



What's up..

Successfully delivered 8 online workshops and 1 Face to face CLP.

225 mums enrolled for Text Match service.

126 mums enrolled for workshop since July 2021.

122 mums graduated.

South Asian – HBHF E Newsletter

Winter 2022

Namaste, Assalamu Alaykum and Sat Sri Akaal to our readers. In this issue of our Winter newsletter, we are pleased to share the glimpses of graduated mums, upcoming schedule, Healthy recipe and much more !

6 WEEK WINTER LIFESTYLE CHALLENGE
View below for eligibility criteria

\$5,000
worth of vouchers for prizes and groceries

25 Bangladeshi Mothers
1st Prize Winner

6 Week Winter Healthy Lifestyle Challenge

1st prize - \$500 2nd prize - \$450
3rd prize - \$400 4th prize - \$350
5th prize - \$300 * prizes are in vouchers

Lifestyle Challenge Details

- start date - July 10th
- Complete 2 nutrition courses before July 10th
- Consult with your lifestyle coach
- Complete challenge tasks

ENROL TODAY TEXT OR CALL
BUSHRA 022 4647 448
KANIZ 022 619 2040

*To be eligible, you need to be a Bangladeshi mombi, either pregnant or have baby under 4 years old and living in the Auckland & Waitemata DHB region and new to the Healthy Babies Healthy Futures courses.
*Proudly supported by The Asian Network Incorporated (TANI)

Successfully started Bangladeshi HBHF Healthy Lifestyle Winter's Season Challenge.

Enroll now: Starting SriLankan group Healthy Lifestyle Spring Season Challenge in Sept 2022.
25 seats available, first come first serve

Glimpses of Graduated Mums



Give us a call...

If you would like to enrol to HBHF programme.
Phone: 09-8152338
Mobile: 021-189-7808
poonam@asiannetwork.org.nz



Lucky Draw Winner

Kaniz Fatema

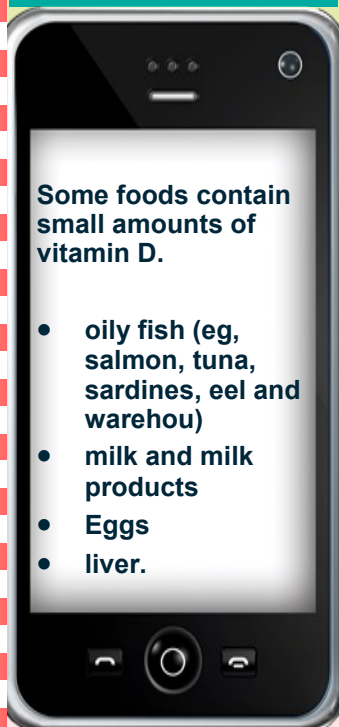


For latest updates and information please visit our facebook page:

<https://>

www.facebook.com/Healthy-Babies-Healthy-Futures-South-Asian-TANI-855378107864745/

**Join free
Text Match
service**



Black bean brownie

Easy, delicious and with the goodness of black beans it's a handy lunch box addition.



Ingredients

- ½ **cups** rolled oats
- 1 **can** canned black beans, drained and rinsed
- 2 **tbsp** cocoa powder
- ½ **tsp** baking powder
- 2 **tbsp** brown sugar
- ½ **cup** mashed banana
- 2 **tbsp** Oil

Method:

1. Pre heat oven to 175°C
2. Add oats to food processor and blend until fine
3. Add the rest of the ingredients to the food processor and blend until smooth
4. Pour batter into a greased and lined square baking tin
5. Bake for 15-20 minutes or until firm to touch
6. Allow to cool for 10 minutes
7. Cut into squares and serve

This recipe has been developed for small children. For older children and adults you may like to make the portions larger.

Source- Heart Foundation NZ

Flu prevention tips

1. Get vaccinated. More than a million New Zealanders have their flu vaccination each year. ...
2. Wash your hands regularly. Wash, wash and wash again.
3. Keep your distance from infected people if you are healthy, and from well people if you are sick. ...
4. Stay healthy, Cover your nose and mouth.

