā ka māmā ki ngā kaimahi te mahi me te mau tonu ki ngā tikanga akuaku ake.



Wai tōtika

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ko te wai tōtika me mātua:
 - pai ki te inu mēnā ka whakamahia mō te whakataka kai, te horoi i ngā papa/utauta ka pā ki te kai, ā, me te horoi i ngā ringaringa o ngā kaimahi,
 - mā me te tika mō te kaupapa ina whakamahia ana mō ētahi atu mahinga o te whakatipu kai, mahi kai rānei.



Ahumāra: Ko te tikanga ko ngā wai ka whakamahia mō te hawai me pai mō te inu ina taea ana – otirā ki te waiwaitia ngā huanga ka tunua, ka maimoatia rānei hei whakaiti, whakakore i ngā ngāngara, matū rānei, i mua i te kaitanga.

He aha i hira ai te whakarite kei te tōtika te wai?

- Ka taea e ngā ngāngara me ngā matū kino te nekeneke i rō wai e māuiui ai te tangata. Ko te take pea kei te tāhawahawatia mai i te puna, ka tāhawahawatia pea ngā paipa wa me ngā ipu rokiroki wai.
- He mea nui te whai whakaaro he pēhea tō whakamahi i te wai i roto i tō pakihi, me te whakarite ehara ko te wai te pūtake o te tāhawahawa i ngā kai. Ki te whakamahia e koe tētahi ratonga wai kaunihera, rēhita rānei ko te nuinga o ēnei ka whakaotihia māu.



Me
mōhio

Mēnā ka whakamahia e koe tōu ake wai

- Me kaha koe ki te whakaatu he pai ki te whakamahi mā te whakamātautau i te wai ki tētahi taiwhanga whaimana (kei te paetukutuku MPI ngā mōhiohio mō ēnei).
- Me mōhio koe kei hea ngā mahinga tūtata me ngā matū ka puta noa mai e tāhawahawa pea i tō ratonga wai.
- Mō ngā taika wai:
 - me noho mā, me pai te hanga kia kore ai e taipū mai te parakiwai, me
 - uhi kia kore ai e tāhawahawatia e te wai e ngā kararehe, manu, paru hoki.
- Ka mate pea koe ki te whakauru, whakahaere me te tautiaki (hei tauira, te whakakapi tātari) i tētahi pūnaha tātari wai, te whai i ngā tohutohu a te kaiwhaihanga hei whakarite he pai te whakamahi i te wai me te kai.
- Ka mate pea koe ki te whakatika i te tuanui, te wai o te whenua mā te tātari, whakahaumāotatanga, patu huakita UV kia pai mō te whakamahi.
- Ka taka pea ō putunga wai ki raro anō i ētahi atu ture.

Mō te putunga wai o te whenua anake

- Me hoahoa, me tautiaki ngā pokanga kia kore ai e tāhawahawatia mai i te papa.

K

Me
mōhio

Mō te putunga wai tuanui anake

- Ka taea ngā mōrea tāhawahawa tāpiri i tō wai te whakaiti mā te:
 - hopu anake i te wai mai i ngā tuanui me ngā kōrere anake i hangaia mai i ngā papanga haumarū (hei tauira, kua ngā peita konumatā, korotā, ngā papa rakerake, ngā kōrere konukura),
 - te whakatū ārai kōrere, te tango i ngā peka me ngā otaota taumarumarū, me te whakamau pūhihi me ngā rīhi amiorangi kia tawhiti mai i ngā wāhi hopu wai,
 - te whakamau i tētahi pūrere hīrere tuatahi (he pūrere papare atu i te hīrere tuatahi o te wai ina ua).



He whakaritenga matua e 5 anō te wai mō te **ahumāra** me ngā rāngai **inu wera hikawe**.

D

Me
mahi

He aha te mahi māu?

- Mō ngā wai mō te mahi kai, te horoi ringaringa me te horohoroi, mā te:
 - whakamahia tētahi putunga wai kawē (kaunihera/rēhita), tērā rānei
 - tiroiro ka aromatawaitia tō tuanui, ngā wai o te whenua rānei i te kotahi tau i te iti rawa i roto i tētahi taiwhanga whaimana me te ū ki ngā tepenga e whai ake:

D

Me
mahī

Inenga	Ngā paearu
<i>Escherichia coli</i>	Iti ake i te 1 i roto i tētahi tīpakonga 100 ml*
Rehurehu o te wai	Kia kaua e nui atu i te 5 Nephelometric Turbidity Units
Haumāota (ina haumāotatia)	Kaua e iti ake i te 0.2mg/l (ppm) o te haumāota e wātea ana me te 20 meneti wā whakapā i te iti rawa
pH (ina haumāotatia)	6.5 – 8.0

*Me mātua whakahaere te whakamātautau mō te *Escherichia coli* e tētahi taiwhanga whai tohu.

- Whakamātautautia tētahi putunga wai hou i mua i te whakamahi ki ngā wāhi kai.
- Whakamātautautia ngā ratonga wai tuanui, wai o te whenua rānei i roto i te 1 wiki o te mōhio mō tētahi rerekētanga ki te taiao, ngā mahinga rānei e pā pea ki te haumarua me te tōtikatanga o te wai.
- Mō ngā pūaha wai kei te whenua (ehara i te pūmau) me mātua:
 - 10m i te iti rawa mai i ngā kararehe,
 - 50m i te iti rawa mai i ngā pūtaka tāhawahawa pea pērā i ngā putunga karapēpē, rua whēkau, ngā parapara tangata me te kararehe, ngā putunga matū pea me ngā taika.

Ngā putunga wai katoa

- Me whakamahi anake ko ngā taika wai, ipu, paipa, kōrere putanga, pūnaha tātari hoki mō ngā putunga wai

D

Me mahi

kei te wāhi e tika ana mō te inu wai (he "taumata-kai" rānei). Me rite tonu te tiroiro me te tautiaki i ēnei.

- Me mārama tō māka i ngā kōrere putunga, taika me ngā paipa kāore he wai mā i roto. Kaua rawa ēnei e whakamahi mō te mahi kai, te horoi ringaringa me te whakapai haere.
- Ki te kino tō putunga wai (ka kīia rānei e tō kaiwhakarato kei te kino):
 - kaua e whakamahi, tērā rānei
 - me paera mō te 1 meneti i te iti rawa i mua i te whakamahi, tērā rānei
 - me patu huakita mā te haumāota i mua i te whakamahi, tērā rānei
 - me whakamahi he putunga wai kē e tino mōhio ana koe kei te pai (hei tauira, wai pātara).
- Me whiu i ngā wā katoa ngā kai i tāhawahawatia e te wai paru/kāore i te tōtika.



Ngā pakihi inu hikawe wera: Me ū koe ki ēnei whakaritenga mō te (ngā) pūtake o ngā wai mō ia wāhi rerekē e mahi ana koe.



E tūtohua ana kia tuhia e koe te pūtake wai mō ia wāhi e mahi ana koe.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - pātai ki a koe he pēhea tō mōhio kei tika tō wai mō te kaupapa,
 - pātai ki a koe he pēhea tō tiroiro me te tautiaki i ngā utauta wai me ngā whakaurunga.



Me
whakaatu

Mō tāu ake putunga wai

- Ko tā tō kaiwhakaū he:
 - pātai ki te kite i ngā otinga o te whakamātautau mō ngā putunga wai o te tuanui, wai o te whenua rānei e whakamahia ana mō te whakataka kai, te horoi i ngā papa/utauta ka pā ki te kai, mō te horoi ringaringa rānei,
 - pātai he aha ngā mahinga tūtata ka whai pānga pea ki te pai o tō wai,
 - pātai ki a koe kia whakaatu ki a ia he pēhea tō mōhio kei te tika te mahi a tētahi pūnaha wai.



Ngā pakihi inu wera: Ka pātai atu tō kaiwhakaū he pēhea tō whakahaere i ngā mōreatanga mai i te wai.



Ngā pakihi inu wera hikawe: Ka pātai atu tō kaiwhakaū e hia ngā pūtake wai e whakamahia ana e koe (mō ō wāhi rerekē), ā, he pēhea tō whakahaere i ngā mōreatanga mai i te wai.



Ka puritia e koe ngā pūkete mō tēnei?

Me pupuri e koe ngā **pūkete** o ngā whakamātautau wai whaiaro.



E tūtohua ana **ngā pakihi inu wera hikawe** kia puritia **ngā pūkete** mō te(ngā) wai mō a wāhi e mahi nei rātau.



Matatau me te whakangungu

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ehara i te mea me whakangungu ngā kaimahi me ngā manuhiri katoa ki ngā mea katoa – engari me mōhio me pēhea te whakarite kei te haumarū ngā kai ina mahi ana rātau i ā rātau ake mahi.
- Me whakangungu tō rōpū i mua i tō:
 - tīmata ki te mahi me te hokohoko kai,
 - whakauru, huri rānei i tētahi hātepe,
 - ina whakaaro ana koe kei te hiahiatia e ō kaimahi rānei.
- Me uru ki ngā whakangungu ko ngā tikanga haumarū pai pērā i te:
 - horoi ringaringa,
 - noho wehe mai i ngā kai ina māuiui ana,
 - horoi,
 - rapu, te whiwhi me te whaiwhai kai,
 - tiro tiro ko ngā upane tukanga he whakahaere mōrea,
 - me aha mēnā ka hē tētahi mea.
- Ka taea e koe te whakangungu kaimahi mā tētahi tikanga e mahi ai mō tō pakihi. Ka taea e koe te whiriwhiri ki:
 - te mahi tahi i raro i te whakahaerenga,



Me
mōhio

- te whakangungu aropā,
- ngā akoranga (i roto, i waho rānei),
- ngā ataata, kēmu, kairoro, hoki ka taea te whakamahi hei tikanga whakangungu anō.
- Mēnā kei te whakamahi koe i tētahi pakihi tangata takitahi ka taea e koe te whakamahi ngā utauta whakangungu tuihono, ngā akoranga haumaruru kai, te rapu āwhina mai i tētahi mātanga.

