



E- Newsletter – Summer Edition

Warm Pasifika Greeting

Free App for mothers to try!!

OL@-OR@

ARE YOU UP FOR IT?
A healthy lifestyle app just for you

- Improve your health & wellbeing
- Invite your family & friends to join you on your journey
- Learn more about your culture
- Earn reward tokens for your achievements
- Receive motivational messages and tips

Speak to a Community Coordinator today for more information

Contact info:
Email: ol@or@thefono.org
Website: www.ol@or@thefono.org

The OL@OR@ App Trial is currently running at The Fono. This healthy living Mobile App provides recipes, activities, gardening tips, activity trackers, goal setting and more!

If you are interested in being part of the app trial or learning more, email Emily.Hughes@thefono.org or on 021512213 or 098373511

Give us a call...

Maria.Kumitau@thefono.org

Maria DDI: 09 216 4603

Mob: 021 902 571



Mothers' Testimony...

Christar Ueanteiti had to invite her mother-in-law to join the (CLP) group. The grandmother's way of showing 'Love' is feeding her first grandchild, an under 2 year old chocolates. "Our Pacific Island culture of respect, says Christar", I cannot tell her not to feed baby with chocolates. Grandmother joined in the next session and seemed to have enjoy it, but work commitments did not allow her to complete the programme.



Congratulations to all the mothers who attended our Community Learning Programmes, during the months' of October, November and December, 2017.

Also in this group we have the winner of the 'baby factory vouchers' worth \$250. (Social Services CLP, Ranui Community Centre)

Second Chance: Complete a TextMatch form to be in the draw of **\$150 Pak & Save** vouchers before **mother's day** or double the chance by completing a Promo form and win **\$250 Baby Factory** vouchers plus Pak & Save vouchers of **\$150** (condition apply) contact the HBHF coordinator!



In Brief...

An update of the Pasifika HBHF activities, during the past 3 months.

Community Leadership Programmes.

2nd Quarter – Oct, Nov, and Dec. 2017 workshops

154 - Participants

129 - Completed all 6 modules,

142 Year to Date

TextMatch Update:

59 Registrations

119 Year to Date

CLP Programmes

10 Delivered:

3 in Central Auckland

3 in Northshore

4 in West Auckland

12 CLP Year to Date

Congratulations to:

Maletina Tipasa

The winner of the Christmas Draw of \$250 – Baby Factory vouchers



Text

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!

Our favourite recipe.....Healthy Boil Up



Ingredients – Serves: 6

3 litres water

300g lean beef, chicken or pork, cut into bite sized pieces

1 onion finely chopped

2 cloves garlic, crushed

2 teaspoons MAGGI Stock Powder (any flavour)

3 medium potatoes, kumara or cassava, cut into small cubes

¼ pumpkin, cut into small cubes

3 cups mixed vegetables (e.g. carrots, peas, corn, beans, capsicum), thinly sliced

6 handfuls of silverbeet, spinach, puha or cabbage, thinly sliced

1 cup beans, drained (e.g. kidney beans, butterbean - optional)

How to make:

1. Place water in a large pot and add meat, onion garlic and stock powder. Bring to boil.
2. Add the vegetables and simmer for around 40 minutes or until the vegetables are soft
3. Skim off any fat and season to taste
4. Serve with crusty wholegrain bread.

Tip: Add all the ingredients to a slow cooker in the morning, set to low and you'll have a delicious meal to come home to at the end of the day.

Recipe from Nestle – Cook for Life (Easy Healthy Recipes)

Our physical activity

Allowing quality time for mothers and baby during our Community Learning programme sessions, encourages mum and child bonding. Even just by watching the children play.



Social Services Community Learning Programme - Norman King Building Northcote.