

E- Newsletter – Winter Edition Warm Pasifika Greeting

Proud winner of the Mother's day voucher draw...

Coming up.... **Community Learning** Programme (CLP)

Month of July **Ranui Community Centre** 474 Swanson Road, Ranui Dates: Tuesdays 3rd, 10th 17th & 24. Time: 10am-1pm

Month of August **Massey Community Hub** 385 Don Buck Road, Massev Dates: Fridays 3rd, 10th, 17th & 24th.

Month of September **Kelston Community** Centre 135 Awaroa Rd, Kelston Dates: TBC

Give us a call...

Maria.Kumitau@thefono.org Maria DDI: 09 216 4603 Mob: 021 902 571

















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The Mother's Day \$250 Baby Factory voucher was won by a young Samoan mother.

Betty completed a promo form during her visit to the GP. She was over the moon when she got the phone call that she won the Mother's Day draw. Betty is very excited about participating in the next Community Learning Programme.

Second chance draw: \$150 Pak & Save won by Pati Tangianau, Pati was overjoyed to be drawn as the winner for the voucher.

Complete the Promo form to go into the next draw. Contact Maria for the form.



In Brief...

An update of the Pasifika HBHF activities, during **July 2017-June** 2018.

Completed Promotional Forms

356 mothers included caregivers and family members

Introduced to the **Programme** (Healthy Conversation) 280 mothers, including family members

TextMatch Update:

254 mothers and family members registered for TextMatch.

Community Learning

Programmes Participants (CLP)

206 mothers and family members registered for **Community Learning** programmes. 129 completed all 6 modules of the

programme.

Text MATCH

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Talofa Maria. If you are trying to lose weight it's a good idea to cut out sugary fizzy drinks which are high in calories. Switch to water!

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Our favourite recipe.....

Sapasui - Chop Suey Serves 10

Ingredients

- 3 packets vermicelli
- 1 Tbsp peanut oil
- 1 onion, finely chopped
- 4 cloves garlic, peeled and crushed
- 2 Tbsp fresh ginger, grated
 - 1½ kg lean beef, cut into small pieces
- 2 large red peppers or carrots, finely chopped 2 cups broccoli, cut into
- bite-sized pieces 1 cup fresh or frozen green beans, sliced
 - ½ cup soy sauce, reduced-salt

Recipe taken from Pasifika Flavours -Heart Foundation

Method

- 1. Place the vermicelli in a large bowl and add hot water until just covered. Soak for 10-15 minutes or until the noodles have expanded
- 2. Heat the oil in a large pot, add the onion, garlic and ginger cook until onion is soft
- 3. Add the beef and cook until it is just done
- 4. Drain the vermicelli over a bowl, saving ½ cup
- of the soaking liquid 5. Add the vermicelli and ½ cup of soaking liquid
- to the beef mix 6. Add the vegetables and soy sauce, and simmer for a couple of minutes
- 7. Serve immediately

NERGY SAT FAT

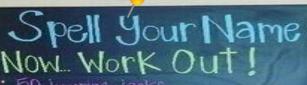
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Tips

Be careful not to stir this dish too much, or the vermicelli will become mushy If you don't have peanut oil, just use whatever oil you have on hand

Per serve:







2.0 push ups

Some exercise tips that might motivate you this winter.

If you are pregnant, don't attempt these without seeking advice from your GP.

Safety first!