He aha i hira ai te whakangungu?

- He wāhanga tō ia tangata ki te whakarite kei te haumaruru, tōtika hoki ngā kai. Me mōhio ngā kaimahi he pānga ā rātau mahi ki te haumaruru o te kai – otirā mēnā kāore e mahi tētahi mea ki tērā e tika ana.



Ehara i te mea e 'mōhio whānuitia ana' ngā mea katoa e whai pānga ki te haumaruru o te kai nō reira he pai tonu kia tika te whakangungu kia kore ai koe e tūpono hapa.



Me
mahī

He aha te mahi māu?

- Me whakarite kei te mōhio ngā kaimahi me ngā manuhiri katoa ki ngā mea me oti i a rātau kia haumaruru, kia tōtika ai ngā kai.
- Me kōhāri e koe te tangata, ngā tāngata rānei ki te whakarite ka whakangungua ngā kaimahi me ngā manuhiri katoa kia mōhio ai rātau me pēhea te ū ki ngā ture.



Me
mahī

- Me tuhi e koe he aha ngā mea me whakangungu ngā tāngata mō ngā mahi e whakaawe ana i te haumarū kai i roto i tō pakihi kai. Me whakauru ngā whakangungu e hiahiatia ana mō:
 - te (ngā) kaiwhakahaere o ia rā,
 - ngā kaimahi,
 - ngā kaimahi (hei tauira, ngā tāngata karere, kaikirimana, aha atu, aha atu).
- Me pupuri he pūkete o te whakangungu kua oti i a koe, ō kaimahi, ngā manuhiri rānei me te wā i oti i a rātau.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Ka mātakitaki te kaiwhakaū i ngā kaimahi e mahi ana, ka pātai ia:
 - he aha ā rātau mahi,
 - he pēhea tā rātau mahi,
 - he aha e mahia ai e rātau,
 - ka aha ina hē ana (ka rerekē rānei).



Ka puritia e koe ngā pūkete mō tēnei?

- Me mātua pupuri e koe **ngā pūkete** (ka kitea e koe ētahi tauira kōwhiringa, tauira hoki mō ngā tikanga hei pupuri i ngā pūkete whakangungu i roto i ‘**Ngā Pūkete Pātea**’ kei te paetukutuku a MPI i <http://www.mpi.govt.nz/dmsdocument/16717-food-business-record-blanks>



Te horoi

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Me horoi ngā papa me ngā utauta pā ki te kai i ia rā e pā ai te kai ki ēnei (ko te mea pai rawa ko te horoi haere i a koe e mahi ana). Ki te kore e whakamahia ngā wāhi pā ki te kai mō ētahi rā me horoi i mua i te whakamahi anō (hei whakakore i ngā puehu me ngā paru i tau ki reira i waenganui).
- He mea te horoi i ngā rūma kaimahi, rūma horoi, wharepaku hoki hei whakaiti i te tūponotanga ka heria mai ngā ngāngara e ngā kaimahi mai i ēnei wāhi ki ngā wāhi e whāwhātia, e mahia rānei ngā kai i runga ringa, kākahu hoki.
- He pai tonu kia mā, kia nahanaha ngā rūma rokiroki.



He pai te whakamahi i ngā tikanga horoi pērā i ērā i te kāinga – engari me whakamahi anake ko ngā wai mā me ngā matū horoi mā e tika ana mō ngā wāhi kai me te whai i ngā tohutohu kei te tapanga (me waiho ētahi matū mō tētahi wā i mua i te ūkui, me riringi atu ētahi atu ki te wai mā (kaua te ūkui noa iho).

- Ka taea ō utauta horoi (purūma, muku, papanga horoi), te noho hei pūtake tāhawahawa mēnā kāore i horoia, i whakapaki aunoatia rānei.
- E tūtohua ana kia whakamahia ngā papanga whakapaipai ruke noa, papanga horohoroi rānei i muri i te whakamahinga o ia rā. Mēnā kei te whakamahi koe i ngā pūnaha "horoi i rō wāhi" (CIP) (hei tauira, mō



Me
mōhio

te horoi i ngā taika kawē nunui, aha atu, aha atu), me whai koe i tētahi tohunga hei whakauru i te pūnaha me te whakaū kei te mahi tika. Me whakamōhio atu koe ki tō kaiwhakaū mēnā kei te whakamahi koe i te CIP – ka mate pea ia ki te tiki i tētahi tohunga hangarau hei whakaū kei te mahi pai i roto i te whakaūnga.

He aha e hira ai te horoi?

- He pai ki ngā ngāngara te eke ki runga puehu me ngā paru, ā, kua noho tētahi wāhi paru hei wāhi tāhawahawa kai.
- Ka muia ngā wāhi paruparu e ngā kīrearea pērā i ngā kioreiti, kiore, kēkerengū hoki e taea ana te whakahōrapa tahumaero.
- Ahakoa kei te tākaia katoatia ngā kai i ngā wā katoa he pai tonu te whakarite kei te mā. Ki te paruparu o waho o ngā tākai e tāhawahawatia ai ngā ringaringa o ngā tāngata ka huaki i te tākai, ā, nā tēnei pea ka tāhawahawatia ngā kai.
- Ko ngā rāpihi (me ngā para wē) anō pea tētahi pūtake o te tāhawahawa kai. Ka tipu ngā ngāngara i roto.



Me
mahī

He aha te mahi māu?

- Me tahitahi, ngongo, mukumuku papa rānei, ūkui papa me ngā papa mā ka pā ki te kai, ngā utauta, whakaurunga kaimahi me ngā wāhi rokiroki ina hiahiatia ana.
- Me whakamahi ko ngā wai hopihopi wera (taumata kai), ngā matū horoi haumarua kai e ai ki ngā tohutohu kei te tapanga.
- Me auau te horoi i ngā purūma, mukumuku me ētahi atu utauta horoi.

D

Me
mahi

- Me putu ngā utauta me ngā matū horoi kia tawhiti i ngā kai.
- Me putu ngā rāpihi kia tawhiti mai i ngā kai, ā, kia auau te tango mai i te wāhi pakihi.
- Me whakarite kia kaua e pōhēhē ngā tāngata he kai/kai whakauru te rāpihi.
- Me ōrite te horoi i ngā ipu para me ngā wāhi rāpihi.

S

Me
whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - titiro haere i tō pakihi me te tiro tiro he mā me te nahanaha te āhua. Ka pātai ia ki a koe, ō kaimahi hoki/rānei mō te wā me te āhua o tō horoi .
- Ko tā tō kaiwhakaū pea he:
 - pātai he pēhea tō horoi i ngā utauta, ngā wāhi ka pā ki te kai e uaua nei ki te tae atu,
 - pātai he pēhea tō maumahara ki te horoi i ngā utauta, ngā wāhi rānei me horoi anake i ētahi wā (hei tauira, ngā tāhū, ngā whakamaunga rama),
 - pātai e hia ngā wā ka whakawāteahia ngā rāpihi.



Ehara i te mea me whai pūkete engari ka hiahia ētahi pakihi ki te whakamahi i tētahi hōtaka horoi, pūkete horoi hoki/rānei. Ko ngā tauira o ēnei kei roto i **‘Ngā Pūkete Pātea’** kei te paetukutuku a MPI i www.mpi.govt.nz/dmsdocument/16717-food-business-record-blanks



Te kimi kīrearea

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ko ngā kīrearea pērā i te kioreiti, manu, ngārara hoki ka taea te whakahōrapa tahumaero. Ka mahia tēnei mā te kohikohi ngāngara mai i ngā mea paruparu pērā i ngā para me te whakawhiti atu ki ngā kai me ngā utauta kai.
- Me whakarite koe ki te patu kīrearea kia kaua e tāhawahawatia ngā kai.

D

Me
mahi

He aha te mahi māu?

- Me tirotiro me te tango i ngā tohu o ngā kīrearea i ia rā (hei tauira, ngā hamuti, putua ngā kati kī, ngā ngāngara hemo).
- Me horoi ngā utauta kua paru me ngā wāhi ka whai pānga ki te kai.
- Me porowhiu ngā kai i whakaawetia/tāhawahawatia.

S

Me
whakaatu

He aha ngā mea hei whakaatu?

Me whakaatu ki tō kaiwhakaū he pēhea tō tirotiro mō ngā kīrearea.

Ka puritia e koe ngā pūkete mō tēnei?

Me pupuri **pūkete** koe mō ngā momo me te maha o ngā kīrearea ka kitea.





Te tautiaki utauta me ngā whakaurunga

K

Me
mōhio

He aha ngā mea me mōhio koe?

He aha i hira ai te tautiaki?

