



Pasifika - spring 2019

e-newsletter



Coming up....

Community Learning Programme (CLP)

October 2019

Massey Hub, Massey

Dates: Thursdays 10th, 17th,
24th & 31st

Time: 10.30 am-1pm

November 2019

Glen Innes Community
Centre

96 Line Road, Glen Innes

Dates: Thursdays Nov. 21st
& 28th, Dec. 5th & 12th

Time: 10.30am-1pm

Tuvalu Group

Ranui Community Centre

474 Swanson Road, Ranui

Contact: Elena 021 026 68485
or Laine 021 025 53134

Tongan Group

Avondale

Venue & Dates TBC

More info. Contact Toakase
021 555 177

Give us a call...

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Cool Pasifika Greeting



Young mother Hulita says, "I have been asked a few times by my support worker to join the HBHF group, but I keep putting it off. Meeting the facilitator and learning the importance of Reading Food Labels is very rewarding knowing the sugars, fat and sodium in the prepacked food we give our kids for their lunches."

Kelston Community Group

Young William said in his feedback "I enjoyed attending the reading labels session but not long enough. It will be good to have after school sessions for us kids who are at school during the day."



Ranui Community Group



Roskill South Oasis Group





In Brief...

An update of the Pasifika HBHF activities, for this quarter July-September 2019

Our success for July 2018-June 2019

350 Pasifika mothers and supporters wanted to find out about HBHF who completed a promo form.

238 enrolled on to TextMatch and 103 completed all 6 modules of the Community Learning Programme (CLP).

Quarterly report July – September 2019

33 mothers enrolled for CLP, 20 have completed the programme.

TextMatch

100 mothers including other family members registered for TextMatch.



The winner of our seasonal \$250 vouchers draw said "I have never won anything big like this before thanks to HBHF."

Text MATCH

Talofa Maria. The beauty with daylight saving is, there is enough time for those 30 minutes evening strolls, or put baby in the pram, and take the children for a play to the nearest park to you.

Our spring recipe....



Spiced baked chicken drumsticks Serves 4

Ingredients

½ cup wholemeal flour
2 Tbsp curry powder
1 egg
¼ cup reduced-fat milk
8 chicken drumsticks, skin removed

Method

1. Heat oven to 200°C
2. Mix together the flour and curry powder
3. Beat together the egg and milk
4. Coat the chicken in the flour mixture
5. Dip the chicken in the egg mixture
6. Coat the chicken again in the flour mixture
7. Place the chicken on a plate or tray and cover, refrigerate for about 30 minutes. The flour coating on the chicken should look mostly wet rather than dry and floury similar to how it looked after the first coating
8. Place drumsticks on a baking tray and bake for approximately 45 minutes or until the chicken is thoroughly cooked
9. Serve with coleslaw and mashed potatoes or kumara, or oven-baked potato/kumara wedges, see preparation instructions on page 11

Per serve:

| ENERGY | SAT FAT | CARBS | FIBRE | SODIUM |
|--------|---------|-------|-------|--------|
| 1113kJ | 1.9g | 7.2g | 0.8g | 158mg |

24 CHEAP EATS COOKBOOK : Heart Foundation

Guest speaker and fun activities.



Kathleen - Pacific Vision Aotearoa sharing about Bee wax dissolvable paper



Mum & bub having funs

This young mother who was very isolated and very sceptical taking her son out to group settings, joined Kelston group with the support of her support worker. Before the end of the programme, she participated well in group discussions and was able to create conversations with other mothers. Watching her son smile and having fun with other children encouraged her to go out more often. "It is not all about food education but being able to smile and enjoy your time out with others she says".