

## Tēnā rā koutou katoa i ēnei wā hākoakoa,

Nā mātou o Te Puna Hauora ki Uta ki Tai tēnei pukapuka āhuareka i hanga mā koutou o te hāpori, kia tiro i tēnei wā uruhau o te tau. Ko Momo Haumanu te ingoa, ā he rauemi hauora, he rauemi toiora.

Ka toha tēnei i puka i o mātou kupu āwhina hei hāpai i a koe kia kore ai e manauhea, inarā kāhore e kore kua rongo te katoa i ngā taumahatanga ngerongero i ēnei tau e rua kua pahure.

He maha hoki ngā tohutaka kai utu iti mā te whānau katoa! Waihoki, he mahi ngahau hei whakaoti i tō kotahi, hei rōpū rānei.

He whakataukī hoki kei ngā whārangi o tēnei pukapuka.

Nā mātou te whiwhi te mahi tahi ki waenga i a koutou. Ko te manakoia ka puāwai koutou i te ao inamata, hei te ao anamata anō hoki.

Greetings to you all over this festive time,

The team at Te Puna Hauora ki Uta ki Tai have put together this entertaining book for the community to have over this happy time of the year – Momo Haumanu is the name, it is a health and well-being resource.

This book shares our team's advice and words of wisdom to keep yourselves well and not be of poor health, especially because we have all undoubtedly felt the many hardships/stressful times over the past two years.

There are also many low-cost recipes for the whole family! As well as activities you can do on your own or with others.

A selection of whakatauki completes our book.

It was our pleasure working with you all. It is our hope that you flourish both now and in the future,

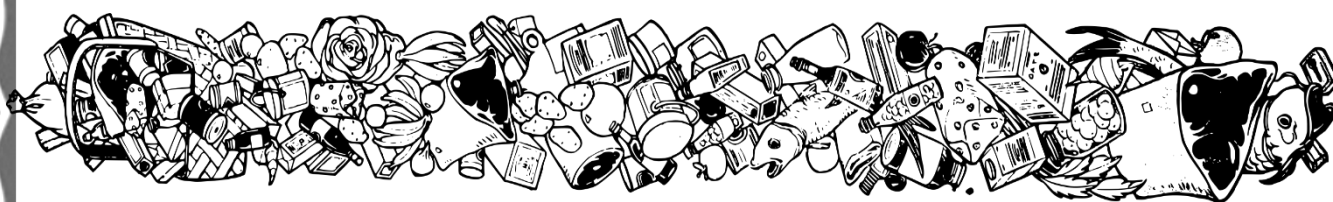
From our whare to yours,

Keep safe out there

Ma te Atua koutou e manaaki

Cindy Mokomoko and Board of Trustees as well as all our team of Kaimanaaki.

Local photography are the work of Lee Hofmann and Michelle Coffey.



## ***RECIPES***

If there's one thing we all love here at Te Puna Hauora, it's our kai (healthy of course).

Our rōpū has put together a collection of our favourite tested and much loved recipes for you to enjoy.

The recipes are easy to make and affordable and ideas that the whole whānau will appreciate.

With much aroha, from our kitchens to yours,

The team at Te Puna Hauora Ki Uta Ki Tai.



## *Rolled Oats Slice*

### **Ingredients:**

130 grams Butter, room temperature

3/4 Cup (150gm) brown Sugar, packed

1 teaspoon Vanilla Essence, 5 mls

2 Cups (190gm) Rolled Oats,

### **To make:**

Soften butter (not in microwave) then cream butter and sugar. I do this the old-fashioned way with a wooden spoon. Once this is creamy, add rolled oats and mix well. Press into slice tin and cook at 180 C for 15 minutes. Leave on bench to cool. Cut into slices and place into airtight container when cold. (I used to make this a lot as a kid and it was one of my favourites. Sometimes I would ice it with chocolate icing).

## *Apple Sponge (Dessert for big whānau)*

### **Ingredients:**

6-8 medium to large Granny Smith apples, cooked and sweetened

300 gm butter

1 ¼ cups sugar

3 ½ cups self-rising flour

3 eggs

2 Tbsp milk

### **To make:**

Cream butter and sugar with wooden spoon. (Soften butter in microwave)

When creamed, add eggs and beat well with wooden spoon.

Gently sift S/R flour into the creamed mixture and fold with spoon. If mixture is too firm, add milk. Mixture should be a soft consistency.

Pour cooked apples into large roasting dish and then pour sponge mixture on top, making sure to cover all the apple.

Bake at 180 C for 45 minutes or until sponge is cooked when tested with skewer or small knife.

- Cindy



## *Creamy Lemon Baked Fish*

- Joe



### **Ingredients:**

Fresh fish fillets (good options are snapper, cod, halibut, kahawai)

Fresh lemons

Cream

Fresh herbs (e.g. chives, rosemary, thyme, parsley)

### **To make:**

Slice lemon and lay across bottom of roasting dish

Lay fresh fish fillets over top of the lemon

Layer more lemon over top of fillets

Submerge in cream and add fresh herbs such as chives, rosemary, thyme, parsley

Bake at 150 degrees in the oven until fish is white and falls apart, approx 20-30mins

Serve over coconut rice or mashed potatoes



## *Chocolate Self-Saucing Pudding*

*"This is a pudding my mum and dad used to feed our tribe of 14. I have now passed it on to my children. It's a yummy cheap pudding that feeds a lot. We use it for our potluck dinners."*

*-Zola*

### **Ingredients:**

#### **BATTER**

3 cups self-rising flour  
1 cup sugar  
2 Tbsp cocoa

#### **SAUCE**

3 cups brown sugar  
2 Tbsp cocoa  
3 cups boiling water



### **To make:**

Mix together batter ingredients in a large deep dish

Mix sauce ingredients in a separate jug. Pour over batter mix and place in preheated 180 degree oven and leave until cooked, and a skewer comes out of the cake clean, approximately 25-30 mins

## *Hoffy's Pancakes*

*"I throw golden syrup on these as maple syrup is too expensive for what it is, and butter or marg. My boys loved to do this as a family thing"*

*-Lee*

### **Ingredients:**

2 eggs

1 3/4 cup milk

1 tsp vanilla essence

2 cups self-rising flour

1/3 cup caster sugar

Butter or margarine, for frying,  
plus extra, to serve



### **To make:**

You need two bowls

Whisk eggs, milk and vanilla together in a small bowl

Measure flour into a large bowl. Stir in sugar. Add milk mixture.

Whisk until just combined.

Heat a large non-stick frying pan over medium heat.

Grease pan with butter or spray with cooking oil.

Using 1/4 cup mixture per pancake, cook 2 pancakes for 2 minutes or until bubbles appear on surface.

Turn and cook for a further 1-2 minutes or until cooked through.

Transfer to a plate. Cover loosely with foil to keep warm.

Repeat with remaining mixture, greasing pan with butter or cooking oil between batches.

Enjoy!

## *Nanna Boz's Silverbeet Coleslaw*

*-Donna*

### **Ingredients:**

4 silver beet leaves  
4 carrots  
3 cups grated cheese  
Whole egg mayonnaise  
Salt and pepper

### **To make:**

Thinly slice silver beet, and put into a large bowl. Add stalks if preferred

Grate carrots. Add with cheese to the bowl.

Stir 4 large tablespoon of mayonnaise through the silver beet mix. Add more to taste.

Season with salt and pepper if required.