- Ko tētahi tikanga noa o te uru atu o ngā ngāngara, ētahi atu mea tūkinō rānei (hei tauira, matū, maramara karāhe, maitai, aha atu, aha atu) ki ngā kai ko te pakarutanga, wāwāhitanga, te tūkinotanga rānei. Ka tino hiahia ngā ngāngara ki te huna me te tipu i roto i ngā pārua, matoe, matata, puare rānei, ā, mēnā ka kitea he wāhi huna e noho ai ngā kai, e whakatakahia, e mahia, e whāwhātia ana rānei ka uru ki te kai i te nuinga o te wā, ā, ka kino.
- Ko ngā utauta pērā i ngā pouaka whakamātao, rūma whakamātao kāore e kakama pea te mahi, ka pakaru rānei e piki ai ngā pāmahana me te tipu haere o ngā ngāngara i roto i ngā kai e rokirokitia ana i reira.
- I ētahi wā ko ngā mea kāore koe i te kite (hei tauira, ngā paipa wai), kāore e kitea i ngā wā katoa (hei tauira, i roto i ētahi utauta) ka pakaru, ka paruparu/ tāhawahawatia rānei e kino ai, e kore tika ai rānei ngā kai. He mea nui kia maumahara i ētahi wā ki te tiro tiro i ngā mea kāore i te tino kitea.
- Kāore e tino tika te ine utauta (hei tauira, ine pāmahana) i roto i te wā (me te aha me mōhio koe kei te tika te pāmahana kia mōhio ai kāore e tipu ngā ngāngara).

K

Me
mōhio

- Ki te whakawhānuitia e koe tō pakihi kia mahia anō he kai, ngā momo kai rerekē, kia nui ake rānei ngā kai e mahia ana i te wā kotahi, ka whai pānga pea ki tō rerenga mahi, ā, ka tāhawahawatia pea ngā kai me kai tonu ki te tata rawa koe ki ngā kai mata, kore haumarua, ka uru rānei ngā matū whakaputa mate pāwera ki ngā kai ko te tikanga kāore e uru atu.
- Kāore ngā matū me ngā pūhui (pērā i te hinuhinu, hinu, aha atu, aha atu) katoa i hangaia kia whakamahia me ngā kai, ka whakamāuiui pea ētahi matū i te tangata mēnā ka uru ki te kai.



Kua kitea i roto i ētahi rangahau i tāwāhi ko ngā pakihi ka ū tonu ki ngā tautiaki auau, aukati ka taea te penapena tata ki te 50% i roto i ngā utu tautiaki, tapitapi e ai ki a rātau ka tatari kia pakaru tētahi mea i mua i te whakahaere i ngā mahi tautiaki, tapitapi rānei. Me te aha, ki te tatari koe kia pakaru tētahi mea ka pā mai pea he utu e pā ana ki te whakahaere i ngā kai kāore i te haumarua, tōtika rānei.

D

Me
mahi

He aha te mahi māu?

- Me arotake haere tonu kāore i te pakupaku haere rawa tō wāhi, e pā kinotia rānei te rerenga mahi nā ngā tipuranga, huringa rānei ki ngā rahinga, momo rānei o ngā kai e whakatipuria, e mahia, e hokona ana rānei.
- Me auau te tiroiro i tō wāhi mō ngā tohu tupuheke (hei tauira, he puare kei ngā papa, pātū hoki).
- Me whakamahi anake ko ngā utauta me ngā whakaurunga he pai te āhua, ā, kei te mahi tika.
- Me auau te tautiaki i ō utauta.
- Me tōkarikari ngā utauta ine e whakamahia ana e koe (hei tauira, ngā ine pāmahana).

D

Me
mahi

- Me whakarite ko ngā pūhui me ngā matū tautiaki ka:
 - mau tapanga, putua, kati, whakamahia anake e ai ki ngā tohutohu a te kaiwhakanao,
 - rokiroki me te kawē i roto i ngā ipu tino rerekē kia kore ai e pōhēhētia he ipu kai.

S

Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he aha tāu mahi ki te tiroiro kei te tika te hoahoa o tō wāhi me ngā utauta mō te whakamahi kai, ā, kei te mahi pai,
 - he pēhea tō rokiroki pūhui me ngā matū tautiaki.
- Ka uia pea e tō kaiwhakaū:
 - he pēhea te auau o tō whakahaere aroturuki tautiaki,
 - e tiroiro ana koe i te aha i ngā aroturuki tautiaki,
 - he pēhea tō maumahara ki te tautiaki i ngā utauta, otirā mēnā ehara i te mea me auau te mahi i tēnei (hei tauira, kotahi te wā i te tau),
 - he pēhea tō tōkarikari i ngā utauta ine, ā, e hia ngā wā.



Ehara i te mea me whai pūkete engari ka hiahia ētahi pakihi ki te whakamahi i tētahi hōtaka horoi, pūkete horoi hoki/rānei. Ko ngā tauira o ēnei kei roto i '**Ngā Pūkete Pātea**' kei te paetukutuku a MPI i <http://www.mpi.govt.nz/dmsdocument/16717-food-business-record-blanks>



Tikanga akuaku ake



Me
mōhio

He aha ngā mea me mōhio koe?

- Ko ngā tikanga hei tiaki kai kei tāhawahawatia e ngā tāngata ko te:
 - horoi ringaringa,
 - kaua e mahi me ngā kai ina māuiui me ngā mea e pā mai ai te ruaki, korere rānei.

He aha i hira ai ngā tikanga akuaku ake?

- Ko tētahi o ngā tikanga noa e uru atu ai ngā ngāngara ki ngā kai mai i ngā tāngata – i te nuinga o te wā mā ō rātau ringaringa.



Tata ki te 30% o ngā tāngata he kaikawe noa o tētahi ngāngara (*Staphylococcus aureus*) e pā mai ai pea te ngau puku – ko te tikanga akuaku ake pai te mea pai rawa hei ārai i te pānga mai ki ō kai.

- Ko te rite tonu o te horoi ringaringa i rō wai hopihopi mō te 20 hēkona, te opeope me te whakamaroke tika (mā ngā taora pepa, papanga whakamahi kotahi, te whakamaroke hau rānei) tētahi o ngā tikanga pai rawa, māmā rawa hei āwhina ki te ārai i te uru atu o ngā ngāngara ki ō kai.
- Horoia ō ringaringa:
 - i mua i te whāwhā kai,
 - i muri i te maremare, matihe rānei,
 - i muri i te haere ki te wharepaku,



Me
mōhio

- i muri i te whakamahi i tō waea,
- i muri i te putu i ngā para,
- i muri i te raweke i tētahi mea ki ōu whakaaro he paru.

- Ka hōrapa i ngā motunga me ngā hakihihi kāore i te uhia ngā huakita, ā, kāore e pai te kai, e tika rānei, otirā mēnā kei te papī, kua whakapokea rānei.



Mēnā kei te mau karapu ngā tāngata (mēnā me uhi ngā harehare, mō tētahi atu pūtaka) me horoi e rātau ō rātau ringa mau karapu, te whakakapi i ngā karapu i roto i ngā āhuatanga ōrite katoa ina me horoi ngā ringaringa kāore e mau ringaringa.

- He mea nui te tikanga akuaku ake ahakoa kei runga tō wāhi mahi i te rori, i waenga rānei i tētahi whīra.
- Me whai tohutohu hauora ngā kaimahi mēnā kei te:
 - huhunu, tērā rānei
 - ruaki, korere rānei e 2 neke atu rānei ngā wā i te rā, tērā rānei
 - mate te puku mō te neke atu i te 24 haora.
- Ka taea ngā ngāngara kino te whakawhiti atu ki ngā kai mā ngā hamuti, ruaki me ētahi atu wai tinana (hei tauira, toto, hūpē) o te tangata māuiui.
- Ko ngā kaimahi he mate ngā puku, ā, kia kaua e mahi me ngā kai tae noa ki te 48 haora i muri i te whakamahutanga.



Me whakaaroaro me pēhea te whakataurite i te hiahia o ngā tāngata kia whai oranga ahakoa kei te māuiui (nō reira ka ngana pea ki te huna i tō rātau mate) me te hiahia o te pakihi kia kaua e tāhawahawatia ngā kai e ngā tāngata māuiui.



Me
mōhio

- Mēnā ka tāhawahawatia e ngā kaimahi ngā kai, ka mate pea koe ki te tono kia whakahokia mai. Tirohia **‘Te tono kia whakahokia ō kai’**.



Me
mahi

He aha te mahi māu?

Horoi ringaringa

- Me whakarite kia whai wai, hopi me ngā taora pepa, ngā papanga whakamahi kotahi, he mīhini whakamaroke rānei hei whakamahi i ngā wā katoa.
- Horoia ō ringaringa ki te wai hopi mō te 20 hēkona, ka opeope me te āta whakamaroke.
- Me mātua uhi ngā motu me ngā hakihiaki o ngā kaiwhāwhā kai hei taura, ki ngā tāpi, karapu hoki (rānei), kaua rānei e whāwhā kai.

Te whakahaere kaimahi māuiui

- Me whakatinana he kaupapahere māuiui kia mātua whakarite ai kāore koe, ō kaimahi rānei e mahi me ngā kai ina māuiui ana kei hōrapa taua māuiui mā ngā kai.
- Ko ngā kaimahi, manuhiri (me ngā kaikirimana) i ruaki, i mate korere rānei i roto i ngā haora 48 i mua i te kuhu atu ki ngā wāhi kai, ka pā mai rānei ēnei tohumate i te wā kei te wāhi kai, me mātua wawe te whakamōhio atu ki te pouwhakahaere o ia rā (te rangatira rānei).
- Ka taea pea e ngā kaimahi māuiui te whakaoti ngā mahi kāore e pā ki te kai, ki ngā wāhi whakataka kai rānei.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - tirotiro kei reira ngā mea katoa e hiahiatia ana mā te horoi i ō rātau ringaringa ina kuhu atu ki tō pakihi.
- Ko tā tō kaiwhakaū pea he:
 - tono kia kōrero atu ki a ia kei a wai te kawenga mō te whakarite kei te kī pai te wāhi horoi ringaringa, ā, kei te mā,
 - pātai ki a koe he pēhea tō mōhio kei te horoi ngā tāngata i ō rātau ringaringa i ngā wā tika,
 - pātai ki ngā kaimahi āhea rātau horoi ai i ō rātau ringaringa me te pātai anō kia whakaatuna mai he pēhea te horoi i ō rātau ringaringa,
 - pātai ka aha mēnā kei te mate te puku, ka māuiui rānei tētahi.



