

## What's up...

An update of the Pasifika HBHF activities for this quarter, April-June 2022

Successfully delivered 6 online workshops.

188 mums enrolled into the TextMatch service

115 mums enrolled for the Community Learning Programme since July 2021.

# 115 mums graduated ©

## Give us a call



SERA JANE BOLA M: 021 449 227 SeraJane.Bola@thefono.org



Are you a Tongan mum, either pregnant or have a baby under 4 years old, and live in the Auckland or Waitemata region?

#### JOIN THE TONGAN HBHF HEALTHY LIFESTYLE CHALLENGE TODAY!

Pasifika E newsletter

This season we will begin our very first Tongan HBHF Lifestyle Winter's Season Challenge 25 spaces available so be in quick – first come, first serve

6 WEEK WINTER LIFESTYLE CHALLENGE FOR TONGAN MUMS & BABIES

1.1.

#### THE CHALLENGE - 25 PLACES AVAILABLE:

- » COMPLETE 2 NUTRITION COURSES
- » CONSULT WITH YOUR LIFESTYLE COACH » COMPLETE CHALLENGE
- TASKS

PRIZES: 1<sup>ST</sup> PRIZE - \$500 2<sup>ND</sup> PRIZE - \$450 3<sup>RD</sup> PRIZE - \$400 4<sup>TH</sup> PRIZE - \$350 5<sup>TH</sup> PRIZE - \$300

T&C: To be eligible, you need to be a Tongan mum, either pregnant or have a baby under 4 years old. You live in the Auckland and Waitemata DHB region and are new to the Healthy Babies Healthy Futures courses.

ENROL TODAY CALL OR TEXT Sera-Jane 021 447 227

1-250



caring is our culture







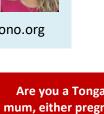
Winter Edition







Waitemata District Health Board

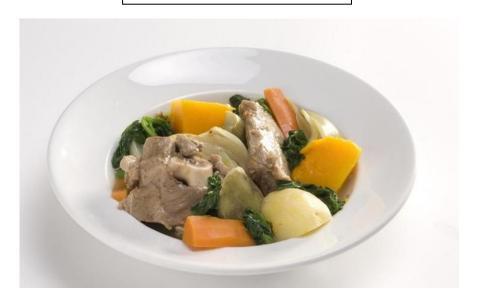


# **Our favourite recipe**

## **Method**

- Trim the fat off the meat. Put into a pot and cover with water. Bring to boil.
- Halfway through boiling the meat (after about an hour), pour out the fatty water. Refill the pot with water, bring to boil and continue to simmer the meat.
- Add the vegetables, onion and seasoning and bring to boil. Lower the heat and simmer until the vegetables are cooked.
- Serve immediately. Cool leftovers quickly – place in smaller containers, cool, cover and refrigerate as soon as possible. Reheat in meal amounts until piping hot.

# **Healthy boil-up**



### Ingredients

- 1 kilogram brisket, diced
- 1 big bunch pūhā
- 1 big bunch watercress
- 6 small kumara, scrubbed and chopped
- 3 onions, chopped
- Pinch of salt and pepper

Note Gather watercress from safe areas and wash well, or replace with silver beet or spinach.

## **TextMATCH**







