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# Warm Pasifika Greeting

## Mums story or testimonials

### UP Coming Events...

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

**Catalyst 4 Change Conference (3rd - 4th August)**  
Achieving Sustainable Development Goals for women, children and their families.

**La Leche Administrator Training (22nd- 26th August)**  
Supporting mums to breastfeed exclusively for 6 months or more

### Give us a call...

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Some of the activities we do in our Healthy Babies Healthy Futures programme  
Tenga involving the kids with home-made smoothies.



Salota Pou and son Deasheigh

"We still like corned beef, but I drain the fat from it and add a lot more vegetables like carrots, cabbage and potatoes."

"I know now that it's not healthy to have too much fat in my food."

"I recommend HBHF to any mother because I learnt how to cook a simple healthy meal, also learnt the importance of budgeting and good hygiene practice."

- Salota P.



## In Brief...

Well done to all those mothers/families who participated in our

### HBHF Programmes:

4<sup>th</sup> Quarter - Apr, May, Jun.

157 Participants, YTD 184

115 completed the six modules, YTD 159

### TextMATCH Update:

49 Registrations  
YTD 252

7 Programmes Delivered:

1 in Central Auckland

1 in Northshore

5 in West Auckland



Congratulations to our Pepe Pod Winners of 4<sup>th</sup> Quarter

*Anna & Edward  
Sika*

## Text MATCH



## Our favourite recipe



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### Chicken noodle stir-fry

#### 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
- 250 g medium free-range egg noodles
- 50 g unsalted cashew nuts
- vegetable oil
- freshly ground black pepper
- 1-2 tablespoons low-salt soy sauce
- 1 tablespoon fish sauce



#### Method

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.

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.

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. 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.

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

## 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.