Te whakanao, tukatuka, te whāwhā kai rānei

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ma te tautohu me te whakahaere i ngā pūmate ka āwhina kia haumaru ai ō kai ina whakataka, mahi, whāwhā rānei i ngā kai.
- Kei a koe te mahi ki te tautohu me te whakahaere pūmate kia haumaru ai ō kai ina whakataka, mahi, whāwhā rānei i ngā kai.
- Ko ngā pūmate me mōhio koe ko ngā:
 - ngāngara (hei tauira, listeria, *E.coli*, Salmonella, Campylobacter, aha atu, aha atu.),
 - matū (hei tauira, ngā hua horohoroi, ngā hua patu kīrearea),
 - mea kē (hei tauira, karāhe, kōhatu, maitai).
- Ehara i te mea ka hāngai pea ngā upane whakahaere katoa ki tō pakihi – kāore koe e mate ki te whai i nga ture kāore i te hāngai ki a koe (hei tauira, mēnā kāore koe i te tākaikai kai kāore koe e mate ki te whai i ngā ture mō te tākai).
- Tē taea ngā pūmate katoa te whakahaere i roto i ngā pakihi kai katoa (hei tauira, kāore e taea e tētahi kaikawe te whakamahinga o ngā pūhui ahuhenua i roto i ngā hua ahumāra te whakahaere tika) – ko tō kawenga ko te whakahaere i ngā pūmate ka taea te whakahaere i roto i tō pakihi.



Me
mōhio



Mēnā kei te māharahara koe mēnā e hāngai ana tētahi wāhanga ki tō pakihi me rapu tohutohu mai i tētahi mātanga, tō kaiwhakaū, tō mana rēhitatanga rānei (kaunihera, MPI rānei).

- I tua atu i te whai i ngā hātepe tauwhāiti i roto i tēnei aratohu, ko tāu mahi anō he:
 - whai i ngā tohutohu mō te whakamahi me te rokiroki kei ngā tapanga, e ai ki ngā kaiwhakarato rānei,
 - whakarite kia kaua ngā kai tarenga-kore e uru ki te wāhi pāmahana mōrea (5°C–60°C),
 - whai i te ture 2 haora/4 haora (tirohia te **‘Te rokiroki me te whakaatu kia haumarū’**),
 - whakarite kei raro iho ngā kai i te 5°C,
 - whakarewa i ngā kai kei roto i te pouaka/rūma whakamātao ina taea,
 - whakarite kei runga ake ngā kai i te 60°C,
 - tāmahana i ngā kai ki runga ake i te 60°C (75°C te mea pai rawa) i mua i te rau ki tētahi tāpu putunga kai, tāmahana kai rānei.
- Ka kino, kāore e tōtika rānei ētahi hua ki te marū (hei taurira, kei roto pea te paturini i ngā āporo marū, ā, he tāoke ka taea te whakamāuiui te tangata).



Me
mahi

He aha te mahi māu?

- Tautohua ngā hātepe ā-kai e whakamahia ana e tō pakihi.



Me
mahi

- Tautohua ngā momo pūmate (ngāngara, matū, mea kē hoki) e hiahiatia ana e koe hei whakahaere i roto i tō pakihi.
- Tīpakohia ngā upane whakahaere ka whakamahia e koe i roto i tō pakihi.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - pātai kia heria ia ki te tiro haere i tō pakihi me te tohu haere i ō tukanga rerekē,
 - pātai he pēhea tō whiriwhiri ko ēhea ngā upane whakahaere tukanga hei whakauru ki tō pakihi,
 - pātai ki a koe mō ngā momo pūmate e whakahaerehia ana e koe i roto i tō pakihi.



Te rapu, te whiwhi me te whaiwhai kai

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Me whakamahi e koe ngā kaiwhakarato e whakawhirinakitia ana (he tauira, he pakihi kai rēhita) mō ō kai, kai whakauru me ngā āwhina tukatuka kia pai rawa ai tō tīmata ki te mahi kai haumarū, tōtika hoki.
- Me tiroiro e koe ngā kai e whiwhi ana koe:
 - kāore i tūkinohia,
 - kei te pāmahana tika,
 - kāore i hipa atu i te rā mōnehu.
- Me whai pūnaha koe ki te whaiwhai haere i ngā kai/kai whakauru, kōkuhunga e whiwhi ana koe.
- Me mōhio koe ki te whaiwhai me te tono kia tere whakahokia mai ō kai mēnā e hiahiatia ana.

He aha i hira ai te rapu, te whiwhi me te whaiwhai?

- Mā te whakamahi i ngā kaiwhakarato e whakawhirinakitia ana ka tino mōhio koe he haumarū te whakamahi i ngā kai/kai whakauru/kōkuhunga. Ka penapena moni, wā rānei tēnei, ā, kāore e māuiui te tangata i ō kai.
- Me mātua noho mātao (tino mātao, tio rānei) ētahi kai kia kore ai e tipu ngā ngāngara, ā, ka tere kino pea mēnā kāore e puritia ki te pāmahana tika.



Me
mōhio



Me whiwhi ā-tinana i ngā tukunga te mea pai rawa - mēnā ka tukuna mai ngā kai mātao, pātio tio rānei i waho i ngā haora he pēhea tō mōhio mēnā kei te pāmahana tika - me te noho pai i tō taenga atu?



Mīere: Me mātua whakaū koe ko te mīere e whiwhi ana koe mō te hīkaro, te takupe hoki/ rānei kāore i te whai i te tutini. **Koinei tētahi o ngā whakaritenga matua e 5 mō tēnei momo pakihi kai.**



Ahumāra: Me ōrite tō whai whakaaro ki ngā pūhui huawhenua (kōkūhūnga), arā ko ngā patu tarutaru, patukīrea, patu kōpurawhetū me ngā whakahaumako, pērā i te whai whakaaro a ētahi atu pakihi kai ki ngā kai whakauru, matū kai me ngā tāroki, aha atu, aha atu. Me mātua mōhio koe he aha ō matū, ka mutu nō hea, ngā huanga i whāngaia e koe me te wāhi i haere atu ai ngā huanga kai. He pai te rātaka tōrehu mō tēnei.

Ko ngā pakihi whakangao kākano hei whakapeto mā te tangata me whakarite e rātau te kākano hei kai whakauru me te tiki atu i tēnei mai i tētahi kaiwhakarato pono. Me mātua whakarite i āta whakanaotia hei whakapeto mā te tangata te kaupapa, ā, i whakahaerehia ngā mōrea kei tūpono tāhawahawatia te kākano e te Salmonella.

Koinei tētahi o ngā whakaritenga matua e 5 mō te whakatipu i ngā hua ahumāra.

D

Me
mahi

He aha te mahi māu?

Pūtake

- Me whai i tētahi rārangi o ō kaiwhakarato me ā rātau taipitopito whakapā.
- Mēnā he kaihoko kai ki uta koe, e rārangi ana i konei ngā whakaritenga e hiahia ana e koe:
<http://www.mpi.govt.nz/document-vault/10823>

Whiwhi

- Me mātua tirotiro anō e koe:
 - te pāmahana o ngā kai mātao, ā, mēnā kei runga ake i te 5°C, me whai i te ture 2 haora / 4 haora (tirohia te **‘Te rokiroki me te whakaatu kia haumarū’**),
 - kei te tio ngā kai pātiotio,
 - kāore ngā tākai i te tūkino, paruparu rānei,
 - kāore i hipa atu ngā kai i te rā mōnehu.
- I ngā wā katoa me rokiroki ngā kai tino mātao i te tuatahi, i muri mai ko ngā kai pātiotio, ā, ko ngā kai ka taea te rokiroki ki te pāmahana rūma.



Mīere: Ka whiwhi koe i tētahi tiwhikete tātaritanga, whakapuakanga tutini mai i tō kaiwhakarato mīere mō ia rourou ka whiwhi hei whakamahi.

- Ina whiwhi ana i ngā kai, me tīmata tō pūnaha whaiwhai mā te:
 - pupuri i ō rihīti, tērā rānei
 - tuhituhi i ngā momo me te rahinga o ngā kai i whiwhi koe mai i ia kaiwhakarato, tērā rānei

D

Me mahi

- whakamahi i tētahi pūnaha tāhiko (hei tauira, waehere pae) hei whaiwhai i tāu i whiwhi ai, te wā, ā, mai i a wai.

Te whaiwhai

- Me waihanga he pūnaha whaiwhai mā te whai i tētahi rārangi o ō kaiwhakarato me ā rātau taipitopito whakapā.
- Me whakamahi tō pūnaha whaiwhai ki te:
 - tautuhi i ngā kai kei a koe tonu i roto i tō pakihi kāore i te haumarū, tōtika rānei me te whakarite ka nekehia mai i ētahi atu kai, ā, kia kaua e tukuna, e hokona rānei
 - tērā rānei:
 - me tono kia whakahokia ngā mea katoa, tērā rānei
 - me tono kia whakahokia mai te (ngā) rourou tauwhāiti e whai ana i ngā kai whakauru kāore i te haumarū/tōtika (mēnā i puritia anake e koe ngā pūkete āmiki).



Kia taea ai ngā rourou tauwhāiti te tono kia whakahokia mai ko te tikanga i puritia e koe ngā pūkete e whai ana i ngā taipitopito kaiwhakarato, momo, tuakiri rourou hoki me ngā rā hei whakapeto/ mōnehu, aha atu, aha atu.

