

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.

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 or post your question to:

BOPDHB Communications Team
Private Bag 12024
Tauranga 3143

Morning netball popular



Haven Meavao from Brookfield with her nine and a half month old twin daughters Jahna and Jayde. Haven used to be an umpire but is really enjoying playing again as it's such good exercise.

Tauranga mums are getting together to play netball again thanks to funding from the Bay of Plenty District Health Board.

"We ran morning netball for mums a few years ago but at \$5 a game, it proved too expensive for many," says Tauranga Leisure programmes manager Robyn King.

Morning netball takes place at The Queen Elizabeth Youth Centre on Mondays and The Mount Action Centre on Tuesdays, and now costs \$2 per person. Funding has also allowed Tauranga Leisure to employ more people to look after the kids while the mums are playing.

Knowing her son Ashton is in good hands was the deciding factor for mum Philippa Wilson to come along.

"This is the only bit of peace I get during the week!" she says. "I heard about it through a friend and I can only do it because they look after Ashton. It's a great way to get fit and meet new people."

Philippa hadn't played netball before but loves it so much that she goes on Mondays and Tuesdays each week. She would encourage anyone, at any level, to come along.

"Everyone is very welcoming and you don't need to have played before," she says.

Haven Meavao has recently come back to netball after having twins.

"Indoor netball has never been this great, more and more people are coming each week since it's become more affordable," she says. "There is a really good mix of people from total beginners to some who could be in the Silver Ferns! The organisers set it up so that the games are really well-balanced."

There are 26 teams across the two days and Robyn says the numbers are growing each week.

Bay of Plenty District Health Board is funding five new programmes through Tauranga Leisure:

1. **Morning indoor netball** at Queen Elizabeth Youth Centre (QEYC) on Mondays and the Mount Action Centre (MAC) on Tuesdays between 10am-12pm. Children are cared for while mums play netball.
2. **Action Mania** at the Merivale Community Centre for 5-12 year olds. Run on Saturday afternoons between 12pm-3pm, more than 50 kids go along each week. Includes healthy eating and spot prizes.
3. **Whanau Taakaro** at the Merivale Community Centre. Families come together on Sundays between 12pm-3pm for different sporting activities and prizes. All ages are welcome - this has become a real community event.
4. **Youth Sports** at MAC for at-risk youth 14-19 years old.
5. **Kaumatu Games** at the QEYC. This is a big sporting event which takes place a few times a year. The next one will be on November 11 so keep an eye out for more details.

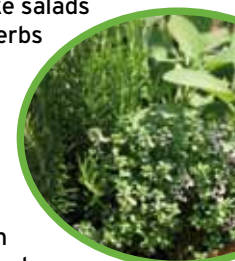
For more information on any of these activities, either call Robyn King on 07 574 9862 or send a text to 027 467 7016 and someone will call you back.

Simple steps to healthy living



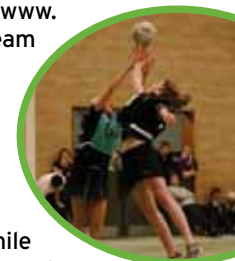
Healthy eating is...

...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



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.



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 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.

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 and click on the HEHA apple logo.

