

## Ask the expert

*"My children have started their winter soccer season. Every week they have a sausage sizzle after the match. Do you have any ideas for alternatives which could also be used as club fundraisers?"*

*Tony from Te Puna*

**Siobhan says...with a bit of forward planning, there are healthier alternatives.**

Sausage sizzles are the easy option but are often high in fat and having them too often is unhealthy. The sausage sizzle can be made a little better by cooking the sausages slowly so they don't burn and wrapping them in either high fibre white bread, mixed grain or wholegrain bread. Top with a little tomato sauce and save additional fat intake by not using spread.

With a bit of forward planning, there are many healthier alternatives:

- Soup with a roll or slice of wholegrain bread. Vegetable, leek and potato, chicken and rice, or pumpkin soups are easy to make.
- Healthy burger made with lean meat patties and served with plenty of salad.
- Pita pockets heated very briefly on the barbeque and filled with salad, falafel, warm refried beans, grated cheese, tomato and salad.
- Pick and mix rolls - prepare bowls of carrot, tomato, grated low fat cheese, beetroot, tuna, cucumber slices, or avocado, form a line and let people choose what they want.
- Corn on the cob (without butter), wrapped in foil on the barbeque for 15-20 minutes.
- Popcorn freshly popped and eaten warm - it doesn't need lots of butter, salt or sugar!
- Whole pieces of fresh fruit, fruit kebabs or fresh or tinned fruit salad in fruit juice.

Food hygiene is important too. Always remember the four C's: Clean Cook Cover Chill. For more info visit [www.foodsafe.org.nz/food-safety/bbq](http://www.foodsafe.org.nz/food-safety/bbq).

*There are many alternatives to the traditional sausage sizzle. Kids love fruit kebabs and they are a well earned energy boost after sports training.*



## 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

## Back to basics in Torere



Ngaitai Iwi Authority youth coordinator Tawhiao Kingi (far right) with some of the Torere kids who are exploring foods and activities of former generations.

### Rangatahi (young people) from Torere in the Eastern Bay of Plenty are getting to grips with what it was like for their grandparents growing up in the area.

Ngaitai Iwi Authority youth coordinator Tawhiao Kingi received funding from the BOPDHB to put together a short film. In the film he interviews many of the iwi elders (pakeke) about the variety of food they ate and the activities they were involved in, growing up.

"There was a big gap between the adults and the young people of the area, they didn't communicate well," says Tawhiao. "The elders thought the young people were spoilt and lazy, and the young people thought the elders didn't know what they were talking about. This was an opportunity to bring them closer together, get them talking and help them understand each other's worlds."

Tawhiao says one of the most significant things that the young people have learnt from the film is that it's more fun to get outside and make your

own entertainment, rather than being indoors on the computer.

"In the film the elders talk about hunting, fishing and riding horses. This is when the young ones really start to listen," he says.

They also talk about the kinds of food they cooked including kumara and different types of fish.

"The kids love hearing about the different ways food was prepared back then and they get a better understanding of where their food comes from," says Tawhiao.

Since the film's release more people in the area have approached Tawhiao to tell their story. He is hoping to continue with this as a way of educating young people on the importance of nutrition and physical activity, as well as engagement with their elders.

## Simple steps to healthy living



### Healthy eating is...

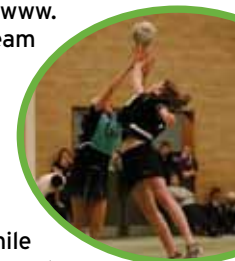
...using herbs which are high in antioxidants. Herbs particularly high in antioxidants are rosemary, sage, oregano and marjoram. For improved health add some of these to your everyday meals like salads or pasta dishes. Herbs and spices are a healthier option than salt, sugar and fats, with just as much flavour.

Save money and buy seedlings from farmers markets and grow your own at home. Antioxidants protect your body from damage to cells which can lead to heart disease, cancer and other diseases. *Source: Healthy Food Guide [www.healthyfood.co.nz](http://www.healthyfood.co.nz)*



### 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](http://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.



## 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: 30th June 2009).

## 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.



Healthy Eating Healthy Action  
Oranga Kai - Oranga Pumau