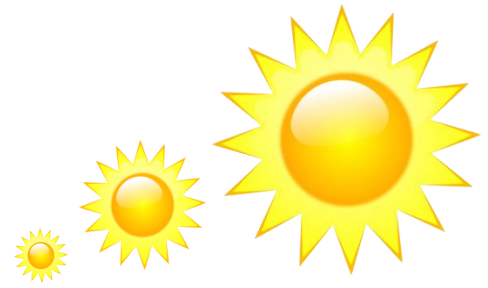




# Raumati (Summer) E Pānui



## CONGRATULATIONS

to all the mamas who completed the  
Healthy Babies Healthy Futures  
Programme in Glen Innes and  
Blockhouse Bay



### Ngā Kaupapa e whai ake nei

(Upcoming Groups)

February

#### Ranui

Ranui Community Centre  
(474 Swanson Road)

Tuesdays 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

February, 5<sup>th</sup> & 12<sup>th</sup> March

11am-1pm

#### Blockhouse Bay

Blockhouse Bay

Community Centre

(524 Blockhouse Bay Road)

Fridays 15<sup>th</sup>, 22<sup>nd</sup> February,

1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> March

11am-1pm

**Healthy kai and inu  
wai provided**

**Child minding**

**Transport options  
available**

**Complete all sessions  
and receive \$100  
Pak'N'Save voucher**



Glen Innes – December 2018

*"I loved meeting new mamas  
and learning healthy living in a  
fun way"*

*"I have learnt  
how to make  
healthy eating  
easy and still  
enjoyable"*

*"Love the programme – would  
definitely recommend to  
others"*

**Korero mai...**



**Danielle Tahuri**

0226578189

Danielle.tahuri@  
healthwest.co.nz



Blockhouse Bay – December 2018



## This quarter...

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

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

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

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

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

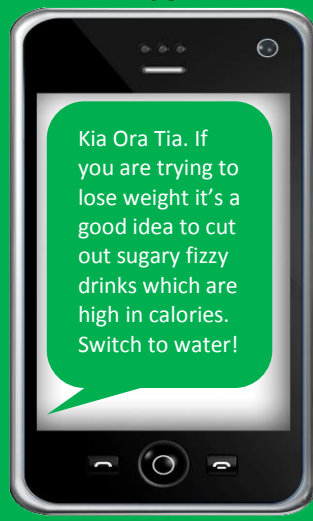
## TextMATCH

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)



## Smoothies

### Tropical

#### Kīnaki (Ingredients)

- ½ cup water
- ½ cup pineapple
- ½ cup banana
- ½ cup spinach

#### Hātepe (Method)

1. Place all ingredients in a blender
2. Mix
3. ENJOY!!!



### Berry

#### Kīnaki (Ingredients)

- ½ banana
- ½ cup frozen berries
- ½ cup plain unsweetened yoghurt
- 1 teaspoon honey
- ½ cup low fat milk

#### Hātepe (Method)

4. Place all ingredients in a blender
5. Mix
6. ENJOY!!!



**A BIG  
Congratulations to  
our 2018 Christmas  
Day Promotion  
Winner –  
Stella from West  
Auckland**

