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CHRISTCHURCH

GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

AUTUMN ISSUE 2019



GREY POWER CHRISTCHURCH

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Please refer to our website for disclaimer.

Grey Power Christchurch donate each year to two charities this year they are donating to St John's and the Men's Prostrate Society.

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Presidents Word

Hi every one I guess it must be time to start work again, what a lovely break its been mind you the weather has been on the hot side for me.



Best wishes to everyone for the year ahead.

We are busy planning the year, which means Ann and Maureen are flat out just now so I guess I should appear to be working as well, so here I am. I had Christmas dinner with my Family which was very welcome indeed.

Planning is well under way for the coming Year entertainment and speakers for February March April May and June have been locked in. June, of course, is our Annual meeting so even now you should be thinking would I like to have a say in what we are doing and where are we going, Please give it serious thought. Right that's out of the way.

A couple of other things:

If you have a dog remember car windows open or leave the dog at home.

and - seat belts

FASTEN FASTEN FASTEN
REMEMBER IT COULD SAVE YOUR LIFE

Take Care,

Brian Christian (President)

Please take note that registrations are due on the 1st April 2019 to cover you until 31st March 2020.

If you pay in November or December of this year it still only covers you until 31-3-2020.

If You require help around your home eg house work lawn mowing your first point of call is your Doctor to get the necessary forms signed. Grey Power Christchurch do not have a data base for people to do any of these jobs

Some grey power poliiicies

Superannuation

Grey Power believes New Zealand superannuation to be a state, tax refunded scheme payable at the age of 65 years that allows the retired person an adequate income to live in reasonable comfort and dignity and be able to participate fully in the community. That superannuation be accepted as an entitlement and not means tested.

Health

Grey Power believes in the public health system that protects and promotes the health of New Zealanders.

Social Services

Grey Power believes all persons in New Zealand should have access to and be accurately informed of all entitlements, intiatives, or changes that affect them.

Essential services

Greypower believes energy [electricity, gas, solid, and liquid fuels]. That is why Grey Power with Pulse Energy to give all members a cheaper electricity price.

To find out more about this you can ring 0800 473 976 but you have to be a Grey Power member to get this deal.

Member benefits

All members will receive four Grey Power magazines a year.

All Christchurch members can enquire about our discount book.

Christchurch Grey Power send out an annual newsletter with what is happening in our region. All Grey Power members are covered by a \$2000 accidental death and dismemberment policy by alc

Grey Power Christchurch do not have a data base of tradesmen to do odd jobs if you need help with anything to be done round the home get in contact with Grey Skills or Age Concern.

It is Local Body Election in Christchurch this year and we will be having speakers at one of our afternoon socials. we will keep you all informed.

AN URGENT PLEA FROM TUI RE TELE TREE

Tui is looking for people to help with the ringing of our members re meetings.

If you can spare a few hours each month please ring Tui on 385 3392



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Social Afternoons

Superannuitants' and Friends

Meetings will be held at the Cashmere Club starting at 1.30pm

15 May 2019

A talk about eye sight and how it can affect you. David Petrie to entertain

19 June 2019

Our AGM. Sunshine Singers to entertain

17 July 2019

Gaelic dancers to perform. David Petrie to entertain

Please take note of our AGM in June. If you find you have a few hours spare a week it would be great to have you come to our committee meeting. All enquiries to the President.

Our Owl is our symbol

The wise old owl sat on the oak
The more he listened the less he spoke
The less he spoke the more he heard
Who of us is like this wise old bird



Grey Power loves our owl it is our official symbol and is used in all correspondence.

AT THE DOCTORS OFFICE



A gorgeous young redhead goes into the Doctors office and said that her body hurt all over whenever she touched it

"Impossible" said the doctor "show me"

The redhead took her finger, pushed on her left breast and screamed. Then she pushed her elbow and screamed even more. She pushed her knee and screamed likewise she pushed her ankle and screamed some more. Everywhere she touched she screamed.

The Doctor said "Your not really a redhead are you?"

"Well no" she said " I am actually a blonde"

"I thought so" the doctor said "Your finger is broken"

Wonderful Waitangi

Supporting the Prime Minister at this year's Waitangi celebration was another bucket list moment for me.