The finished product,  
served with some of my  
other favourite salads



## *Berry Ambrosía*

*This is my go-to dessert for any occasion. It's quick and easy.*

*-Katrina*

### **Ingredients:**

1kg mixed berry yoghurt  
1 punnet strawberries  
1 punnet blueberries  
600g cream  
1 pk marshmallows  
King size dairy-milk chocolate

### **To make:**

Whip cream in a bowl and add yoghurt a little bit at a time untill you have a smooth, thick consistancy. I don't add all the yoghurt as I dont like it tasting too much like yoghurt.

Chop chocolate squares, strawberries and marshmallows in half. I like it chunky so only chop in half but you can cut smaller if you prefer.

Add chocolate, marshmallows, strawberries and blueberries to the cream and yoghurt mixture. Top with chocolate flakes and refrigerate till you're ready for dessert





## *Raj's Spicy Delights*

-Raj

### *Indian Curry*

Blend together onion, garlic, ginger and tomato into a paste.

Heat olive oil or refined vegetable oil in a large flameproof casserole dish over medium heat.

When oil becomes hot, add cumin seeds and cook until cumin becomes dark brown.

Add paste to cumin seeds. Please be mindful when you are adding paste in hot oil as this may catch fire.

Add  $\frac{1}{4}$  teaspoon of tumeric powder, 1 teaspoon of coriander powder and salt to hot paste and cook for 10mins or until paste is brown. Stir occasionally.

### *Indian Lassi*

For this recipe the amounts will vary dependant on how much you want to drink.

Place yoghurt and water into a blender. The ratio of water and yoghurt should be 70:30. Add black pepper, salt and cumin powder, then blend.

Avoid Lassi if you have a cough, cold or flulike symptoms, as its effect is cold on your body and it may make your illness worse. It is a good summer drink!



## *Nana Olga's Beef Stroganoff with Bacon*

*I learnt this recipe when I had just started dating. A Yugoslav woman taught me, so I could cook good meals for my future husband (cheeky grin). He's still here...*

*-Ann*

### **Ingredients:**

700gm beef schnitzel  
2 1/2 cups mushrooms  
1 medium onion  
2 cloves of garlic  
2 slices of bacon  
1/4 cup butter  
1/2 tsp salt  
1 tsp Worcestershire sauce  
1 tsp mustard  
1 cup beef stock  
1/4 cup flour  
1 1/2 cups sour cream

### **To make:**

1. Thinly slice beef into 4 cm strips
2. Cook beef, mushrooms, onions, bacon and garlic in butter and mustard until onions are tender
3. Mix flour and beef stock together and add to the pot
4. Heat until boiling then reduce heat. Cover and simmer for 15 minutes
5. Serve with potatoes and green beans



## *Raw Fish Recipe from Lottin Point*

*"This dish was in the restaurant at Lottin Point. It is the most memorable raw fish I have ever had".*

*-Cindy*

### *Ingredients:*

Raw fish, cut into cubes

DYC Spiced Vinegar

Whole peppercorns

Any leftover raw veges (red onion, capsicum, celery, courgette, spring onion – finely chopped)



### *To make:*

Put fish and 1Tbsp peppercorns in a bowl. Pour vinegar over to cover fish – leave covered for 2 hours. Add veges.

Enjoy!



## *Keith's World Famous (in Welcome Bay) Sticky Pork Ribs*

*-Keith*

### **Ingredients:**

Serves about 4-6  
depending on how hungry they are.

2 to 3 kgs pork spareribs 1 cup brown sugar.

¼ cup Tuimato sauce / ketchup

¼ cup soy sauce

¼ cup Worcestershire sauce

¼ cup Bourbon or rum

¼ cup of chilli sauce

2 cloves of garlic crushed

1 teaspoon dry mustard

1 dash of ground black pepper

1 bottle beer



### **To make:**

Mix the marinade in a heavy deep pot with a lid (cast iron / enamel preferably).

Place pot on stove top on low heat. Cut ribs into singles and place in the mix laying them on their side so as to get maximum cover of marinade. Bring to the boil turning the ribs as you do this. Boil for only 2-3 mins, then leaving the lid on and turn off the heat. Let the ribs stand in the mixture, preferably overnight.

Next day refrigerate the pot and ribs until your ready to prepare for eating.

Then take the ribs out of the mixture (you may need to heat them slightly) and place them on oven trays. Place pot and marinade back on the heat and simmer gently until the mix is syrupy, (stir mix continually while doing this.)

Baste ribs with syrup on all sides. Place in fan bake oven about 160/180 C.

Keep turning and basting the ribs until they are dark and sticky.

## *Lee's Favourite Baked Spuds*

*"Agria potatoes are best suited to baking, mashing, frying, roasting, chipping and boiling. They've always been my personal favourite to use and always cooked up well. My recipe is pretty basic, but always comes out well."*

*-Lee*

### **To make:**

Prepare your baking sheet. If you happen to own a cake cooling rack, I highly recommend placing one on top of a baking sheet, so that the potatoes can cook evenly on all sides. Or if you don't own a wire rack, you can either place the potatoes directly on the oven racks (with a baking sheet below, to catch any drips) or you can just bake the potatoes on sheet of tin foil

Poke your potatoes all over with a fork.

**First bake:** My best advice for how long to bake a potato — cook it twice. For the first go, bake for about 25 minutes, until the skin starts to feel dry and slightly wrinkly.

Brush the potato with melted butter (or oil). Sprinkle the potato with a pinch of salt. Then place the potato back on the baking sheet, upside down, so that the potato can cook evenly on both sides.

**Second bake:** Bake for an additional 20 minutes. remove the potato from the oven. Cooking time will vary depending on the size of the potatoes, but on average, they take 45-55 minutes to cook.

Finally slice the potato open lengthwise with a paring knife, give it a good squeeze to open it up, fluff the insides with a fork, add your favourite seasonings and toppings.



## *Lee's Lemonade Scones*

*"This was the first thing I taught my sons to cook."*

*-Lee*

### **Ingredients:**

4 cups Edmonds Self Raising

Flour (600g)

¼ cup Chelsea White Sugar (56g)

½ tsp salt

300ml cream (1 small bottle of cream)

300ml lemonade



### **To make:**

Preheat oven to 220°C conventional. Cover an oven tray with a sheet of baking paper or butter or margarine or non-stick baking spray.

Mix all ingredients in a bowl to form a smooth dough (the mixture will be quite sticky). Tip out onto a floured bench. I tend to use a glass to cut the scones into round shapes by pressing the glass into the dough or use a cookie cutter or knife to cut scones into rounds or squares.

Bake for 15 - 20 minutes, until cooked through and pale golden. Cool on a wire rack, covered with a clean tea towel (this keeps the scones lovely and soft). Goes well with golden syrup.



## *In the Kitchen with Bari the Bachelor*

*Bari makes cooking for one easy with these super-original recipes. Look out for his upcoming cookbook.*

*DISCLAIMER: Bari will not really be publishing a cookbook. It would be a waste of paper. Also, I'm pretty sure with recipes like these he's going to be a bachelor for a while...*

### ***Recipe one:***

Get the bread out of the basket,

Put in the toaster which is set at medium.

When it is ready, take out and put on a saucer

Butter if you prefer, or top off with margarine or jam of your choice.

### ***Recipe two:***

Same method as to toast

Fry eggs in oil until done to your liking

Put toast on saucer, then place egg on top.

Use salt and pepper, (black if you prefer)

Enjoy

### ***Recipe three:***

Break 4 eggs into a bowl and stir until yolk and whites are mixed.

Put in a saucepan, on medium heat and stir while cooking until it starts to set

You can put any flavouring on top of your omelette



## *ORANGA O TE WHĀNAU*

Family well-being is one of the most important things and something we advocate strongly here at TPHKUKT. By bringing positivity, nurturing and aroha into our daily whānau life, we can help our tamariki and rangatahi to grow into strong, connected, resilient and balanced adults.

