

## Ask the expert

*"I find young children often turn their nose up at food considered healthy. How can we make choices for our children to get them to eat their tea?" DJ from Kawerau*



*Kids are more likely to try food that they have helped to prepare.*

### Siobhan says... be a role model for your child.

Feeding toddlers can be a challenge, but meal times are not only when nutritional needs are met, but also when manners, conversation and cooperation are learned. You are your child's number one role model; they will watch what you eat, especially if you eat together. If you eat and enjoy vegetables then your child may think that they are worth a try.

If you have a fussy toddler, don't make meal times a battle zone. Place a few teaspoons of each vegetable on their plate. Let them look at it, if nothing else it will increase their exposure to fruits and vegetables. Always have vegetables or salad with meals, and keep fruit in the fruit bowl. Instead of giving your child a whole piece of fruit try chopping it into little pieces. Combine vegetables and fruits with other foods e.g. apple, banana or berries in muffins. Add vegetables to home made soup or stews.

Make meal times calm and enjoyable by avoiding distraction such as TV or noisy conversations.

Fruit and vegetables should become part of your everyday shopping routine. Ask your child to help you write a shopping list and then let them find the item at the supermarket - this is a fun game to them! At home, let them help to wash and prepare vegetables, and finally, let them cook with you. They are much more likely to try foods that they have helped to prepare.

## Questions?

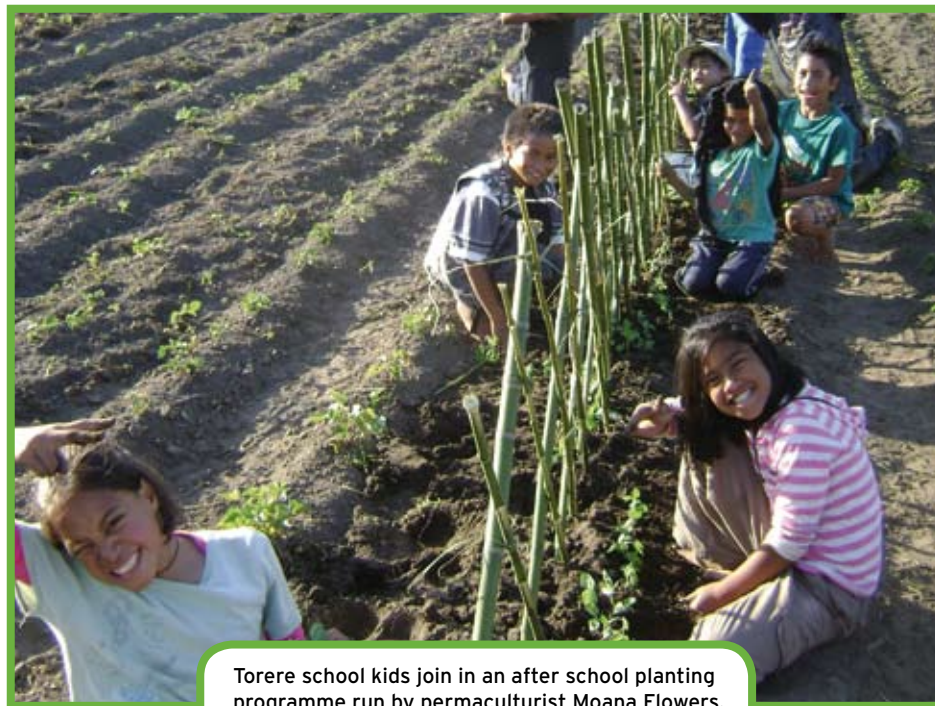
Do you have a question about a particular food or meal, or want to know how to make healthy choices for you and your family? Send a question to Siobhan Miller, a nutrition expert working for Toi Te Ora - Public Health.



Email your question to Siobhan at [heha@bopdhb.govt.nz](mailto:heha@bopdhb.govt.nz) or post your question to:

BOPDHB Communications Team  
Private Bag 12024  
Tauranga 3143

## Funding for food forest



Torere school kids join in an after school planting programme run by permaculturist Moana Flowers.

