

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	
Water	8 cups
Onion	1
Kumara - peeled & diced 1 inch cubes	1 small
Pumpkin - peeled & diced 1 inch cubes	1 cup
Celery (optional) - diced 1 inch cubes	½ cup
Frozen corn	½ cup
Carrot - grated	1 medium
Soup mix	1 cup
Chicken stock powder	2 level tablespoons
Parsley - chopped	3 tablespoons

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.

Te Zumba classes on Huria marae popular with hapu



Since Te Zumba classes started at Huria marae in November last year, up to 100 local people have been attending per class. The classes are run twice a week at the marae and have been hugely popular.

The popularity of the classes can be attributed to several factors. "The winning formula is the access, affordability, whanau inclusiveness and 'a can do attitude' no matter what size you are. The 'Marae Atea' provides a safe and comfortable backdrop for this activity and embraces all people, race and creed," says Sylvia Willison, Chief Executive Officer for Huria Management Trust.

Te Zumba classes are run by Zumba Fitness. "We plant the seed at the marae then train up the hapu to get it self-sustainable," says Lena Kairau, Te Zumba Instructor. "We see 3 or 4 generations of whanau coming to classes. Even my Nana comes – and she's 83!" says Lena.

Simon Bridges, MP for Tauranga recently participated in Te Zumba at Huria Marae. "It's great to see a blend of old

and young people giving it a go, being active and shaking it all around" says Simon Bridges. "It was very special and unique to have Te Zumba done at the marae and it was great fun and good exercise for me".

The HEHA "Healthy Eating, Healthy Action" programme launched by the Bay of Plenty District Health Board in 2009 was the catalyst for which Huria Management Trust embraced the launch of Te Zumba, marae style. With the support of Steve Cameron, Kai Ora Facilitator from Te Kupenga Hauora, staff launched a series of nutrition workshops, followed by exercise regimes to complement these. Te Zumba is one of these exercise regimes, along with Tai Chi and Mau Rakau.

Te Zumba classes run every week at Huria marae on a Tuesday and Thursday from 5.30 to 6.30pm.

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 ageing 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 team, 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 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.

HEHA for Health

Healthy Eating Healthy Action (HEHA) is a Ministry of Health campaign to improve nutrition, 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, Sport Bay Of Plenty, workplaces and primary health care. For further information about HEHA visit www.bopdhhb.govt.nz and click on the HEHA apple logo.