We've filled the following pages with ideas, activities and puzzles for you to use with your whānau as a way to spend time together. We've also included some of our favourite and easy to use rongoā, as well as our best hints for reducing anxiety and stress.

We hope you use some of these ideas to help you grow closer as a whānau unit, especially over the Christmas season, a great time to focus on the importance of whanaungatanga.



## *Hauora and well-being Ideas from the TPH Team*

Our staff have their own personal ways to look after their own well-being, and they'd like to share some of them with you.

\* "I go to the gym and on road-trips. I also like to visit my mokos"

*Bari*

\* "I go on road-trips with my whānau. There are lots of little places to see out in the country as well as all over Aotearoa. I also look for puha, enjoy light-hearted reading and the moana."

*Cindy*

\* "I work in the shed (my man-cave)"

*Lee*

\* "Sleep is my favourite thing. I go to the gym three times a week, and spend time in nature—on the beach or in the bush. I love researching history."

*Ann*

\* "I play with my daughter, go for bush walks and do yoga and meditation."

*Raj*

\* "A cup of tea and TV, I go for a walk with my cat and go to the gym. Karakia, playing the guitar and singing. Spending time with my mokos. I love the memory of gathering kutai and cooking over the fire with my dad, like when I was young."

*Mita*

\* "I crochet in the evenings to switch my mind off. I also do yoga, dance a lot and love to relax with music."

*Camella*

\* "I walk barefoot on the beach at 6am."

*Katrina*

\* "I pack-walk with my friends and their dogs"

*Islay*



\* “Getting lost in making a korowai, as the feathers blend together to tell their own story, and the garment grows and grows until the recipient is revealed. I love crocheting. I crochet blankets, shawls, beanies. I love seeing the moko using them.”

*Hinerangi*

\* I go and sit in the ocean and think about issues, and try to leave it there. I go there to connect with Tangaroa.”

*Donna*

\* “I go for a drive to the beach and just sit there.”

*Livvy*

\* “I go for a walk around the Mount”

*Keith*

\* “I like to sleep”

*Emma*

\* “I do yoga to relax and I do guided meditations every night before bed.”

*Haydee*

\* “I reconnect with the moana”

*Joe*



## *Kakara - Sweet-smelling fragrance*

Certain fragrances are associated with calmness, while others are energising or even romantic. Over history people have worked to harness the essence of plants so that we can enjoy them in a pure form—these are known as essential oils and can play a huge part in our oranga and self-care.

The easiest way to make use of essential oils on a day to day basis is through a diffuser. These can be found in a range of sizes and prices at several chain stores. Once you have one of these, you can experiment with different mixes of oils to find one that suits you and your whānau.

Here are a few blends that you might enjoy. You can add the amount of drops of each until you are happy with the smell. Try using only a few drops at a time in your diffuser

- \* **Calmness:** Lavender, chamomile, orange
- \* **Focus:** Orange, lemon, peppermint
- \* **Grounding:** Frankincense, cedarwood, chamomile
- \* **Wake-up:** Grapefruit, lemon, ylang-ylang

You can buy essential oils inexpensively if you are looking for these products.

You can also add your favourite blends to baths and unscented lotions for a natural perfume.

Note:

**Mahinarangi**, wore raukawa **perfume** in her successful efforts to attract the Tainui chief, Turongo'.

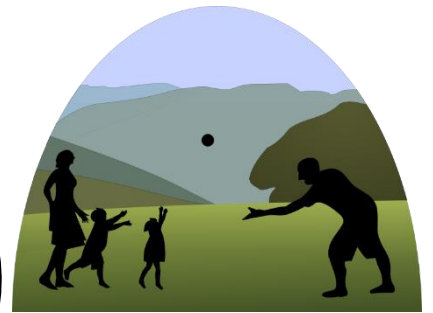


## *Caring for our tamariki*

Sometimes the world is a hard place to be for our tamariki. Here are a few important ways you can help care for their physical well-being and encourage a positive mind-set.

Walking as a whānau is an easy and healthy way to connect with tamariki. Use the opportunity to chat, play games and enjoy the calmness of nature

Using water is an easy way to bring stress levels down for our tamariki. Give your child a spray bottle filled with water. They can spray this on themselves when they are feeling anxiety. If you have lavender oil add a few drops—it's a fantastic natural way to relieve stress. Not only will spraying the water help calm your tamariki, but it is also a very visual sign to you that they are feeling out of sorts and may need some attention



Colouring is a good way to help tamariki to relax. It's a fun activity that gets kids to concentrate on a simple task and to be in the moment.

It's a great example of a grounding tool to help reduce feelings of anxiety, stress and fear



## *The Amazing Kawakawa Plant*

Kawakawa is easily found all round NZ and can be identified by its green heart shaped leaves. This incredible plant has been used by Māori for centuries and is well-known for its super healing properties.

Here are a few things Kawakawa can do:

- Heal skin problems, such as bruising, dry skin, dermatitis, cuts and infections
- Help with joint pain
- Acts as an anti-inflammatory
- Drink as a tea to help with stomach and digestive issues
- Chew the leaves for toothache

A simple way to make use of Kawakawa is to add it to a balm which can be applied to the skin. To start this process, you'll need to infuse a liquid oil with the leaves. You can gather the leaves yourself, but make sure it is done with respect to the land and the plant. You'll see many leaves with holes in them – this isn't a bad thing, in fact it's a sign that these leaves are freshest and juiciest, according to the insects who feasted on them.

Once you have your leaves, (a few handfuls will do), pack them into a glass jar. Cover with oil (Sweet almond or sunflower.) Leave the oil and leaves to infuse in a warm place with sunlight for a few weeks. At the end of this time, gently heat the infusion to allow any remaining properties to carry into the oil from the leaves.

Strain the oil through muslin cloth to get rid of any debris.

Now you have the oil, you're ready to make a balm.

Here is an easy recipe:

### **Making a kawakawa balm**

You will need

- 55 ml kawakawa infused oil
- 20 gm coconut oil
- 8 gm beeswax
- 10 gm shea butter
- 3 drops lavender oil (or essential oil of your choice)

Melt ingredients in a double boiler over a medium heat. When ingredients are just melted together, remove from heat. Allow to cool slightly and add lavender oil. Pour your balm into a sealable jar. Store away from direct heat or sunlight

You now have a balm with soothing, anti-bacterial, anti-inflammatory and analgesic properties. Use it for itches, scrapes, minor cuts and burns, eczema and other dermatitis, dry and itchy skin, chapped lips and other minor skin conditions.

