E-newsletter

UP coming Events…

Webinars - Online Zoom in Sessions.
October - 20th, 22nd, 24th, 27th & 29th

Starting Times: 11am-12pm 20th, 24th & 27th

Starting times: 1-2pm 22nd & 29th Wednesdays

October CLP Groups
Dates: 19, 22nd, 27th & 29th
Time: 10.00am-12.00pm
Venue: The Fono
411 Great North Road, Henderson

Call Sera-Jane Bola
M. 021 0833 3719 or

Call Maria Kumitau
M. 021 902 571

Give us a call…

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Facebook page:
https://healthybabies.org.nz

Spring Edition, October 2020

Warm Pasifika Greetings

Healthy Babies worked closely with mothers providing virtual support to fulfil their services during the second phase of Covid-19 pandemic lockdown. Delivering Webinar sessions through Zoom median, and despatching food parcels to families in need. Reiterating hygiene messages via phone contacts to ensure families were safe and nourished in these unprecedented times of Covid-19 pandemic. It is very contagious and rewarding to see them smile . We were also involving in home visiting families of close contacts that affected some of the Pasifika communities.

how to buy healthy food for pregnant mums.

Webinar Sessions as a COVID-19 response to pregnant mothers who were keen in making healthy food choices for their families. Sessions facilitated by support from HBHF Coordinators.

This family bubble of twelve were very grateful to Fono support services for provided them food boxes during COVID-19 isolation. Healthy Babies, Healthy Future ensure mothers and their babies were looked after.

In Brief…

An update of the Pasifika HBHF activities, during the past 3 months.

Community Learning Programmes (CLP)

1st Quarter – July, August & September, 2020 workshops
12 - Enrolled
12 - Completed all 6 modules,
101 YTD Completed

TextMatch Update:
Enrolled this quarter
232 Completed

CLP Programmes
1 Completed Webinar Programme

Sweep Stake - Winner Beverly Hunt

Beverly joined TextMatch and completed all pregnant modules of the community learning programmes (CLP). "Thank you to Healthy Babies, Healthy Futures. This vouchers of $250 will provide food and clothes for my expected baby"- Beverly.

Enrol to Text-Match for free.

Talofa Maria.
Get the family to be active together with Wella. It will encourage her to try new things & develop new

Our favourite recipe…..

One-Pot Chicken and Rice

Before you start — Wash raw fruits and vegetables, wash your hands and use clean equipment

INGREDIENTS	6 SERVES
Skinless chicken breast or thigh	750g
Garlic, minced	6 Cloves
Ginger, thinly sliced	1 Knob (2 Tbs)
Canola oil	2 Tbsp
Uncooked rice	2 cups
Dark leafy vegetables (spinach, broccoli, peas, silver beet, bok choy or cabbage)	3 cups
CHICKEN MARINADE	
Soy sauce	2 Tbsp
Cooking wine or white vinegar	1 ½ tsp
Baking powder	¼ tsp
RICE SAUCE (OPTIONAL)	
Soy sauce	3 tsp
Oyster sauce	2 Tbsp
Sugar	1 ½ tsp
Fish sauce	1 tsp
Black caramel (or brown sugar)	1 ½ tsp
White pepper	¼ tsp
Sesame oil	1 ½ tsp
GARNISH	
Dried seaweed	2 Tbsp
Spring onion, sliced	3 Tbsp

1 CUT CHICKEN Cut chicken into 2-cm sized chunks

2 MARINADE Add the marinade to the chicken and mix. Leave in the fridge (covered) for at least 30 minutes or overnight

3 RICE Wash and drain the rice. Set aside

4 FRY Fry garlic, ginger and canola oil in a large pot or rice cooker. Add uncooked rice and stir to coat rice in oil

5 COOK RICE Add chicken & water to the pot/rice cooker and set to steam (about 15 mins). In the last 5 minutes, add vegetables to steam with the rice

6 FINISHING TOUCHES Mix the rice sauce through the rice. Garnish with dried seaweed and spring onion and ENJOY!

Recipe by
Amanda Buhaets - Registered Dietitian

Protect yourself against coronavirus

Cover your mouth and nose with a tissue when you cough or sneeze

Put your used tissue in the rubbish bin or in a plastic bag

Wash and dry your hands often, especially after coughing or sneezing – use soap

Stay away from others if you're sick

health.govt.nz/coronavirus
Protect your family/whānau from coronavirus

New Zealand Government

CORONAVIRUS HEALTH ADVICE 0800 358 5453

This exercise allows you to safely stretch during pregnancy.

Go into a half-kneeling position on the floor. ...

Keeping your posture nice and tall, lunge toward your left foot until you feel a stretch in the front of your right hip and thigh.

Hold for 30 seconds, ease off, and then repeat 2 more times.

COVID-19 is not over yet – Keep up with the hygiene practice