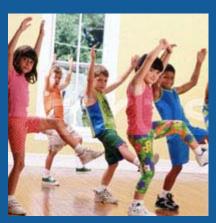


Health & Education: A profitable partnership











Students Staff





Partnerships



www.wavesouthcanterbury.co.nz

Community

Family/Whanau

Students taking action











Staff taking action

Ranui Kindergarten Healthy Kai Project





A Healthy Swap that costs you less

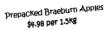
Prepacked fruit 4 veggies are often not good value Tip: take a Calculator with you when you do your shop!

Instead of these

Buy these

Good to know







Loose Braeburn Apples \$2.48 per 1Kg which means \$3.72 for 1.5kg ✓Save \$1.26

√ Apples are a great, inexpensive option for most of the year. Prices Vary by Variety, so scan the shelves for Cheaper options. Most apples on our shelves are NZ-grown

√Bananas are usually imported, but they are a Cheap, good staple to add to your weekly shop

*Costings taken 8 August 2012 Via Countdown online supermarket



Ranui Healthy Kai Project

Store Refrigerate in plastic bags or loose in fruit vegetable drawer Prepare

Keep the akins and A lot of the nutritional goodness in applies is found in and just under the skin as they come - whole, new and fresh or cut up and serve on a platter with a yoghuri dip

as a new come - whore, naw and tresh or cut up and serve on a planter with a yoghust op
 Sauced or pureed. Use apple sauce or puree to replace some of the margarine, of or butter used in baking (e.g. # the recipe hot custand

 for custand
 for apple puree afth yoghust or full custand.

hot custurd

Ty balked granny smith (green) applies for a warm, delicious desaert or anack. Core apple leaving bottom intact spoon in a mixture of 1 delicingoon of direct fault - 1 teaspoon brown sugar + prich of mixed spice. Place apple in a heatproof, mixrowner-safe dish, Add 17 actionspoon ondi water to the dish. Mixrowner on high for 2-3 minutes until apple is itemder. improvingersate dist, Acu 7 / Adverspoort soid water to the disk, instrumente on high for <2 minutes unit apper a concer - cannot applies make for a great filling for crumbles or sweet based sandwiches, Add a small sprinkle of climation and sugar - consists.

to valves
y grated and added to salars (equirt with Jerson juice to prevent browning), combine with pearut butter, carrot, cheese or tune
as a filling for anotalches or add to meatlanes along with rolled outs to extend the meat and also keep it moist)

Add to main meals

Enjoy:

Chilli bean topping

3 x 440g can dhill beans (or baked beans with a little chill sauce or powder)

3 large onlon, roughly chopped

4 large saves assessed assessed absorbed.

1 large carrot, roughly chopped 1 apple, peeled and roughly chopped 1/2 cup water Grand

Grated edam cheese

Grated estam cheese Pinely chopped parally (optional) Mash the process with a postatio masher and finely chop or grate the onion, carror and apple. Place in a saucepan and simple gently for S-B minutes. Serve on PAZIX base, in pits bread or on a baked postato, opinistic with cheese and paralley. Crist until cheese metra - xxmmyl

















Family/Whanau taking action









Community taking action



VOICE – Youth Art Project

Vision – Opinion – Identity – Creative Expression



The Partners



Youth



Local **Artists**





Education Settings







Local **Business**





Sponsors

Outcomes



"Winning this award has made me realise I am on the right track and doing the right thing. It's inspired me to really get into my art and now I've got an exhibition I am planning for later in the year"

Ricky Arras

"Finally I feel recognised and respected positively as an artist. It has given me the confidence to exhibit my art to the world"

Anthony Fowler





Acknowledgements

- Children & young people of South Canterbury
- The WAVE Team including our partners Sport Canterbury and the Cancer Society
- South Canterbury education staff
- SCDHB
- CPH



