



Winter Edition

E-newsletter

What's up

- *Sikh Community groups is commencing from October in Otahuhu*
- *Join our HBHF group in Henderson over Weekends*
- *Auckland City Group is still running in Central Library*
- *Health professionals are joining session to give health advices*

Give us a call...

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Namaste Ayubowan, Asalaamu Aleykum, Namaskar, Namashkar, Assalamu Alaykum

South Asian Mums in Recipe Competition

The mums from Auckland CBD and Mount Eden groups were excited to take part in the recipe competition organised by The Asian Network Inc. (**TANI**). All mums participated in the competition, liked the idea, enjoyed and learnt innovative ways of cooking through HBHF awareness and cooking demos.

- *First Prize recipe: Oats and Semolina Roll*
- *Second Prize recipe: Moong Daal & Carrot Chart*
- *Third Prize recipe: Vegetable Vermicelli Umpa".*



City Centre Group



In Brief...

7 Mums from CBD,
6 from Mt Eden Group
and

4 from North shore
have completed the
HBHF sessions and
graduated in July-
September 2016

session by **TANI** team

17 Mums have been
graduated.

3 groups have been
active

TextMATCH Update:

123 Registrations

HBHF Sessions are fully

Free

**Come and enrol today
for October to
December 2016 sessions
now**

What We Tried New

We tried Homemade cheap
and healthy Hummus and
Yogurt dip as healthy snacks



Ingredients:

- 2 cups drained well-cooked or canned chickpeas, liquid reserved
- 1/2 cup tahini (sesame paste), optional, with some of its oil
- 1/4 cup extra-virgin olive oil, plus oil for drizzling
- 2 cloves garlic, peeled, or to taste
- Salt and freshly ground black pepper to taste
- 1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
- Juice of 1 lemon, plus more as needed
- Chopped fresh parsley leaves for garnish

How to make it:

- Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.
- Taste and adjust the seasoning.
- Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley

Success Story

Chandna, from India, shared her lovely health story with us

“When I first come to New Zealand, I was just freed from my first baby birth. It was quite new and challenging for me to get my real shape. Thanks to HBHF and TANI team, who helped and shared knowledge and health tips that were very useful to gain my target”.



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.