



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

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
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6 WEEK WINTER LIFESTYLE CHALLENGE FOR TONGAN MUMS & BABIES

\$5,000 WORTH OF VOUCHERS TO BE WON

THE CHALLENGE - 25 PLACES AVAILABLE:

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

PRIZES:

- 1ST PRIZE - \$500
- 2ND PRIZE - \$450
- 3RD PRIZE - \$400
- 4TH PRIZE - \$350
- 5TH 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



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!



0800FONO4U (366 648)
caring is our culture



Our favourite recipe

Healthy boil-up

Method

1. Trim the fat off the meat. Put into a pot and cover with water. Bring to boil.
2. 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.
3. Add the vegetables, onion and seasoning and bring to boil. Lower the heat and simmer until the vegetables are cooked.
4. Serve immediately. Cool leftovers quickly – place in smaller containers, cool, cover and refrigerate as soon as possible. Reheat in meal amounts until piping hot.



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

Healthy snacks are best for Maylena & the whole family. Avoid food high in sugar or salt e.g. fast food, chips, lollies, fizzy drinks, flavoured milk

Check it out - Healthy Babies Healthy Futures Photoshoot

