



Summer Edition

E newsletter

The Healthy Babies Coordinator has been supporting pregnant mothers getting their Covid 19 vaccination during the months of October-December along with their welfare for their whanau.

Throwback 2021



Last Community Learning program of 2021 before Covid-19 Delta outbreak

What's up...

March Webinars

Tuesdays @ 11am

Dates: 8th, 15th, 22nd & 29th

Healthy Pregnancy Sessions

Wednesdays @ 12

Dates: 9th, 16th, 23rd & 30th

Healthy Toddler Session (1-4years)

Thursdays @ 6pm

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

Healthy Baby Session (0-12mths)

Give us a call...

SERA JANE BOLA

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Mothers Review of Webinars

“I am grateful to be part of the webinars during this Delta outbreak, I have learnt how to do label reading in this course and cannot wait to take this information and to be able to implement it in my family” – Manu

“During one of webinars we discussed as a group about healthy shopping, making sure we write down our grocery list first before heading to the supermarket – this is something that I need to get my head around, it’s such a useful information” - Inaanuanu



In Brief...

An update of the Pasifika HBHF activities for this quarter August-December 2021

Community Learning Program

2rd Quarter – Oct, Nov & Dec.

6 enrolled

TextMatch

YTD – 42

Our favourite recipe

EPIC SUMMER SALAD

Ingredients

- 2 large handfuls baby spinach leaves, roughly chopped
- 400g black beans, drained
- 500g heritage tomatoes, chopped into large chunks
- ½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
- 1 mango, peeled and chopped into chunks
- 1 large red onion, halved and finely sliced
- 6-8 radishes, sliced
- 2 avocados, peeled and sliced
- 100g feta, crumbled
- handful of herbs (reserved from the dressing)



Method

STEP 1

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

STEP 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

TextMATCH



Our favourite physical activity

RELAXATION EXERCISE BENEFITS

- Helps maintain a healthy weight
- Maintain heart and lung capacity
- Lowers diabetes
- Reduces pregnancy back pain
- Improves energy levels



ACTIVE TODDLER DURING ISOLATION

IT IS IMPORTANT TO KEEP YOUR CHILD ACTIVE DURING ISOLATION



Whanau encouraging toddlers with activities during isolation period, helps with the child's brain development which equally is as important as engaging them with physical activity.