It would be great if everyone could spend at least one Waitangi Day in Waitangi itself - there is so much more to it than is seen on the telly. The political speeches and jockeying are all there, but it is far more special to see the sun rise over the wharenui after the dawn service and then to feed thousands of people breakfast at the Labour/NZ First/Greens bacon and eggs BBQ on the lawn of the Treaty Grounds.

Even the walk back to Paihia was special as I could feel the energy building. Tents and food stalls were popping up, people were coming from far and wide and the Northland heat was building. I regretted having to get back on the plane to Christchurch at noon as I knew by then the festivities would be truly humming.

I hope you enjoyed your Waitangi Day, whether you attended a celebration or simply spent it with family.

As autumn approaches it is wise to start thinking ahead to winter. Make sure you get your flu injection about April or May.

It probably seems silly to mention this as it is so hot but if you have a wood burner it is now time to order your lovely dry wood and get it stacked away to keep it nice and dry ready for winter. Also get your Pellets in and put away ready for the cold weather.



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"You'll hear a lot of laughter around the village".

Katherine, Charles Upham resident

Remember when neighbours had time to stop for a chat, cared for each other, and waved a friendly hello in passing? That's the community Katherine found at Charles Upham Retirement Village in Canterbury.

To find out more about our **seven friendly villages** in Canterbury phone Josie on 0800 779 626

www.rymanhealthcare.co.nz

Our monthly bus trips never cease to amaze.

We get an inkling where we are going according to the sequence of pick up and on this occasion we knew we were heading south. As it turned out this was not a bad guess but as we progressed through town we could have sworn we would be heading for somewhere south of the peninsular when suddenly we turned left into a relatively new subdivision. The curiosity built up as we progressed slowly through and on approaching the end of the houses and faced with a bare paddock we were properly bamboozled. And when our driver turned the bus around a glance out the window brought some non discipt buildings in a corner of the paddock with what appeared to be miniature railway lines extending from them. Surely this is not what we had come to see. But sure enough the reason for the bus turnround was so that our driver could back up the driveway.

Our intrigue was further heightened when we were ushered into a spacious room with three rows of seating and we were asked to sit down. Around the walls were exhibits of train engines and other mechanical devices. A group of men dressed in city clothes came before us in support of their spokesman who then introduced us to the:- "Canterbury Society of Model and Experimental Engineers Inc" and not an ex railway employee among them., in fact one member introduced himself as a former Chartered Accountant..

From a small garage in Whiteleigh Avenue, Addington in 1933 and then to a double garage in Manning St. Riccarton with 38 members, the society found spacious land in 1947 at Andrews Cres, Spreydon at a rental of 6 pence PA. There, they built their first club rooms and track eventually with 1127 feet of track as additional plots of land became available. Road development leading to lack of opportunity to expand further dictated a shift to their present

location - official opening 3 April 2004 Such was our amazement and great admiration when it was revealed that one of our former members, Bruce Brown, had been one of the earliest members of the society. Bruce's wife Tui, who organizes these trips, would have witnessed his devotion to the society by his having a lathe at their home which I understand he used regularly - and here I must digress by explaining I had known of this lathe but not the full story. It being an enormous thing in a room of the house they will probably need to demolish part of the house to eventually get it out.

Anyway and getting back to the topic of our trip, after getting a thoroughly meaningful and interesting explanation of the society and its objectives we were invited to view the variety of engineering examples exhibited around the room only to marvel at the integrity of reproduction. Just imagine a working replica of a well known steam engine of yester year measuring about 2 meters long and a meter high still capable of pulling a row of coaches and you have the real essence of the society.

Needles to say we all had a ride on two of their trains around a very extensive network of tunnels, bridges, embankments and forest features which give so much pleasure to countless adults and children alike. And what a wonderful opportunity to introduce the notion of an engineering career to our youth who would also be welcomed to join the society. This simply had to be one of the many high lights of our trips.

Colin Taylor



Senior Move Managers

Senior Move Managers specialise in assisting older adults during the transition of moving home; either downsizing, or moving into a retirement village.