- Me rite tonu tō whakamātau i ō pūnaha whaiwhai hei whakaatu ka tere kitea e koe me te ārai i te hokona atu, tukuna rānei, te tono kia whakahoki mai ngā kai kāore i te haumarū/tōtika mēnā e hiahiatia ana.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Ko tā tō kaiwhakaū he:
 - pātai ko wai ō kaiwhakarato, ā, he pēhea te tiroiro he kaiwhakarato whakawhirinaki rātau.
- Ko tā tō kaiwhakaū pea he:
 - mātakitaki i te whiwhi i tētahi tukunga kai ki tō pakihi,
 - tiroiro i ō pūkete pā ana ki te whiwhi kai,
 - pātai he pēhea tō whakamātau i tō pūnaha whaiwhai. Ka whakahaerehia anō pea e ia tētahi whakamātautau whaiwhai mā te whakamahi i tētahi kai whakauru i whiwhi koe, he rourou kai rānei i mahia e koe.



Ka puritia e koe ngā pūkete mō tēnei?

- Me mātua pupuri e koe he **pūkete** o:
 - ō kaiwhakarato,
 - te momo me te rahinga o ngā kai/kai whakauru i whiwhi koe (me te rā i whiwhi),
 - te pāmahana o ngā kai mātao i te whiwhitanga,
 - he aha ngā kai whakauru, kōkūhanga rānei i uru atu (ki runga rānei),
 - te hunga e hoko atu/tuku kai atu (engari ia mēnā ka haere tika atu ki te kaiwhakapeto).



Mīere: E tūtohua ana kia puritia e koe ngā tiwhikete tātaritanga, ngā whakapuakanga kaiwhakarato mō te tutini, mō ia rourou mīere i whakaratoa ki a koe.



Te rokiroki me te whakaatu kia haumaruru



Me
mōhio

He aha ngā mea me mōhio koe?

- Ko ngā kai kāore i te taupokina, whai tapanga mārama, rokiroki rānei ka tāhawahawatia pea.
- Me mōhio koe me pēhea te whakarite kia noho ngā kai (me ngā kai kei ngā mīhini rato kai) i ngā pāmahana tika hei aukati i te tipu o ngā ngāngara.
- Kaua ngā kai me ngā kai whakauru (me ngā kai kei ngā mīhini rato kai) e whakamahi, e hokona atu rānei mēnā kua hipa te rā mōnehu.
- Me rokiroki ngā kai ki tētahi wāhi wātea i ngā mea ehara i te kai (hei tauira, ngā whakakakara e whakamahia ana i roto i ngā hua whakanako, whakapai whare rānei) i te mea ka taea e ngā kai te ngongo me te aka kua kore e haumaruru, tōtika rānei te kai.
- Ko ngā āhuetanga rokiroki e noho haumaruru ai ngā kai kei runga i te tapanga kai, ka tukuna rānei e te kaiwhakarato ā muri ake.



Ko te tikanga o te 'whakaatu' ko te rokiroki kai ki tētahi wāhi tauhokohoko/tūmatanui.

He aha e hira ai te rokiroki me te whakaatu kia haumaruru?

- Ka taea anō te kai te kino haere i te wā kāore i te whakamahia, ā, kei te rokirokitia.



Me
mōhio

- Ko ngā kai ka rokirokitia ki ngā rūma/pūnaha tāpae (arā, kāore i runga i te papa) e māmā ai te horoi (kāore e ngongo, e toro mākū), ā, kāore e taea e ngā kīrearea, ka iti ake te tūpono tāhawahawatia.
- He pūtake tāhawahawa ngā papa i te mea ka noho te wai me te paru ki runga e heria atu ana ki ngā wāhi mā runga hū, tāia rānei e kino ai ngā kai.
- Me mātua noho makariri (tino mātao, tio rānei) ētahi kai kia kore ai e tipu ngā ngāngara, (hei tauira, miraka, mīti), ka whakarite tātau kia noho makariri ētahi kai kia pārekareka ai ki te kiritaki (hei tauira, pia). Me mōhio koe ki te rerekētanga kia haumarū ai i a koe ngā kai.
- Ko ngā āhuatanga rokiroki e noho haumarū ai ngā kai ka kite i runga i te tapanga kai, mai i te kaiwhakarato rānei. He mea nui te whai i ngā tohutohu.
- Ko ētahi kai (hei tauira, ngā kai paura) me rokiroki ki tētahi wāhi e whakahaerehia ana te takawai kia kore ai e mākū ai ngā kai. Ki te kaha rawa te ngongo wai a ngā kai maroke ka tipu ngā ngāngara i tēnei, ā, ka kino ngā kai.
- He rā mōnehu ō te maha o ngā kai i te mea ka taea ngā ngāngara te tipu pōturi haere i roto ahakoa i haumarū te rokiroki. Ka māuiui pea te tangata i ngā kai kua whai rā mōnehu mēnā ka kainga aua kai i muri i tēnei rā. He mea nui te whai pūnaha tirotirotiro/takahuri hei tirotirotiro kia kore ai e whakamahia, e hokona rānei ngā kai i muri i te rā mōnehu.
- He rerekē te rā me pau i mua ki te rā mōnehu. E tohu ana te rā pau me pau i mua kāore pea i te ōrite te kounga o te kai i muri i tēnei rā, engari ko te tikanga kāore e māuiui te tangata mēnā ka kainga.

K

Me
mōhio

- Ka pā ngā tākaikai ki te kai, nō reira he mea nui te whakarite ka ōrite te haumarū o te rokiroki i tēnei ki te kai, kia kore ai e noho hei pūtake tāhawahawa i ngā kai.



Ko te rokiroki tētahi o ngā whakaritenga matua e 5 mō ngā aihikirīmi kua tākaia, ngā inu wera me te kawae me te tuari.

D

Me
mahi

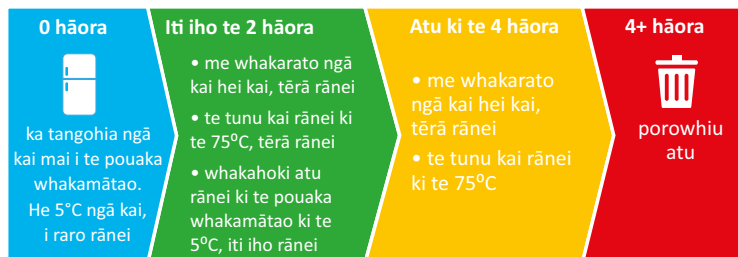
He aha te mahi māu?

- Kia haumarū te rokiroki me te tākaikai i ngā kai.
- Me waihanga he pūnaha hei whakarite ka auau te tiroiro i ngā rā mōnehu o ngā kai, ā, kia kaua e whakamahia, e hokona rānei i muri i taua rā.
- Me tiroiro i ia rā kei raro ngā kai mātao i te 5°C, iti iho rānei mā te:
 - whakamahi i tētahi toromoka pāmahana kua tōkarikaritia hei tiroiro i te pāmahana o te kai, ētahi atu matū rānei (hei tauira, he ipu wai), tērā rānei
 - whakamahi i tētahi pāmahana pōkākā kua tōkarikaritia hei ine i te pāmahana mata o te kai, tērā rānei
 - whakamahi i tētahi pūnaha aunoa kua tōkarikaritia hei aroturuki i te pāmahana o roto, pāmahana mata rānei o ō kai, tērā rānei
 - whakamahi i tētahi atu tikanga e ine tika ana i te pāmahana o ngā kai.
- Me tiroiro mēnā kei te tio tonu ngā kai i roto i te pouaka whakatio. Ehara i te mea me ine e koe te pāmahana o ngā kai pātio.



Me mahi

- Me whai i te 2-haora/4-haora, e ai ki te hoahoa i raro:



- Mēnā kei te rokiroki kai koe me whakahaere te takawai kia noho haumarua ai, me whakauru me te aroturuki haere i tētahi pūnaha whakahaere takawai.
- Me whai i te hātepe me aha **‘Ina hē tētahi mea’** mēnā ka kitea e koe kāore i te rokirokia ngā kai i te pāmahana te takawai hoki/rānei e tika ana.



Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tiroiro i te pāmahana o ngā kai mātao,
 - he pēhea tō whakahaere me te tiroiro i te takawai (mēnā e hiahia ana),
 - kia tika te rokiroki, whakamau tapanga me te taupoki i ngā kai.



Te mōhio he aha kei roto i ō kai



Me
mōhio

He aha ngā mea me mōhio koe?

- Kei roto i te The Australia New Zealand Food Standards Code (te Tikanga) ko ngā ture e hiahia ana e koe hei whai māu:
- Kei konei te Tikanga:
<http://www.foodstandards.govt.nz/code>
- Kei roto i te Tikanga ko ngā ture e pā ana ki ēnei:
 - ko ēhea ngā kai, kai whakauru rānei he matū whakaputa mate pāwera,
 - ko ēhea ngā matū kai, ngā tāroki me ngā āwhina tukatuka ka taea te (me mātua rānei) whakamahi rānei me ētahi kai ake,
 - ko ngā kai whakauru tē taea te whakamahi i rō kai – me whakaae rānei i mua i te whakamahi,
 - ngā ture hanga kohuke e hāngai ana ki ētahi kai (hei tauira, te huka, te mīere, aha atu, aha atu).
- Ka taea e koe te Tikanga te tiroiro, me pātai rānei ki tō mātanga, kaiwhakaū, mana rēhitatanga rānei mō ētahi atu mōhihio.

He aha i hira ai te mōhio he aha kei roto i ō kai?



