



# Autumn Newsletter

20/06/2018

- THE WINNER OF THE MOTHER'S DAY DRAW OF \$250 BABY FACTORY VOUCHER

WHAT'S UP...

She said "HBHF programme is very suitable for the new mum and the programme structure is very good! She has learnt so many things and using them every day, especially how to prepare healthy complimentary food for her baby. After attending HBHF programme, she has tried different programme in the community, but still feels HBHF is the best."



## Give us a call...

For Chinese & English:

**Fangfang Chen**

09-5701188 ext 330

021-760121

[hbhf@cnsst.org.nz](mailto:hbhf@cnsst.org.nz)

For Korean & Japanese:

**Joanna Jensen or Maya Park**

09-5709099

## Antenatal & nutrition workshop

Time: August & October

Venue: Panmure & New Lynn

Target: Chinese pregnant women and supporting family members

## Postnatal support & nutrition workshop

Time: August, September, October, November

Venue: New Lynn & North Shore

Target: Chinese mums with children under 1 year old





## APPLE WITH COUSCOUS

A nutritious blend of Apple and Couscous in a bowl for babies 6 months and above.

Prep Time 5 minutes

Cook Time 15 minutes

Total Time 20 minutes

### You Need:

- 1/2 Apple (sweet variety)
- 1 cup Water
- 2 tbs of Wheat Couscous
- A pinch of Cinnamon Powder
- A pinch of Nutmeg Powder

### How To Make It:

- In a pot, add water and apple along with the nutmeg and cinnamon powder.
- Cook till the apples get tender.
- Once they get cooked, add couscous and mix well.
- Turn off the heat and cover the pot. Keep it covered for 10 mins.
- Fluff the couscous and mix everything well.
- Run it through a food processor. Add little water/breastmilk at this point to adjust the required consistency.



### Favourite physical exercise — Baby wearing dance

#### HBHF education corner

Eat at least 6 servings per day of vegetables and fruit (at least 4 of vegetables and at least 2 of fruit)



If you are vegetarian you may need extra vitamin B



#### Community resources sharing

In NZ, emergency line is 111

Please go to [www.healthpoint.co.nz](http://www.healthpoint.co.nz) to FIND your GP

Go to [www.kidshealth.org.nz](http://www.kidshealth.org.nz) to find more health related information



## In Brief...

**329** mums were introduced to Asian – HBHF programme

**260** mums talked to us about their's and their babies' health goals

**259** people joined our free **TextMATCH** service with NIHI

**170** mums learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

### Text MATCH

A free text messaging programme to support mums with info about eating well and being active

