



Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

Video animation transcript: COVID-19: Keeping kai on the table

[Introduction]

Audio	Visual
<p>[Background music plays throughout the video]</p>	
<p>[Narrator] In New Zealand, we produce enough kai to feed us all. But it doesn't mean it's affordable.</p>	<p>On a white background, a title is displayed: COVID-19: Keeping kai on the table</p> <p>The title fades and we see a farmer on a tractor, ploughing a field.</p>
<p>[Narrator] People are still going hungry, having to choose cheaper or less healthy options, sharing what you have got - or going without.</p>	<p>A young man (Nga) stands in the kitchen, looking into the fridge. It's empty, except for a lonely bottle of tomato sauce.</p> <p>Flatmate Ben sits in the kitchen, eating a takeaway burger and fries.</p> <p>Flatmate Lily stands in the kitchen, and gives Nga a croissant.</p>

Audio	Visual
<p>[Lily] Lucky I've got my café job, I can sometimes get a few leftovers.</p> <p>[Ben] It's easier to fill up on takeaways, eh.</p>	<p>Lily stands in the kitchen. Ben has finished his burger and offers Lily a french fry.</p>
<p>[Narrator] Highly processed food is often more convenient – but it can increase your risk of getting sick or developing a long-term condition like type 2 diabetes.</p> <p>And it can affect your mental health, your concentration and your learning.</p> <p>[Nga] I'm a student. It's really hard to make ends meet.</p>	<p>On a blue background, images appear: chips, chocolate, a sausage on roll, a fizzy drink, an iced doughnut, french fries, instant ramen, and an ice cream cone.</p> <p>Nga sits at a table, with a pile of books at one end, and a cup of coffee within reach. He's writing in a notebook.</p>

[Resources that can help]

<p>[Narrator] There's some good info online about eating well for less.</p> <p>Tips like growing your own vege or shopping for bargains. And cooking more at home.</p>	<p>Lily stands outside, watering salad greens in a planter box.</p> <p>Nga cooks in the kitchen, flipping stir fry vegetables in a pan.</p>
<p>[Nga] I've joined this vege co-op and it's much cheaper than the supermarket.</p>	<p>Nga, Lily and Ben are in the kitchen. Ben holds a box of fresh vegetables.</p>
<p>[Narrator] Plus, there are organisations who can help out like: foodbanks, Auckland City Mission, Pasefika Proud, the Sallies and heaps of others.</p>	<p>A large delivery truck pulls up – the side of the truck is labelled with the words "My Kai" and a picture of a bag of groceries.</p> <p>On a yellow background, a laptop screen appears. There is text on the screen: Hn.org.nz/support/kai</p>

[Help and support]

Audio	Visual
<p>[Narrator] Remember – if you feel you're not coping, help and support is available.</p>	<p>A blue screen with a whiteboard appears. The board is titled Helplines.</p> <p>The helplines are listed below the heading:</p> <ul style="list-style-type: none">• Healthline 0800 611 116• Call or text 1737
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none">• Health Navigator New Zealand logo• Hn.org.nz• Te Whatu Ora Health New Zealand logo• Benchmedia logo