For more information about kawakawa, read here [Kawakawa • Herb Federation of New Zealand \(herbs.org.nz\)](http://Kawakawa • Herb Federation of New Zealand (herbs.org.nz))

## Whānau Challenge

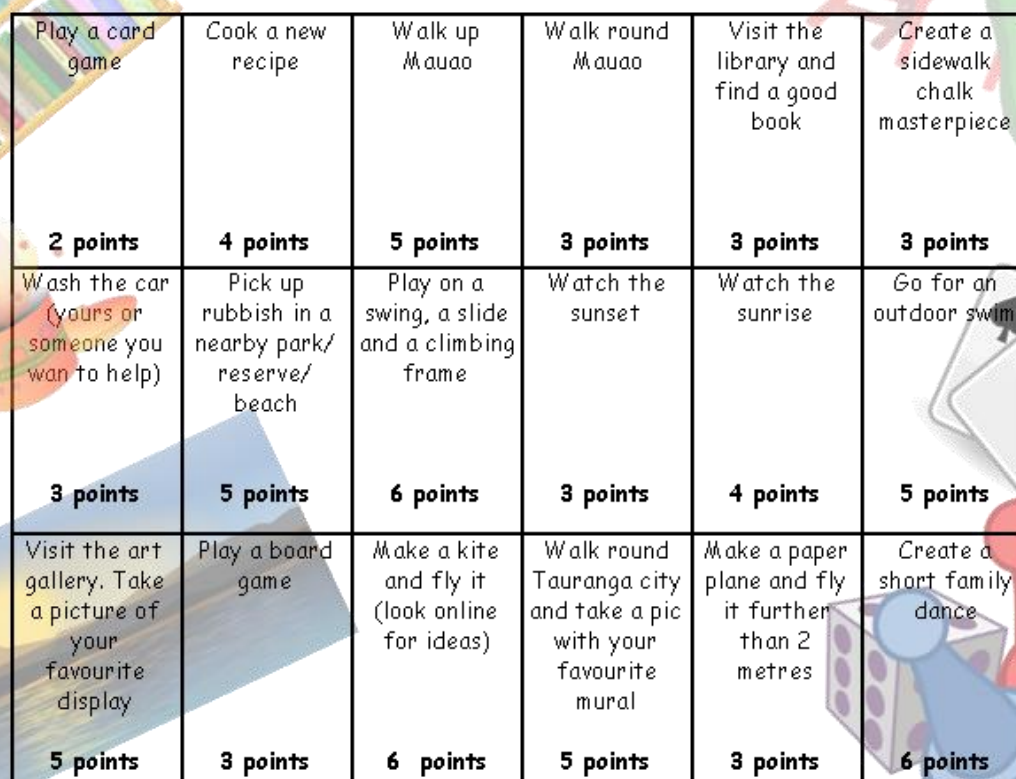
Getting the whānau to connect for a bit of healthy, competitive fun is a great way to get everyone involved in a range of activities and gives purposeful reason to work and play together.

The following chart is full of fun, interactive ideas to help your family get moving and doing, as individuals and as a whānau, at next to no cost.

Here are ways you can use the chart:

- Once a week, challenge your whānau members to individually complete as many activities as possible. At the end of the week, add up the points gained by each person, and find out who won! Give a special treat as a prize.
- Challenge another whānau and make it into a family vs family competition—the winning family gets a prize
- Challenge your own whānau to gain as many points together each week. Decide family rewards based on the amount of points. e.g. 10-15 = ice cream, 16-20 = trip to the pools etc, then enjoy this activity together at the end of the week

**HINT:** to make sure everyone is actually doing the activities, they must take photos / videos to prove they have completed the tasks



Play a card game	Cook a new recipe	Walk up Mauao	Walk round Mauao	Visit the library and find a good book	Create a sidewalk chalk masterpiece
<b>2 points</b>	<b>4 points</b>	<b>5 points</b>	<b>3 points</b>	<b>3 points</b>	<b>3 points</b>
Wash the car (yours or someone you want to help)	Pick up rubbish in a nearby park/ reserve/ beach	Play on a swing, a slide and a climbing frame	Watch the sunset	Watch the sunrise	Go for an outdoor swim
<b>3 points</b>	<b>5 points</b>	<b>6 points</b>	<b>3 points</b>	<b>4 points</b>	<b>5 points</b>
Visit the art gallery. Take a picture of your favourite display	Play a board game	Make a kite and fly it (look online for ideas)	Walk round Tauranga city and take a pic with your favourite mural	Make a paper plane and fly it further than 2 metres	Create a short family dance
<b>5 points</b>	<b>3 points</b>	<b>6 points</b>	<b>5 points</b>	<b>3 points</b>	<b>6 points</b>

# Mahi Rangimarie

Take time out to centre yourself and find peace in your day.

Colouring in is a great way to do this, for both adults and children

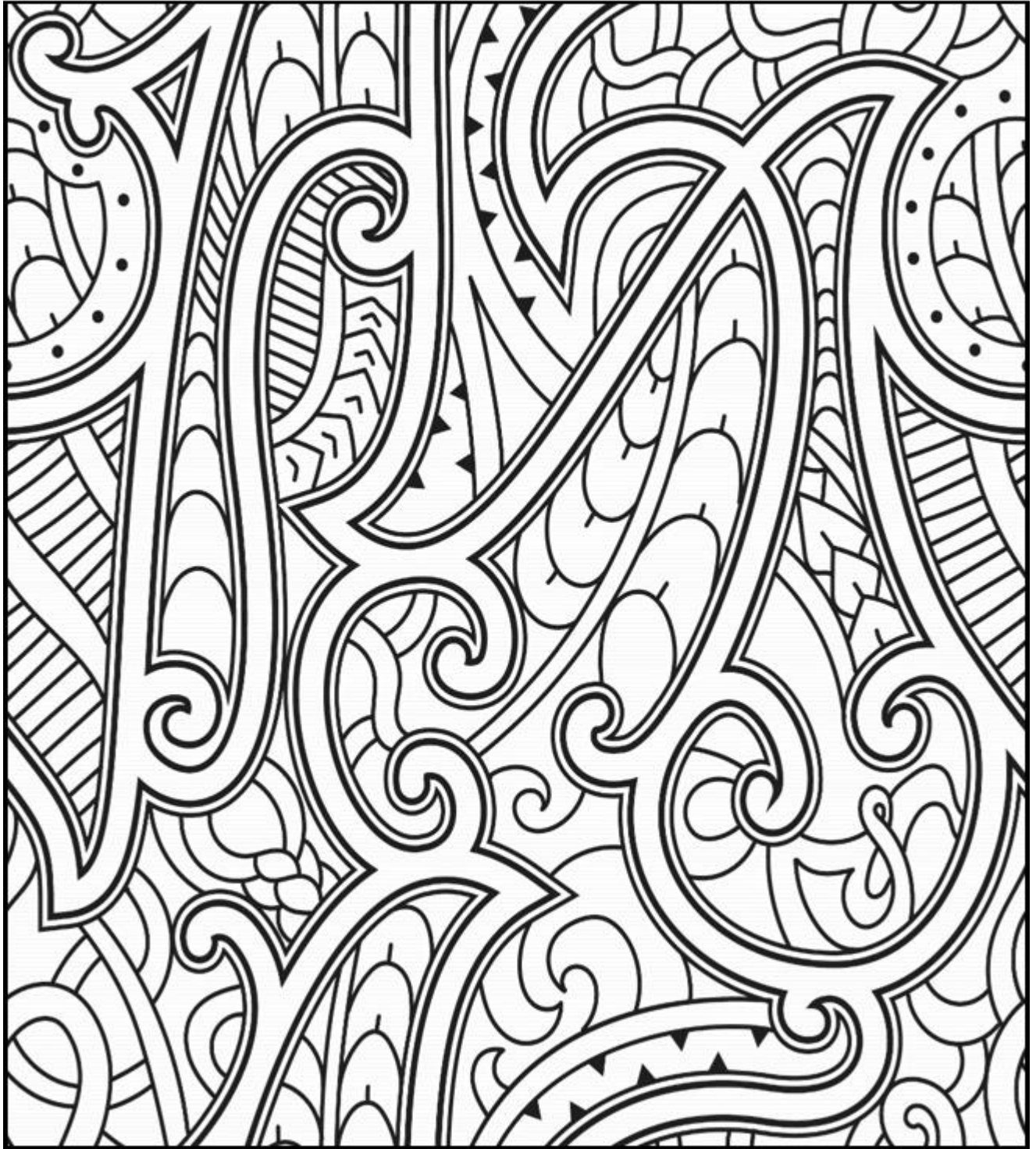


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## *Aunty Mía's Kawakawa Tea*

*This inu rongoa has many health benefits, it can support sore throats, and the immune system, and help with the symptoms of flu and cold. It is a great toxin flush, and supports skin and hair. It supports cuts grazes and sores.*

*- Donna, Tamariki Team*

### **Ingredients:**

Approx 50 (a big bunch) Kawakawa leaves  
6 lemons  
2 whole ginger  
1 medium jar of Honey  
4n litres sparkling water  
1 litre lemon and barley syrup  
I big pot of filled with cold water

### **To make:**

Add 3 quarters of water to large pot  
Add kawakawa leaves and slowly bring to boil  
Simmer once boiled  
Finely chop garlic and ginger and add to kawakawa and water  
Stir in honey  
Simmer on low to medium heat for 20 mins  
Empty all ingredients to larger pot  
Add lemon and barley syrup  
Add sparkling water  
Simmer for a further 15mins

You can drink this hot or wait for it to chill. Add ice and a sprig of mint if desired.





