

FAKALANULANU‘AKI ‘A E ME‘ATOKONI ‘AKI ‘A E VESITAPOLO



Ikatunu, lau'isipinasi
lolo'i, pea mo e
vesitapolo kuo hifihifi
iiki



Supo me'atahi mo e
vesitapolo ma'u 'aki 'a
e ma uite



Saumeini puaka
momosi pea mo e
vesitapolo



Supo moa, koane mo
e vesitapolo pea mo e
konga manioke



Kale moa, käloti,
pateta, polokolii,
koulifalaoa pea mo e
piisi



Laise fakapaku mo
e fo'imoa mo e
vesitapolo



Ika mo e lau'i-lū,
koane melie pea mo
e siane mata kuo
moho



Sapasui pulu mo e
vesitapolo



Puaka tunu mo e
kāpisi vesitapolo
pea mo e manioke
tunu



Koan mo e masolo
fakapaku, salati mo
e konga manioke



Created by The Cause
Collective in consultation
with the Pacific community.

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

**Health New Zealand
Te Whatu Ora**

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