



## What's up..

Successfully delivered 8 online workshops and 1 Face to face CLP from July to Dec 2021.

**149** mums enrolled for Text Match service.

**116** mum enrolled for workshop since July 2021.

**98** mums graduated from July to Dec 2021.



## South Asian – HBHF E Newsletter

Summer 2021

Namaste, Assalamu Alaykum and Sat Sri Akaal to our readers. In this issue of our Summer newsletter, we are pleased to share the glimpses of gradated mums, upcoming schedule, how to preserve your food and much more !

### Mums attending online HBHF Program →



### Feedback from mums

It has been a really good program where stay at home mom learn how to be healthy

Overall it's a really good initiative to promote healthy diet especially with young kids. It was very beneficial for me and my family. I will definitely be joining toddler program as well.

Thank you so much for such a wonderful programme. I have lost almost 2.5 kgs just by changing my eating habits and doing daily 30 to 40 min walk and jogging. Before attending the session my weight was stuck on 61 now i am 58.5 almost near to my pre pregnancy weight.

### Handed over Certificates to mums under all COVID-19 guide lines and precautions.

## Give us a call...

Phone: 09-8152338  
Mobile: 021-189-7808  
Poonam  
@asiannetwork.org.nz



**Enroll Now!!**

Babies online program starting from Feb 2022.

Toddlers & Pregnancy online program starting from Feb 2022.

For more details, contact us on **Bushra-0224647448**

Free Online mindfulness sessions starting soon, delivered by our counsellor Manjusha. For more details, contact us on **0211897808**



**Text Match**

Always make sure babies and young children sit down while they eat, and that someone is with them while they are eating or drinking.



### Preserve the goodness of vegetables in cooking

Vegetables are one of the most important and superbly versatile food groups. They are naturally packed with fibre, different vitamins and minerals. However, we might compromise their goodness because of our vigorous style



of cooking especially heat resistant and water-soluble vitamins. Therefore many people eat raw vegetables to get the maximum nutrients. However, it's not the only way and many vegetables still preserve most of the nutrients if cooked using the right methods.

Here are some important tips which can be helpful to get the maximum nutrient goodness in vegetables while cooking.

- ◆ Avoid prolonged cooking methods as slow-cooked vegetable dishes cannot retain the fullness of nutrients. Steaming or microwaving for a few minutes is a better alternative for a number of vegetables such as Cauliflower, broccoli, and cabbage.
- ◆ Stir-fry is another fast cooking method of preserving nutrients for vegetables e.g. carrots and capsicums. Watch the oil amount, though.
- ◆ The amount of liquid while cooking can affect the amount and perseverance of the nutrients such as water-soluble vitamins vitamin C, B and folates. Lesser use of water is the better.



**Lucky Draw Winner- Bipasha**

Want to learn more about "How to preserve the goodness in vegetable whiling cooking"? Enrol with us in the Free "Healthy Babies Healthy Futures" Face to face and live streaming programme supported by the Ministry of Health New Zealand. We provide free and culturally appropriate advice to pregnant, lactating mums and families with kids under 4 years. Bushra Ibrahim (NZ Registered Nutritionist & lifestyle coach) Tel: 022 464 7448