## *Summer on a Shoestring*

The summer holidays are a wonderful time of year to enjoy long sunny days with whānau. However, with six weeks to fill, they can also prove to be expensive and stressful as we try to keep everyone in the household occupied and content. With a bit of pre planning, you can make the most of the time together at very little cost, taking advantage of the many free and low costs activities in Tauranga and surrounding areas. We have compiled a list of some options for you to choose from. You can use this list to put a fun summer events calendar together with your whānau.

- Walking as a whānau is a great way to stay fit together while enjoying the beauty of outdoors Aotearoa. Try out these hikoi this summer:
  - **McLaren Falls Walk**  
This is an easy walk which takes about 11 min to complete, with stunning views of the falls. After your walk, enjoy a picnic, swim and some family sports at the Bottom Flat area of the Falls. (COST: FREE)
  - **Kaiate Falls**  
Located in Welcome Bay where you can enjoy views of two waterfalls, and a swimming hole. Some parts are quite steep but all manageable. You can even bring your dog! (COST: FREE)
  - **Te Puna Quarry**  
The Quarry is a fun place to spend a day, with gardens and interesting artworks to explore. Check out the website to find out what events are happening this summer: [www.quarrypark.org.nz](http://www.quarrypark.org.nz). (COST: FREE)
  - **Mount Manganui / Mauao**  
One of the Bay of Plenty's best-known landmarks, you can easily spend a whole day enjoying everything the Mount has to offer. The base track is an easy walk, and if you're lucky you might spot a sunbathing seal. For a bigger challenge, hike to the summit for a family picnic and enjoy the views of Tauranga Moana. Finish your walk with a swim at Mount Main Beach and an ice-cream from one of the several ice-cream shops.

Another way to get your household outdoors and it's totally free (if you already have a phone or GPS). Instead of old-fashioned maps, geocaches use a GPS to find specially hidden geocaches. Geocaches are treasure boxes that are hidden all over the place. They can often be found in public spaces like parks or near tourist attractions like monuments or natural landmarks. The kids will love searching an area and trying to discover the hidden boxes! Once you find a geocache, open it up, write your name in the book, possibly take or add a trinket to the box, and then close it up and put it back in its hiding place. To join the Geocache hunt, download the official app onto your phone.

[Geocaching: Free Family Fun | Save.com](#)



- Borrow some fishing gear, if you don't have your own, and spend a day in the sunshine trying to catch dinner! Here are some of Tauranga's best fishing spots:
  - ⇒ Plummer's Point, Whakamarama
  - ⇒ Tauranga Bridge Marina
  - ⇒ Marine Park Boat Ramp
  - ⇒ Sulphur Point Rocks
- Christmas shopping at Bayfair is something the whole whānau can enjoy. From Saturday 10 December through to Christmas Eve, tamariki can go to the movies for only \$5 while parents take time out for themselves at the mall. Be sure to book in through the website, [www.bayfair.co.nz](http://www.bayfair.co.nz) (COST: FREE)
- Night Owl Events will be holding free outdoor family movie sessions on the Waterfront over summer. Check out their Facebook page to find out what's on (COST: FREE)
- Take a stroll along Tauranga Strand in the evening and enjoy the lights display, Shapes of Summer, until February 6, 2023. Bring a picnic or grab some fish and chips.
- Take in some artwork—start with a walk around the city to visit Tauranga's outdoor murals, and finish up at the Art Gallery to check out the latest exhibition. Find out more on their website, [www.artgallery.org.nz](http://www.artgallery.org.nz) (COST: FREE)
- Visiting markets are a fun way to spend time together. Tauranga has several options, all free to enter, and often with live entertainment and street food to sample. Check out these markets this summer:
  - ⇒ The Little Big Markets, Coronation Park, Mount Maunganui. Every Saturday, 9am-2pm
  - ⇒ Tauranga Summer Market, Memorial Park. Saturdays: 17 Dec, 28 Jan, 18 Feb, 25 March
  - ⇒ Zee Market, Tauranga Racecourse, 1st and 3rd Sunday of the month

***Tauranga also hosts the following events over the summer months:***

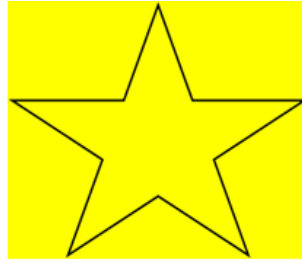
- Twilight Christmas at the Races, Friday 09 December (COST: \$10)
- Christmas in the Park, Soper Reserve, Mount Manganui. Saturday 10 Dec, 10am-4pm (COST: FREE)

# *DIY Christmas*

Putting together a Christmas meal, buying decorations and gifts can be expensive, so we've come up with some great ways to do-it-yourself on a budget. These solutions are a lovely way to get your family working together and enjoying each other's company.

Plan a week of fun Christmas DIY projects as a whānau while you listen to Christmas waiata to get into the festive spirit. Take the opportunity to create amazing craft gifts for your friends and family and beautiful, homemade decorations for your Christmas tree and table.





Aroha  
Whānau  
Taonga  
Rangimarie  
Harikoa  
Hana Koko  
Kirihimete



## *Christmas dinner on a budget*

Kirihimete is a time of coming together as a whānau to enjoy and share each other's company and korero. Kai is always important to these gatherings. Even if the gathering is small, just our immediate family coming together, the Christmas meal is a central part of the time spent together.

Kai shouldn't have to be expensive just because it's a celebration. We've put together two Christmas menus for you with recipes to guide you to allow you to put together a meal for four at a budget of around \$30. To cut costs, gather your own kai – find out where to source mussels, grow your own herbs and vegetables. There may be a community garden in your area; find out how to access this resource for your whanau.

### *CHRISTMAS DINNER*

*Option one:*

#### *A THREE COURSE MENU*

##### *FIRST COURSE*

*Mussels with Garlic and Lemon Sauce*

*(\$4.60 with self harvested mussels, \$14.60  
with store bought)*

##### *SECOND COURSE*

*Stuffed Roast Chicken with gravy*

*Orange roasted kumara and carrots*

*(\$20.80)*

##### *DESSERT*

*Lemon Delicious*

*(\$3.20)*

# *Christmas Dinner Recipes*

## *FIRST COURSE*

### MUSSELS WITH GARLIC AND LEMON SAUCE

(Adapted from [How to Cook Mussels • Best Mussels Recipe • Two Purple Figs](#))

This recipe is a great way to enjoy the gifts of Papatūanuku on Christmas day. Take your whānau to the beach and gather mussels together. Grow your own herbs as the weather gets warmer, and use lemons from your own or a neighbour's tree.

