

# Healthy Babies Healthy Futures Asian Programme Autumn Newsletter

## 华社服“健康宝宝，快乐家庭”信息简报

### Keep receiving good feedback from our mothers who attended nutrition workshops

• After delivery, I had to take care of my baby by myself and sometimes I was depressed as I had no time to take care of myself. By chance I had information about the parents programme and I attended it. During the programme I tried to follow the goal which was reducing sugar intake and exercising regularly. After that period, I felt light and refreshed. The best thing was that I could smile more at my little one. I think it was because of that programme and my effort. So I strongly recommend the programme which is for women and parents.

• 课程非常有用，非常感谢。原来不爱吃 WEETBIX，听了课之后，开始吃，知道这个食物很健康，直接吃，当饼干吃。原来很喜欢喝果汁，每次特价 5 块钱两瓶的时候都会买，现在也不买了，因为不健康。去超市买冷冻 pizza 的时候看到只有两颗星，也不买了，因为知道没那么健康。

• The programme was very useful. Thank you very much. Originally I do not like to eat WEETBIX however after listening to the class, I began to consume it. Knowing this food is very nutritious, so I ate it directly like a biscuit. I used to drink juice, and I always bought two bottles of juice when it was discounted to two for five dollars, but now I no longer do as it is not healthy. Additionally, I formerly liked to buy frozen pizza at the supermarket. Now that I look at the star ratings, I stopped eating this kind of pizza; as it only has 2 stars.

• 营养课很实用，之前以为吃辅食就不用喝奶，现在明白 1 岁的宝宝还是需要喝牛奶，每天至少 600 毫升，现在宝宝都会喝，宝宝很健康。

• The nutrition class was very practical. I formerly thought when the baby was eating complementary food, he need not drink milk. Now I understand that a 1-year-old baby needs to drink at least 600ml milk every day. Now my baby has this incorporated into their diet and he is very healthy.

• 上了课之后了解了许多运动的重要性，现在会跟着 lesmill on demand app 天天跳舞，自己感觉很放松，照顾孩子也更有精力了。

• After taking classes, I have learned the importance of physical exercise. I dance with Lesmill on Demand App every day. I feel relaxed and have more energy to take care of my children.

• 非常感谢华社服的营养课，课程内容中西结合。有介绍许多在洋人超市里的健康食品，之前都不知道，现在开始吃，营养又健康。

• Thank you very much for the nutrition course provided by CNSST, which combines Chinese and Western nutrition contents. I have now been introduced many healthy foods in the supermarket which I did not know before, but started to eat now, very nutritious and healthy.

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### Give us a call...

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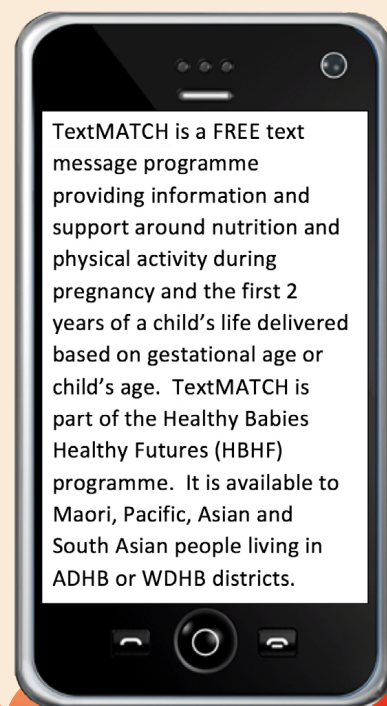
For Korean:

**Maya Park**



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### Join our free TextMATCH programme



TextMATCH 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. TextMATCH is part of the Healthy Babies Healthy Futures (HBHF) programme. It is available to Maori, Pacific, Asian and South Asian people living in ADHB or WDHB districts.

## Autumn recipe - Easy Oyster Sauce Chicken

• **Prep:10 mins Cook:20 mins Total:30 mins Servings:4 servings**

### Ingredients

- 4 chicken thighs
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper (or to taste)
- 1/2 yellow onion (about 1/4 cup chopped)
- 2 cloves garlic
- 1 1/2 bell pepper (red)
- 1/2 cup chicken broth
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce (dark or tamari)
- 1 tablespoon rice wine (Chinese; or dry white wine, dry sherry)
- 1 teaspoon brown sugar
- 2 teaspoons vegetable oil (or pure olive oil)

### Steps to Make It

1. Gather the ingredients.
2. Pat the chicken thighs dry. Cut each thigh in half crosswise, cutting completely through the bones. Rub the salt and pepper over the thighs.
3. Peel and chop the onion. Peel and finely chop the garlic. Cut the red bell peppers in half, remove the seeds, and cut into 1-inch squares.
4. In a small bowl, combine the chicken broth, oyster sauce, soy sauce, rice wine, and brown sugar. Mix until the sugar is dissolved and set the sauce aside.
5. In a non-stick frying pan, heat the oil over medium heat. Add the chicken thighs and brown on both sides. Remove the chicken thighs from the pan and drain on paper towels. Do not clean out the pan.
6. Add the onion and garlic into the pan, and cook until the onion is softened (about 5 minutes). Add the red pepper into the pan. Cook briefly, then add the sauce.
7. Bring the sauce to a boil, then add the chicken thighs back into the pan. Reduce the heat, cover, and simmer the chicken until the juices in the thickest part of the thigh are clear when pierced with a fork (about 15 minutes). Stir the chicken occasionally while cooking.
8. Serve hot over rice and enjoy!

### Tips

- It's best to use a sharp cleaver to cut through the chicken bone.
- When using olive oil to fry, make sure it's pure olive oil as it can handle temperatures up to 468 F. Extra virgin olive oil has a low smoke point of just 375 F. Your pan is likely to exceed that temperature and you risk a burnt taste in your chicken.
- Vegetable and canola oils are better choices for frying if extra virgin olive oil is all you have in stock.



# WELCOME AUTUMN