The process of moving home can be very stressful and overwhelming. The team at Senior Move Managers effectively manages and undertakes this move removing all of the burden on you and your family. Everything from decluttering and organising, to packing your belongings and relocating them, right through to selling items on your behalf and professionally cleaning your home.

If you or a loved one are thinking about moving and you're unsure where to start, we can help. Give us a call for a no obligation quote on 0800 667 558.

What our previous clients have said:

We expected a move which would normally have difficulties and stress. With SMM we had no difficulties whatsoever. Great staff who handled everything with a smile. Highly recommended!

I had all stress taken from me and was in good hands. They helped to move me, and helped me to unpack at the new address.

Being based in out of town, both my sister and I appreciated having Senior Move Managers' team on the ground when we couldn't be there for Mum.

Mum's mental well being has also improved significantly since you started helping her! I was afraid this move might be the death of her but I don't feel that way at all now. Thank you!

"Making your next move your best move"

Editorial supplied by Senior Move Managers

Getting exhausted at the thought of downsizing?

SENIOR MOVE MANAGERS CAN HELP

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POLITICAL FORUM

Nicky Wagner National Party List MP views



2019 is shaping up to be a big year politically, and is filled with some big events for Christchurch.

On January 30th Christchurch hosted Hon Simon Bridge's annual State of the Nation speech, the first one delivered by a National leader in Christchurch in many years. He outlined his vision for New Zealand as an ambitious country, one that supports the wellbeing of our families, and one that rewards hard work. He announced a tax policy that aimed to make our tax code fairer for all New Zealanders with changes to the tax brackets.

Tax Bracket Creep is when salaries rise but the brackets for taxation remain the same. Around 2000 the average salary was \$21,000 below the top tax bracket, now it is just \$8,000 below, with projections that the average salary will be in the top bracket by 2022. In 2017, Steven Joyce and Bill English legislated changes to move the brackets in 2018. Labour abolished these changes as soon as it got into government. Simon has committed that National would restore these changes and index tax brackets to inflationary increases in government, supporting superannuitants whose payments are set by average take home pay after tax. This policy would restore more fairness to our tax codes.

But while we watch Wellington, there is some big milestones happening in Christchurch in 2019.

After delays and cost blow-outs, the Christchurch City Council will likely re-open the Christchurch Town Hall this year. We will also see the finalisation of Residential Red Zone plan later in the year. And we will have the 2019 local government elections.

These elections are important as rates continue to rise, and projections for continual increases cause alarm. But even though we are all concerned with this increase, not enough people are putting their hands up to serve in local government where they can help address the problem. It is time for the current generation raising their families in Christchurch to begin stepping up at the local level.

In 2016, 25% of the city Council was elected unopposed, and that lack of competition is really disappointing. There are talented, intelligent and experienced people in our community who would make great assets on council and community board, and we must encourage more people to get involved. We know the issues we face, but we must encourage a new generation to begin taking on the leadership of our community if we are to offer their children a safe, stable and sustainable future.

So be sure to vote in October, and to encourage the generation currently raising their families in Christchurch to get involved.

With a busy and interesting year ahead, I hope the final weeks of summer treat you well, and as always, if there is anything I can do to help, please do not hesitate to get in touch.

Warm regards, Nicky

Megan Woods



Minister of Energy and Resources

It was a pleasure to announce in January that community groups have given a boost to the Government's new insulation programme Warmer Kiwi Homes, meaning in some parts of the country low income homeowners will be able to insulate their homes for free. Community organisations have contributed \$4.7 million to the programme, further reducing insulation costs to home owners.

The Government has allocated funding of \$142.5 million over four years for grants covering two-thirds of the cost of ceiling and underfloor insulation. So far, over 3200 homes have already been insulated under this programme. That's thousands of families now able to enjoy warmer, healthier homes while saving on their heating bills. Now councils, charitable trusts, district health boards and lines trusts have come forward with \$4.7 million of additional funding - this means in some areas there is minimal or no cost to homeowners.

For example, generous funding by Foundation North means eligible homeowners in Northland and South Auckland will be able to insulate their homes at no cost. Free insulation will make a huge difference to people's ability to keep their homes warm and healthy in winter. Grants are targeted towards those who need them most - homeowners with a Community Services Card, as well as people living in areas defined as having higher well-being needs.

