



Te Takurua (Winter) E Pānui



Ngā Kaupapa e whai ake nei

(Upcoming Groups)

2019

Kelston

Kelston Community Hub

(68 St Leonards Road)

Tuesday 3rd, 10th, 17th, 24th

September and Tuesday 1st

October 2019 11am-1pm

Albany

Albany House

(575 Albany Highway)

Wednesday 16th, 23rd, 30th

October and Wednesday

6th, 13th November 2019

11am-1pm

**Healthy kai and inu
wai provided**

Child minding

**Transport options
available**

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

Korero mai...

Cherrill Rave

0226578189

Cherrill.rave@

healthwest.co.nz



North Shore Albany – June 2019



*"Absolutley loved it! =) Thank
you."*

"Loved the Mahi"

*"During the
classes and
outside of them,
the facebook
group is a nice
support system"*

*"Nga mihi nunui ki a korua
tahi. Kua ako au i nga
matauronga hou kia whanga
pai ai mato. Ko toku wahine"*



Massey – June 2019

This quarter...

97 Mums were introduced to Oranga Pēpi, Oranga Anga Mua

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

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

49 Mums enrolled on our Community Learning Program

44 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)



Chicken Stir-Fry

Ingredients

- 400g Chicken Breast – diced
- 1 Tablespoon Soy Sauce
- 1 Tablespoon Honey
- 1 Tablespoon Oil
- 1 x 750g bag Watties frozen Stir-fry Mix Vegetables
- 2 cups of rice

Method

1. Rinse rice and cook in rice cooker or on stove
2. Dice Chicken breast into small bite sized pieces
3. Heat oil in a wok. Cook chicken until outside is sealed
4. Add Watties frozen vegetables and cook for a few minutes.
5. Mix Soy Sauce and Honey in a bowl and add to the wok
6. Cook until chicken is cooked right through – stirring as necessary
7. When cooked, serve with rice

Variations:

- Add 2 minute noodles instead of rice. Add in after Step 4.
- Add fresh vegetables that you have at home
- Can use beef or lamb instead of chicken
- Try different sauce mixtures – peanut butter, sweet chilli

Prep = 10 mins Cook = 15 mins Serves = 4

A Very BIG Congratulations to Chauntae and Vaoahi our winners of our Easter and Winter Draws for the \$250 vouchers

