

HVAZ Pacific Churches – Healthy Eating Awards

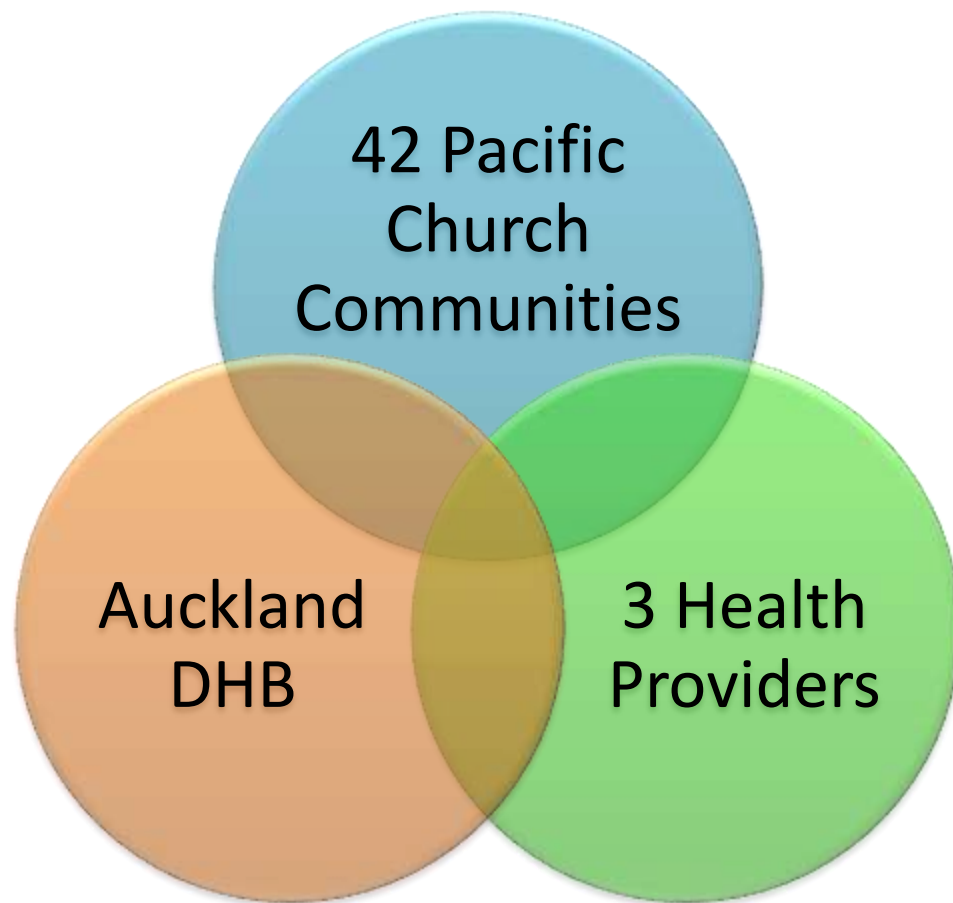
Sugary Drink Free
Aotearoa by 2025
MIT Manukau,
7 Oct 2015

Rev. Dr. Featunai Liuaana
CCCS Sandringham

Fili Tupu
ADHB/WDHB



Healthy Village Action Zone (HVAZ)



John 10: 10

“I have come that they may have life,and have it abundantly”



