

# Waewae Express



Healthy Eating    Healthy Action  
Oranga Kai – Oranga Pumau

Bell Block Community Project

## CREATING A HEALTHY COMMUNITY

Produced by the Health Promotion Unit on behalf of the Bell Block Community Action Coalition. Phone: (06) 753 7799 email: anita.waugh@tdhb.org.nz

### Tēnā koutou katoa

Greetings to you all!

Welcome to the first publication of the *Waewae Express*. *Waewae Express* is the newsletter of the Bell Block community group and is published twice a year.

We will keep you up-to-date on activities of the Bell Block community project, and give you practical tips and ideas on healthy lifestyle choices.

#### Why Waewae Express?

The title *Waewae Express* came from

- *Waewae* means foot, footprint, leg in te reo Maori.
- *Pink Feet* being the theme of the healthy lifestyle campaign, promoting health and wellbeing in Bell Block.
- Using our legs/feet is a great way to get around, and be more active everyday.

#### What is the Bell Block Community Project?

A group came together in 2005, to work on creative ways to make Bell Block a healthier place for our families. The focus has been on becoming more physically active, and making healthier food choices easier to find in the local supermarket.

#### Remember the Pink Feet?

You may remember all the *Pink Feet* - on the supermarket floor of Parklands Supervalve - leading you to all the healthy school lunch choices. Well this year you'll find more *Pink Feet* in more places around Bell Block - more on that later!

#### Come and join the group

We welcome anyone to join the community group. It is a great chance to meet new people, learn new skills and make a difference to the health and wellbeing of our community. We meet every two months after school.

If you wish to join or want more information please feel free to contact

Anita Waugh or Jill Nicholls  
Phone (06) 753 7799  
anita.waugh@tdhb.org.nz

Happy Reading! Noho ora mai!



Photo: Kids playing on Bell Block Beach

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Taranaki Together, a Healthy Community  
Taranaki Whanui He Rohe Oranga





**BELL BLOCK  
TOGETHER,  
A HEALTHY  
COMMUNITY**

## What is coming up?

- All preschools and schools now supply healthier food choices. Healthy food is encouraged to be brought to preschools and school too.
- Children will be more active, and learn about food, healthy eating and physical activity.
- *Walk to school* and healthy lunch days at Puketapu and Bell Block Schools will be more regular.

Photo: Parklands Supermarket Bell Block

**Healthier  
Choice**

# Look for more Pink Feet in more places

**Follow the  
pink feet to  
healthier choices**

**Pink Feet** is expanding beyond Supervalu Supermarket. This year you will find large and small Pink Feet in more places with more healthy lifestyle tips.

Check out the tips on the Pink Feet outside:

Eden Cafe and Restaurant  
Bell Block Four Square  
Bell Block Aquatic Centre  
Bell Block Family Health Centre

Kabbage's  
Bell Block Bakery  
Mangati Walkway  
Pharmacy @ Bell Block.

A big thank you to all Bell Block residents who took part in the evaluation of the project last year. Your feedback has given us great ideas for future activities.



## Keeping Kids Active



Photo: tug of war

Finding it hard to think of things to keep your children active after school and at the weekends? Here are a few suggestions that you can try out:

- **Obstacle course** - using home and garden furniture set up your own obstacle course for the kids to race around.
- **Balloon Volleyball** - blow up a balloon, put up a net (of some sort), or play over the couch.
- **Scavenger Hunt** - hide items such as tins of food, fruit and toys in your garden or local area. List them on a piece of paper and send the kids off to find them.
- **Family Bike Ride or Walk** - there is no better way to get the whole family active and set a good example than a family bike ride. Plan your route and maybe take a picnic.
- **Beach Fun** - we are surrounded by amazing, clean beaches in Taranaki so go and use them. Swim, use a surf board or boogie board, play races, soccer or touch, throw a Frisbee or make sand/rock sculptures.
- **Kite Flying** - you can use items at home for kids to make their own kite, then go and fly what they have made.
- **Sport Taranaki Equipment Library** - finding it expensive to keep buying your kids the toys they want, and then they only use it once before it gets stored at the back of the cupboard? Then join the Sport Taranaki Equipment Library. Contact Sport Taranaki for more information.

For more suggestions visit the SPARC website [www.sparc.org.nz](http://www.sparc.org.nz).



## Growing Active Families

Active Families is growing! We are now expanding into Bell Block and New Plymouth. ENROL NOW!

### Is Active families for you?

If you answer yes to at least two of the questions below then it is likely Active Families may be just what you need:

- Do you have a child between 5-12 years of age?
- Does your child spend long periods of time in front of the TV or computer?
- Is your child active for less than 1 hour per day?
- Are you concerned about your child's weight?

### What is Active Families?

Active Families is exactly what the name suggests; it's about being active as a family together, to benefit the health of all living in the home. Making a change is easy, and the Active Families Advisor will be there to help you.

Once signed up to the programme you will be offered ongoing support for up to 12 months. The support may be cooking, active games, and ideas on being more active every day.

### How do we join?

It is easy, you can simply refer yourself.

For an Active Families referral form, more information or an informal chat please contact:

Samantha Vincent  
Active Families Advisor  
Sport Taranaki  
0800 ACTIVE (228 423)  
(06) 759 0930 extn 729



# Is giving up smoking on your to-do list?

Nicotine in cigarettes is one of the most addictive substances around, which makes quitting a challenge. The key is to simply *keep at it!*

The average smoker can take more than a dozen attempts before finally kicking the habit for good. So the message there is – just keep trying!

Quitting a '20 a day' habit can

- save you \$3,102 per year
- add extra years to your life
- keep you looking younger for longer.

Easy tips to help you cut down

- make your home and car 100% smokefree
- keep a diary of all the cigarettes you smoke for a week, and decide which ones you can cut out the following week
- follow the Pink Feet to the Bell Block Family Health Centre or Pharmacy @ Bell Block and see their friendly staff for advice
- have a chat with your GP next time you visit.

If you are trying to quit smoking and have a cigarette, think of it as a set-back not a defeat. Keep trying... you can do it!



Call the Quitline on 0800 778 778



## INGREDIENTS

- A selection of your favourite in season vegetables, such as:  
1 carrot, 1 capsicum,  
¼ pumpkin, 1 zucchini  
1 medium kumara
- 1 red onion
- 1 Cup couscous
- 1 Cup boiling vegetable stock (or water)
- 1 tsp smoked paprika (optional)
- Hazelnuts, toasted to garnish (optional)



## METHOD

1. Preheat the oven to 200°C.
2. Chop the vegetables into even sized pieces.
3. Spread vegetables on a roasting tray and lightly spray with Olive Oil. Roast until tender - around 30 minutes (depending on type of vegetables).
4. Bring the stock or water to the boil.
5. Place couscous in a bowl add the paprika and mix well.
6. Pour the boiling stock/water over the top to just cover the couscous. Put a lid (or a large plate) on top of the bowl and leave for 10 minutes. Fluff the couscous up with a fork.
7. Once the vegetables are cooked, add to the couscous and toss together.
8. Add nuts, such as hazelnuts, walnuts or pine nuts and fresh herbs – coriander and parsley are good – to garnish.

Serves: 4 people

Cost: \$1.72 per serve  
(using capsicum, kumara & pumpkin)



Coupon entitles the bearer to a free regular coffee when purchasing any menu meal.

Excludes cabinet food, expiry date 14th April 2008, 1 coupon per person.