



Summer Newsletter

28/02/2019

WHAT'S UP...



Congratulations to these 58 mothers who completed the HBHF whole programme in Oct and Nov 2018.



Give us a call...

For Chinese & English:

Fangfang Chen

09-5701188 ext 330

021-760121

hbhf@cnsst.org.nz

For Korean & Japanese:

Joanna Jensen or Maya Park

09-5709099



Antenatal nutrition workshop

Time: 3, 10 & 17 of March, 10-12; 2:30-4:30pm

Venue: New Lynn community centre & Glenfield Community Centre

Target: pregnant women

Postnatal nutrition workshop

Time: 4, 11, 18 & 25 of April, 10-12pm

Venue: New Lynn Community Centre (45 Totara Ave)

Target: Chinese mums with children under 1 year old



OUR SUMMER RECIPE:

MINI VEGETARIAN PIZZAS



INGREDIENTS:

2 English muffin splits

½ can pasta sauce

1 cup chopped vegetables (peppers, mushrooms, tomato, pineapples, onion)

½ cup grated edam cheese

METHOD:

1. Cut muffins in half
2. Spread pasta sauce over muffins
3. Sprinkle toppings and then cheese over muffins
4. Bake in oven at 180 degree for 10-15 minutes

In Brief...

289 mums were introduced to Asian – HBHF programme

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

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

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

Come to join our free HBHF programme, and have fun together!