Ahumāra (whakatipu): Ko taea e ngā pūhui huawhenua pērā i te patu tarutaru, patukīrea, patu kōpurawhetū me ngā whakahaumako te whakarere para ki ngā kai e māuiui ai te tangata.



Me
mōhio

Me tirotiro koe i ngā wā katoa me te whai i ngā tohutohu tapanga ina whakamahi ana i ēnei hua.

Me whakamahi anake ki ngā tipu i whakaaetia, ā, me hauhake ngā tipu i muri i te wā i whakatauhia.



Kei konei ngā ture mō ngā tepenga para mōrahi e whakaaetia ana ki ngā hua ahumāra ka hokona hei kai mā te tangata:

www.mpi.govt.nz/growing-and-harvesting/plant-products/pesticide-maximum-residue-levels-mrls-for-plant-based-foods/

Ehara i te mea me whakamātautau e koe ō huanga hei whakaatu kua ū ngā tepenga – engari ka whakahaerehia ngā tipakotanga me ngā whakamātautau matapōkere e MPI, ā, i ētahi wā e ō kiritaki pea.

Ki te kore tō hua e ū ki ngā tepenga, me mātua kaha koe ki te whakaatu i ngā upane katoa e hiahiaatia ana hei whakarite ka ū koe ki ngā ture.



Huka: Mēnā kei te whakamahi koe i ngā āwhina tukatuka, matū kai (hei tauira, ngā tae), tāroki kai rānei me whakarite koe kei te taumata kai ēnei e whakaaetia ēnei e te Tikanga te whakamahi. Me mōhio anō koe mēnā kei te whai ēnei, ētahi atu kai whakauru rānei (hei tauira, hei mahi tirikara) i ngā matū whakaputa mate pāwera (tirohia i raro).

- Ahakoa kei te hokohoko anake koe i ngā kai i mahia, i tākaia hoki e ētahi atu, kei runga i a koe ki te tirotiro mēnā kei te tika te tapanga o ngā kai. Ka āwhina tēnei aratohu i a koe kia mōhio ai koe me tirotiro koe i te aha: <http://www.mpi.govt.nz/document-vault/2965>



Me
mōhio

- Me mōhio koe ki te whakamōhio atu ki ngā kiritaki mēnā kua whai matū whakaputa mate pāwera ia momo kai ki te pātai rātau. Mō ngā kai kua tākaia me mātua mau ēnei mōhiohio ki ngā tākai.
- Me mōhio koe he aha kei roto i ō kai mēnā kei te whakatipu kai koe, te mahi me ngā kai whakauru neke atu i te kotahi, te hoko atu rānei i ngā kai a te kaiwhakanao kua tākaia, kia mōhio ai koe he aha ngā kai whakauru me ngā matū whakaputa mate pāwera kei roto.
- Mēnā ki ōu whakaaro kāore i te tika te tapanga o tētahi kai, otirā mēnā kua whai matū whakaputa mate pāwera kāore i rārangitia atu (hei tauira, kāore e whakaurua ki te ngene te witi puehu, kurutene rānei) – me tiroiro me tō kaiwhakarato i mua i te hoko.



Ngā Mōhiohio Matū Whakaputa Mate Pāwera: 11 ngā matū whakaputa mate tūtohu kai noa me mātua mōhio koe. Ko ēnei ngā pākati pungatara, ngā hua patakai whai kurutini (hei tauira, witi), mātaimai, hēki, ika, miraka, pīnati, hoipīni, kākano hīhame, ngā nati rākau me te rūpene.



Ko te mutunga atu pea o ngā mate pāwera kai ko ngā pānga whakamate kā pā mai i roto i ētahi meneti o te kai i ngā kai. Me mōhio koe ko ēhea ngā kai e hokona ana e koe e pā mai ai pea ngā pānga pāwera me te whakarite kei runga ngā mate pāwera i te tapanga.



Me
mahi

He aha te mahi māu?



Ahumāra: Me whakarite kāore e hipa atu i ngā para pūhui ahuwheua i roto i ngā huanga ngā whakaritenga taumata para mōrahi.

D

Me
mahi



Huka: Puritia ngā taipitopito o ngā kai whakauru ka whakamahia e koe (hei tauira, me tuhi me te whai haere i ō tohutohuto kua māhio ai koe he aha ngā kai whakauru me ngā mate pāwera kei roto).



Ko ngā kaimahi i ngā inu wera me ngā pakihi hokohoko i ngā aihikirīmi kua tākaia: Me mātua mōhio koutou, ā, me mōhio ki te kōrero atu ki ō koutou kiritaki he aha kei roto i ā rātau kai kia whiriwhiri ai rātau i runga i te mōhio. Tērā pea ko te mōhio he aha ngā kai whakauru o te tiakarete wera, marshmallow rānei, ā, me te mōhio hei aha kei roto i ngā pihikete tākai, ngā aihikirīmi rānei e hokona ana e koe. E tino hira ana tēnei mō te hunga he mate pāwera kai tō rātau.

S

Me
whakaatu



He aha ngā mea hei whakaatu?

Ahumāra: Me whakaatu ki tō kaiwhakaū he pēhea tō mōhio ko ēhea ngā pūhui ahuhenua i whāngaia ki ngā huanga, ā, he pēhea tō mōhio kāore i tōhipa ngā taumata para mōrahi.



Huka / Inu Wera / Aihikirīmi: Me whakaatu ki tō kaiwhakaū he pēhea tō mōhio he aha kei roto i ngā kai whakauru ka whakamahia e koe, e hokona atu hoki e koe. Ka pātai atu pea tō kaiwhakaū ki a koe, ki ō kaimahi rānei kia kōrero atu ki a rātau mō ngā kai kua whai matū whakaputa mate pāwera.



Te wehewehe kai

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ko te tikanga o te wehewehe kai mā te wā, tawhiti rānei (ngā mea e rua rānei):
 - me noho wehe ngā kai kāore i te whai matū whakaputa mate pāwera mai i ngā kai kei roto aua matū,
 - me whakarite kei te tawhiti ngā taonga ehara i te kai, pērā i te paitini/matū mōrearea, kai kararehe rānei mai i ngā kai.

He aha i hira ai te wehewehe?

- Ko te tāhawahawa pokerehū i te kai tētahi o ngā tino pūtake whānui e kino ai te kai.
- Ka taea e ētahi upane māmā te whakaiti i te tāhawahawa pokerehū:
 - me whakamahi ko ngā wāhi me ngā utauta rerekē mō ngā kai whai matū whakaputa mate pāwera ki ngā kai kāore he mea pēnei i roto, tērā rānei
 - me rerekē ngā wā mahi i ngā kai whai matū whakaputa mate pāwera ki ngā kai kāore ērā matū i roto, me te āta horoi me te patuero i ngā papa, utauta me ngā taputapu i waenga whakamahinga.
- Ki te mahia e koe ngā kai kāore he matū whakaputa mate pāwera i roto i mua i tō mahi i ngā kai whai matū whakaputa mate pāwera, he whakamarutanga tāpiri tēnei.



Me
mōhio



Mō tētahi rārangi o ngā matū whakaputa mate pāwera me mōhio koe tirohia te **'Te mōhio he aha kei roto i ō kai'**.

- Ka taea e ngā matū mōrearea/paihana te whakamāuiui i te tangata mēnā ka uru ki te kai. Ko te kaupapa o ēnei atu wāhanga o ēnei tohutohu he ārai kia kaua tēnei e pā mai, nō reira he whakamaharatanga tēnei kia wehe mai ēnei mai i ngā kai.



Me
mahi

He aha te mahi māu?

- Me whakarite kia kaua ngā kai whai matū whakaputa mate pāwera e rārangi ana kei te wāhanga **'Me mōhio'** o te **'Te mōhio he aha kei roto i ō kai'** e tāhawahawa ana i ngā kai kāore/ko te tikanga kāore ērā matū i roto.
- Me tawhiti atu ngā hua katoa kāore e whakapetoa e te tangata (hei tauira, ngā matū me ngā kai kararehe) mai i ngā kai.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu he pēhea tō wehewehe:
 - ko ngā kai whai matū whakaputa mate pāwera e rārangi ana i te wāhanga **'Me mōhio'** o te **'Te mōhio he aha kei roto i ō kai'**, me ngā kai kāore i te whai i aua mate pāwera,
 - ngā matū mōrearea, ngā paihana me ngā kai mōrearea.
- Ka pātai pea tō kaiwhakaū ki a koe, ki ō kaimahi rānei kia whakamāramatia mai he pēhea tō rātau mōhio ko ēhea ngā kai e mahia ana e koe, e tukuna ana rānei kua whai matū whakaputa mate pāwera.



Te ārai i ngā mea kē mai i ngā kai

K

Me
mōhio

He aha ngā mea me mōhio koe?

- He maha ngā amuamu kai e tukuna ana ki ngā mana e pā ana ki te kitea o ngā mea kē i rō kai.
- Ko ngā mea kē ko ngā mea pēnei i ngā kīrearea (hei tauira, ngā ngaro, kioreiti, aha atu aha atu), makawe, matikara, tāpi, uku, rei, ngā wāhanga papanga horoi, ngā ate heu, nati, pine, kirihou me ngā pepamārō, kōhatu, puaka, karāhe, momotu maitai, aha atu, aha atu.

He aha i hira ai te whakahaere i te mōrea o ngā mea kē i roto i ngā kai?

