

Soups are a healthy option all year round!

Soups can be healthy, satisfying, comforting and go a long way for very little money. The great thing about soups is they capture all the goodness of the vegetables and they don't need to be made with any fat to taste great. Remember soups freeze well, so like this recipe, make more than enough and freeze the leftovers for a healthy meal another day.

Chicken and Vegetable Soup (Makes two servings for a family of five)

Ingredients

- Chicken pieces (3 medium sized - such as thighs, legs or breasts)
- 8 cups water
- 1 onion
- 1 small kumara (peeled & diced 1 inch cubes)
- 1 cup pumpkin (peeled & diced 1 inch cubes)
- ½ cup celery (optional) diced 1 inch cubes
- ½ cup frozen corn
- 1 medium carrot - grated
- 1 cup soup mix
- 2 tablespoons chicken stock powder
- 3 tablespoons parsley - chopped

Method

- 1 Remove all fat and skin from chicken pieces (wash chopping board thoroughly after preparing raw chicken).
- 2 In a large pot bring 8 cups of water to the boil and add the chicken to poach.
- 3 Turn down to simmer on a low heat for about 15 minutes.
- 4 During the 15 minutes remove all the foam and fat from the top of the water with a ladle, to keep the broth pure.
- 5 When the chicken is just cooked, remove from water and place on a tray to cool.
- 6 Once cooled, remove all chicken meat off the bones and dice into small pieces and then place in the fridge.
- 7 Add all the vegetables, soup mix and stock powder to the chicken stock and stir through, then bring back to the boil.
- 8 When the broth boils, stir again and simmer on a low heat for 1 hour, stirring every 15 minutes.
- 9 Just before serving the soup add the diced chicken and parsley and boil again for 1 minute, then serve.



Tip for vegetarians!

This soup can be made without the chicken, using a vegetable stock

Recipe by Stephen Cameron

Stephen Cameron is the Kai Ora Facilitator (Healthy Food Facilitator) for Te Kupenga Hauora. Stephen has been a Chef for over 20 years and has a degree in Nutrition and Activity. He works with communities to support people to empower themselves in developing knowledge and skills to live a healthy lifestyle.



Gift to hapu makes healthier lifestyles easier



Participants of the hapu challenge doing Zumba at the Youth and Whanau Activity Centre in Opotiki.

Taking the steps towards a healthier lifestyle is now much easier for hapu from Waiaua Marae, with the gift of free gym memberships.

Hapu challenge participants from Waiaua marae received free 12 week gym memberships from the Whakaatu Whanaunga Trust.

The hapu challenge is run by Mataatua Sports Trust with support from Bay of Plenty District Health Board. Waihi Leabourn from Mataatua Sports Trust in the Kaiwhakahaere (co-ordinator) for the hapu challenge.

There are currently 24 people who have chosen to participate in the hapu challenge and they are 5 weeks into their 12 week programme. "We bring the whanau together and make it fun and competitive, which then helps them motivate each other," says Waihi.

Once a week, participants meet at Youth and Whanau Activity Centre for Zumba fitness, power training and a korero about health topics. Power training instructor, Edward

Delamere says "All I ask is that they give me their best, and I keep pushing them to do their best."

"The gym is a new experience for a lot of us. We are really enjoying ourselves and there's always a lot of laughter. Long term, I hope that a lot of us will continue coming to the gym once the programme has finished," says participant Ces McGough.

"It's an awesome opportunity. It gets me moving and it gets the kids moving too," says participant, Tania Te moni.

"As the challenge progresses, a big difference can be seen in the participants – they are more active and have more energy to do more things," says Waihi.

At the end of the hapu challenge, there is a final weigh in and prizegiving for participants.

HEHA for health

Healthy Eating Healthy Action (HEHA) is a Ministry of Health campaign to improve nutrition and increase physical activity and maintain weight. A variety of projects to meet these goals are going on in the Bay of Plenty including linking with pre-schools, schools, Sports Bay of Plenty, workplaces and primary health care. For further information about HEHA visit www.bopdhb.govt.nz and click on the HEHA apple logo.



Simple steps to healthy living



Healthy eating is...

...cutting down on excess salt.

Too much salt in the diet is associated with high blood pressure and is a risk factor for stroke. Highly processed foods such as pies, sausages, ready meals and takeaway foods are high in salt. Prepare foods at home with minimal salt but when you do use salt, remember to use iodised salt.

...eating a range of different coloured fruits and vegetables

Coloured vegetables contain nutrients needed for health, protect against aging and can help reduce the risk of some cancers.

Different coloured foods such as green, red, yellow, orange, purple and white provide different nutrients. Ideally eat from each colour group every day.



Healthy action is...

...staying active during the winter months.

Find out about your local indoor sports teams, like netball or soccer, by visiting www.nzsport.co.nz.

If team sports is not for you, remember the benefits of walking which is one of the easiest forms of physical activity. After a while your body will get used to walking every day and it will start to feel easier. At this point you can: walk faster; walk for longer; include some hill climbs; walk more regularly.



... taking opportunities to be active during your day.

Deciding to take the active option will help you accumulate 30 minutes moderate physical activity each day. Opt for the stairs, walk to the shops or park further away than normal.