



Ngahuru (Autumn) Hotoke (Winter) E Pānui



Ngā kaupapa e whai ake nei

Up and Coming.....

Partnership with Kōhanga Reo o Pomaria **July 8th** and **9th 2020** – Two full days of information, sharing, learning healthier ways for our pēpi and whanau.

Webinar Sessions (Zoom) will be offered **4** times a week commencing the **Monday 20th July 2020** topics covered will be...

Why being healthy is important

How to keep active

How to plan Healthy meals

How to buy Healthy Kai

How to choose and prepare Healthy Kai

Eat Well.... And....Move More



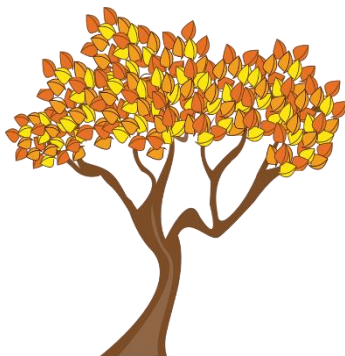
CONGRATULATIONS to all the mamas who completed the Healthy Babies Healthy Futures, Webinar Sessions



Meal Planning in Action!

This is pēpi Lou enjoying her 1st swimming lessons at Hilton Brown Swim school. Not only are we educated but we are out of our whare getting active." Felicity (mum)

"We started swimming and Space too :D Here is a sleeping baby in a supermarket basket with a whole lot of vegetables © Xoxo, Eszter



Healthy kai and inu wai provided

Child minding

Transport options available

Complete all sessions and receive \$50 shopping voucher

Complete an enrollement, textMATCH, evaluations and go into the quarterly draw for \$250 voucher.



WAEA MAI



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This quarter...

18 people joined our free **TextMATCH** service with **NIHI**
Total for the year **160**

Mums enrolled on our Community Learning Program

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



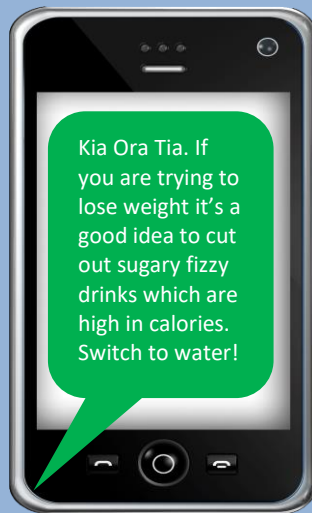
TextMATCH

Parents / Grandparents / Siblings / Whānau...

Sign up to **FREE** text messages around the health of your tamati

Text Cherrill 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)



Beef & Tomato Soup

Kiinaki (Ingredients)

- 1 x Continental 500ml beef stock
- 1 x Maggi Tomato Soup Packet
- 1 x Maggi Heaty Oxtail Soup
- 1 x Wattie's Tinned Tomatoes
- 1 x Onion
- 1 x Spring Onion
- 2 x Carrots – cut into thin strips
- 1 x Celery – chopped and use leaves as well chopped
- Little salt & pepper and little chilli if you like a little heat!



Hātepe (Method)

Chop up all vegetables, then add everything into a big pot bring to the boil then simmer until vegetables are all soft! This is a very easy and yummy y soup to make for the whanau.

CONGRATULATIONS
TO OUR \$250
VOUCHER WINNER:
Teana



"THANK YOU SO MUCH!! For the Pak'n Save voucher just in time with school holidays coming up just took all the stress away as my son turns 6 years old these holidays it is a major help towards food. Thank you Cherrill and Health Babies Team"

Congratulations Whaea Krystal

Welcome to your new Pēpi Te Rau Aroha
26.06.2020



Baby Shower Fun 😊