

HOW WE MAKE OUR PASIFIKA MEALS HEALTHIER

Every food has a different job in your body. This is why it is important to eat a variety of foods every day for wellbeing.



Add Frozen Veggies

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I make leftovers stretch by adding frozen veggies. And because the veggies have fibre they help to fill hungry teenagers.



Reduce Saturated Fat

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We want to look after our hearts so we remove the fat from meat, drain the fat from corned beef, and water down coconut cream.



Make Meals Stretch

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Our family adds a can of beans or lentils to mince dishes. It makes the meal much cheaper and go further.



Do some Meal Prep

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On Sundays my daughter and I prepare food for everyone's lunchbox to make it easier during the week - we boil eggs, slice cheese and chop up veggies.



Keep Veggies' Goodness

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I grew up eating mushy veggies but now we cook them for less time and enjoy having more crunch.



Replace the Salt

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The doctor told me I needed to reduce salt to help my blood pressure stay in a healthy range. I now add extra flavour with lemon juice, spices and herbs.