



## 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

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