#### **Ingredients:**

2kg mussels foraged from your favourite spot, cleaned (or \$10 worth from the supermarket)  
4 garlic cloves minced (or onion)  
2 Tbsp margarine, butter or coconut oil  
¼ cup white wine or vinegar  
Zest of one lemon  
Juice of one lemon  
1 tsp salt  
1 tsp pepper  
3 Tbsp fresh herbs (parsley, basil, coriander, oregano – whatever you have access to from your own or someone else's garden)  
2 Tbsp oil

#### **To make:**

Preheat a frying pan with lid over high heat, and add in the butter and garlic. Sauté the garlic for 2 minutes and then add in the mussels. Toss the mussels with the garlic butter and then close the lid. Lower the heat to medium low and let the mussels cook for 10-15 minutes until you notice all mussels have opened up.

Uncover the pan and let some of the liquid evaporate over high heat.

Add in the lemon zest, lemon juice, herbs and olive oil. Toss the mussels one final time and serve right away.

**OPTIONAL:** serve with fresh bread – you can try making some yourself



## ***MAIN COURSE***

### **ROAST CHICKEN WITH STUFFING AND ORANGE ROAST VEGETABLES**

*The best value option for this roast chicken meal is a Tegel frozen chicken, 2.1kg from Countdown. This prices at around \$10*

A few days before Christmas, take chicken from freezer and leave to defrost. When completely defrosted, stuff the bird's cavity with the easy stuffing mix. Then rub chicken with oil and season with salt and pepper and any dried herbs. Place in a roasting tin. Heat oven to 200 degrees on bake. When heated, place chicken in oven and roast for around 80 minutes or until juices run clear when stabbed with a knife.

When cooked remove from the oven and allow to rest for 20 minutes covered with foil. Remove stuffing from cavity. Carve and serve together

#### ***TO MAKE GRAVY (optional)***

Drain the juices from the roasting pan into a pot. Skim any skin and fat from the surface. Add 1 cup boiling water and a chicken stock cube. Bring to the boil. In a cup, mix together 2 tps cornstarch and water. Add this to the gravy pot and boil to thicken. Season with salt and pepper

HINT: To stop the chicken drying out, pour spoonfuls of juice from the roasting pan over the bird a couple of times during cooking (this is called basting) You can also cover the skin with tinfoil if you feel it is browning too much before cooking time is finished

#### ***SIMPLE STUFFING***

Leave about ½ a loaf of bread out overnight to go slightly stale

Chop onion roughly

Put bread, several slices at a time, through a food processor and chop into breadcrumbs. (You can use a cheese grater to do this step by hand)

Roughly chop onion then put through food processor till very finely chopped

Add to breadcrumbs.

Season stuffing mix well with salt and pepper

#### ***IDEAS FOR LEFTOVER STUFFING:***

Roll into balls and wrap in strips of bacon before baking in the oven

Use to stuff mushrooms – sprinkle with cheese or with knobs of margarine and garlic



# ORANGE ROAST VEGETABLES

(adapted from [Roasted Vegetables With Orange And Thyme - Tara Teaspoon](#))

## Ingredients:

4 carrots peeled and  
chopped into 1 inch pieces  
2 kumara chopped into 1  
inch cubes  
2 potatoes chopped into 1  
inch cubes  
1 capsicum chopped into  
chunks  
4 sprigs of thyme (optional)  
4 tbsp oil  
2-4 tbsp vinegar  
Zest and juice of one orange  
Salt and pepper

## To make:

- Preheat oven to 180 degrees
- In a large oven tray, mix together vegetables. Drizzle with oil. Season with salt and pepper
- Roast in oven for 35-40 mins until vegetables are soft.
- Put orange juice and vinegar in a cup. Whisk together with  $\frac{1}{4}$  tsp salt
- Slowly drizzle in 2 tbsp oil, whisking constantly. Add thyme leaves and orange zest.
- Pour orange dressing over the roast veges and serve
- HINTS:
- If you have access to silverbeet or spinach, stir some leaves through the veges too to bring some greens into your meal
- Add any other vegetables to the mix before roasting





## ***DESSERT***

### **LEMON DELICIOUS**

*(recipe from [www.couutdown.co.nz](http://www.couutdown.co.nz))*

#### **Ingredients:**

Butter, softened - 80 g  
Lemon zest - 3 tsp  
Caster sugar - 1/2 cup  
Eggs, separated - 3  
Self-rising flour - 1/4 cup  
Milk - 1 2/3 cup  
Lemon juice - 1/3 cup

To cut costs, use lemons  
from your own garden, or  
ask around your  
neighbourhood

#### **To make:**

Preheat the oven to 180°C (160°C fan-forced).

Grease a 1.5 litre ovenproof dish.

Beat the butter, zest and sugar in a small bowl  
with an electric mixer until pale. Beat in the egg  
yolks, one at a time, until thick. Stir in the flour,  
milk and lemon juice. Stir well to combine.

Beat the egg whites in a clean small bowl with an  
electric mixer until firm peaks form. Lightly fold  
through the lemon mixture. Pour the mixture  
into the prepared dish and bake for about 35  
minutes or until the top is golden and just firm to  
the touch.

Optional - To serve, dust with sifted icing sugar  
and whipped cream. If you have any berries,  
frozen or fresh, serve them alongside this  
delicious pudding



*CHRISTMAS DINNER*

*Option two:*

*Main course:*

*Hangi in the Oven*

*(\$20)*

*Dessert:*

*Trifle*

*(\$10)*



# *Christmas Hangi in the Oven*

## **Ingredients:**

### **Hangi in the oven**

- 1 whole chicken (\$12) **OR**
- 1 pork shoulder roast \$15) (Buy when on sale)
- 1 large or 4 small kumara
- 4 small to medium riwai (potatoes)
- 1 piece of pumpkin (to feed 4 people)
- Cabbage leaves

### **Stuffing**

- 6-8 slices dry bread
- 4 tablespoons mixed herbs
- 1 small onion (optional)
- 300 g butter
- Salt to taste

## **To make:**

Line casserole dish (with tight fitting lid) with large outer leaves of cabbage and then tinfoil.

Place meat over the top, cut up veges (not too small).

To make stuffing grate or break bread into crumbs. Chop onion finely and add to bread. Scatter mixed herbs into the bread. You may add any fresh herbs that might be in the garden. Lastly, pour over melted butter and salt to taste. You can also add 3-4 tablespoons mixed veges if you want.

Wrap stuffing in tinfoil and then place on top of meat and veges. Sprinkle half cup water over all the food, then cover with cabbage leaves and tinfoil until it is all packed down firmly.

Place lid tightly on top and put in the oven at 180c for 2 hours or until cooked.



# *Christmas Trifle*

## **Ingredients:**

1 small trifle sponge  
1 small can mixed fruit  
1 small can boysenberries,  
raspberries or cherries.  
(The red colour helps to  
make trifle special)  
1 large pot vanilla bean  
yoghurt  
1 small bottle cream  
Decorations for top of trifle

## **To make:**

Cut/break up sponge into glass or pretty bowl/s.  
You can make 1 large trifle or 4 small ones.

Scatter fruit over the sponge and add vanilla  
bean yoghurt.

Once you have layered these ingredients to top of  
bowl/glass, add beaten cream.

ou can sprinkle over with grated chocolate, or  
bananas, strawberries or kiwifruit.

Place in fridge until ready to eat.





