

# Tō ratonga Parahanga me te Hangarua Me mātua mōhio koe

Hei PARA  
i te ara kia  
angitu!



# Nau mai ki tō puka Parahanga me te Hangarua e hou ana!

Whai iho nei ka kitea ētahi mōhiohio e pā ana ki ō ipu, kia raua te aha ki roto, kia ahatia ngā mea motuhake, me te mea, me te mea.

## Taupoki Whero

Ngā parahanga whānui  
anake

Wh 3

## Pouaka karaehe

Ngā pātara me ngā ipu  
e karaehe ana, e mā ana  
anake

Wh 5

Ka taea e koe te tirotiro i tō rā kohikohi e kainamu ana, te rapu i ngā mea whāiti, te kite hoki i ngā rauemi noho tautaiao koreutu, me te maha anō hoki ki [toogoodtowaste.nz](http://toogoodtowaste.nz)

## He ipu-para tōpū tāu?

Mēnā kei te noho koe ki tētahi papanoho me ūna ipu-para tōpū, tērā pea kua whai koutou i ētahi ipu-para nui, e rerekē ana i ērā kua rārangihia i konei.

**Kia maumahara:** Whakaitia, mahia anōtia, Ā TĒNĀ, hangaruatia.

# He pai rawa ū hangarua kia moumou...

...nō whai anō me whakatūturuhia  
ka haere ki te wāhi tika.

Ko tētahi ara pai rawa atu hei aukati i tō te taputapu hangarua tae atu ki te Ruapara o Silverstream ko te tū hei toki hangarua.

Kia pē te hangarua ka rua ngā pānga kino ki Te Awakairangi ki Tai: he pānga ā-ahumoni, he nui ake nō te utu hei whakahaere i te hangarua kua pē, ā, he pānga ā-taiao, he tae nō ngā mea ka taea te hangarua ki te ruapara kē. Ki te kino rawa atu, ka tukuna peā te taraka katoa ki te ruapara nā te pē o tana kawenga!

Nō whai anō tō mātou pūnaha whakapiripiri ipu: hei āwhina i te katoa kia angitu ai. Kia tirohia e tētahi o ū mātou kaitirotiro ipu ka whiwhi tō ipu hangarua i te kotahi o ēnei whakapiripiri e toru:

## Whakapiripiri Kākāriki

Kua whai wāhi atu  
ki tō ipu hangarua  
ērā mea anake ka  
taea te hangarua.  
Ngā mihi nunui, me  
haere tonu!

## Whakapiripiri Karaka

I whai wāhi ki  
tō ipu hangarua  
kua 1-2 ngā mea  
kore whakaaetia  
ana. Tēnā,  
whakatūturuhia ka  
tika katoa ā tērā wā.

## Whakapiripiri Whero Ka tahī

Kua whai wāhi ki  
tō ipu hangarua  
ērā mea kore  
whakaaetia ana, nō  
konā kāore i kohia.

**Ka rua**  
Tērā atu anō te wā  
kua whai wāhi ki  
tō ipu hangarua  
ērā mea kore  
whakaaetia ana. Kia  
eke ki te toru ngā  
wā e pēnei ana ka  
whakatārewatia tō  
ratonga hangarua.



# Tō ipupara

Koinei tō ipupara wīra me te taupoki whero, ā, ki konei te parahanga anake.



ĀE

- Parahanga whānui: ngā para o te kāinga. Ahakoa tēnā, kia taea te hangarua (tirohia wh 4), te whakapopo, te rau atu rānei ki tō ipupara tupu (tirohia wh 6), tēnā, me mahi kē tēnā!



KĀO

- Pungarehu wera, wē rānei
- Para tupu ina whai koe ki te ipu taupoki-kākāriki (tirohia wh 6)
- Para matepā pērā i ngā pūhiko nui me ngā pātara haurehu (tirohia wh 9)

**Tiwhiri:** Kaua e rau atu te parapara kai ki tō ipu, whāia te ipu pōpopo kē!

**Tiwhiri:** Mahia te papa maheni o ngā taupoki ipu ki te tuhi i tō wāhi noho ki te pene tāmau.



## I mōhio rānei koe?

Ina putua te para tupu ki te ruapara, ka hua mai te mewaro, he haurehu kati mahana tino whaikaha, me ana kawekawe nui ki te tairaru āhuarangi. Ka mahue kē te rau atu ki tō ipu taupoki-whero, whakatōmenetia te whakapopo tēnā, te whakauru mai rānei ki tā mātou ratonga para tupu.