Too many New Zealand homes are cold and damp,

leading to preventable diseases such as rheumatic fever and asthma. We can do so much better as a country than that. That's why this Government is insulating homes, to keep people safe and healthy. It will mean less Kiwis ending up in hospital and more people able to afford to heat their homes.

This sits alongside policies like the Families Package, the Winter Energy Payment and the Healthy Homes Guarantee which are seeing more Kiwi families able to enjoy warm, dry, healthy homes. It's all part of our Government's plan to invest in New Zealanders and their families wellbeing.

Under the previous Warm Up New Zealand programme landlords received 25% of the cost of insulation from government, and 25% from third party funders. This left 50% of the cost with the property owner. Homeowners weren't eligible to participate in the scheme.

With the introduction of the new government's Warmer Kiwi Homes programme, the government covers 66% of the cost of insulating homeowner's homes. In Northland, Otago, Manawatu-Whanganui, Taranaki, South Auckland, Gisborne, West Coast, King Country, Central Plateau and Canterbury, the costs is expected to be almost totally covered by the government and third party funding (ranging on average from 0-4.2%). There are three third party contributors in the Canterbury region for the Warmer Kiwi Homes programme, who have contributed the following amounts for the first year of the programme:

- Orion New Zealand Ltd - \$160,000
- MainPower New Zealand Ltd - \$55,000
- Community Energy Action Charitable Trust (includes Rata Foundation) - \$150,000

The availability of third party funding contributions will ensure the remaining cost to eligible applicants is as low cost as possible under the programme.

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Michelle Tait
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E michelle@plcgroup.co.nz
W plcgroup.co.nz

Heart Foundation Christchurch

It has been a busy start to the year for the Heart Foundation in Christchurch.

Our main aim, in line with the Heart Foundations strategic plan, is to help support people living with heart disease. We have noticed that one of the areas where people seem to be missing out is in being clearly educated about their heart condition so we have been running a successful seminar series for the last two years with a range of topics. These seminars, led by heart specialists, have been very well attended, often with waiting lists! It is great opportunity for people to hear specialist knowledge, to have the opportunity to ask questions and to meet others living with the same condition. We have a range of people attending these seminars, from people with a particular heart condition, to supportive family members, medical staff and just those interested in learning more about heart disease.

This year we have decided to extend our offering of topics and to try and run them in a cohesive sequence so that people can come to all or just pick the ones that are of interest to them.

Our first three topics in March, April and May are:

- Coronary Artery Disease – Dr John Elliot
 - Heart tests and investigations – (cardiologist to be confirmed)
 - The Electrics of the Heart – Dr Matt Daly
- Details are on our website:
<https://www.heartfoundation.org.nz/get-involved/events?category:region=113>

The topics for the rest of the year will be:

- Atrial Fibrillation
- Heart Failure
- Women and Heart Disease
- Heart healthy eating
- Sudden Coronary Artery Disease (SCAD)
- Medications
- Managing stress and anxiety

Our aim is to help educate people and to make them feel less alone and more supported. We will also be running Atrial Fibrillation and Heart Failure workshops so people living with these conditions can have the opportunity to ask more questions and meet others in the same situation.

I also work closely with cardiac rehab and we have a great new project running supplying heart failure patients at Christchurch Hospital with bathroom scales so that they can keep track of any sudden weight gain which might indicate fluid retention and a worsening of their condition. The nurses report that this has been very helpful as many patients cannot afford their own scales and it means patients can much better self-manage their condition when they get home.

My colleagues have also been busy visiting schools and preschools and running the Food for Thought programme that aims to educate children on how to eat healthily from an early age.

We have many cookbooks and information booklets in our office so please feel free to visit us anytime. Our office is on 357 Madras Street.

*Emma Griffin, Heart Health Advocate,
Christchurch Office – Heart Foundation*

Back to school costs

The wonderful Deborah Lemon from Rehua Marae has compiled this comprehensive list of where families can access a bit of help with getting the kids back to school. Thanks, Deborah, for this great work. You can also check out Deborah's website, *Navigate Your Way*, for a great resource that helps navigate through government and social services.

