



Spring Edition

E NEWSLETTER

Congratulations to the mums

- who completed the Community Learning Programme in Onehunga

What's up...

Chinese West Auckland Community Learning Programme will start on 1st of Nov 2016 in New Lynn Community Centre

Korean Community Learning Programme will start on 2nd of Nov 2016 in North Shore



30th September 2016 - Onehunga HBHF

25 mums made their own healthy plan for their everyday meal- - -

- ⇒ 19 mums planned to eat 2 fruit or more every day
- ⇒ 17 mums planned to eat 3 veges or more every day
- ⇒ 14 mums chose to drink less sweet drinks
- ⇒ 6 mums are willing to cut fat & skin off meat



Give us a call...

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For Korean & Japanese:

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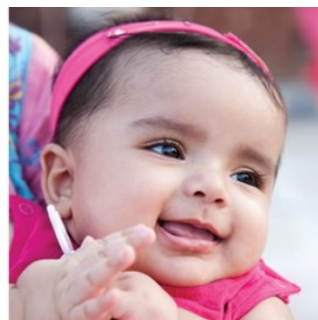
CNSST also organised an event called Family Day & Moon Festival 2016 for HBHF promotion and recruitment with over 1000 participants attended!



Lantern & moon cake making



HBHF promotion booth



In Brief...

117 mums were introduced to Asia – HBHF programme

93 people joined our free **TextMATCH** service with NIHI

47 mums talked to us about their health and their babies' health goals

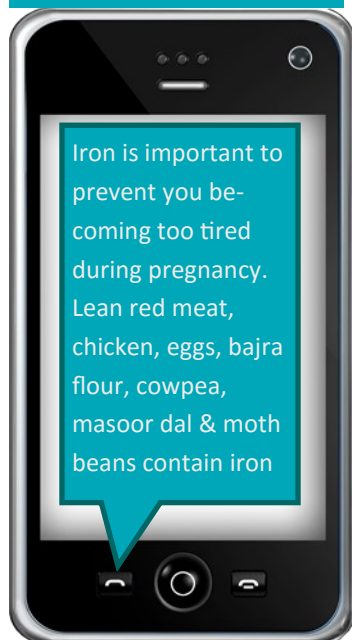
35 families enrolled on our Community Learning Programme

25 mums & **18** husbands & grandparents learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

We supported **7** mums to get help from other services

Text MATCH

A free text messaging programme to support mums with info about eating well and being active



Our favourite recipe

One-Pot Chicken and Rice Recipe

Makes 2 servings

Ingredients

1 skinless chicken breast (~250-300g)
2 cloves of garlic
1 thin slice of ginger
1 Tbsp of canola oil
1½ cup of uncooked rice
Dark green leafy vegetables
e.g. spinach, asparagus, broccoli

Marinating Chicken Sauce

1 tsp of soy sauce
½ tsp of cooking wine
1 pinch of baking powder

Optional: Rice sauce

1 tsp of soy sauce
1 Tbsp of oyster sauce
½ tsp of sugar
¼ tsp of fish sauce
½ tsp of black caramel
1 dashes of white pepper
½ tsp of sesame oil

Method

1. Cut chicken breast into approximately 2-inch size chunk.
2. Add the **marinating chicken sauce** into the chicken breast and mix it evenly.
3. Cover and leave the marinated chicken breast in the fridge for at least 3 hours (the longer the better).
4. Wash and drain the rice. Set aside. Optional: 30 minutes to soak up the water.
5. Cut the garlic and ginger. Fry in canola oil using rice cooker until fragrant.
6. Coat the uncooked rice with the oil.
7. Add water to cook rice in the rice cooker.
8. Cut some vegetables. Steam it with rice at the last 5 minutes.
9. Mix the **rice sauce** evenly.
10. Garnish the rice with dried seaweed and spring onion.
11. Serve the rice with steamed vegetables and rice sauce. Serve immediately.

(Created by our wonderful registered dietician Likee)

Our favourite physical activity – Pregnancy Yoga

Feedbacks received from mums:



今天瑜伽真好，赞赞赞！ **very good, fully recommend!**

很有用！ **very useful!**

晚上回家听老婆描述，说瑜伽课真的很受用，以后知道该带老婆怎么练了！

My wife said that the class is very beneficial, as a husband, now I know how to help her for the yoga exercise!

