



# Autumn Newsletter

**Give us a call...**

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**Congratulations to this Korean mum Bora who is the winner of the Mother's Day lucky draw of \$250 Baby Factory voucher**

**(she attended the Korean Community Learning Programme in Feb this year)**



## In Brief...

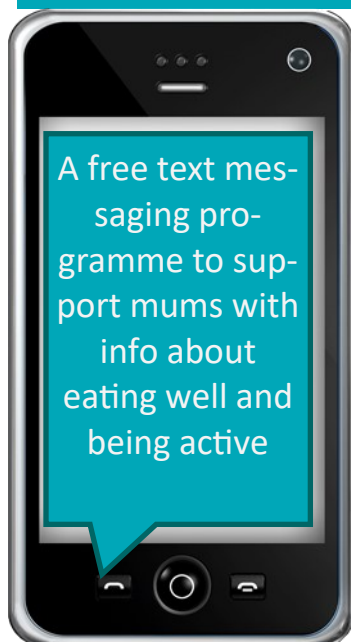
**343** mums were introduced to Asian – HBHF programme

**303** mums talked to us about their's and their babies' health goals

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

**164** mums learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

## Text MATCH



## Our favourite Recipe So Good Breakfast Smoothies

This simple, refreshing smoothie combines the goodness of almond milk and oats, with the sweetness of blackberries

### You Need:

- 1 cup So Good Almond Coconut Milk Unsweetened
- 1 banana
- 1/3 cup blackberries/blueberries
- 1/4 cup of oats
- 1 tsp of honey

### How To Make It:

Blend and serve topped with shredded coconut.



## Our favourite physical exercise—Kanga Dance



### HBHF education corner

- Pelvic floor exercise are important and you can start these soon after you have had the baby.
- A baby should sleep in his or her own bed, face up, face clear and smoke free.



### Community resources sharing

Plunket Line 0800 933 922

PlunketLine is a toll-free parent helpline and advice service available 24 hours a day, seven days a week. Available to all parents who need help.