The Salvation Army can support families with uniform grants, vouchers for stationery and assistance with devices. Contact your local centre to discuss your needs.

The City Mission's back to school programme can help with purchasing uniforms, shoes, stationery and other costs.

The JR McKenzie Youth Fund can provide help where death, sickness, family break up or economic hardship make it difficult for families to meet educational costs. The fund is administered by local Rotary Clubs.

Make It Happen helps Christchurch families with school-related costs including uniform, clothing, fees, school trips, sport, music and cultural activities.

Variety can organise a sponsor for children between 5 and 15. The charity connects donors with individual children. If you'd like to sponsor a child, you can follow the link to learn more. Kidscan also assist children during the year and always need sponsors.

Work and Income New Zealand can offer loans to qualifying applications to cover school costs. You don't

have to be on a benefit, but income thresholds apply. If you are on a benefit, you can apply for an advance to help with school costs.

If you're caring for someone else's child and receiving unsupported child benefit or orphan's benefit, you can apply for the school start up payment.

If you live in Papanui, Papanui Rotary's Children In Need Trust can help with small grants, but remember it's only for Papanui residents.

Remember to talk to your school. They should be flexible about families taking a bit longer to purchase some uniform items. Some may offer hardship grants and donations from parents are voluntary by law. If you do pay the donation, you can claim a tax rebate for up to one third of the cost.

Different iwi have funding available for schooling - talk to the individual tribe for details including how to apply.

Contact my staff if you would like to discuss school costs. I am also happy to hear from parents if schools are penalising families for non payment - this should not happen.

Ngā mihi,



FEBRUARY ZONE MEETING

Christchurch Grey Power attends 3 Zone Meetings a year. Ashburton, Christchurch, North Canterbury, Temuka, Timaru and Waitmate branches all meet to discuss many issues.

Grey Power Federations next mission is to meet the Age Care Commissioner regarding the Security of people in care. They feel at that time of their lives they should be secure and safe.

It has been suggested we get our photo added to our Gold Card for I.D. purposes. This can be done at the AA free of charge.

There is the Grey Power Federation AGM from 20th – 22nd May 2019, in Wellington.

If you are in Waimate at any time call in and say hello to the Grey Power group down there.

They say Waimate is changing and worth a ride down to see their town.

For any information contact:
 Karina Bellman
 Zone 6 Director
 03 681 6213

Or better still call into one of their meetings at the Town and Country Club, John street, Waimate on the 2nd Tuesday of every month at 1-30pm All welcome.

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Information for drivers taking medication

ARE YOU SAFE TO DRIVE?

Have a 'safe to drive' conversation with your doctor, pharmacist or nurse.



It can be unsafe to drive when taking medication which impairs/affects your driving ability.

IT'S AGAINST THE LAW TO DRIVE WHEN YOU'RE IMPAIRED.

Many prescribed medications (or those purchased over-the-counter) can impair your driving, as can many recreational drugs. It's important you talk honestly with your health practitioner about your medication (and anything else you're taking) so they can help you stay safe on the road.

Some of these prescription medications may impair your driving:

- Strong painkillers
- Depression medication
- Heart medication
- Allergy medication
- Sleeping tablets
- Anti-psychotic medication
- Epilepsy medication
- Addiction treatment
- Nausea medication
- Anxiety medication.

Not every medication in each type listed above will impair driving. Find out if you're at risk.

Impaired driving is when your body or emotions have been affected (usually temporarily) in a way that makes you an unsafe driver. You need to make sure you're safe to drive before you get in the car.



1 IN 4
prescriptions are for medication that can impair driving

20 February 2019

The Secretary
Grey Power Federation Inc.



Dear Sir/Madam

Greers Road at Memorial Avenue: Proposed Intersection Efficiency Improvements

Council wish to inform you of a proposal to increase efficiency on Greers Road at the south bound approach to the Memorial Avenue signals (see attached plan).

The current Greers Road south bound approach to Memorial Avenue has a dedicated right turn lane, a shared straight and left lane and a cycle lane. The existing shared straight and left lane creates delays and queuing at peak times. The Orbiter Bus is delayed at this location, as it waits in the queue to get to the limit line. Creating the proposed shared left turn lane will increase efficiency to public transport and motorised traffic.

