

# Tō Rārangi Arowhai CHECKLIST



Ka āta arohia e KickStart Breakfast te hangarua me te aweko taiao. E tonoa ana koe e mātou kia waia haere ki tā mātou tukanga hangarua me te whakarite kia tiakina te taiao e tātou katoa.

## TE HANGARUA I Ō IPU PEPAMĀRŌ ME NGĀ POUAKA

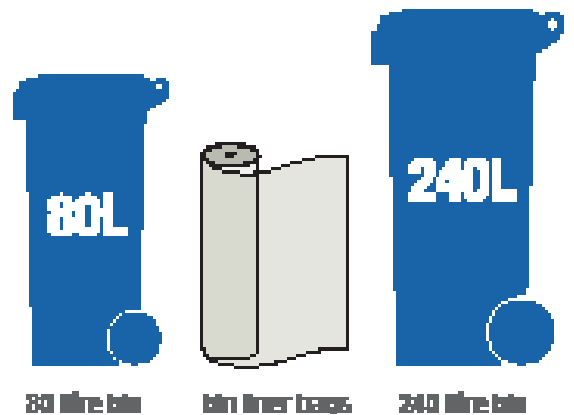
Anei ngā momo pepamārō me hangarua koe, mā te puru atu ki roto i te wāhi hangarua noa o tō kura:

- Ngā pouaka nunui i ō ai ngā mōkī Miraka Anchor™ x 12
- Ngā pouaka nunui i ō ai ngā pouaka Sanitarium Weet-Bix™ x 12
- Ngā pouaka Weet-Bix™ hema
- Ki te kore ō tukanga hangarua pepamārō, me tonu tohutohu mai i te kaunihera o tō takiwā.

## TE HANGARUA I Ō MŌKĪ MIRAKA HEMA

Mā Fonterra e whakarato ki a koe:

- He ipu hangarua iti iho e 80 rita te rōrahi hei wāhi puru mō ngā mōkī miraka hema ā muri i te opeope, te whētui, te whakapaparahi rānei.
- Ētahi tīrongo ipu para ka taea te hangarua mō roto i te ipu 80 rita.
- He ipu hangarua rahi ake, e 240 rita te rōrahi – Ka tata ana ki te rua hautoru te kī o tō ipu iti, ponaia te pēke, ka rokiroki ai ki roto i tō ipu rahi.



## Me tū ngā ipu kia hea?

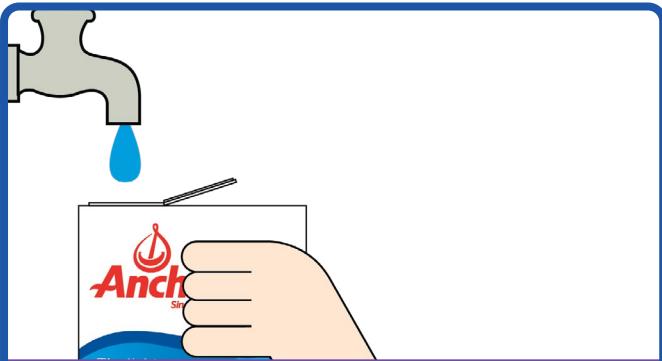
- Me whakatū te ipu iti iho 80 rita ki te wāhi he māmā noa te āhei atu, he pātata ki te wāhi o tō karapu KickStart Breakfast.
- Me whakatū te ipu rahi atu 240 rita ki te wāhi taumarumarū i ngā marama mahana ake. Me whakarite kia māmā noa te āhei atu a tō tīma Miraka Anchor™ ki tō ipu ā tō rātou taenga ki te kohikohi i ō hangarua.



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE MANATŪ WHAKAHIATO ORA

# Aratohu MŌ TE HANGARUA

Whāia ēnei mahi e whā kia tika ai tō whakarite  
i ō mōkī miraka 1L Anchor™ mō te hangarua.



- 1 Ina hema, opeopea te mōkī miraka ki te wai, ka kōripo kia hopukina ai ngā toenga miraka katoa. Opeopea, ka waiho i te taupoki kia tuwhera.



- 2 Tōia whakarunga ngā tīrepa o runga i te mōkī miraka.



- 3 Whakapaparahi katoatia ngā mōkī miraka me te kōrere e anga ana ki a koe, kia puta mai ai te hau katoa i mua i tō hīri i te taupoki me te mōkī miraka kia kati.



- 4 Purua te mōkī miraka whakapaparahi ki roto i tō ipu

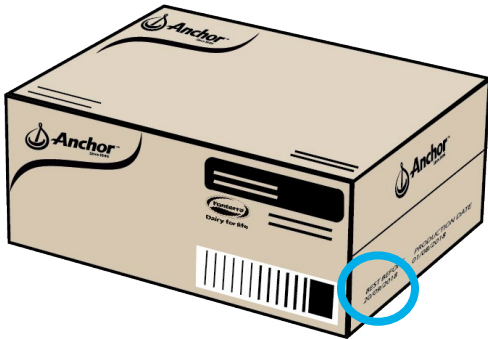
# Aratohu MŌ TE WHAKAPIPI ME TE TIAKI MŌKĪ MIRAKA



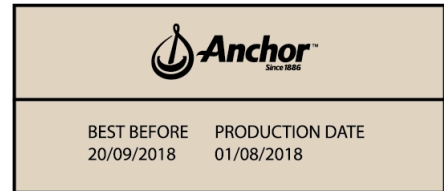
Whāia te tukanga i raro hei whakarite kia tika te whakapipi o tō miraka.

## ME MAUMAHARA

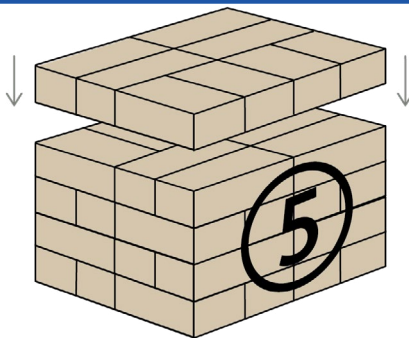
- Mēnā ka kawea he kawenga miraka anō i mua i te whakapaunga o ngā miraka katoa o mua, me whakarite kia motuhake te whakapipi
- Whakapaungia katoatia ngā miraka o ia kawenga i mua i te tīmatanga i te haupū hou.



- 1 Ka kitea ngā mōhiohio 'PAI RAWA I MUA' i te taha o te mōkī. Me whakarite kia kitea te rā 'PAI RAWA I MUA' ina whakapipi koe.



- 2 Tirohia te rā 'PAI RAWA I MUA' i te mōkī miraka, ka mātua whakamahi i te mōkī me te rā tino tōmua rawa.



- 3 Hei whakarite kia kaua ō pouaka miraka e hinga, me whakapipi mā te whakamahi i te pūnaha whīwhiwhi. Mō ngā take haumaruru, kia kaua e whakapipi kia nui ake ai i te rima pouaka te teitei.



- 4 Ki te tūpono kite koe kua pakaru, e komama ana rānei tētahi pouaka, tangohia i tō haupū, ka whakatakotoria ki rahaki me tētahi panui i runga e kī ana, 'kaua e inu'. Waea atu ki tō tīma miraka Anchor™ me te tono pouaka whakakapi.