# Tō ipu hangarua

Koinei tō ipupara wīra me te taupoki kōwhai, ā, ki konei anake ngā mea ka taea te hangarua.



ĀE

- Pepa me te pepamārō
- Ngā tini me ngā kēne
- Ipu kirihi tohua ki te:   
(I te nuinga o te wā ka kitea ki te raro o te mea)



KĀO

- Parapara kai
- Karaehe
- Pūhiko
- Kope
- Kātene inu / Tetra Pak
- Kirihi pūwatawata, ngā whakairi kaka me ngā taonga tākaro
- Kirihi ngāwari, tākaipiri me te kawerapa
- Kapu kawhe / rangaranga
- Ipu tupu
- Ngā ipu peita, wē mōrearea rānei
- Tūpāpaku kararehe (āe, kua tūpono mai ērā...)

Mēnā ka pōkaku koe, rapua ki hutt.  
city/binsearch



## I mōhio rānei koe?

Mā te noho pē ngā ipu hangarua ka tukuna pea te hangarua pai ki te ruapara, ā, ka ngaro hoki i a ētahi ū rātou ipu hangarua! Me whai wāhi anake ki tō ipu hangarua ērā mea hangarua o runga ake e whakaaetia ana.

# Tō pouaka karaehe

Koinei tō pouaka taupoki kore e kikorangi ana, ki konei ngā ipu karaehe anake. Kia maumaharatia te mahi anō i ngā ipu ina taea e koe!



ĀE

- Ngā pātara me ngā ipu karaehe e mā ana



KĀO

- Kēne / tini (ki tō ipu hangarua taupoki-kōwhai ēnei)
- Karaehe pakaru
- Ngā taupoki, ngā pōtae me ngā puru
- Ngā pereti me ngā oko, ngā paoka, ngā naihi me ngā pūne, me te Pyrex
- Ngā karaehe inu
- Ngā pūrama
- Ngā whakaata, karaehe matapihi rānei

**Tīwhiri:** Kia kanohi hōmiromiro ki ērā toa e āhei ana te whakamahi atu i āu ake ipu! He ngāwari ake, ā, he pai ake mō te taiao.

He pai tērā ipu tiamu  
hei karaehe waireka  
pea...



## I mōhio rānei koe?

Ka tukuna te karaehe ki a VISY ki Tāmaki Makaurau, ki reira whakahoungia ai hei pātara karaehe hou, ipu karaehe hou hoki.

# Tō ipupara tupu

Tēnā pea i kōwhiria e koe te whiwhi i te ipupara wīra 240 rita me tōna taupoki kākāriki, ki konei te para tupu anake.



ĀE

- Ngā topenga otaota
- Ngā kotinga tupu



KĀO

- Parahanga
- Oneone, paruparu rānei
- Raima, pōhatu rānei
- Ngā kope
- Toenga kai
- Parahanga mōkai
- Ngā hanga rākau kua whakaukatia ki te pūmatū

**Tīwhiri:** Ki te kore koe e mau ana i tētahi ipupara taupoki-kākāriki, ki te whai rānei koe i te puhanga nui o te para tupu, ka taea te kawekawe ki ngā wāhi kohi para tupu ki ngā taunga whakawhiti o Silverstream, o Seaview rānei.

Me huri mai te  
para tupu hei one  
pōpopo!



## I mōhio rānei koe?

Mō ētahi tīwhiri e pā ana ki te mahi pōpopo me te whakamimiti i te para kai, haere ki [toogoodtowaste.co.nz/supporting-the-hutt](http://toogoodtowaste.co.nz/supporting-the-hutt)

# Te pae tukutuku matua mō te toitūtanga ki Te Awakairangi ki Tai!

He tino pukumahi te nuinga o ngā tāngata ki tō tātou tāone, me te tino toritori hoki te hinengaro – nō whai anō ko tō mātou hiahia kia māmā ake te noho hei kaitiaki taiao, hei toa hoki o te noho toitū!