This proposal removes the cycle lane outside Burnside High School on Greers Road at the south approach to the intersection and reduces the width of the footpath, creating a shared left turn lane by the use of 'Sharrow' markings (see attached

plan). Cyclists will share this left turn lane with left turning motor vehicles, however they will be also be permitted to proceed straight across the intersection as well as turning left.

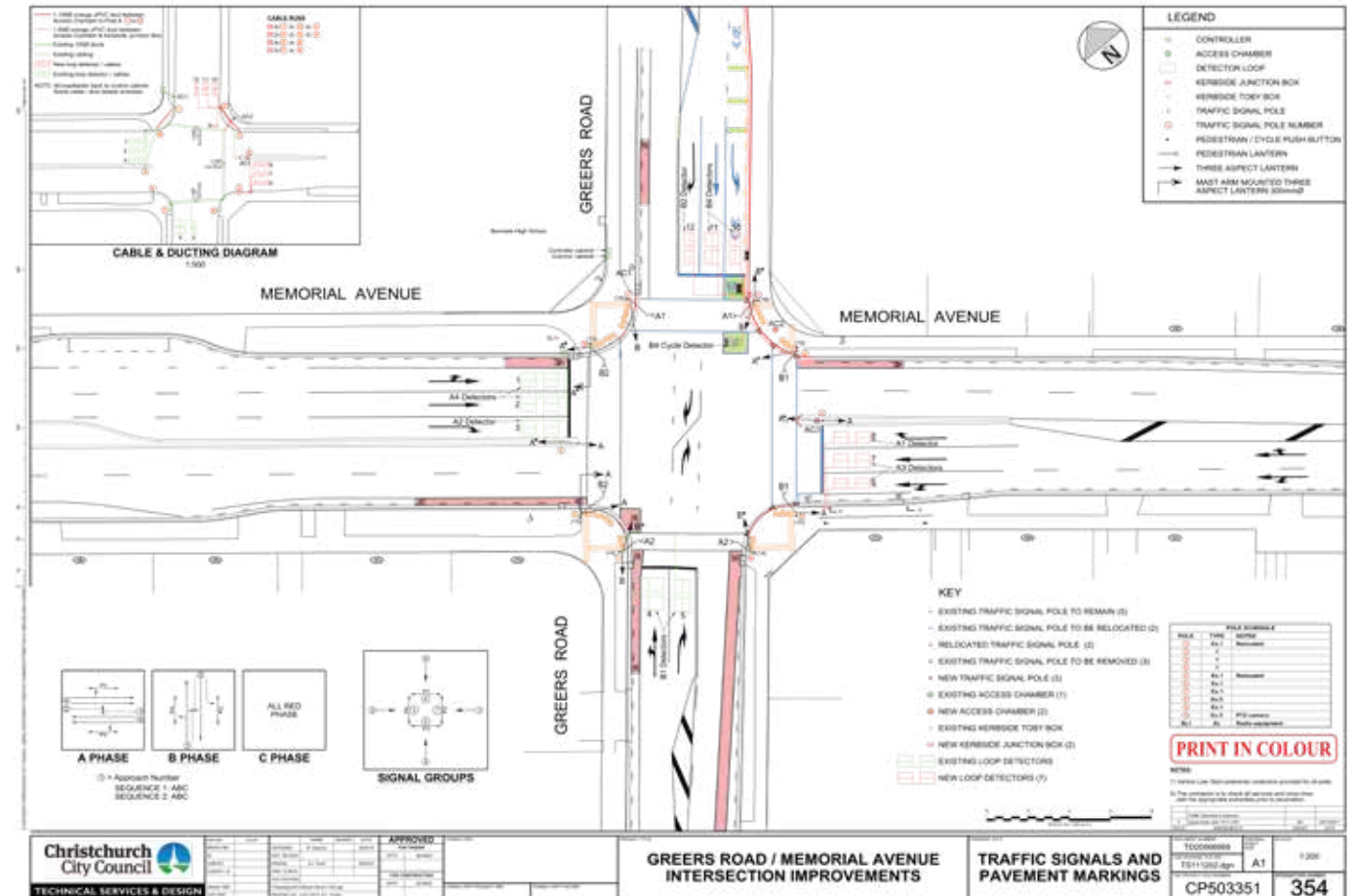
What happens next?

