



Karakia kai

Whakapaingia ēnei kai

Hei oranga mō ō mātou tinana

Mō ō mātou wairua hoki

Āmine

Blessing for Food

Bless this food

For the health of our bodies

And our spirits

Amen

This Māori incantation is for food. Giving your spirit and body good health and wellbeing.