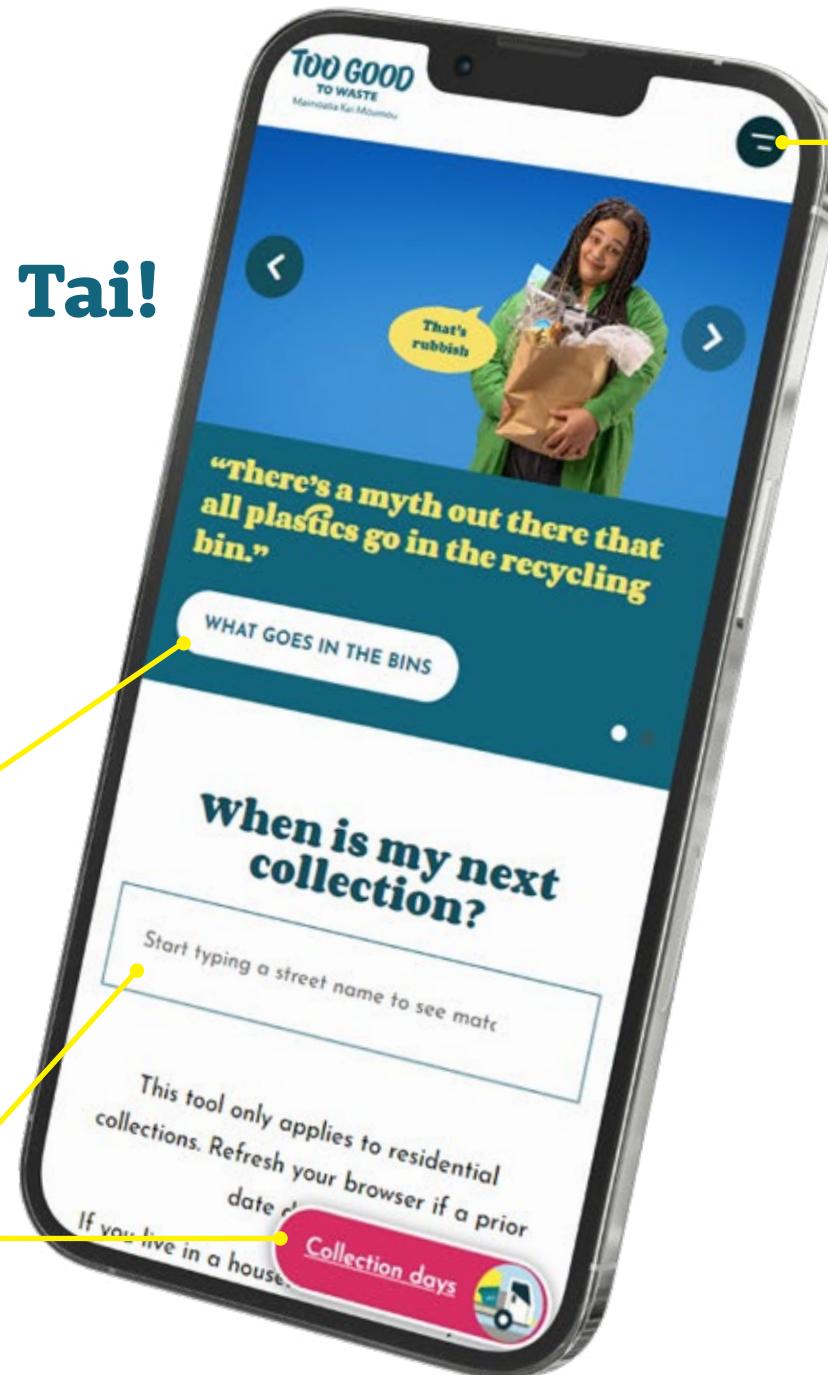
Tirohia [toogoodtowaste.nz](http://toogoodtowaste.nz) mō:

## Te rapunga o tētahi mea

Kei te pōrāruraru koe ki tētahi mea whāiti? Rapua kia whakakoiatia te wāhi tika mō tērā.

## Tō wātaka kohikohi

Kei te matea te hihira i ngā rangi kohikohi ki a koe, engari kāore tō wātaka Parahanga me te Hangarua i tō ringa? Anei tonu.



## Te Wāhi Tamariki

He ngahau ki konei ki te whānau katoa, anei ētahi kēmu mā te tamaiti, me ētahi ngohe, rauemi hoki!



Te Kēmu-papa o TGTW



Hangaia tāu ake pāmu noke

## Ngā rauemi tautaiao me kaua e tuku kia hipanoa

Mā ēnei te noho toitū e whakangāwari ake.

## Ngā wāhi e tau rā tō hangarua

Tuhuraina te haerenga o tō hangarua whai muri i tō rau atu ki tō ipu taupoki-kōwhai.

