



# Pasifika E-newsletter

## Autumn Edition



### Warm Pasifika Greetings

#### UP Coming Events...

##### Graduation for Community Learners Programme

Date: 15<sup>th</sup> November 2016

Time: 10.30-12.30pm

Venue: Grace Community  
28 Rimu St  
New Lynn

*(Family members welcome)*

##### Community Learners Programme Workshops

Dates: Thursdays 17<sup>th</sup>, 24<sup>th</sup> November & 1<sup>st</sup> December, 2016

Time: 10.00am-1pm

Venue: Waitemata Rugby Club,  
96 Swanson Road, Ranui  
*(For pregnant women and caregivers with children under 4yrs)*



Very proud grandparents with their HBHF Certificates after completing the Community Learners Programme. Getting grandparents involved is the best way of communicating with them about healthy eating and exercising within Pasifika families - **New Lynn Group**

#### Give us a call...



**Maria Kumitau**

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“Getting our children involve with cooking activities are the best way for them to learn.” (mother of four with another on the way)

“Eating healthy is a family affair and introducing new affordable recipes to the family makes healthy eating more interesting and enjoyable” “Also getting the kids involved”. “Enjoying Oats pancakes - cooking demo today”.

“Home visiting was the best option for me. Thanks Maria for bringing the programme home”.

**Ina**



## In Brief...

**31** Mums enrolled to TextMatch in the last quarter

**75** Mothers introduced to the HBHF programme

**45** Mothers got engaged and wanted to find out more about programme

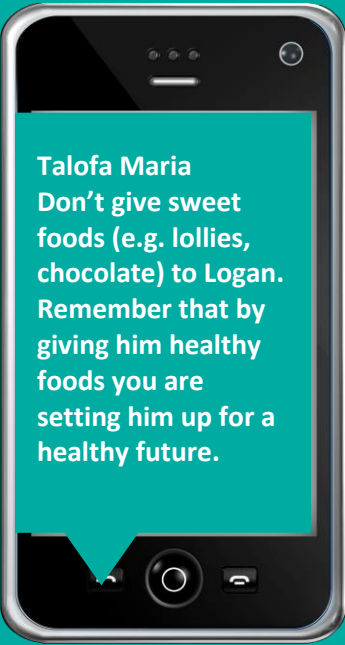
**10** Mothers enrolled to the Community Learners Programmes.

**10** Mothers completed the programme and will be graduating on 15<sup>th</sup> November 2016

**22** People were trained to deliver briefs

**Well done to all those mothers/families who participated and wanted to make changes to their way of eating and wanted to be more active.**

## Text MATCH



Talofa Maria  
Don't give sweet foods (e.g. lollies, chocolate) to Logan. Remember that by giving him healthy foods you are setting him up for a healthy future.

## Our favourite recipe

### Easy Tuna Fish Cakes with kumara or taro

#### Ingredients

- 800 cooked grated taro or 600g cooked, mashed kumara
- Tuna in spring water x 2, 450g cans, drained
- Parsley, chopped, 3 Tablespoons
- Salt and pepper, a sprinkle
- 1 onion, chopped finely
- 2 cups dried breadcrumbs, wholegrain
- Oil for frying

#### Method

##### Preparing the **taro**:

1. Bring the water to the boil in a large saucepan.
2. Peel the taro with a knife, cut into about 8 pieces and cook until tender when tested with a skewer or fork. Drain and leave to cool
3. Grate the cooked taro and place in a large bowl.

##### Preparing the **kumara**:

Bring water to the boil as above. Wash kumara with skin on and cut into chunks. Steam or boil until tender. Leave to cool, then peel and mash.

##### Once you have cooked taro or kumara:

Mixed the taro or kumara with tuna, parsley, salt and pepper and chopped onion in a large bowl. Shape into small patties and coat in breadcrumbs.

Cook in an oiled frypan for 20 minutes, turning at 10 minutes to get each side nicely browned

**(Serve with a nice green salad)**



## Our favourite physical activity

Making exercising fun and simple is one way of encouraging Pasifika people to move. They love dancing to music, especially... if it is Pasifika music.

- Lupesina Aoga Amata.



### Do you know...there's 100 reasons why you and I need to exercise?(Chosen a few health benefits to motivate you)

1. Lifts your mood
2. Improves learning abilities
3. Builds self-esteem
4. Keeps your brain fit & able
5. Boosts your mental health
6. Boots your immune system
7. Reduces stress
8. Makes you feel happier
9. Strengthens your heart
10. Prevents colds
11. Lower risks of diabetes
12. Improves cholesterol levels
13. Reduces feelings of depression
14. Helps to control addictions
15. Sharpen memory
16. Improves oxygen supply to cells
17. Improves body image
18. Gives you confidence
19. Helps you keep focused in life
20. Improves eating habits
21. Improves Quality of Life
22. Helps with self-control