



# Kōanga (Spring) E Panui



## Ngā Kaupapa e whai ake nei (Upcoming Groups)

### West Auckland

Glendene Community Hub  
Wednesdays 18<sup>th</sup> & 25<sup>th</sup>  
October  
10am-12pm

### North Shore

Birkdale Community Centre  
Wednesdays 1<sup>st</sup>, 8<sup>th</sup>,  
15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>  
November  
11am-1pm

### East Auckland

Te Poho o Tamaki Marae  
Friday 3<sup>rd</sup> – 25<sup>th</sup>  
November  
10am – 2pm

### West Auckland

New Lynn Community Centre  
Thursdays 9<sup>th</sup>, 16<sup>th</sup> &  
23<sup>rd</sup> November  
11am-1pm

## What Parakai Mama's are saying about Oranga Pēpi, Oranga Anga Mua



"I have started doing kickboxing 3 times a week since starting HBHF. The label reading session is the most valuable thing I've learnt. I would recommend HBHF because it is a great way to get to know other mothers in the community 😊"

**Jade – Mum of 5 month old girl**



## Ngā whakapakari Tinana e kaingākauria ana ngā tamariki (Our favourite physical activity for kids)



### Get Outdoors!

With Summer approaching, the weather is getting warmer!

Perfect excuse to get outside with your tamariki and go for a whanau walk or bike/scooter ride



**Children need to build up their knowledge and familiarity with nature in order to develop respect for it**

## Korero mai...



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## In the last 3 months...

**244** Mums were introduced to Oranga Pēpi, Oranga Anga Mua

**89** whanau talked to us about their health and their babies' health goals

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

**66** Mums enrolled on our Community Learning Program

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

We supported **62** Mums to get help from other services

## Ngā tohutaka e kaingākauria ana

(Our favourite recipe)



### Tuna and Tomato Bake

#### Kīnaki (Ingredients)

- 2 large tins Tuna Flakes
- 1 onion diced
- 1 carrot diced
- 2 garlic cloves grated
- 1 large celery stick diced
- 1 jar tomato Passatta
- 1 lemon, zest & juiced
- Fresh or dried Thyme
- 1 Tbsp Sugar
- Salt & Pepper
- 2 Tbsp Veg Oil
- 2 Bay Leaves
- Small shake of Chilli flakes
- ½ cup corn kernels, grated courgette or spinach/silverbeet
- ½ cup grated cheese



#### Tāera (Method)

1. Heat a large pot and add the oil. Cook out the onion, carrot, celery and garlic till softened and not coloured. Add in the tomato, lemon zest & juice, bay leaves, chilli flakes and herbs. Simmer on a low for 20 minutes
2. Turn oven on to 160-180c
3. Add the salt, pepper and sugar. Taste and adjust seasoning. Add corn kernels and other veg and Tuna. Mix through without breaking up the Tuna too much. Put into oven proof dish, place the doughboys onto the top and sprinkle with grated cheese. Bake for 20 mins till cheese has melted and doughboys are cooked through
4. Spoon over boiled, herbed rice or pasta or mashed potato

#### (Doughboy ingredients)

- 500gm Flour
- 3 tsp Baking Powder
- 50g Butter
- Handful of chopped Parsley
- ½ tsp Salt & ¼ tsp Pepper
- Milk or water



#### (Doughboy Method)

1. Mix together flour, baking powder, parsley, salt and pepper in a large bowl. Grate cold butter into flour then rub together
2. Add enough milk or water to make a sticky dough but not too wet. Using a spoon dollop on top of Tuna Tomato Bake



## Promotion!

Fill in this Form online to go into the draw to WIN 1 of 4 BABY STARTER PACKS worth \$250!!! Drawn just before Christmas 2017!

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



Recipe thanks to



**Te Whare Oranga o Parakai**  
[www.ThriveKaipara.org.nz](http://www.ThriveKaipara.org.nz)