



Koanga (Spring) E Pānui



Ngā kaupapa e whai ake nei

Up and Coming.....

Face to Face Programmes
November – December
being held at:

Ranui Community Centre
and Living and Learning
Henderson.

Look at what we learn:

*Why being healthy is
important*

How to keep active

How to plan Healthy meals

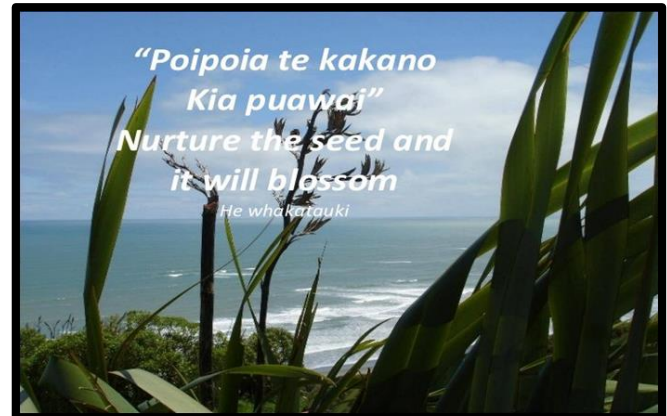
How to buy Healthy Kai

*How to choose and prepare
Healthy Kai*

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

Te Wiki o te Reo Māori

Healthy Babies Healthy
Futures –celebrated by
recognising Te Wā Tuku
Reo Māori - The Māori
Language Moment and
shared kai, fun activities,
whakatauki, pepeha and
te Reo Māori.



This quarter we have been lucky to run two partnerships with Kohanga Reo o Pomaria and Te Puna Kōhungahunga:



Photos from workshops.

Shopping smarter and having to use budgeting skills and food groups adds a new challenge to shopping! Comments from whānau:

“What can we get rid of?”

“Get rid of the bad stuff”

“That’s all the food groups covered eh”

“Do we have money?”

“Oh my gosh there’s a lot of sugar in there?”

Interested?



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This quarter...

40 people joined our free **Webinar and Partnership sessions**

21 whānau have completed and graduated.

Some things they are doing now!

- Reading Food labels
- Understanding Food Portions
- Steaming food
- Exercise more
- Shopping smarter



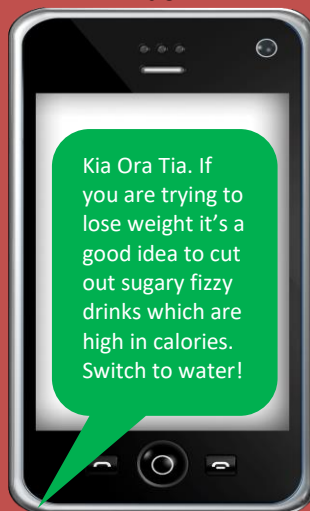
TextMATCH

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



Feedback: I really enjoyed being a part of Healthy Babies sessions online as it was convenient for me and all my sessions were one on one sessions which made it easier for me to connect with my tutor more. One thing I learnt throughout this programme is being able to read the food labels and choosing wiser alternative food products. I would recommend this to friends and family as it is basic but important information that everyone should be aware of. I am so happy I took this course as it has made me choose healthier options and lifestyle.

Feedback: TextMATCH is awesome especially when I do not see my midwife as often as it gives me reminders that my daughter is growing and gives me tips on adjusting to her growth.

Ngā tohutaka e kaingākaitia ana (Our favourite recipe)



ON-THE-GO BREAKFAST

Breakfast in a glass! A tasty homemade on-the-go breakfast drink.

Cooking directions:

- 1) Place 1 banana, 1 tablespoon rolled oats, 1/2 tablespoon honey, 1/2 cup low-fat yoghurt, and 1/2 cup low-fat milk in a blender (or you can use a stick blender).
- 2) Blend, pour and enjoy.

Tip: if it's a hot day, add a couple of ice cubes for a cool and refreshing drink.

