



# SOUTHLAND HEHA Programme



8 November 2007, Issue 2

## QUESTIONNAIRE



Questionnaires will be sent to participants of the Workforce Development course held in May to August this year. It is timed to be sent three months after completion of the course, so some of you may have already received it.

The purpose of the questionnaire is to evaluate the ongoing effectiveness of the Workforce Development course.

The questionnaire will be sent via email. It can either be filled in and sent back as an email, or, you can print it and post or fax back to us at (03) 211 2250.

It is a short questionnaire and is quick to complete. By completing it, you are helping us determine the value of our programme. We would really appreciate your help with this.

## NEW ADDITION TO THE RESOURCE LIBRARY

All about vegetables an interactive kid friendly CD. Order a copy from vegfed for \$18.00 or copies free for loan

[www.vegetables.co.nz](http://www.vegetables.co.nz)



## Kia ora tātou

This is the second newsletter from the Southland HEHA Team. We wish to bring you helpful hints, current events and generally just keep in touch. You will receive this every 6-8 weeks. If you have any topics or issues that you would like the Southland HEHA Team to give advice on, please feel free to contact us at [heha@sportsouthland.co.nz](mailto:heha@sportsouthland.co.nz) or phone 03 211 2150.

This edition of the newsletter includes:

- Promotion of Physical Activity
- Opportunities to Get Active in Southland
- Update for 'Healthy Me & You'
- Essential Pantry List
- Feeding Our Futures
- '5 + A Day' Month

## Promoting Physical Activity Within Your Work

**“Physical activity promotion is most successful when it matches people’s sense of who they are, enables people to have choice, is enjoyable and fun, is accessible, and builds on their connection, social networks and friendships.”**

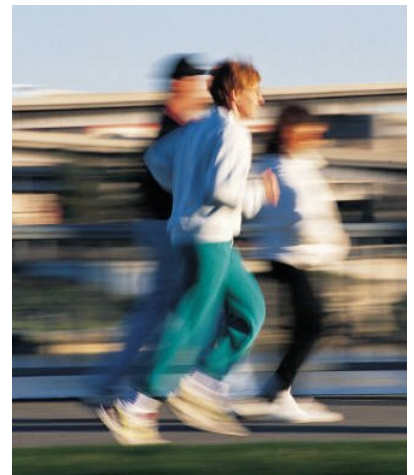
Agencies for Nutrition Action Newsletter Issue 32 September 07

Think about the successful programmes in the Southland community such as Huri ké Hauora by Nga Kete Matauranga Pounamu or Cyclofit by Cycling Southland.

These programmes offer many of the above qualities, perhaps this why they are so successful.

How can your physical activity promotion include these considerations?

The article in the newsletter quoted above continues to say, “physical activity at an individual level is most sustainable when it is *satisfying and fun*. The fact of regular physical activity meaning you may die later (in life) is not a key motivator!”



## Useful website to keep you up-to-date: [www.southlandheha.co.nz](http://www.southlandheha.co.nz)

The website for our programme has been updated, some interesting pages to check out are:

- Workforce Development
- Advocacy
- Latest News (scrolling on right-hand side)
- Links
- About the Programme



## Your essential pantry list

We all know that to be budget and supermarket savvy we should all carry a shopping list when we go to the supermarket. But what should we have on that list to stock our pantry with the basic ingredients to make quick simple and healthy meals?

### Keep stocks of: Canned



- Beans: baked, kidney, cannelloni, mashed for dips or add to meals
- Chickpeas: make hummus, add to soups and stews
- Tuna and Salmon: plain and flavoured for quick pastas, salads and sandwiches
- Fruit: for desserts, puddings and breakfasts
- Tomatoes: essential for pasta sauces, add to soups and stews.
- Light coconut milk: for curries



### Dried: rice, pasta, lentils

- Rice: Long grain (jasmine, basmati) for stir fries  
Short grain (Arborio) for risotto  
Brown for salads and stir fries
- Pasta: your favourite shapes
- Lentils: brown and red, add to soups and stews
- Noodles: rice and wheat, couscous and polenta as alternatives for pasta

### Essential extras

- Sauces: soy, black bean, chilli, sweet chilli, fish, Tabasco and how could we forget tomato
- Vinegars: white, balsamic
- Oils: extra virgin olive oil (use cheaper for cooking)
- Stock: tetra packs of chicken, beef, vegetable
- Nuts: pine nuts, peanuts, cashews and almonds



Encouraging parents to go heavy on the fruit and vege and light on packaged snacks.

Order resources from:

[www.feedingourfutures.org.nz](http://www.feedingourfutures.org.nz)

### Key messages:

- Make at least ½ the meal vegetables
- Kids do better when they eat fruit and vegetables
- Help kids snack the healthy way



**5 + A Day** National Fruit and Vegetable Month is November 2007 and aims to increase the awareness of the need to eat fruit and vegetables

This year's theme for schools and Early Childhood Centres is around

**Te Aniwaniwa / The Rainbow**

## Opportunities to Get Active in Southland

An upcoming event which may interest some of you is the **Gore Womens Only Duathlon**. It is a fundraiser for St. Peter's College Australian Netball Tour 2008. This is a great goal to aim for if you haven't tried these sort of events before. There are categories for both individuals and teams.

Day: Sunday 16 December

Time: 10am start time

Course: 10km bike

3.8km Walk/Run

Entries: \$15 per person or \$20 per team

\$10 extra for late entries—after 12th Dec

Inquiries: Pauline Cormack (03) 2085598

Also see [www.sportsouthland.co.nz](http://www.sportsouthland.co.nz) (events)

From my experience, Gore always puts on fantastic weather for these events! We hope to see you there...



**Congratulations** to all those motivated people who took part in the Southland District Health Board "Walk the Talk" Challenge organised by Melanie McKenzie during October for Push Play Month. Hopefully you were all inspired to Push Play everyday. Good luck for winning a spot prize!



The 'Healthy Me & You' pilot begins on this Thursday 8th November - exciting stuff... We will upload photos to our website, so make sure to visit [www.southlandheha.co.nz](http://www.southlandheha.co.nz) if you'd like a sneak preview of the programme.

Delivery of 'Healthy Me & You' will occur throughout 2008 around Southland.