



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.surveygizmo. com/s3/3174862/WOME N

Join our community learning programme at following locations:

Mount Roskill (Every Friday) Papatoetoe (Every Thursday)

Give us a call...

Bushra Ibrahim
DDI: 098152338
Mob: 022 464 7448
bushra@asiannetwork.
org.nz























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

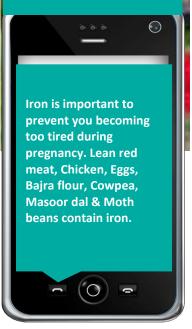
HBHF Sessions are fully

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



We tried Smoothies this time

- Very berry Smoothie
- **Green Smoothie** 2.
- Banana Smoothie

Very berry Smoothie:



You Will Need

- cup fresh or frozen berries strawberries, raspberries, blueberries
- 2 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.

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)



