



South Asian E-Newsletter



What's up..

Successfully completed 7 groups in various localities. 35 mums graduated until 31st Oct and 3 groups are graduating in Nov.

TEXT MATCH ENROLMENTS:
77 until 31 Oct 2019.

Coming up...

Community Learning
Programme (CLP)

November 2019

Balmoral Temple

Dates: Four Sundays
3rd Nov, 10th Nov,
17th Nov and 24th Nov.

Panmure Community Hall

Dates: Four Saturdays
2nd Nov, 9th Nov,
16th Nov and 23rd Nov.

December 2019

Westgate

Venue & Dates TBC

Give us a call...

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021-189-7808

E:

Poonam@asiannetwork.org.nz

Namaste, Assalamu Alaykum and Sat Sri Akaal to our readers. We wish everyone a very Happy Diwali and Happy New Year.



Young mother Neeti Malhotra from Otahuhu Group mentioned "It was so knowledgeable to learn about healthy recipes and healthy eating habits. I strongly recommend this program to ones who are concerned about their health before and after pregnancy."

Young mother Jazz from Otahuhu Group said in her feedback "I was amazed to know that how little awareness about healthy eating habits for babies, not only keeps them healthy but prevent them mums and babies from so many diseases. Thanks so much again for making us part of this program. Love to attend more workshops." – Jazz

Some Glimpses



In Brief...

An Update of South Asian HBHF activities, for this quarter July-September 2019.

Our Success for July 2018-June 2019

322 South Asian mothers completed promo forms.

215 enrolled on to Text Match

204 Completed Healthy Conversation

93 mothers completed all 6 modules of Community Learning Programme (CLP).

Quarterly report July-September 2019

44 mothers enrolled for CLP, 35 have completed the programme.

32 mothers graduating in Nov.

TEXT MATCH

77 mothers including other family members registered for Text Match.



Winner of our seasonal \$250 voucher draw.

Text

It is recommended that a woman take 400 mcg folic acid every day. To meet the recommended amount of folic acid, a woman can take multivitamins, or eat a bowl of breakfast cereals that has a 100% of daily value of folic acid.

Our Summer Recipe...



Whole Wheat Pancakes

Wholemeal Wheat flour: 250g

Egg : 1 medium (optional)

Salt: 1 teaspoon

Oil: 1 tsp

Makes approx 10 pancakes

1 serving – 1 pancake

Method:

Mix the whole wheat flour with water and make a batter of liquid consistency.

Add the egg (optional)

Add salt

Mix the batter well.

Heat a non-stick pan

Lightly spread the oil (you need minimal oil for this purpose).

Take a small portion (approximately 25g or a small ladle) and spread it on the non-stick pan.

Cook it properly on both the sides.

Take it off the pan when it is golden brown colour on both sides.

Lightly grease the pan when required for the rest of the portions. You will not require more than teaspoon of oil for the entire batter. Relish it with coriander chutney or use as a substitute for roti and have with vegetables

Nutrition information per serving (1 pancake)

Energy : 73 kcal Carbohydrate : 12g Protein : 3.5g Fat : 1.2g

Mums and Bubs having Fun..



Valuable Feedback from our beautiful MUMS....

Mum from Panmure Group said "Workshop was good overall, informative, well presented and a gentle reminders of eating healthy. Good support, Presenter was helpful and friendly". Kalsoom Bibi.

Mum from Otahuhu Group Said "It was really a great experience for me. I got a lot of information on healthy eating, cooking and how little modifications can help us to keep our family healthy. I personally recommend everyone to join this programme." Harleen.