



What's up...

Chinese Community Learning Programme for pregnant women will start on 4th of March 2017 in New Lynn Community Centre and for mums with children under 1 will start on 30th of March on 55 Meadowood Community House

Give us a call...

For Chinese & English:

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021-760121

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For Korean & Japanese:

Maya Park or Nao

Miyaki

09-5709099

Summer Edition

E NEWSLETTER



7 Korean mums completed HBHF nutrition workshops in November 2016 at

North Shore church



10 Japa-
HBHF workshop in
Lynn Community

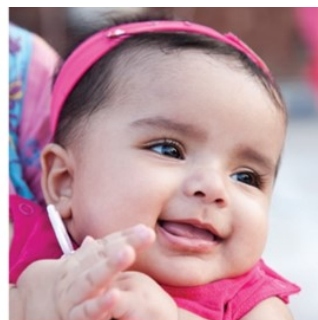


nese mums completed
February 2017 at New
Centre

Big Big

congratulations!

17 Chinese pregnant women & 12 supporting family members completed workshops in North Shore in December 2016



In Brief...

466 mums were introduced to Asia – HBHF programme

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

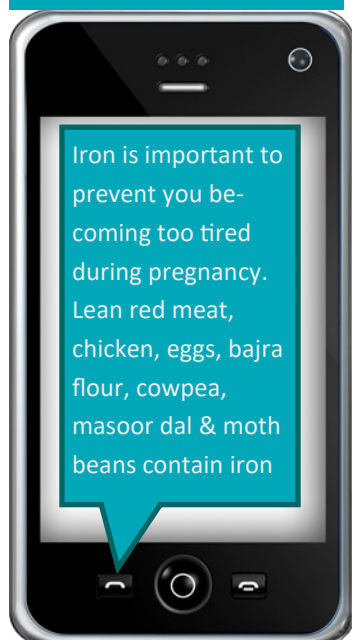
288 people joined our free **TextMATCH** service with NIHI

82 mums completed 6 sessions of CLP and learnt how to prepare and cook healthier meals, shop smarter, read food labels and be more active

47 mums completed review forms and gave us good feedbacks

Text MATCH

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



Our favourite recipe for our baby

Chicken and Vegetables Congee

Makes 2-3 servings

Time taken to cook: ~1hour

Ingredients

100g skinless chicken breast (minced)

¾ cup uncooked rice

6 and ½ cup of water



~2 Tb of your choice of cooked vegetables (skin removed), such as carrot, winter melon. Suggest using dark green leafy vegetables e.g. spinach, broccoli, choy sum, Chinese spinach as they are rich in iron.

Method

Wash and drain the rice. Add water to cook congee in the rice cooker. Do not cover.

Once the water is boiling, add minced chicken and stir well with chopsticks to avoid meat pieces from sticking together.

If needed, keep adding water until the right consistency is met.

Cook the vegetables well in boiling water. Drain. **Use a spoon to push the vegetables through a strainer** to remove skins and to create a smooth texture for your baby.

Puree and sieve through the chicken congee.

Combine cooked chicken congee and vegetables before feeding. Serve.

Tips:

You can also cook them all together until soft. Food texture should be smooth pureed (free from lumps). This can be achieved by sieving all foods after being pureed.

You can also cook each component separately and then puree. Combine before feeding.

When there are leftovers, put them into ice cube trays and freeze them (up to 3-4 weeks) so can vary the combination. Reheat and add liquid before serving. If formula or breastmilk is used, reheat the food and then add the liquid.

Our favourite physical activity - Baby massage



Legs and Feet

1. Indian Milking
2. Hug and Glide
3. Thumb over Thumb
4. Toe Roll
5. Press balls of foot
6. Thumb Press