

Nau mai e ngā hua

Nau mai e ngā hua

o te wao

o te ngakina

o te wai tai

o te wai Māori

Nā Tane

Nā Rongo

Nā Tangaroa

Nā Maru

Ko Ranginui e tū iho nei

Ko Papatūānuku e takoto nei

Tuturu whakamaua

Kia tina! TINA! Hui e! TĀIKI E!

Welcome the gifts of food

from the sacred forests

from the cultivated gardens

from the sea

from the fresh waters

The food of Tane,

of Rongo,

of Tangaroa,

of Maru

I acknowledge Ranginui who is above me,

Papatuanuku who lies beneath me

Let this be my commitment to all!

Draw together! Affirm!