- Kāore ētahi mea kē i te haumarū, tae atu ki ngā mea mārō, koi rānei pēnei i te karāhe, kirihou mārō, kōhatu rānei, aha atu, aha atu. Ka tūkinō ēnei i te waha, arero, korokoro, puku, kōpiro, niho, pūniho hoki.
- He mea nui te ārai atu i ngā mea kē mai i ngā kai, ā, ka taea mā ngā tikanga rerekē. Kei te āhua o ngā momo kai tēnei me te tūpono o te pā mai o ngā mea kē.
- Kāore ngā kai i te haumarū mēnā ki ōu whakaaro kei roto ēnei:
 - karāhe,
 - ngā mea kē mārō, koi e ine ana i te 7mm ki te 25mm te roa, tērā rānei



Me
mōhio

- ngā mea kē mārō, koi e iti iho i te 7 mm, kei waenga i te 25mm me te 77mm te roa me ngā kaiwhakapeto matua o ngā kai ko:
 - ngā tamariki kei raro i te 6 tau,
 - ngā kaumātua,
 - te hunga mau niho kēhua.
- Ko ngā mea kē mai i te tangata, kīrearea rānei e uru ana ki ngā kai kāore e whakaritea (hei tauira, ka whakarewatia) hei patu i ngā ngāngara (i muri rānei i te patunga o ngā ngāngara) e māuiui ai te tangata.
- Kāore e pā mai he māuiui, wharanga rānei mai i te nuinga o ngā mea kē ka kitea, engari ka whara pea tō ingoa pai.
- Ahakoa pea kāore e pā mai he wharanga i ngā mea kē, e māuiui pea te tangata, ko te tikanga ka tūhonoa ki ngā tikanga kai kāore i te haumaru.
- He maha ngā hātepe i roto i tēnei aratohu ka āwhina, engari ka taea anō te whai whakaaro ki te tātari wai, tātari rānei, tirotirohanga ā-kite, kōmaka tae, te whakauru mai i ngā kaupapahere rei mā ngā kaimahi, rapu maitai, tirotirohanga whakaahua-roto, aha atu, aha atu.



Me
mahi

He aha te mahi māu?

- Te whakauru mai i ngā hātepe hei ārai i te uru mai o ngā mea kē ki ngā kai, te kimi rānei i ngā mea kē hoki/ rānei kei roto i ngā hua kai whakamutunga.
- Me mātua whakarite i ngā wā katoa kāore he mea i roto i tō tukanga e tāhawahawa ana i ō kai me ngā mea kai.



Me
mahi

- Me tōkarikari me te tiro tiro i te mahinga o ngā utauta kimi mea kē pērā i ngā pūrere rapu maitai, whakaahua-roto, ngā wae kōmaka tae.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō ārai i ngā mea kē mai i ngā kai, te tiro tiro rānei kāore he kai i roto i ngā kai whakamutunga,
 - he pēhea tō mōhio he auau te tōkarikari i ngā utauta rapu mea kē.



Te tākai me te whakamau tapanga

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ka kino pea ō kai i ngā tākai kāore i te haumarū, tōtika hoki/rānei. Me mōhio koe ko ngā tākai e whakamahia ana e koe he taumata kai nō reira ka noho haumarū ō kai.
- Ehara i te mea me whakamau tapanga ki ngā kai katoa, engari mō aua kai, me mātua ū ngā tapanga ki te ture kei roto i te Australia New Zealand Food standards Code (te Tikanga).
- Ka kino haere ngā kai i roto i te wā, ahakoa he pai tonu pea te āhua, te rongo me te reka. He mea nui te whakamōhio atu ki tō kaiwhakapeto mō te rā me pau ō kai, mā te tātai i te hounga me te tuku i tētahi rā pai rawa i mua, rā mōnehu rānei. Me mātua whakarite ka tika tō tatauranga i tēnei rā.

Tākai

- Me whakamahi anake ko ngā tākai kāore e whakakino, he wāhi anō rānei i te whakakino kai.
- Me tiroiro kei te taumata kai aua tākai ina hokona mai e koe.
 - Te hoko mai rānei i ngā tākai e mau tapanga tōtika mō te kai, tērā rānei
 - me tiki whakaū koe mai i tō kaiwhakarato kei te taumata kai.



Me
mōhio

- Me tiroiro e tika ana ngā tākai mō ō momo kai, hei whakamahi rānei (hei tauira, he kiri o roto i ngā taramu mīere hei whakamahi me ngā kai waikawa, kāore e maramara, tihore, pāheke rānei).
- Me ōrite te whāwhā me te tākai ki ngā kai, kai whakauru rānei.

He aha i hira ai te tākai?

- Ka tiaki ngā tākai mai i ō kai kia kaua e kino, hē rānei.
- Ko ngā mea ka pā ki ō tākai (arā, ngā ngāngara, matū, mea kē rānei) ka taea te whakakino, whakararu rānei i ō kai.

Te whakamau tapanga

- Mēnā kei te whakarato koe i ngā kai huanui ko te tikanga me tāpiri ki tētahi pepa tākai, tautuhinga rānei. Me mātua whakarato koe i aua mōhiohio anō ka tuhia ki te tapanga kai.
- Ko te tikanga me uru ki ngā pepa tapanga, whakatakotoranga ko:
 - ingoa o te kai,
 - tuakiri wāhanga/rourou,
 - ingoa me te wāhinoho o tō pakihi o Aotearoa, Ahitereiria rānei,
 - ngā tauākī tohutohu hāngai, tauākī whakatūpatō, whakapuakanga hoki,
 - ngā here mō te rokiroki me te whakamahi,
 - rārangi kai whakauru,
 - rā māka (hei tauira, rā mōnehu, me pau i mua, aha atu, aha atu),



Me
mōhio

- pae mōhiohio kai,
 - ngā mōhiohio mō te kai, hauora me ngā kerēme hāngai (mēnā kua oti anake i a koe he kerēme),
 - ngā mōhiohio mō te wehewehe kai whakauru me ngā wāhanga,
 - mēnā kei roto, i mahia mai rānei i ngā kai raweke ā-iratia, ngā kai taiapu iratuki rānei.
- Mēnā ka whiwhi koe, ka whakarato rānei i ngā kai huanui, me mātua tirotiro e koe ka whakaratoa anō ngā mōhiohio tapanga e hiahia ana.



Kāore ngā kai katoa i te hiahia i tēnei, hei tauira, ngā huarākau, huawhenua mata hoki.

- Mēnā kāore e whakaritea kia mau tapanga ō kai me mātua kōrero atu koe ki ō kiritaki:
 - he aha kei roto i ngā kai,
 - ngā tauākī whakatūpato,
 - mēnā i mahia mai, kei roto rānei ngā kai whakauru kua raweketia ā-ira, kua taiapu iratukitia rānei.

He aha i hira ai te whakamau tapanga?

- Mā ngā tapanga ka taea e ō kiritaki te tuku whakatau pai, haumarua mō te kai.
- He mate pea ētahi o ō kiritaki (hei tauira, ngā mate pāwera) e herea ana rātau ki te whakauru, te aukati rānei i ētahi kai i roto ā rātau kai.
- Mā te ōrite o te takotoranga o te tapanga (hei tauira, te whai i tētahi pae mōhiohio kai me te whakamahi i ngā rahi momotuhi mōkito) ka taea ō kiritaki te āwhina ki te tuku kōwhiringa kai pai.



Me
mōhio

- Kua hangaia e MPI tētahi aratohu hei āwhina i a koe ki te hanga i tō tapanga kai. Me whai i te 'He aratohu mō ngā tapanga kai' <https://www.mpi.govt.nz/document-vault/2965> hei tuhi i tō tapanga.

He aha te take me tātai te houna o tētahi kai

- Ka mate pea koe ki te whiriwhiri i te houna o te kai kia taea e koe tētahi rā me whakapau, mōnehu rānei.
- He aratohu kei reira hei āwhina i a koe ki te whiriwhiri i te houna. Me whai i te 'Me pēhea te whakarite i te houna o te kai' <https://mpi.govt.nz/document-vault/12540>
- Ko ngā kai he roa ake te houna i te 2 tau, he wāhanga kotahi rānei o te aihikirīmi, rare pātioio rānei (hei tauira, he ahiparaka) ehara i te mea me mau te rā.



Me
mahi

He aha te mahi māu?

Tākai

- Mēnā kei te tākai kai koe:
 - me whakauru mai ngā hātepe hei whakarite kāore ngā tākai e whakakino, he wāhi anō rānei, i ngā kai,
 - tātaihia te houna o te kai,
 - whakarite mēnā ka hiahia koe kia:
 - whakamau tapanga ki ō kai, tērā rānei
 - te tuku i tētahi pepa tākai, whakatakotoranga me ngā kai huanui.



Me
mahi

Tapanga

- Me mātua ū koe ki ngā ture mō te whakamau tapanga i roto i te Tikanga mō ngā kai e whakamau tapanga ai koe.



Me
whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - ō tākai, ā, he pēhea tō mōhio kei te haumarua me te tōtika mō ngā kai e tākaia ana e koe,
 - ō tapanga kai, ā, he pēhea tō mōhio he aha ngā mea me whakamau ki ō tapanga.
- Ko tā tō kaiwhakaū pea he:
 - pēhea tō whiriwhiri i te houna o tētahi hua kai,
 - mō ngā otinga o te whakamātautau houna mēnā i whakahaerehia e koe.



Te kawē kai

K

Me
mōhio

He aha ngā mea me mōhio koe?

