



Ngahuru (Autumn) E Panui



Ngā Kaupapa e whai ake nei (Upcoming Events)

La Leche Administrator Training

(22nd- 26th August)
Supporting mums to
breastfeed exclusively
for 6 months or more

**Motivational Interview
Training** (4-5 August)
Encouraging mums to
change behaviour

What Glen Innes Mamas are saying about Oranga Pēpi, Oranga Anga Mua

“I’ve made lots of food habit changes in a more healthier way and cut out sugary drinks in my household” – Porewa mother of 3

“To be a happy healthier mum and change what my babies eat and doing a lot more active things with them” – Nikki mother of 2

“Because I learnt a lot in 6 weeks, had an awesome coordinator and met a lot of mums that had the same goals as me. For someone that had excuse after excuse for umpteen years it was time to get off my butt and do something about it – this programme gave me the push I needed” – Tamara mother of 4

WHAKATAETAE

Our Ngahuru winners
are...

Hayley Onions
(NIR support worker)
&
Geneva Milner
(Mummy of Henderson)

Congratulations!

From Te Ha Oranga o Ngati
Whatua and *HealthWEST*



22nd April 2016 – Glen Innes HBHF



Korero mai...



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In Brief...

Congratulations to **Puawairua te Kohanga Reo** whanau from West Auckland for completing the Oranga Pēpi, Oranga Anga Mua Program

103 mums were introduced to Oranga Pēpi, Oranga Anga Mua

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

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


76 Mums enrolled on our Community Learning Program

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

We supported **3** mums 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



Kia Ora Tamara. Avoid store bought salads/sandwiches/sushi while pregnant as these can cause food poisoning & harm your baby. Buy fresh ingredients & make them at home instead.

Ngā tohutaka e kaingākautia ana

(Our favourite recipe)



Chicken noodle stir-fry

Kīnaki (Ingredients)

- 1/2 bunch of fresh coriander
- 3 cloves of garlic
- 1 thumb-sized piece of fresh ginger
- 1 bunch of spring onions
- 1 fresh red chilli
- 1 lime
- 2 carrots
- 1 head of broccoli
- 2 higher-welfare skinless chicken breasts
- 250g medium free-range egg noodles
- 50g unsalted cashew nuts
- vegetable oil
- freshly ground black pepper
- 1-2 tablespoons low-salt soy sauce
- 1 tablespoon fish sauce



Tāera (Method)

1 - Pick the coriander leaves and finely slice the stalks, then keep aside for later. Peel and finely slice the garlic, then peel and matchstick the ginger. Trim and finely slice the spring onions, deseed and finely slice the chilli and cut the lime into wedges. Trim, peel and thinly slice the carrots at an angle.

2 - Cut the broccoli into small florets, then finely shred the stalk, discarding any gnarly bits. Cut the chicken into 1cm strips. Cook the noodles according to packet instructions, then drain and refresh under cold water. Drain again, toss in a little oil and put to one side. Lightly toast the cashew nuts in a non-stick frying pan until golden, then tip onto a plate to cool.

3 - Heat 1 tablespoon of vegetable oil in a large frying pan or wok. Season the chicken with a pinch of pepper, then add to the pan and stir-fry for 2 to 3 minutes, or until golden. Add the coriander stalks, garlic and ginger and cook for a further minute.

4 - Next, add the spring onions, carrots and broccoli and stir-fry for a further 2 minutes, then add the cooked noodles. Keep stir-frying until the noodles are warm and chicken is cooked through. Stir through the soy and fish sauces, remove from the heat.

5 - Divide between bowls, sprinkle over the nuts, sliced chilli and the reserved coriander leaves, then serve with the lime wedges for squeezing over.

Ngā whakapakari Tinana e kaingākautia ana

(Our favourite physical activity)

Multitasking Move

Lying on your left side, prop your upper body up on your left forearm, making sure your elbow stays under your shoulder. Left leg should be on the floor, with your right leg stacked on top of it and right arm resting straight out over hip. Then, placing your weight on your left arm and shoulder, lift your hips off the ground so that you come into a side plank position.

If you can, hold the position while you extend your right arm over your head, palm facing down. Aim for two sets of 10 repetitions on each side.

