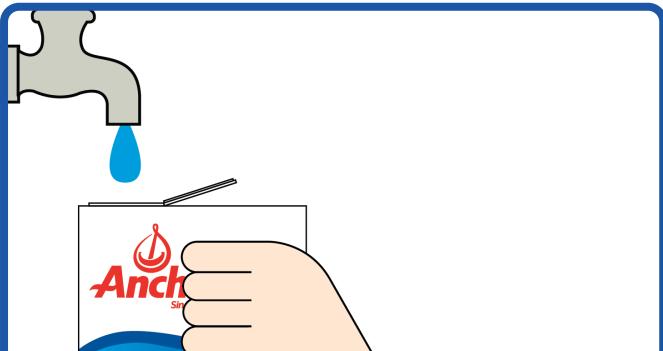


# MŌ TE HANGARUA

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



## 1 Opeopea

Opeopea te mōkī miraka ki te wai, ka kōripo kia hopukina ai ngā toenga miraka katoa.



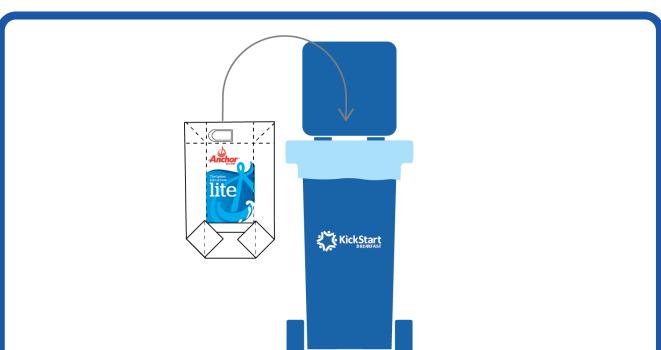
## 2 Whakamimititia

Whakamimi katoatia te mōkī miraka.



## 3 Whakamaroketia

Waiho te mōkī miraka kia maroke rawa.



## 4 Whakapaparahitia

Whakapaparahitia te mōkī miraka, taupokihia, ā, purua ki roto i tō ipu hangarua.

Whakamōhio atu i tō tīma miraka Anchor ina rite ai te hangarua kia tīkina atu ai, kia hāngai atu ai te kohinga ki tō kawenga miraka.

Mō te Hauora me te Haumaru kāore e whakaaetia ana kia tīkina atu ai te hangarua e te tīma miraka Anchor mehemea ehara ngā ipu i te mā me te maroke. **Tiakina tō ipu hangarua kia kore ai e tāhawahawatia e rāpihi kē atu.**

Ngā mihi ki a koe i tō tautoko e hangarua tika ai īu mōkī miraka!

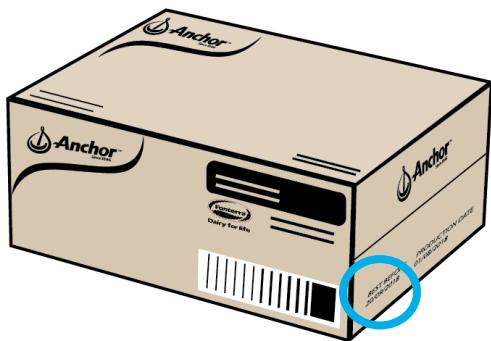


**Manaaki whenua, manaaki tangata, haere whakamua.**

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

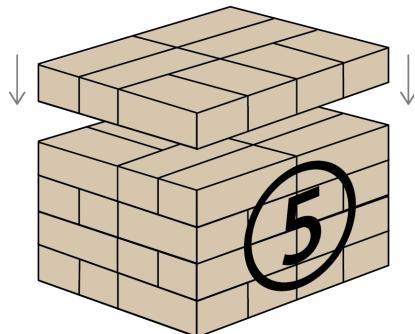
## ME MAUMAHARA

- 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.
- Ki te hiahia koe ki te panoni i tō tono miraka, tēnā whakapā atu ki te tīma Kickstart Breakfast ki te kōrerorero.



**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 whīwhihihi. Mō ngā take haumaru, 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.

# To Rarangi 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 ū 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 ū ai ngā mōkī Miraka AnchorTM x 12
- Ngā pouaka nunui i ū ai ngā pouaka Sanitarium Weet-BixTM x 12
- Ngā pouaka Weet-BixTM hema

Ki te kore ū tukanga hangarua pepamārō, me tono tohutohu mai i te kaunihera o tō takiwā.

## Te hangarua i ū mōki 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 hau toru 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 taumarumaru i ngā marama mahana ake. Me whakarite kia māmā noa te āhei atu a tō tīma Miraka AnchorTM ki tō ipu ā tō rātou taenga ki te kohikohi i ū hangarua.