## *Filling the Christmas Tins with Islay*

*"I use these two recipes - egg-yolk sugar cookies and coconut macaroons, together as they ensure all the ingredients are used up rather than making Pavlova or macarons and having egg yolks left lying around. They also fill the Christmas cake tins up nicely. The cookies make good presents especially if you use Christmas shape cutters and get the tamariki to decorate them"*

*- Islay*

### *Egg-yolk sugar cookies*

*adapted from [www.simplysogood.com/cut-out-sugar-cookies/](http://www.simplysogood.com/cut-out-sugar-cookies/)*

#### **Ingredients:**

1 cup margarine  
½ cup sugar  
2 large egg yolks  
1 teaspoon vanilla  
Pinch salt  
2 ½ cups all purpose flour



#### **To make:**

1. Heat oven to 150 degrees
2. In a bowl with a mixer beat margarine and sugar till smooth and creamy
3. Mix in egg yolks and vanilla. Add flour and salt and mix until well blended
4. Pop into the fridge for half an hour so the dough is firm enough to roll
5. On a lightly floured bench, with a lightly floured rolling pin, roll dough to about 5mm thickness.
6. With well-floured cookie cutters, cut dough into shapes. Transfer shapes carefully to a lined baking tray, placing about 2 cm apart.
7. Bake for about 15 minutes or until lightly browned around the edges.
8. Repeat until all the dough is used up

*For the icing: (adapted from [Sugar Cookie Icing \(2 Ingredients\) - Cleverly Simple](#))*

#### **Ingredients:**

1 cup icing sugar  
4 teaspoons milk  
Food colouring  
Edible decorations  
(sprinkles, lollies, etc)

#### **To make:**

1. Combine the powdered sugar and milk in a bowl by mixing with a fork until smooth. The powdered sugar will dissolve as you stir
2. Add food colouring
3. Pipe onto cookies with an icing bag or spread with a knife
4. Cover with any edible decorations you have

## *Coconut Macaroons*

taken from [Easy Coconut Macaroons Recipe \(Chewy & Crunchy\) | Kitchn \(thekitchn.com\)](http://thekitchn.com)

### **Ingredients:**

3 cups shredded coconut  
(toasted if you like)

4 large egg whites

½ cup sugar

1 tsp vanilla or almond  
extract

¼ tsp salt

### **To make:**

1. Heat oven to 175 degrees
2. Whisk the egg whites, sugar, vanilla and salt together in a large bowl, until the whites and sugar are completely combined and the mixture is frothy
3. Add the coconut and stir until the coconut is evenly moistened
4. Line a baking tray with non-stick paper. With wet hands, shape the coconut mixture into small balls about 3 cm wide. Space the balls about 2-3 cms apart on the tray
5. Bake for 15-20 mins or until golden brown.
6. Leave the macaroons to cool on the baking tray for 5 minutes, then transfer to a wire rack to cool completely
7. OPTION: Drizzle the macaroons with melted chocolate and top with a mini m&m



# Christmas Crackers

It's easy to make your own Christmas crackers and you can fill them with anything you like. Here's what you'll need:

- Cardboard tubes (start gathering these in the weeks before Christmas. You can use the tubes from toilet paper, or from handy towels cut to size)
- Paper cut to 23cm x 30cm rectangles (you can use whatever you have - old wrapping paper, newspaper, old wallpaper, even pictures drawn by your tamariki)
- String or ribbon to tie ends of cracker
- Sellotape
- Cracker snaps (optional, you can buy these at places like Ajay's emporium and Spotlight)
- Gifts etc for inside the crackers. Here are some ideas:
  - ⇒ Look in local op shops for little toys and other trinkets
  - ⇒ Buy a bag of party bag gifts from a dollar store
  - ⇒ Make your own party hats from crepe paper
  - ⇒ Write your own jokes
  - ⇒ Small lollies and chocolates

## TO MAKE:

1. Pop your gifts into the cardboard tube
2. Lie the tube in the middle of your paper rectangle, and stick with Sellotape, then roll the paper around the tube and close the end with sellotape



3. Thread your cracker snap through the tube and make sure it is evenly placed at both ends
4. Tie each end of your cracker with string or ribbon like this:

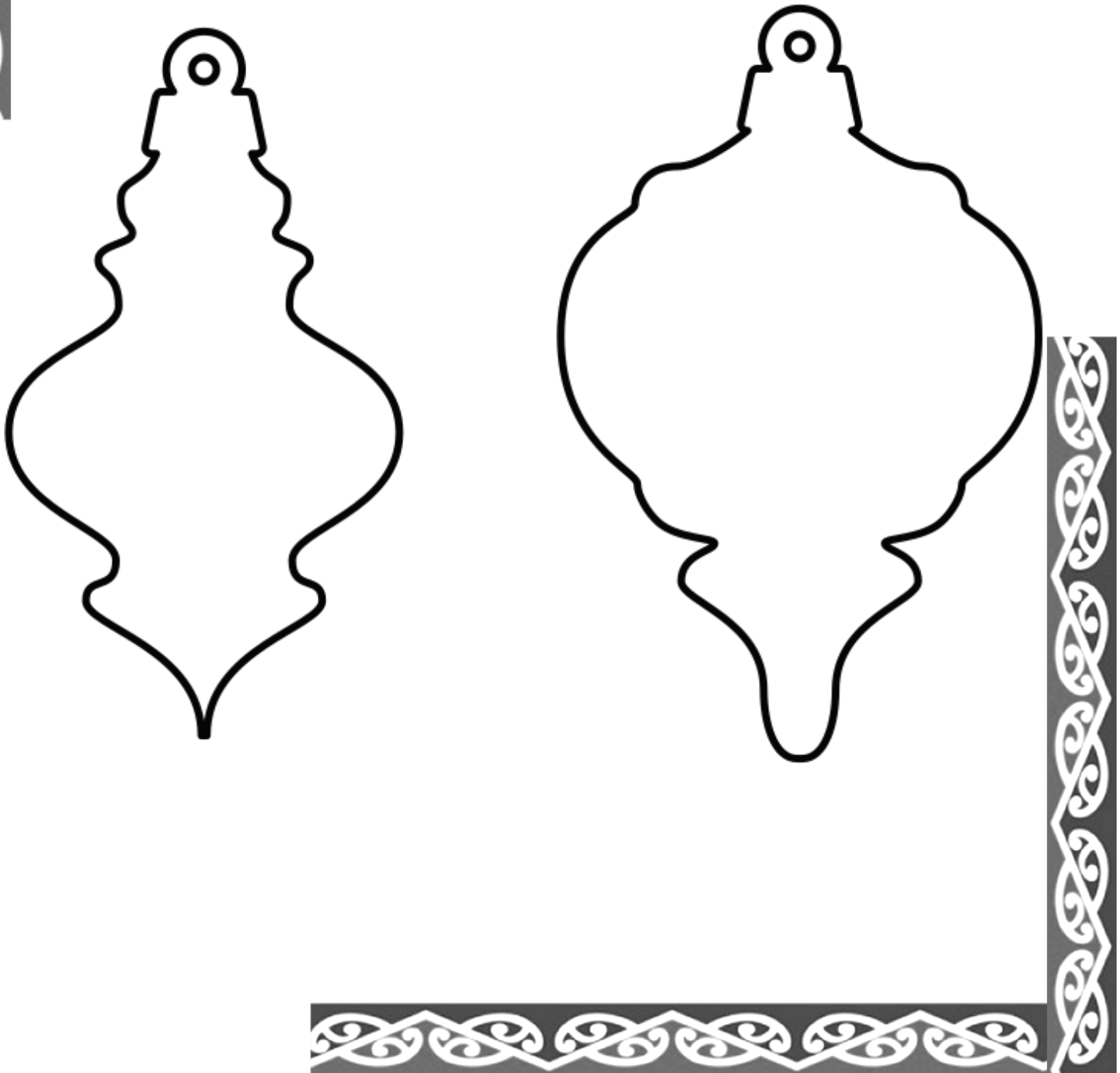


## *Christmas Activity*

Stick this page onto cardboard then cut around the shapes. Colour them in, then with a needle and thread, pierce through the marked circle. Tie the thread on a loop and hang on your Christmas tree.

