



**SOUTHLAND
HEHA Programme**



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RESOURCE LIBRARY

The Southland HEHA Programme offers continued support in helping to promote healthy eating and activity to families in Southland.

Fantastic new **Feeding Our Futures** posters on healthy snacking available to order now.....

Either contact Steph on
03 2112150

OR

Go to
www.feedingourfutures.co.nz



Recruiting now for term two!

The first block of courses have flown by and the Invercargill, Ohai and Queenstown courses were successful and enjoyed by all, see below.

We are now taking referrals for the Healthy Me & You programmes running in May to June. These courses will be run in Invercargill, Matura and Gore.

Courses will start mid May. The courses are once a week for 6 weeks 9.30am to 11.30 am.

Transport provided if needed. **Call us on 03 2112150 to refer a family.**

Comments from participating families:

*Good ideas for
inside play*



It was wonderful



*Ideas for activities
& they don't cost
a lot to make*



*it has been good fun
& the children
have loved it*



*Have picked
up some
really
useful &
helpful
easy tips*



*helped get my children
involved in food preparation
with excellent tips
for healthy eating*



For your budget or the environment there are many reasons to reduce food wastage!

Recent research commissioned by Frucor into the fruit and vegetable eating habits of New Zealand families has found that on average we spend \$34 a week on fruit and vegetables. BUT we are also throwing away 30% of this fresh food resulting in a loss of \$3 million dollars a week. With the price of fruit and vegetables increasing what are some ways that we can reduce wastage and save money at the same time?

For a start there are many reasons for throwing out food, such as cooking too much and not using food before it goes off or before its use by date. Reasons for not eating our food in time can be as simple as our plans changing, forgetting what we have in the cupboards, forgetting to chill or freeze foods to use at a later date and lacking the confidence to use up our leftovers.

Getting the most out of fruit and vege

Keep ripe fruit in fridge as it will keep longer.

Or on the other hand

Ripen fruits such as peach or nectarine on the windowsill or speed up ripening by placing in a bag with a banana.

To test if an avocado is ripe press the stalk to see if it is soft. Don't squeeze or you will bruise it.

To get more juice from your lemons or limes roll with your hand on a hard surface or microwave on high for 10 seconds.

If you don't have enough space in your fridge store foods like drinks, eggs and root vege in an unheated garage or laundry. Save the fridge for more perishable foods.

Soft carrots or cucumber? Put in a glass of water to crisp up.

Don't peel vegetables that don't need peeling.

Fabulous Freezers: What you can freeze

GENERAL HINTS

Freezing solid foods:

Pack them as tight as possible, so you can get rid of as much air as possible. Wrap in cling wrap.

Freezing liquids:

Remember liquids expand by 10% when frozen. Leave a gap or space in containers so lids stay on when frozen.

- Tomatoes, remove stalks and freeze whole in freezer bags. Use in place of canned tomatoes in a spag bolognese or casserole. Put into pan at the same time as you would if adding canned. Don't defrost first as they will turn to mush.
- Bananas, mash first and use in smoothies, muffins, cakes. Or leave whole and freeze on a popsicle stick for a yummy treat.
- Bread or breadcrumbs, use from freezer or put straight into oven or toaster.
- Grated cheese.
- Ginger, is much easier to grate when frozen.
- Citrus juice, pesto and coconut milk are all foods that can be frozen in ice cube trays (and they are in small usable portions too).
- Blanch vege, put in boiling water for 10 seconds, immediately run under cold water and freeze.
- Freeze vege, such as peppers, when cheap and in season (chop/dice first) or dice up celery where it can be hard to use up a whole head.
- Halve apricots, nectarines, peaches and plums and freeze for stewing, jam or crumbles.



Anything goes Leftovers

Make extra and freeze your leftovers for an easy meal later in the week.

Re-invent leftovers for the lunch box

Remember flavours often taste better a day later

These meals lend themselves to you adding what ever leftovers you have in the fridge

- Frittata or Omelette
- (Chicken) Salad
- Burgers
- Soup
- Quesadilla
- Mixed vege curry
- (Beef) Stir fry
- Risotto
- Bubble & Squeak
- Frittata or Omelette

What not to freeze

- Whole eggs
- Watermelon
- Solid blocks of cheese
- Raw Onion
- Cream / Cream cheese
- Parsnip or Swede