- Ka kino pea ngā kai ahakoa te wāhanga i roto i te mekameka ratonga.
- Mēnā me noho he kai i raro i te whakahaere pāmahana, takawai hei aukati i te tipu a ngā ngāngara ki ngā taumata e māuiui ai te tangata, he mea nui te whakarite kei te pūmau te pāmahana/takawai i roto i te mekameka whānui – me te wā e kawea ana.
- I te wā e kawea ana ngā kai, ko te whakarite mō te waka e kawea ana ngā kai he wāhi kai tērā, he rūma kai rānei – me whakarite kei te mā me te wehe i ngā kai pērā i a koe i rō kīhini, rūma rokiroki rānei.
- Mēnā ka kawē me te tuari kai koe, kei te whakawhirinaki atu te kaiwhakarato me te tangata e whiwhi ana i te kai ki a koe kia noho haumaruru. Ka whakaatu ngā pūkete i whakahaumarutia e koe.
- Me noho wehe ngā kai me ngā taonga ehara i te kai.
- Me whakamahi anake ko ngā waka e tika ana mō te momo me te rahinga o ngā kai e kawea ana.
- Mēnā kei te tuku kirimana koe ki tētahi atu hei kawē i ō kai, me tiroiro e koe he pakihi kai rēhita rānei.

D

Me mahi

He aha te mahi māu?

- Me tino mā ngā wāhanga katoa o te waka e whakamahia ana hei kawea kai, utauta kai rānei (me patuero mēnā pā ki ngā kai ka kainga tonutia).
- Me mātua whakarite ka kawea, ka tukua hoki ngā kai ki te pāmahana tika:
 - me noho tio tonu ngā kai pātio,io,
 - te kawea i ngā kai mātao (i te 5°C, i raro iho rānei) me te aroturuki haere i tēnei (mā tētahi ine pāmahana, he mea ōrite rānei),
 - te kawea i ngā kai wera kia wera (i runga ake i te 60°C),
 - me whakarato anake ngā ki te wāhi pāmahana mōrea (5°C-60°C) mēnā ka kainga i roto i te 4 haora o te uru atu ki te wāhi pāmahana mōrea.
- Me whakahaere me te tiro tiro i ngā āhuatanga takawai, kōhauhou e hiahiatia ana tēnei kia haumarū ō kai.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tiro tiro ka noho ngā kai ki te pāmahana tika, takawai tika hoki/rānei ina kawea ana,
 - he pēhea tō whakahaere pāmahana me te mātua wehe i ngā kai ina kawea ana,
 - tō (ō) waka mō te kawea kai.



Ka puritia e koe ngā pūkete mō tēnei?

Me mātua pupuri e koe ngā pūkete pāmahana, takawai hoki/rānei mō ia waka kawea, kawenga hoki, ina hiahiatia ana kia whakahaerehia ēnei.



Ina hē tētahi mea



Me
mōhio

He aha ngā mea me mōhio koe?

- Ina hē ana (ka pērā i ētahi wā), me mātua tahuri koe ki te whakatikatika kia haumarū ai, tōtika ai ngā kai. Kei roto pea i tēnei ko te:
 - wehe i ngā hua kai whai pānga me te whakarite kāore e whakamahia, ratoa, hokona rānei (i ētahi wā ka taea pea e koe te tukatuka anō kia haumarū ai, tōtika ai hoki). Tērā pea me tonono kia whakahokia mai anō mēnā kua hokona, ratoa rānei
 - whakapā atu ki tō kaiwhakaū. Ka taea e ia te tautohu kōwhiringa mō ngā mahi ka taea e koe te whakatika, mēnā e hiahia ana. (Kāore e whakatikahia e ia tō raruraru).

He aha i hira ai te whai tukanga mō te tūpono pā mai he raruraru?

- Ka hapa te tangata i ētahi wā e whai pānga ana ki te haumarū, tōtikatanga rānei o te kai. He mea nui kia whakatikahia ēnei hapa, ā, kia kaua e hokona ngā kai kāore i te haumarū, tōtika rānei. Tirohia **‘Te tonono kia whakahokia mai ngā kai’**.
- Ki te amuamu he kiritaki mō ō kai, mō tētahi mea rānei i kite ia i roto i tō pakihi e pā ana ki te haumarū, tōtika rānei o te kai, me tūhura e koe.
- Mēnā ka kitea i hē tētahi mea, ka hāngai aua ūpane anō e rārangi ana i te wāhanga **‘Me mahi’** i raro.

D

Me mahi

He aha te mahi māu?

- Me whakatū ngā hātepe e taea ai e koe te urupare wawe ina hē tētahi mea.
- I te kitenga o tētahi raruraru ka pā ki te haumarū, tōtitkatanga hoki/rānei o te kai:
 - me tautohu ngā kai katoa ka kino, kāore e tōtika rānei,
 - me whakarite kāore e hokona, me whiriwhiri rānei mēnā me tonu kia whakahokia mai,
 - me whakamōhio wawe atu ki tō kaiwhakaū kua pā mai (i pā mai) he raruraru,
 - me whakatika te raruraru,
 - me whakarite (me whakarerekē rānei) kia kaua rawa te raruraru e pupū ake anō,
 - me pupuri i ngā pūkete mārama, tika mō ngā mahinga katoa i whāia e koe i te kitenga o te raruraru. Me mātua pupuri e koe ēnei pūkete mō te 4 tau i te iti rawa.

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - he pēhea tō tūhura i ngā amuamu kiritaki,
 - ka aha koe mēnā ka hē tētahi mea.
- Ka uia pea e tō kaiwhakaū:
 - mō ngā mea i hē, ā, he aha ngā mea kua pā mai i taua wā,
 - kia kite ia i ngā pūkete mō ngā mea i hē,
 - ngā kaimahi ka aha rātau mēnā ka hapa rātau e whai pānga ana ki te haumarū, tōtika rānei o te kai.



Te tono kia whakahokia mai ngā kai



Me
mōhio

He aha ngā mea me mōhio koe?

- E 2 ngā momo tono whakahoki:
 - taumata tauhokohoko – ka tono kia whakahokia mai ngā kai i tukuna ki ngā toa,
 - taumata kaiwhakapeto – ka puta he tono whakahoki tūmatanui.
- E 2 ngā pūtake matua ka hiahia pea koe ki te tono kia whakahokia mai ngā kai:
 - i pā mai he raruraru i roto i tō pakihi,
 - i pā mai he raruraru i roto i te pakihi a tētahi kaiwhakarato, ā, kua whakamahia kētia e koe te kai whakauru, kōkuhunga, utauta, tākai, kai rānei e tonoa ana e rātau kia whakahokia.
- Ko ngā pūkete me mātua pupuri e koe ka āwhina i roto i tō hātepe mō te tono kia whakahokia mai ngā kai. He mea hira rawa te whaiwhaitanga i tētahi āhuatanga o te tono whakahoki.
- E hiahiatia ana he tono kia whakahokia mēnā kei te māharahara koe mō te haumaru, tōtika rānei o ētahi, te katoa rānei o ētahi kai kua hokona kētia e koe.
- Kāore e hiahiatia ana he hātepe tono whakahoki mēnā e hokona tōtika anake ngā kai ki te kaiwhakapeto whakamutunga, ā, mō te whakapeto wawe tonu.



Me
mōhio

He aha i hira ai te whai hātepe tono whakahoki?

- Mēnā ki ōu whakaaro kāore te kai i te haumarū, tōtika rānei, ā, kua hokona kētia, kei runga i a koe ki te whakapau kaha kia kore rawa ai e hokona he kai e māuiui ai he tangata.
- He mea nui te whakaaroaro mēnā:
 - ka taea wawetia e koe te tautohu kei ēhea o ngā kiritaki tauhokohoko ngā kai, ā, me pēhea tō whakapā atu,
 - me whakamōhio atu koe ki te iwi whānui kia kaua e kainga ngā kai ka whakaurua e koe ki ngā pānuitanga pāpāho, ā, māu tēnei e whakarite.
- He mea nui te tuku tohutohu whaitake ki te kiritaki, hei tauira, ngā mahi me whai rātau (hei tauira, ētahi tohumate) mēnā kua kainga kētia e rātau ngā kai?
- He maha ngā whakahaere e tuku ana i ngā tohutohu hei āwhina i a koe ki te waihanga i tētahi hātepe tono whakahoki, tae atu ki a MPI. Tirohia www.mpi.govt.nz/dmsdocument/22288-recall-guidance-material.
- He whaikiko anō te whakamātautau i tō hātepe tono whakahoki ina whakaurua mai.
- Me whiriwhiri e koe ka pēhea tō mōhio mēnā ka tutuki te tono kia whakahokia mai, hei tauira, e hia ngā kai i tukuna e ai ki te rahinga i whakahokia mai, ā, i pēhea te tere hoki/rānei o tō tono kia whakahokia mai te hua kai.
- Me whakamātau e koe tō hātepe tono kai whakahokia mai i ētahi wā mā te whakahaere i ngā tono whakahoki meho.

D

Me mahi

He aha te mahi māu?

- Me tono kia whakahokia mai ngā kai e mōhio ana koe kāore pea i te haumaru, tōtika rānei (kei roto pea i te mekameka kai, kei ngā kāinga rānei o ngā kiritaki (kāore anō kia kainga)).
- Ki te whakatau koe ki te tono kia whakahoki mai, me mātua:
 - tino wawe tō whakamōhio atu ki a MPI, ā, i roto i te 24 i te wā poto rawa,
 - waea ki 0800 00 83 33 ka tono mō te Food Compliance (i ngā haora mahi), me tono rānei mō te Āpiha Haumarua Kai a MPI (i muri i ngā haora mahi).

S

Me whakaatu

He aha ngā mea hei whakaatu?

- Me whakaatu ki tō kaiwhakaū:
 - te hātepe, mahere kua whakatakotohia e koe mō te tono kia whakahokia mai ngā kai,
 - ngā pūkete mō ngā tono whakahoki meho ka whakahaerehia e koe,
 - ngā pūkete mō ngā tono whakahoki kai ka whakahaerehia e koe.