Add glitter, stickers, sequins or whatever you can find to make your personalised decorations stand out!

You can also use these as gift tags to add a special touch to your homemade gifts.





## *Christmas Cordial*

You can make this cordial with lemons from your own tree or from friends and family. Lemons grow plentifully in NZ and people are usually very happy to give them away.

Once you've made your cordial you can pour it into bottles (cleaned in boiling water and thoroughly dried first), pop a tag on them and give them as gifts. You can also serve it as part of your Christmas meal.

### **What you'll need:**

For 1 litre Lemon Cordial

- 500ml (2 cups) freshly squeezed lemon juice
- 1 tbsp grated lemon peel (yellow skin of the lemon)
- 2 cups boiling water
- 2.5 - 3 cups sugar (depending on your taste)
- 1.5 - 2 tsp citric acid (optional, but keeps your cordial from going bad too quickly)
- Glass bottles of your choice, or reuse bottles from your home.
- Gift tags (you can also include ingredients and ways to use the cordial)

### **To make:**

- Put grated lemon peel and sugar into a large, clean bowl,
- Add citric acid and stir well
- Add boiling water and mix until sugar is completely dissolved
- Strain through a sieve and leave to cool
- Pour into bottles and refrigerate for at least 2 hours before using
- To use, pour one part of your cordial mix into a glass and three parts of water



## *Christmas Body Scrub*

This body scrub is a beautiful treat that you can put into decorative jars and give as gifts. The ingredients are inexpensive and easy to find.

### **What you'll need:**

- Glass jars, cleaned in hot water and dried thoroughly
- Gift tags and ribbon to decorate jars

### ***For one jar:***

- 1 cup sugar (plain white sugar is fine)
- 1/4 cup coconut oil
- 1 tsp vanilla essence or extract
- Other optional additions: 1/2 tsp cinnamon, a few drops peppermint oil

### **To make:**

In a clean bowl, mix all ingredients well with a large spoon. Once mixed scoop into the jar and seal well

### **To use (put these instructions onto your gift cards):**

Massage onto damp skin in circular motions to exfoliate skin.

Rinse well with warm water.

Moisturise skin well.



## *Easy Play Dough*

This is a cheap gift to make for tamariki that uses very few ingredients. It is quick and easy to make too. You can make the play dough in a range of colours and pop into jars or plastic containers which can be decorated with Christmas stickers.

### **What you'll need:**

- Small containers to store the dough
- 2 cups plain flour
- 1/2 cup salt
- 2 Tbsp cream of tartar—looks like this in the supermarket
- 1 cup boiling water
- 2 Tbsp cooking oil
- Food colouring
- Few drops lavender essential oil



### **To make:**

- Place flour, salt and cream of tartar in a bowl. Make a well in the centre
  - Pour water and oil into the well. Add your food colouring and the lavender oil also. The lavender is optional but it is known for increasing feelings of calmness and for reducing anxiety
  - Use a spoon to mix initially as the dough will be very hot. As it cools, use your hands to bring the mixture together. Knead well.
  - Store dough in lidded containers to keep fresh. It lasts for ages when stored properly



## *Fizzing Bath Bombs*

Bath bombs are easy to make and when wrapped in cellophane and tied with a ribbon they are a lovely gift. You can even make small ones and pop them on your Christmas tree as decorations.

### **What you'll need:**

- A large glass or plastic bowl and a lidded jar
- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup Epsom salts (you can buy these in the supermarket)
- 1/2 cup cornflour
- 3/4 Tbsp water
- 2 tsp essential oil (inexpensive options are lavender, orange, lemon, lime. You can also use vanilla extract.)

### **To make:**

- In a large bowl, mix baking soda, epsom salts and cornflour
- Now pour the oil, essential oil and food colouring into the jar. Put the lid on and shake well.
- Pour the oil mixture into the bowl with the dry ingredients and bring together with your hands (wear gloves or your hands will stain).
- Once it's well mixed, pour in the citric acid and mix (it will make a fizzy noise but that's ok!) The mixture should feel like wet sand—don't add more liquid after this point.
- Press the mix into silicone muffin trays. Leave overnight before popping out. Put into cellophane bags and wrap with ribbon





## *Lolly Leis*

*My sister makes these as celebration lei when the children do something really special. It gives them a sense of pride in themselves and it's also fun and yummy. The leis are also a neat way to give lollies to the children and could be used as stocking fillers or tree decorations.*

*- Zola*

Traditionally, in Polynesian culture, a lei is created by an individual to give to another as a sign of affection, for greeting, saying goodbye, or as a sign of friendship, and appreciation. They're also given to congratulate or for special occasions such as weddings, birthdays, graduations. Bring this special symbol of celebration into your home this Christmas. (reference: [The art of making candy lei – Manauī](#) )

### **What you'll need:**

Clear or coloured cellophane (1 tube can make 3 to 4 leis)

Lollies or chocolate

Coloured curling ribbon

### **To make:**

Cut a length of cellophane to suit the children. You don't want it too long.

Place lollies along the length and separate the gaps with curling ribbon



# Panga Whānau - Meri Kirihimete!

Unscramble the letters to find 11 words in Te Reo Māori to do with Christmas. The English translations are there to help you. Fill in the boxes at the end of the puzzle to make another Christmas word.

1. Tree

UKARĀ

--	--	--	--	--	--

2. Santa Clause

AHAKŌŌKN

--	--	--	--	--	--	--	--

3. Lights

ĀRMAAM

--	--	--	--	--	--	--

4. Card

IRĀK

--	--	--	--	--

5. Feast

IRĀKAH

--	--	--	--	--	--	--

6. Stocking

TNKEAŌ

--	--	--	--	--	--	--

7. Gift

AHOK

--	--	--	--	--

8. Decorations

AIHAWANPKGTPAIAA

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

9. Wrapping paper

UAEPURUPKR

--	--	--	--	--	--	--	--	--	--

10. Family

ĀUHNWA

--	--	--	--	--	--	--

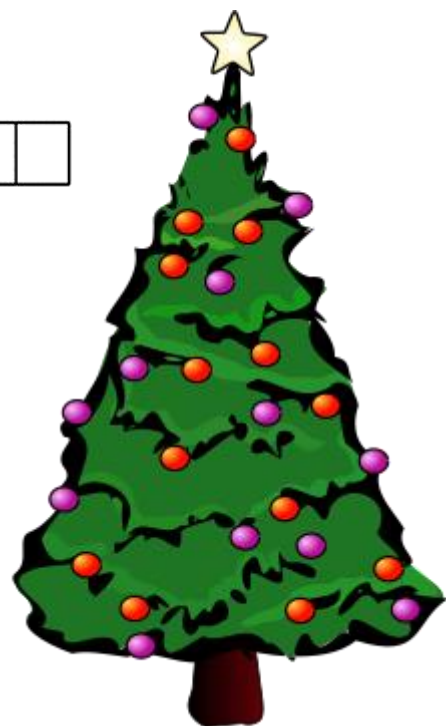
11. Love

OARAH

--	--	--	--	--	--

--	--	--	--	--	--	--	--

1 2 3 4 5 6 7





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