

# Healthy Babies Healthy Futures Asian Programme Summer Newsletter

华社服“健康宝宝，快乐家庭”信息简报

– Summer Edition issued on 15th of December 2020

During this service period from 1st of July to 30th of November, CNSST ran 37 CLP webinars to the Chinese and Korean community. This year CLP designed and delivered to three different population groups: Pregnancy, Infant and Toddler. The outcome was very successful. A total of 241 mothers registered for our Community Learning Programme and 210 mothers attended different online webinars. 113 mothers completed the six modules and graduated from the programme. Mothers gave us lots of feedbacks:

- “Before prior to the webinar, I quite struggled with healthy choices for my baby; that didn’t compromise on taste. In the workshop, I obtained a lot of practical knowledge about healthy food choice and stages of baby feeding. Now I no longer struggle with the food suitable for my baby to eat with more options and recipes to prepare healthy meals for my baby.”
- “The class content is very practical, I pay a lot of attention to the various aspects of health eating, especially the planning of meals. I used to worry that my baby didn’t have enough to eat or drink. After the classes, I don’t worry any more. I will respect my baby’s choice and not force feed. My baby and I are now very happy and enjoy mealtime. Also prior to the lessons, I never ate frozen vegetables. But in class I learnt lots of simple recipes. Now I try to cook with frozen vegetables, which is both nutritious and fast.”
- “After class, I look at food labels and ingredient list when I go to the supermarket. It has become easy to choose healthy food for myself and my baby.”
- “I didn’t know how to cook. I always bought takeaways or ate out. But after I attended the CLP I found it is not very difficult to cook for my child. Now I cook three meals for her every day, I feel very accomplished.”
- “After taking the infant CLP, I feel less worried about my baby. I have learnt what the baby needs to eat at each stage. I feel I am now a confident mother. And I learnt to take care of myself. I incorporate this by walking, dancing, doing yoga at home and doing all kinds of interactive activities with the baby every week, very happy.”



Give us a call...

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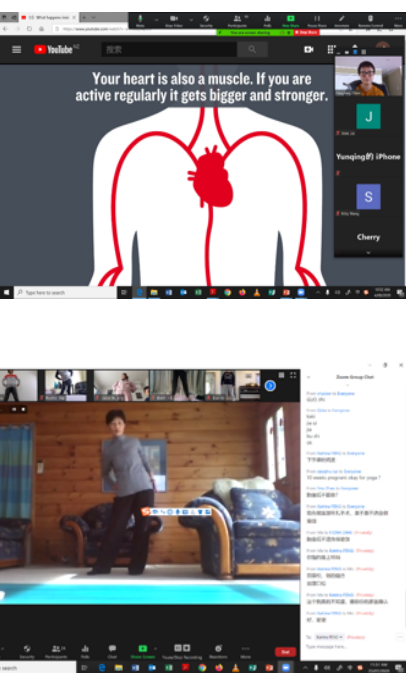


Our HBHF programme not only provide nutrition and healthy eating learning programme to our mothers through community workshop and online webinar, but also we refer our mothers to NIHI to get support by receiving TextMATCH which is a Free text message programme providing information and support around nutrition and physical activity during pregnancy and the first 2 years of a child’s life delivered based on gestational age or child’s age. Mothers also gave us good feedback on these service:

- “Your information is very useful and I will refer to it every day when I read it. Thank you for your time to communicate with us new mothers every day.”
- “Thanks very much for these information”
- “It’s very helpful. Sometimes when I’m tired of taking care of my kids, I feel like I am not alone when reading your messages. Appreciate your help.”



## Our HBHF programme



## Join our free TextMATCH programme



## Summer Christmas recipes:

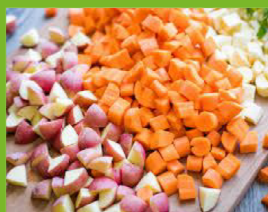
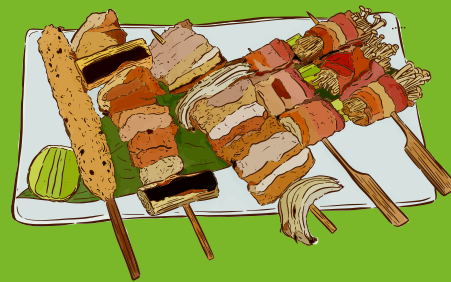
### Meal in a Bag

Ingredients	6 serves (adults) or 4 adults, 4 kids?
Chicken pieces, thighs or drums, thawed	2 kg
Potatoes, cut into chunks	4
Kumara, cut into chunks	2
Pumpkin, cut into chunks	3 pieces
Silver beet, sliced	1 bunch
Celery or cabbage, sliced	1 cup
Dried mixed herbs	1 Tbsp
Smoked paprika	1 Tbsp
Salt and pepper	To taste

### Meal Before you start

Wash raw fruits and vegetables, wash your hands and use clean equipments.

\*You could also use brisket, pork or lamb. In summer, leave out the silver beet and serve with a green salad.



#### 1 CHOP VEG

Cut the root veggies into chunks and slice your green veggies.

#### 2 START FILLING BAG

Place silver beet into a large oven bag or tinfoil, followed by the chicken pieces.

#### 3 ADD VEGGIES TO BAG

Add the other veggies to the bag.



#### 4 SEASON MEAT & CHICKEN

Add herbs and spices and season with salt and pepper to taste.

#### 5 START COOKING

Secure oven bag or tin foil and place in the centre of the oven with temperature set at 180 degrees for 45 minutes.

#### 6 FINISHING TOUCHES

Open up the bag and serve!

