

Tau puhala ke moua aki e tau kai mo e tau koloa mahuiaga

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Unite
against
COVID-19

Manako oti a tautolu ke he tau mena kai mo e falu a mena foki kua mahuiaga tuga e tau vai-lakau/tau tega-vai ke lata mo e nonofo puipui ha ko e COVID-19, fakamolemole ua fakanimo e tau mena nai. Ko e laupepa nei ne tohia ai e tau fakailoaaga ke lata mo e mouaaga he tau kai mo e tau koloa mahuiaga ki a koe.

Ko e laupepa nei ne tohia ai e tau fakailoaaga ke lata mo e tau tagata Niu Silani oti:

- Tufatufaaga he tau kai
- Ka nakai maeke ke moua ha puhala ke taatu aki e tau kai ki a koe
- Nofo haohao-mitaki kaeke kua tufatufa-atu e tau kai haau
- Tau lagomataiaga tupe mo fakatau-aki e tau kai
- Tau Fale Fakaputu Kai (Foodbanks)

Tufatufaaga he tau kai

Kaeke kua gagao a koe ti nakai maeke ke finatu ke fakatau haau a tau kai mo e falu a koloa mahuiaga, ole atu ke he magafaoa, tau kapitiga mo e haau a tuuta kaina ke taatu e tau kai mo e falu a koloa foki ki a koe. Tutala atu ke he matakau lagomatai haau tuga, e magafaoa, tau kapitiga po ke tuuta kaina ke iloa po ke maeke nakai ia lautolu ke ta-atu e tau koloa haau.

Kumikumi atu ke he tau matakau tufatufa koloa tuga e tau Supamakete, tau Food Parcels, tau kai kua oti he tauteute po ke falu a matakau tufa-kai kua iloa e koe:

- Ka manako ke he tau puha kai kua fita he taute-finatu ke he: [My Food Bag](#) PO KE [Hello Fresh](#)
- Tau kai mai he tau fale koloa lalahi, finatu ke he: [Countdown](#) PO KE [New World](#).

Fakaaoga e supermarket's click and collect service, ti ole atu ke he kapitiga nofo tata, tagata he magafaoa po ke tuuta kaina ke finatu ke lagaki mai e tau kai haau mo e taatu ki a koe.

Matutaki atu ke he tau fale koloa ne tata mai ki a koe ke iloa, maeke nakai a lautolu ke taatu e tau kai ke he tau kaina, mo e ha e fe e tau puhala ke ota aki. Liga fai fakatokaaga pauaki e fale koloa tata mai ki a koe ke lata mo e tau tagata ne kua manako ke fakatau mo e ota e tau kai ke he tau laini hila.

Nofo haohao-mitaki kaeke kua tufatufa-atu e tau kai haau

- Tau puhala ke taatu aki e tau koloa haau ne ota, nakai maeke ke fe-kitiaaki, ti fakaaoga e tau matakau ne tata atu ki a koe.
- Kaeke, ko koe ne tufa koloa, kua lata a koe ke tu-fakaveha ke he 2 e mita he vahalo to mai he taha tagata mo e tui e pa-mata haau.
- Kaeke kua tufa-atu e tau koloa haau manatu, ke tu-fakaveha ke he 2 e mita he vaha-loto mai ia lautolu ne tufa-atu e tau koloa haau, tau e pa-mata ti holoholo-aki e vai sanitasi (sanitiser) r tau lima ka oti e toka kehe he tau koloa haau.

Finatu ke he: <https://covid-19.govt.nz/abnout-this-site/contact-and-support/>

Tau lagomataiaga tupe mo fakatau-aki e tau kai

Ka, manako lagomatai tupe mo fakatau kai, ko e Work and Income kua maeke ke lagomatai a koe.

Finatu ke he kupega hila he Work and Income kaeke kua manako ke moua mafiti falu a lagomatai tupe mo e tau lagomatai mai he taha aho ke he taha aho (on going).

Maeke ia koe ke fakapuke e mouaaga he tau tupe lagomatai (benefit) ke he tau laini hila (on line) mo e huhu atu, fai tonuhia nakai a koe ke lata mo e lagomataiaga ke he tau kai.

Maeke foki a koe ke fakaaoga e lagomataiaga tupe COVID-19 mai he Unite Against COVID-19 (kupega hila) ke iloa po ke heigoa falu a lagomatai kua lata a koe ke moua.

Finatu ke he:

- <http://www.workandincome.govt.nz/> ke lata mo e falu a fakailoaaga foki
- <https://my.msd.govt.nz/> (ke tohi ole (tau laini hila) ke he Work and Income)
- 0800 559 009 (MSD General Line)
- 0800 552 002 (MSD Seniors 65+)
- 0800 88 99 00 (StudyLink Students)
- <http://www.Covid19.govt.nz/business-and-money/financial-support/covid-19-financial-support-tool/> (the COVID-19 Financial Support tool)

Tau Fale Fakaputu Kai (Foodbanks)

Moua e koe e Fale Fakaputu Kai he matakavi ne nofo ai koe ka kumi atu ke he uepesate he Family Services Directory:

[Ko e Family Services Directory](#)

Ka nakai maeke ke moua ha puhala ke taatu aki e tau kai ki a koe

Kaeke kua kumi atu a koe ke he tau matakau oti na ne kua fakakite mo e kua nakai maeke ke moua ha lagomatai, matutaki atu ke he Civil Defence and Emergency Management (CDEM) Group, ne tata mai ki a koe.

Finatu ke he: <http://www.civildefence.govt.nz/find-your-civil-defence-group/>