**Healthy Village
Action Zones**



**THE TONGAN HEALTH
SOCIETY (Inc)**

**14 Church
Groups**

**Community
Health Worker &
Parish
Community
Nurse (2 FTEs)**

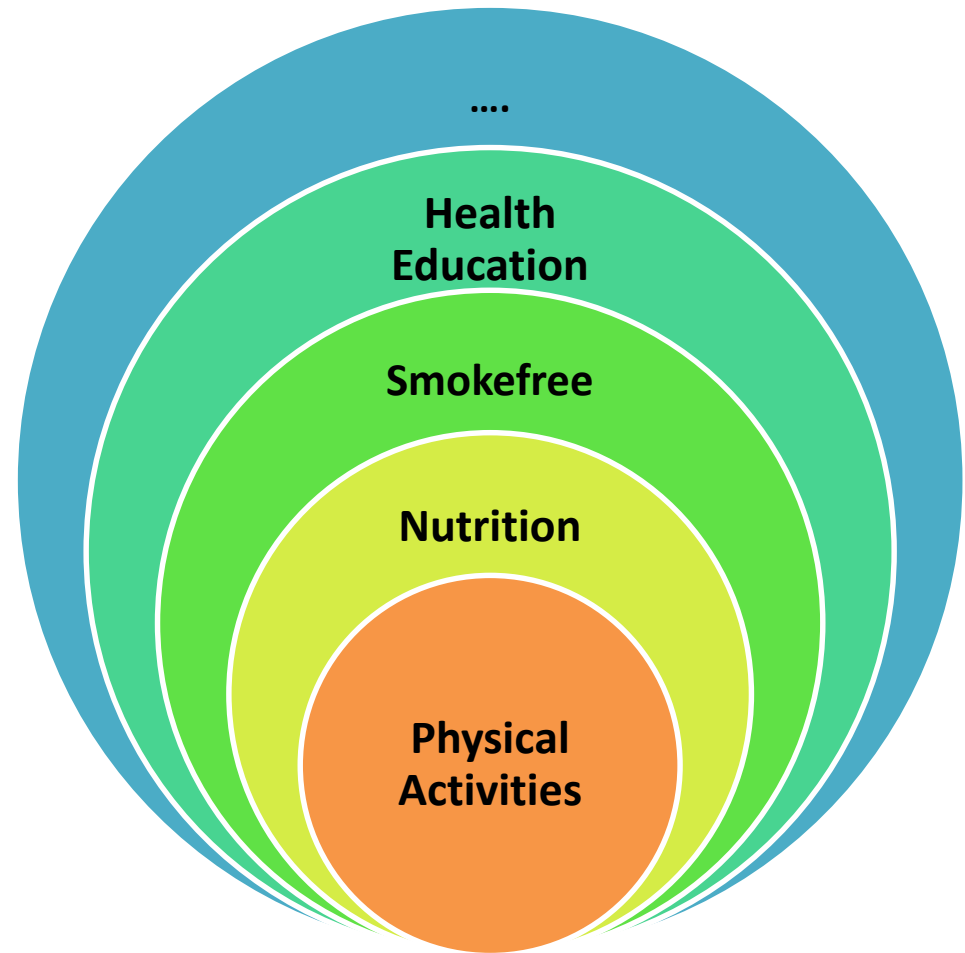
**14 Church
Groups**

**Community
Health Worker &
Parish
Community
Nurse (2 FTEs)**

**14 Church
Groups**

**2 Parish
Community
Nurses (2FTEs)**

HVAZ Initiatives



Nutrition

- Train community champions – Pacific Nutrition Courses



- Implement 15 Healthy Eating Guidelines

15 Healthy Eating Guidelines



Include fresh or frozen colourful **vegetables** in each main dish and include salad fillings in sandwiches.



If eating **canned corned beef**, first heat up the can, skim off the fat and throw it away.



If eating **canned fish** choose the varieties in spring water or brine (drained) instead of oil. This can be good to add to main meals or sandwiches.



Trim the **fat off meat** before cooking and throw this away.



Remove the **skin off chicken** before cooking if you can and throw it away, or take it off before eating.

Healthy Eating Guidelines



Add **water to coconut cream** so less is used, or choose the 'lite' option.



Roast meats and vegetables instead of frying. If oil is needed in the cooking, Canola oil is a good option and isn't too expensive. Use only about 1 teaspoon of oil per person for each meal.



Less salt should be used in cooking, and take the salt shaker off the table when eating.



Wholegrain bread is the best option and the extra fibre helps to fill people up, meaning they won't need as much.



Fresh fruit is served as a healthy dessert option. Cut this into bite sized pieces to make it easier to eat.

Healthy Eating Guidelines



Water is served instead of fizzy drinks.



Choose **reduced fat milk** (lite blue, green or yellow top) in hot drinks, on breakfast cereal and in cooking.



Cakes, biscuits, lollies, chips, pastry foods and deep fried foods are not everyday foods and should be only eaten **occasionally and in small amounts**.



Food safety guidelines – clean, cook, cover, chill, are followed when preparing food.

Prepare a **set menu** for your meeting or event to ensure the amount of food served is right for the number of people eating/attending.