### The smallest Iwi in the Bay of Plenty has impressed the Bay of Plenty District Health Board with a remarkable proposal to develop a food forest on their land.

"Of the ten we received, Ngaitai Iwi's application really stood out," says BOPDHB Maori community action project coordinator Cynthia Turuwhenua.

Ngaitai Iwi of Torere in the Eastern Bay of Plenty will receive significant funding from the BOPDHB as part of the Maori community action projects fund. "The funding from us will be matched by the Iwi, which includes koha (gifts/donations) from whanau," says Cynthia.

The aim is to develop a food forest based around the four seasons of the year. Iwi will work together to prepare the land and grow seeds, vegetables, herbs and fruit for their community.

"We are starting to understand our dietary needs better and using traditional practices to improve our health," says Maona Flowers, the manager of the project for the Ngaitai Iwi Authority and a certified permaculture designer. "Maori were healthy in the past but urban drift took people away from their roots and natural ways of living. I hope the ideas used in the mara-a-iwi (Iwi garden) will catch on and whanau will establish their own gardens in their backyards."

"Permaculture brings everything together, working with nature rather than against it," says Moana. "It is based on the philosophy of earth care, people care and abundance share. We want our families and anyone who visits us to be part of it and eat local, fresh produce."

A key element to the project is that it is sustainable.

"The project will mobilise families to come together to benefit the health

and nutrition of the Iwi well into the future," says Moana. "The methodology supports organic food production and the belief that people and animals thrive in harmony with the environment."

Moana says that the number of families growing fresh produce in their own gardens has increased significantly since the community garden was set up at the Marae.

"We have some great gardeners in this area with lots of knowledge. People have already contributed in lots of different ways and will continue to do so, as well as learning new skills themselves," she says.

### Funding available now

- Hapu and Marae-based communities can apply for funding from the BOPDHB.
- Funding can be used for projects relating to nutrition, food preparation, community gardens, cooking demonstrations, cuisine courses, targeted exercise.
- Training will be available for successful applicants on gardening and horticulture information and advice.
- The next round of funding closes 15th May 2009.
- To apply for funding, contact Cynthia Turuwhenua on 07 579 8555 or email [cynthia.turuwhenua@bopdhb.govt.nz](mailto:cynthia.turuwhenua@bopdhb.govt.nz).



## HEHA for health

Healthy Eating Healthy Action (HEHA) is a Ministry of Health campaign to improve nutrition and increase our physical activity. It is a joint approach between the Ministry of Health, Ministry of Education, and Sport and Recreation New Zealand (SPARC). A variety of projects to meet these goals are going on in the Bay of Plenty. For further information about HEHA visit [www.bopdhb.govt.nz](http://www.bopdhb.govt.nz) and click on the HEHA apple logo.



## Simple steps to healthy living



### Healthy eating is...

**...replacing chips with potatoes.**

A family sized bag of potato chips only contains about one large potato. Try chopping up some potato wedges and baking them with a sprinkling of paprika or any other spice or herb to enjoy a healthier, more filling snack that's just as tasty - and a whole lot cheaper.

Source: *Healthy Food Guide*  
[www.healthyfood.co.nz](http://www.healthyfood.co.nz)



### Healthy action is...

**...getting little bits of exercise into your everyday routine.**

For example; 'walk' on the phone - every time you are on a cordless or mobile, walk while you talk; instead of meeting a friend for coffee, grab a bottle of water and go for a walk together; rather than spending money at your local car wash, wash the car by hand and work up a sweat.



## Be in to WIN!



For more information about how you and your family can live a healthier lifestyle, visit the HEHA pages of the Bay of Plenty District Health Board website. Go to [www.bopdhb.govt.nz](http://www.bopdhb.govt.nz) and click on the HEHA logo.

**We'd love to know what you think of the website, so visit the site today, complete a short questionnaire and go into the draw to win a healthy hamper worth \$80.**

(Closing date: 31st May 2009).