## Ngā wāhi miramira ō ngā toa tautaiao

Inā te huhua o ngā wāhi i Te Awakairangi ki Tai hei tuku atu i te para kāore e whakaetia ki te kohinga ā-taparori, hei whai hoki i ngā mea mīharo e hou ana (me te ngāwari hoki o te utu...), ngā wāhi e tū ai koe hei toa tautaiao, me te maha anō!

# Me pēhea te ākiri i ngā mea anō

He maha ngā mea ka taea te heri atu ki a Earthlink ki Taitā ([earthlink.org.nz](http://earthlink.org.nz)) - tirohia hoki tō rātou toa!



## Ī-parā:

I te nuinga o te wā, ka taea te heri atu ngā rorohiko, papahiko, kaupane, tautara rorohiko, pūreretā me ngā kāmera ki a Earthlink, ki ngā kaihokohoko whai wāhi mai ki a TechCollect hoki.



## Ngā pūrere mā:

Heria ki te taunga whakawhiti ki te Ruapara o Silverstream (he utu mō tērā).



## Ngā pātara haurehu me ngā rango:

He ākitiranga utu-kore mō ngā rahinga māori o te kāinga ki te taunga whakawhiti o te Ruapara o Silverstream.



## Ngā pūhiko waka me ngā pūhiko konukōhatu whai katote:

He ākitiranga utu-kore mō ngā rahinga māori o te kāinga ki te taunga whakawhiti o te Ruapara o Silverstream.



## Hinu, pūmatū ā-māra, pūmatū ā-whare, peita, tāmeha:

He ākitiranga utu-kore mō ngā rahinga māori o te kāinga ki te taunga whakawhiti o te Ruapara o Silverstream.

Tēnā, kaua e riringi ēnei ki ngā wāra o te kāinga!



## Ngā rongoā, mea koikoi, ngira, me ngā pūwero aunoa

### EpiPen:

Me heri ki tō kaitaka rongoā pātata kia haumaru ai te ākiri.



## Ngā hanga maitai:

He ākitiranga utu-kore ki ngā whare hangarua maitai, pērā i a Macaulay Metals.

# Te heri atu i ū ipupara ki waho

## Ō rangi kohikohi

Tikina atu ū wātaka kohikohi i [toogoodtowaste.nz](http://toogoodtowaste.nz) - pātōhia noatia tō wāhi noho!

Me heri atu ū ipupara taupoki-whero ki waho i ia wiki, engari anō ū ipupara taupoki-kōwhai me te pouaka karaehe, me puta hohoko kē ēnei i ia rua wiki.

Ka kohia ngā ipupara taupoki-kākāriki i ia whā wiki, ki te mau koe ki tētahi o ēnei ka kitea tētahi wātaka anō mō tēnei ratonga ki [toogoodtowaste.nz](http://toogoodtowaste.nz)

## Me pēhea te hari i ū ipu ki waho

Me noho ū ipupara ki tōna tino pātatangā ki te taparori e taea ana, me te waitohu o te Kaunihera e aro ana ki waho

Waiho tētahi ara wātea ki ngā tūru wīra me ngā waka pēpi

Me tāmau te whakarawa

Waiho te 50 ngā henemita ki waengau i ngā ipupara



# Me whakamimiti te rahinga o te para e tae atu ana ki te ruapara

Ki te whai pātai, tono, take rānei koe, pērā i te:

- Whai i te āwhina e pā ana ki te kohinga ā-taparori nā te hauātanga, te take hauora rānei
- Ngā tikanga me whai ina kāore tō ipupara i whakapiakotia
- Panoni i ngā rahinga o ō ipupara
- Whai i tētahi ipupara tupu
- Tono mai mō tētahi ipupara ki tētahi papanoho hou

Tēnā, haere ki a [hutt.city/HCCbinform](#) whakapā rānei mai ki a **04 570 6666 / 0800 488 824** ki a [contact@huttcity.govt.nz](mailto:contact@huttcity.govt.nz) rānei

Ka taea hoki tō peka mai ki a mātou ki 30 Laings Road, Te Pokapū o Te Awakairangi ki Uta, Te Awakairangi ki Tai



E wātea hoki ana tēnei puka hei tikiake māhau ki: Te reo Pākehā, te reo Hāmoa, 中文(简体) te reo Haina (Whakangāwaritia), 中文(繁體) te reo Haina (Taketake) me हिंदी te reo Hini ki [hutt.city/TGTWbooklet](#)