



Hōtoke (Winter) E Panui



Ngā Kaupapa e whai ake nei (Upcoming Events)

Waiheke Island
Waiheke Sustainability
Centre
29th June 2017

Parakai
Te Whare Oranga o
Parakai
Thursdays – 27th July, 3rd
& 10th August 2017



Waiheke Mamas - 2017

WHAKATAETAE

Our Hōtoke winners are...

Stevie Farley
(Child Health
Adminitrator)
&

Vicki Tataurangi
(Mummy of Waiheke
Island)

Congratulations!

From Te Ha Oranga o Ngati
Whatua and HealthWEST

“Thank you for teaching me how to read labels and knowing about sugar, salts and fats in foods. I really didn’t realise how much it has in processed foods”



Waiheke Mamas Reading Food Labels

Korero mai...



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In Brief...

Congratulations to the **49** Mums for completing the Oranga Pēpi, Oranga Anga Mua Program this Season

119 Mums were introduced to Oranga Pēpi, Oranga Anga Mua

44 whanau talked to us about their health and their babies' health goals

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

72 Mums enrolled on our Community Learning Program

49 Mums learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

We supported **1** Mum to get help from other services

TextMATCH

A free text messaging program to support hapu mama & whanau with info about eating well and being active



Ngā whakapakari Tinana e kaingākaitia ana ngā pēpi (Our favourite physical activity for baby)

THROWING AND CATCHING

Playing with a ball helps develop “hand-eye” or “foot-eye” coordination. It also develops a good sense of timing (helps with learning to cross the road)
This can be started from approximately 6 months

ACTIVITY

Roll up a pair of socks and pass it to your child to place or throw into the washing basket.

This is a fun way to enhance hand-eye coordination and throwing skills, as well as being part of your housework. This activity is providing valuable “together time”



Ngā tohutaka e kaingākaitia ana (Our favourite recipe)

Chicken & Vegetable Noodle Soup

Kīnaki (Ingredients)

- 4 cups (1 litre) Chicken Stock
- 2 x 200g lean chicken breast fillets, fat trimmed
- 2 cups frozen mixed veges
- 125g dried egg noddles
- 1 tablespoon Soya Sauce



Tāera (Method)

1. Bring stock to the boil in a large saucepan over medium heat. Reduce heat, add chicken and simmer, covered for 8-10 minutes or until cooked. Remove chicken from stock.
2. Add vegetables and noodles to stock. Bring to the boil, then reduce heat and simmer for 6-8 minutes or until the noodles are tender and cooked through.
3. Slice the chicken thinly, add it to the soup and stir over low heat until heated through. Season to taste with soy sauce.

