



Kōanga (Spring) E Pānui



Ngā Kaupapa e whai ake nei

(Upcoming Groups)

2019

Albany

Albany House
(575 Albany Highway)
Wednesday 16th, 23rd, 30th
October and Wednesday
6th, 13th November 2019
11am-1pm

Waiheke Island

Waiheke Resource Centre
(Mako Street, Oneroa)
Tuesday 5th, 12th, 19th,
26th November 2019
11am-1pm

Healthy kai and inu
wai provided

Child minding

Transport options
available

Complete all sessions
and receive \$100
Countdown voucher

Korero mai...

Cherrill Rave

0226578189

Cherrill.rave@
healthwest.co.nz



Kanga Training – Glen Innes 2019



Our Glen Innes CLP had 2 sets of twins this term
Lovely Laya and Jacob and our very own
Prince Charles and Carey



“the kids really enjoyed
making their own pizzas
I’m going to try this at
home” –
Mum of 10 – Glen Innes



“So Cool”
Young mum of 5
Glen Innes

Our toddlers got to make their own
pizzas and burgers “Mahi nui, rawa
nga tama”



First Quarter...

34 whanau talked to us about their health and their babies' health goals

44 people have joined our free **TextMATCH** service with **NIHI**

49 Mums enrolled on our Community Learning Program

16 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



Kia Ora Tia. If you are trying to lose weight it's a good idea to cut out sugary fizzy drinks which are high in calories. Switch to water!

Ngā tohutaka e kaingākautia ana

(Our favourite recipe)



Takakau Bread

Ingredients:

4 cups flour
4 teaspoons baking powder
Pinch of salt
600ml of ½ milk ½ water



Method:

Preheat oven to 200°

Lightly flour a baking tray and place in the oven to heat

Sift flour and baking powder into a large bowl

Make a well in the centre and pour in the liquid. Mix with a spoon from the outside – in ensuring mixture is still wet


Turn out onto a floured bench and knead lightly with floured hands

Press to a flat round shape

Transfer dough to the heated baking tray. Mark dough into 20 pieces

Bake for 30 minutes or until golden brown

Turn out onto a damp tea towel

Serve hot and/or allow to cool. Leftovers  in cooled can be kept covered with a damp tea towel and/or stored in an airtight container

Whae Cherrill



Living & Learning CLP



Wow check out these teen mamas "grazing board" very nutritious!



He Wero Teen Mum Unit