Healthy Eating Awards

Bronze

- Implement 3 HE Guidelines

Silver

- Implement 7 HE Guidelines

Gold

- Implement 15 HE Guidelines

HEALTHY EATING GOALS FOR HEALTHY VILLAGE ACTION ZONE CHURCHES

SILVER AWARD 2013

Congregational Christian Church of Jesus Maharae Bay

for

- Water as main drink
- Serving fresh fruit instead of cakes
- Serving chicken without skin
- Offering only low fat milk
- Skim off the fat from corned beef
- Following food safety guidelines
- Offering lots of colourful vegetables

WE COULD NOT HAVE DONE THIS WITHOUT THE SUPPORT OF OUR COMMUNITY PARTNERS, AUCKLAND DISTRICT HEALTH BOARD



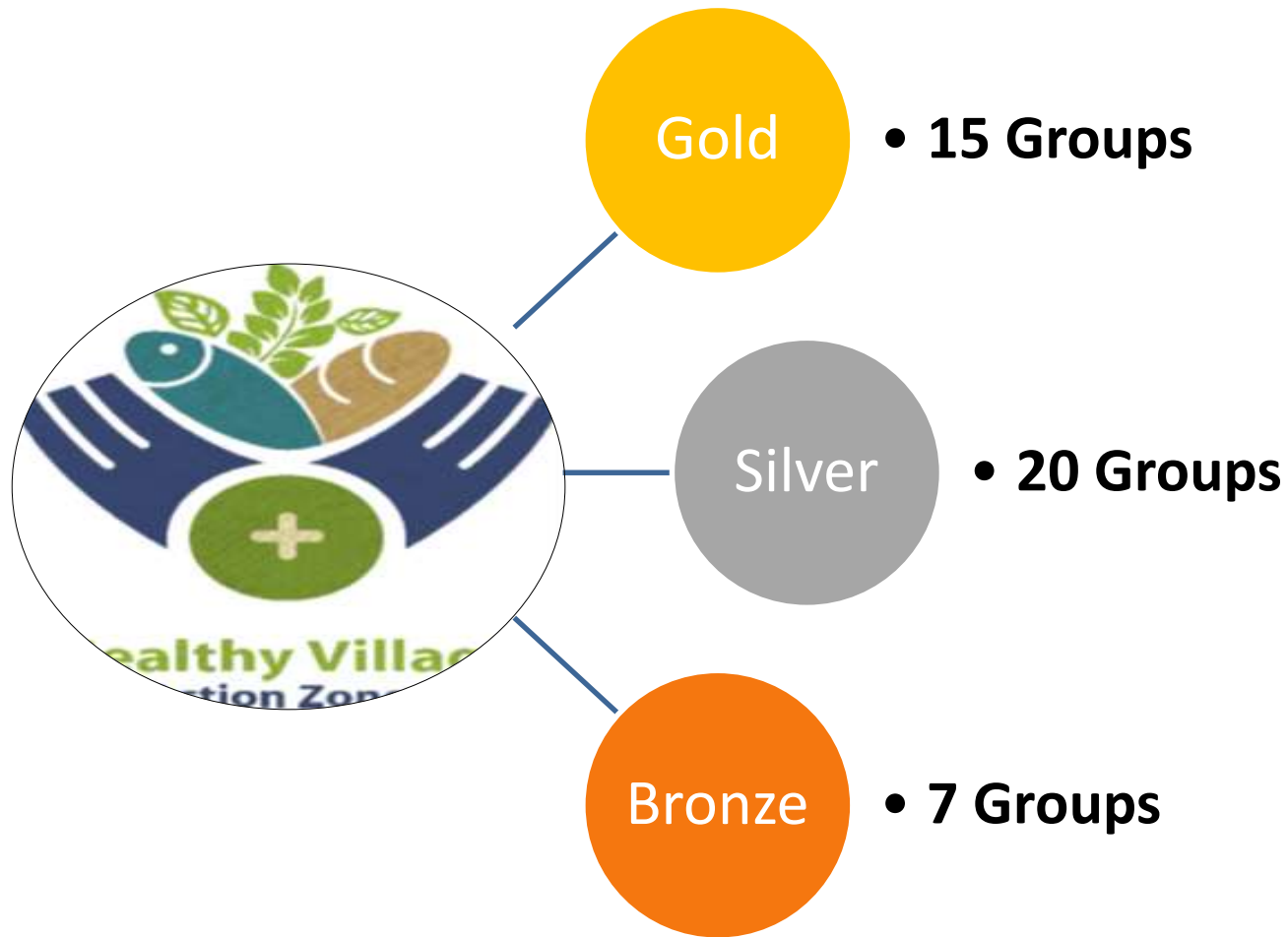
WELLNESS CENTRE, PACEY WING, COMMUNITY AND YOUTH TEAM, STONEY HILLS CHURCH

ProCARE
HEALTH LIMITED

FROM THE ALLIANCE OF CHURCHES AND COMMUNITIES



Healthy Eating Award Status 2014





Going Forward

- Gold Award
- Physically Active
- Total Smokefree
- Link people to services

