



Summer Edition 2017

# HBHF: South Asian E-newsletter

## What's up

### Otahuhu Group:

DAY: Every Tuesday from  
6<sup>th</sup> March 2018

TIME: 10:30am To 12:30pm

VENUE: Otahuhu Town  
community Hall

### Safari Play Group:

DAY: Every Wednesday  
from 7<sup>th</sup> February 2018

TIME: 10:30am To 12:30pm

VANUE: Lynnfield  
Recreation & Youth Centre,  
16 Griffen Park Road,  
Lynnfield.

*Our another lucky draw is  
due on 13 May 2018 on  
Mother's day 2018 Please  
get time to fill our online  
survey and select "The  
Asian Network  
incorporated" at the end of  
the survey: link in given  
below:*

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

## Give us a call...

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

Welcome to HBHF south Asians

## Congratulation to Graduated MUM'S

*We are delighted to announce that 4 groups on different locations of  
Auckland as Mt Roskill, Ellerslie, Otahuhu & Safari play group earned the  
same skills of healthy living for themselves their babies & family*



Special Thanks to Bhartiya Samaj Charitable Trust, Safari play group  
& OTAHUHU Library for cooperation.



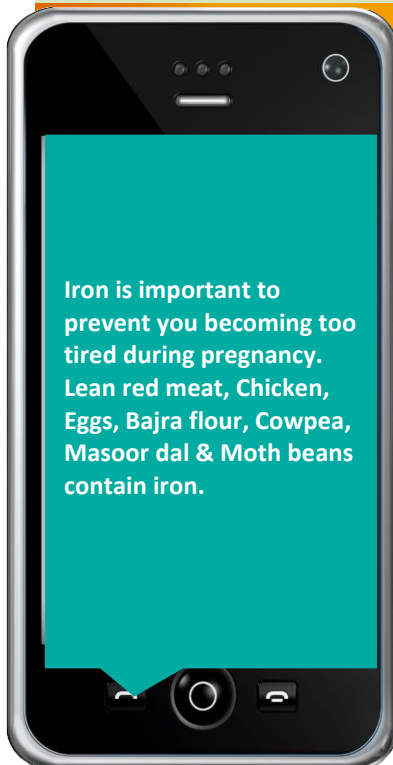
## In Brief...

- **80** mothers have been completed the HBHF promotional forms
- **69** new Mums & supporting members are getting free TEXTMATCH service
- **4 CLP** Groups have been run in this quarter at Otahuhu, Safari Play group and other locations
- **30** Mums are graduated over summer.

HBHF Sessions are fully

**Free**

***Come and enrol today for January to march 2018 sessions now***



## What We Tried New: Rice Salad



### Ingredients

- 2 cups brown rice, cooked
- 2 spring onions, sliced
- 1 green or red capsicum, diced
- 1 stalk celery, finely chopped
- 1 medium carrot, finely diced
- 1 x 227g can pineapple pieces in juice, drained and chopped
- 1/2 cup sultanas
- 1/4 cup pumpkin seeds
- 1/2 cup toasted cashew nuts or peanuts
- 1/4 cup fresh coriander or parsley, chopped
- 3/4 cup pineapple juice
- 1/2 cup olive or canola oil
- 1 Tbsp low sodium (salt) soy sauce
- 1 clove garlic or 1 tsp crushed ginger

4 serves

### Method

1. Prepare Rice according to instructions on package.
2. When cooked, leave it to cool.
3. Transfer rice to a large bowl and add spring onions, capsicum, celery, carrots, pineapple and sultanas.
4. Add dressing, mix and leave in the fridge till ready eat.
5. Just before serving, sprinkle seeds, nuts and coriander.

### Dressing:

1. In a blender, a jug or jar - blend together pineapple juice, oil, soy sauce, garlic and/or ginger.

## HBHF making changes in MAMAs' life 😊

Most of the mothers are adding more vegetables and fruits to their diet, and are drinking more water in daily routine. Our research and evaluation is also evident that a number of mothers start doing physical activity and availing variety of opportunities to be more active. For example, one of the mothers shared that she reduced her carbohydrates and increased salads in daily food after baby's birth as advised by the HBHF coordinator. She is able to reduce her weight from 82 KG to 76 KG.

## **Our lucky winner of 250\$ voucher of baby factory is Gagandeep – women care Trust.**



"I am very grateful to win \$250 voucher. Thanks for all your help and encouragement. I recommend all mothers to be a part of HBHF initiative and stay active."