

# Kai Time

## The Trilogy

Diana Neru

RONGOMAIWAHINE





# Kai Time the Trilogy

TE TAIRAWHITI	the born supremacy
TAMAKI	the revolution
WAITAKERE	Kai Time reloaded

# Kai Time

\$30

Different workstations

5 meals

3 hours





# Kai Time Putea



# Tikanga

cook

korero

kai

eVALUate



How confident are you to cook healthy  
affordable kai for your whanau?

1  
not confident

10  
very  
confident

1  
not confident

10  
very  
confident

# Wahanga

## Tupuna

Nga rouru kai e toru

Kai totika me whakapakariri  
tinana me

Papatuanuku

Te Tairāwhiti

Kaitiaki the Crown





TE KURA A ROHE O UAWA  
TOLAGA BAY AREA SCHOOL

A photograph of a red wooden sign with white text. The sign is mounted on a post and is set against a background of green grass and trees. The text on the sign is in two lines: "TE KURA A ROHE O UAWA" on the top line and "TOLAGA BAY AREA SCHOOL" on the bottom line. The sign is slightly tilted to the right. The background shows a grassy area and some trees, with a building visible in the distance on the right.



















Tamaki

Kai Time the Revolution





















April  
Edwards

OWEN

Pete F.

Fiona

Pekah  
Salomona

Laure  
dorman



Kevin

I WOZ hea

KR4iZ

Benjamin  
Jonson

MAXi

Kevin  
M Jordan

Te Puakaitanga  
Aperahama  
&  
Elizabeth Glusie  
(E.G.)

Simon  
Simoy

Aseua

Elm  
Ebony

Gloria  
was here







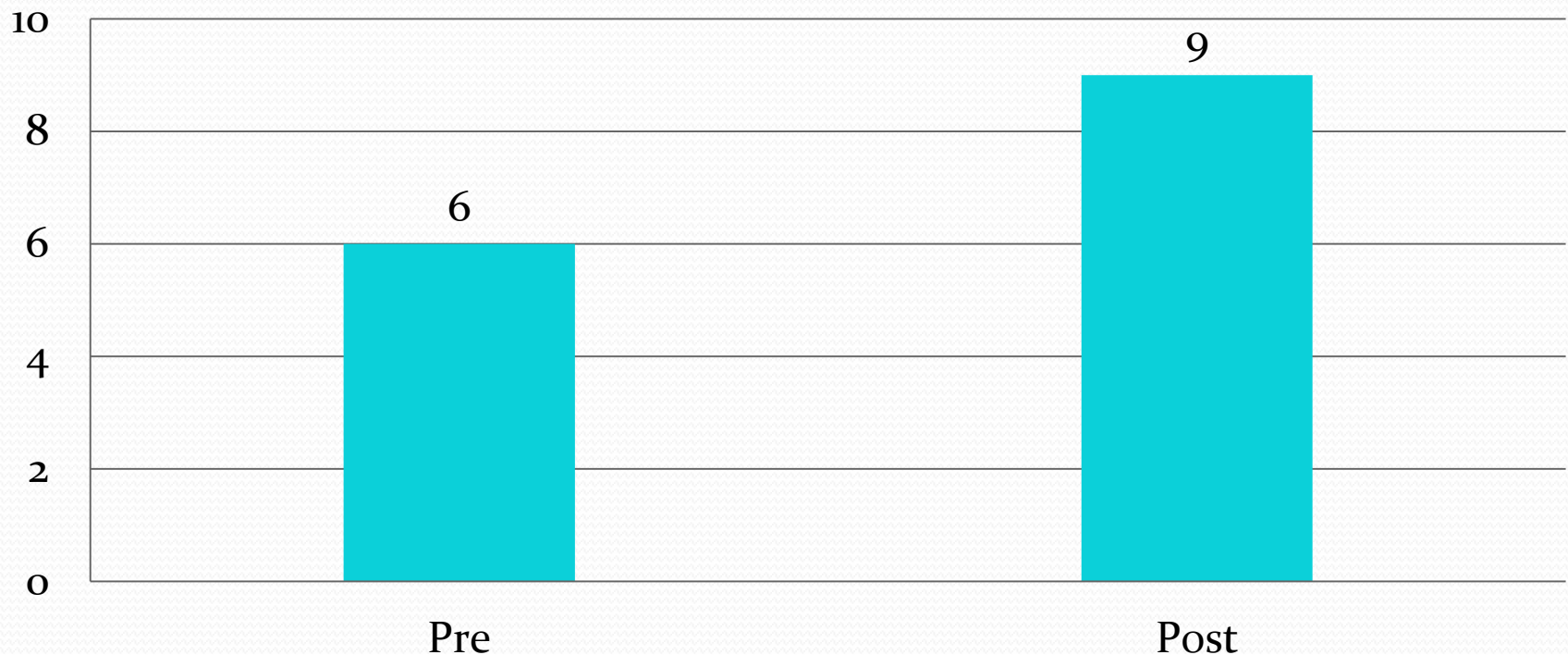






# Outcomes: 300 whānau

**How confident are you to cook healthy affordable kai for your whānau?**



Waitakere

Kai Time REloaded







# Kia kotou

Patai	Questions
Whakaaro	Thoughts
Pu korero	Comments



# Nukuroa

**Resilience**

Fortitude

Endurance

Stamina

# Korero





*Specific:* we want to cook healthy affordable kai

*Measurable :* \$30

*Achievable:* planned 5 meals

*Realistic:* shopping list

*Timeframe:* one week

# Nga Rourou Kai e Toru

## Kia iti te kai

## Kia āta kai

Milk and Milk Products

✓ AT LEAST 2 SERVINGS  
A DAY

## Kia kaha te kai

Broods and Cereals

✓ AT LEAST 4  
SERVINGS  
A DAY

Lean Meats, Seafood,  
Dried Beans, Nuts or  
Eggs

✓ AT LEAST 1 SERVING  
A DAY

Fruit and Vegetables

✓ AT LEAST 2 OF FRUIT  
A DAY

✓ AT LEAST 3 OF VEG'S  
A DAY



Ngā Kaitiaki  
Māori o Aotearoa

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Māori o Aotearoa  
P.O. Box 100, Wellington 6140  
0800 800 800











In ONE WEEK, the Auckland region generates approximately enough rubbish to fill a rugby field.





Per 100 g:

<10 g fat

<10 g sugar

<350 mg salt />4g fibre



STOP

DROP

ASK