



Cool Pasifika Greetings

Winter E-newsletter

UP Coming Events...

West Auckland Community Learners Programmes (CLP)

Dates: Tuesdays 1st, 8th, 15th & 21st August, 2017

Time: 10.00am-1pm

Venue: Ranui Community Centre, 474 Swanson Road, Ranui

North Shore - Community Learning Programme

Dates & Venue to be confirmed.

(For pregnant women and mothers/caregivers with children under 4 years)

Family members welcome.

If you belong to a community or church, we can develop a programme just for your church/group. Let me know

More groups coming up!!

Give us a call...

Maria Kumitau

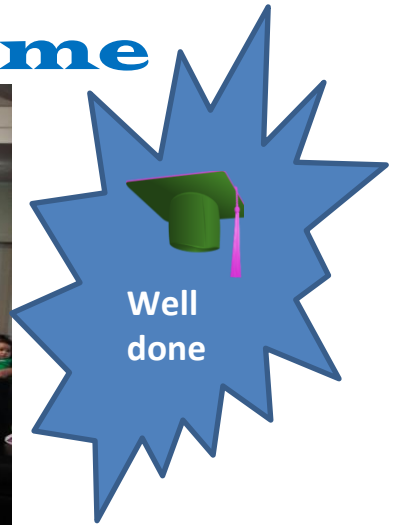


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Graduation time



93 Proud Pacific Mothers, graduated from the HBHF Community Learning Programme

These mothers all have different stories to tell about what motivated them to join the Healthy Babies, Healthy Futures Programme. Most of them, has taken to their families more than one learning from the six modules that was taught during Programme.

Asotolu Vaivao stated "I am now the cook of my family. They are quite surprised with my new healthy cooking skills now, thanks to Healthy Babies, Healthy Futures."



In Brief...

In the last year

504 mothers, were Introduced to the HBHF programme.

Over **300** mothers expressed interest in HBHF and wanted to find out more information.

93 mothers attended and completed the Community Learning Programme.

251 Mums enrolled to TextMatch and received valuable child related message directly to their phones.

17 Community Learning Programmes were held in Ranui, Kelston, Henderson, New Lynn & North Shore.

Special thanks and graduations to all those mothers and families who have showed interest to the HBHF programme.

Text MATCH

Talofa Maria
Water & plain milk are the best drinks.
Fizzy drink, cordial & juice are high in sugar & can cause unhealthy weight gain, tooth decay &

Winter Recipe

Asian hoki with udon noodles

Ingredients

200g packet udon noodles
2Tbsp olive oil
1Tbsp garlic, sliced
1Tbsp ginger, sliced
1 x 425g Sealord Simply Natural Hoki Fillets defrosted and chopped
1 cup red capsicum, sliced
1 tsp fresh red chilli, sliced
1Tbsp oyster sauce
Coriander and spring onions to garnish

Method

1. Cook noodles according to packet instructions.
2. Heat olive oil in a large fry pan.
3. Saute the garlic and ginger in the fry pan
4. Add hoki, red capsicum and chilli
5. Add oyster sauce and toss through udon noodles.
6. Serve garnished with coriander and spring onion

Serves: 4 Preparation Time: 10 mins

Cooking Time: 10 mins



Cooking demo And Physical Activities



Nutrients	Per Serve	Per 100g
Energy	917kj (218cal)	390kj (92cal)
Saturated fat	1.5g	0.63g
Carbohydrate	14.g	6.3g
Sodium	129mg	55mg
Fibre	2g	0.8g

Recipe from Heart Foundation – Winter Warmers



A variety of activities are incorporated into the Community learning Programmes. Cooking demonstrations, physical activities, health talks including Well-Child checks, label reading, shopping smarter and breastfeeding amongst other informative topics. We would love for you to join us in this fun programme.