



Health & Education: A profitable partnership



Hauora Māori



Students



Staff



Partnerships in Action



www.wavesouthcanterbury.co.nz

Community

Family/Whanau

Students taking action



Smokefree



Smokefree



Success

Staff taking action

Ranui Kindergarten Healthy Kai Project



A Healthy Swap that costs you less

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

Instead of these



Prepacked Braeburn Apples
 \$4.98 per 1.5kg

Buy these



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

Good to know

✓ 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 skins on! A lot of the nutritional goodness in apples is found in and just under the skin

- Enjoy:**
- as they come - whole, raw and fresh or cut up and serve on a platter with a yoghurt dip
 - Sauced or pureed. Use apple sauce or puree to replace some of the margarine, oil or butter used in baking (e.g. if the recipe asks for 1 cup oil, cut this down to 1/2 cup and add 1/2 cup apple sauce or puree) or simply serve apple puree with yoghurt or hot custard
 - try baked granny smith (green) apples for a warm, delicious dessert or snack. Core apple leaving bottom intact spoon in a mixture of: 1 tablespoon of dried fruit + 1 teaspoon brown sugar + pinch of mixed spice. Place apple in a heatproof, microwave-safe dish. Add 1 Tablespoon cold water to the dish. Microwave on high for 2-3 minutes until apple is tender
 - canned apples make for a great filling for crumbles or sweet toasted sandwiches. Add a small sprinkle of cinnamon and sugar to taste
 - grated and added to salads (squirt with lemon juice to prevent browning), combine with peanut butter, carrot, cheese or tuna as a filling for sandwiches or add to meatloaves along with rolled oats to extend the meat and also keep it moist!

Add to main meals

Recipe

Chilli bean topping
 1 x 440g can chilli beans (or baked beans with a little chilli sauce or powder)
 1 large onion, roughly chopped
 1 large carrot, roughly chopped
 1 apple, peeled and roughly chopped
 1/2 cup water

Grated edam cheese
 Finely chopped parsley (optional)
 Mash the beans with a potato masher and finely chop or grate the onion, carrot and apple. Place in a saucepan and simmer gently for 5-6 minutes. Serve on pizza base, in pita bread or on a baked potato; sprinkle with cheese and parsley. Grill until cheese melts - yummy!





Family/Whanau taking action





Celebration!



Community taking action



VOICE – Youth Art Project
Vision – Opinion – Identity – Creative Expression

The Partners



Youth



Local Artists

Education Settings

The central area contains two logos. The top logo is for CWAVE, with the tagline 'WELL-BEING AND VITALITY IN EDUCATION'. Below it is the Youth Alley logo, which features silhouettes of a group of diverse people dancing or celebrating.



Local Business

Sponsors



Outcomes



“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

“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



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

