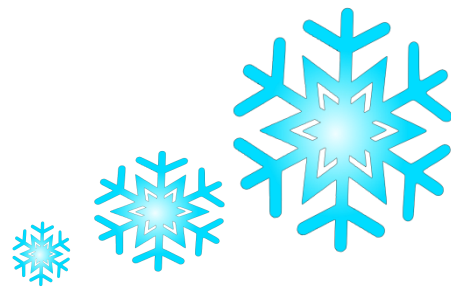




# Hotoke (Winter) E Pānui



**Congratulations to all the mamas who completed the Healthy Babies Healthy Futures Programme in Wellsford**



## Ngā Kaupapa e whai ake nei

(Upcoming Groups)

Jul-Sep 2018

### West Auckland

Waipareira Whanau Centre  
(6-8 Pioneer Street)

Thursdays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>,  
26<sup>th</sup> July & 2<sup>nd</sup> August  
10am-12pm

### North Shore

Birkdale Community House  
(134 Birkdale Road)

Thursdays 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>  
September, 4<sup>th</sup> & 11<sup>th</sup>  
October  
10am-12pm

### Wellsford

Wellsford Library

Dates to be confirmed,  
starting in July 2018

### West Auckland

Massey Community Centre  
Tuesdays 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

September, 2<sup>nd</sup> & 9<sup>th</sup>  
October  
11am-1pm



## What Wellsford Mama's are saying about Oranga Pēpi, Oranga Anga Mua



"A highlight of the programme was meeting new mums, learning new things and eating healthy kai 😊"  
"I learnt about what to look at when doing my food shopping"

"After going to the workshops, I will now be watching what my whanau eat and I'll be cooking at home more"

## Korero mai...



**Danielle Tahuri**

0226578189

Danielle.tahuri@healthwest.co.nz



## This year...

**625** Mums were introduced to Oranga Pēpi, Oranga Anga Mua

**239** whanau talked to us about their health and their babies' health goals

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

**185** Mums enrolled on our Community Learning Program

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

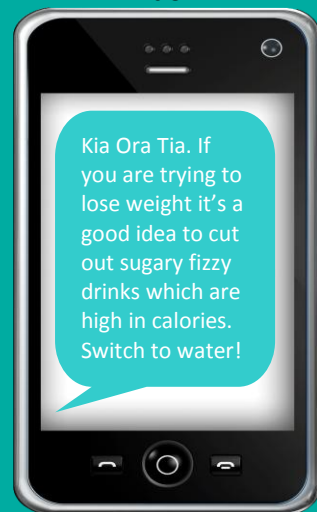
## TextMATCH

Parents / Grandparents / Siblings / Whanau...

**Sign up to FREE text messages around your tamaiti's health**

Text Danielle with:

1. Your name
2. Your due date OR Baby's Date of birth
3. Baby's name
4. Baby's gender
5. If you want the texts in English or Te Reo Māori



# Ngā tohutaka e kaingākautia ana (Our favourite recipe)

## Banana Pancake



Serves : 4

Prep : 5 mins

Cooking time : 15 mins

### Kīnaki (Ingredients)

- 1 large banana
- 2 eggs

You can add extra fruit or spices to the mixture for different flavours.

Try :

- Blueberries or strawberries
- Coconut chips or flakes
- Vanilla extract
- Pinch of cinnamon
- Lemon zest or juice over warm pancakes



### Hātepe (Method)

1. Mash up banana in a bowl
2. Add in eggs and mix well together
3. Heat a non-stick fry pan, spoon mixture into fry pan
4. Can make pikelet size for kids or larger pancakes for breakfast for adults
5. Flip once bubbles appear on the top of batter
6. Serve while warm or allow to cool and pop into lunchbox for kids lunch



**A BIG  
Congratulations  
to our 2018  
Mother's Day  
Promotion  
Winner –  
Tamaera from  
North Shore**