



Spring Edition

E-newsletter

What's up

Win Shopping vouchers of worth \$250; if you are pregnant, nursing or mother of under 4; Please fill our HBHF online promo form and go into our draw due on CHRISTMIS & MOTHER'SDAY 2018.

Link is given below:

<http://www.surveymz.com/s3/3174862/WOMEN>

Join our community learning programme at following locations:

Mount Roskill (Every Friday)

Papatoetoe (Every Thursday)

Give us a call...

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A joint venture of HBHF and Woman Care Trust (Papatoetoe)

HBHF and Women care Trust proudly conducted an effective community learning programme that hit the new heights of success. Mothers from Indian community participated in the programme.



Trip to supermarket gain the interest of participant to read the labels before selecting any processed product.



In Brief...

We co-ordinated the most successful programme with Woman care trust Papatoetoe.

20/25 Mothers are graduated.

Cooking demos and exercises are the ongoing part of each session.

TextMATCH Update:

58 Registrations

HBHF Sessions are fully

free

Come and enrol today for our Free Nutrition sessions Now (October- December 2017)

TextMATCH

A free text messaging program to support Baby Mama & Family with info about eating well and being active

Iron is important to prevent you becoming too tired during pregnancy. Lean red meat, Chicken, Eggs, Bajra flour, Cowpea, Masoor dal & Moth beans contain iron.

We tried Smoothies this time

1. *Very berry Smoothie*
2. *Green Smoothie*
3. *Banana Smoothie*

Very berry Smoothie:



You Will Need:

- 1 cup fresh or frozen berries – strawberries, raspberries, blueberries
- 1 cup low fat yogurt
- small bananas
- 1/2 cup crushed ice

How to Make:

1. Blend the berries, yogurt, sliced bananas, and ices for a minute or until you get the desired consistency. Serve fresh.

Preparation Time: 5 Minutes

Servings: 4

Nutritional Value: calories – 151.2, carbohydrates – 31.3g, protein – 5g, fat – 1.7g, cholesterol – 3.7mg

Exercise of the season (New Mothers startup)

