

Nourishing food and drink options

As part of our commitment to manaaki (hospitality and care), we offer nourishing kai me inu (food and drink) options to support the hauora (health and wellbeing) of our staff and visitors.

What's on our menu



Balanced meals to keep you going

Wholegrains, vegetables and lean proteins (including legumes, nuts and seeds) – designed to nourish and sustain you, keeping you fuller for longer.



Plenty of vegetables and fruit

Packed with fibre to support digestion and boost your immune system – helping you stay energised throughout the day.



Sweet treats

Whether you're seeking comfort food or a quick pick-me-up, you'll find plenty of sweet options – just the right size for that energy boost.



Drinks that are better for your teeth

Enjoy water, and sweet drinks without the sugar hit, thanks to our range of sugar-free and lower sugar options. Don't forget to use our water refill stations!



Out-of-hours options

A range of filling, nourishing choices in vending machines – so you're supported any time of day or night.



Scan the QR code for more information:
tewhatauora.govt.nz/publications/national-food-and-drink-policy