

Te Takurua (Winter) E Panui



Ngā Kaupapa e whai ake nei

(Upcoming Groups) 2019

<u>Kelston</u>

Kelston Community Hub (68 St Leonards Road) Tuesday 3rd, 10th, 17th, 24th September and Tuesday 1st October 2019 11am-1pm

<u>Albany</u>

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

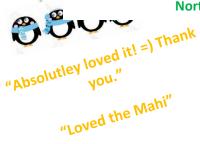
Transport options available

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

Korero mai...







North Shore Albany – June 2019

"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 tok



Massey – June 2019

This quarter...

97 Mums were introduced to Oranga Pēpi, Oranga Anga Mua

Ngā tohutaka e kaingākautia ana

(Our favourite recipe)

Chicken Stir-Fry



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 a budget, read food labels and be more active

healthier meals, shop on

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



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

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- 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:

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- 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 minsCook = 15 mins**A Very BIG Congratulations to Chauntae and** Vaoahi our winners of our Easter and Winter Draws for the \$250 vouchers





Serves = 4