

NEWS RELEASE

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## New Kai Lelei toolkit encourages healthy eating

CMDHBs Pacific community nutrition education programme, Kai Lelei, is set to be enhanced with the inclusion of a new toolkit, being launched this evening.

The Kai Lelei programme is delivered as part of the LotuMoui health programme, in conjunction with Pacific churches and CMDHBs Let's Beat Diabetes initiative.

Kai Lelei, meaning 'a good meal' or 'eat well', aims to educate South Auckland's Pacific population on the far-reaching benefits of healthy food choices and lifestyles.

The Toolkit includes a range of interactive resources which will help promote key nutrition messages for Pacific families such as, the right serving sizes, the different food groups and the importance of variety in ones diet.

The toolkit, which has also been developed for Pacific Early Childhood Centres and LotuMoui Sunday schools, includes:

- A copy of the Kai Lelei curriculum
- A copy of a recipe book, developed in conjunction with ARPHS, detailing healthy eating for large families
- A template for church nutrition policies
- X2 games and books for Sunday schools
- Food and Safety information
- Materials that promotes good nutrition (fridge magnets, stickers, posters)

"The resources developed as part of Kai Lelei provide the tools for Pacific communities to make small but meaningful steps towards healthier lifestyle choices. Linked with community nutrition workshops, the toolkit will support Pacific churches to make informed decisions about healthier nutritional practices" says Anae Arthur

Anae, Chairperson of the Pacific Health Advisory Committee and member of the CMDHB Board.

A highlight of the Kai Lelei programme has been a number of community nutrition workshops which were delivered to the Pacific community over the past months. More than 300 people attended one of seven ethnic-specific sessions, which have recently been evaluated.

“The workshops have resulted in a significant amount of knowledge being imparted to the Pacific community, which as a result, is likely to encourage people to make sustainable changes and improvements to the way they eat and live,” says Fepulea’i Margie Apa, General Manager for Pacific Health.

“We would like to encourage the participants of the Kai Lelei training, because these people are leading the way for their community and empowering others to make informed decisions about their health,” says Fepulea’i.

Many agencies and organisations have contributed to the success of Kai Lelei; in particular the Auckland Regional Public Health Service, Pacific Island Heart Beat, NZ Food Safety Authority, NZ Guidelines Group, members of the Pacific community, the health workforce and all those who worked to make the delivery of the sessions possible.

Please note:

CMDHB will be launching the Kai Lelei Toolkit and the LotuMoui Operations Plan from 5.30 pm – 6.30pm on Friday 28<sup>th</sup> July 2006 at the Telstra Clear Events Centre, Great South Road, Manukau City.

Each person who attends the Launch will also receive a free copy of the “Kai Lelei Recipes for Large Families” Book and a copy of the Operations Plan.

For media enquiries please call Lauren Young and Associates on 09) 378 8433.