A report will be prepared for the Fendalton/Waimairi/Harewood Community Board for Monday the 18th of March 2019 at 4.30 pm at the Fendalton Library, where the Community Board will make the final decision on the proposal.

If you wish to seek speaking rights at the forthcoming Community Board meeting please contact; Margaret Henderson, Community Board Advisor, margaret.henderson@ccc.govt.nz

If you have any questions or want to make your views known regarding the proposal, please contact; Steve Dejong, Traffic Engineer, steve.dejong@ccc.govt.nz Phone 03 941 6428.

Yours Sincerely
Steve Dejong
Traffic Engineer
Traffic Operations Team
City Services Transport.
Christchurch City Council



Winter is coming

Be prepared and protected from a Cold and the flu.

Winter might be a few months away but cold and flu can come quicker than anything else. What can we do to stay healthy over this winter? I would like to share some tips that you can stay away from that nasty cold and flu to enjoy winter.

Cold vs Flu

Cold: a cold is a contagious viral illness that affects the mucous membranes of the head and chest, including the nose throat, sinuses and ears. Most colds last around one to two weeks and do not usually cause serious problems in healthy people.

Flu: Influenza, or the flu, is a serious disease that spreads very easily through coughing, talking and sneezing. The flu may cause tiredness, joints and muscle ache and fever. It can be particularly dangerous for anyone with a health condition like asthma, heart disease, diabetes or a weakened immune system to get the flu.

What can I do to prevent a cold and the flu?

There is no cure for a cold or the flu so the best protection is prevention.

- Carrying a hand sanitiser if a sink is not available.
- Eating plenty of fresh fruit and vegetables.
- Getting vaccinated against influenza as early in the season as possible. The flu vaccine is now available from your pharmacists.
- If unwell stay at home to prevent spreading the infection.

- Making sure you are getting enough vitamin C from your diet or from a natural health supplement.
- Using tissues to cover your mouth whenever you sneeze or a cough.
- Washing your hands thoroughly with soapy warm water regularly.

Any treatment?

There are no medicines that cure a cold or the flu. However, you can treat your symptoms with medicines such as pain reliefs, nasal drops or sprays, cough syrups, throat lozenges and decongestants. Please do talk to your pharmacist if you are taking any medications or other concerns.

See your Doctor if you do have these symptoms

- A Cough that gets worse or becomes painful
- A headache that lasts several days
- Very sore throat or if you can see white or yellow spots on the back of your throat
- High temperature (>38.6 degrees)
- Chest pain
- Shaking chills
- Swollen, tender glands in your neck
- Wheezing, shortness of breath or trouble breathing

Be prepared and protected from a cold and the flu so you and your family can enjoy winter!! Visit your community pharmacist for helpful advice and products or vaccination if needed. Have a healthy winter everyone!!



*Used information from The Ministry of Health, IMAC and NISG

William Kim | Pharmacist Unichem Parklands

There's no doubt that older people are vulnerable to loneliness and social isolation

– research shows that very clearly.

Their vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they're all by themselves in a big house and everyone else in the street's out at work.

This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity.

Breaking the cycle of loneliness takes conscious effort. Break the cycle by making a plan – talk to your local barista or call someone rather than sending a text. Volunteering and hobbies are almost certain ways to make new friends. Pets offer a good antidote

– it's important to think beyond oneself.

The vulnerabilities above often trigger a move to a village. It's a great opportunity to make new friends in a community of like-minded people. Villages often have a vast array of new activities, events and entertainment designed to pique residents' interests and encourage involvement.

From time to time we survey our residents to see how we're going in meeting their needs and expectations. The last survey asked 1,300 randomly-chosen residents about their life in the village.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!

editorial supplied by Retirement Villages Association



MEMBERSHIP APPLICATION / RENEWAL FORM

Name:..... Membership Number:.....
 Address:
 Post Code: Phone Number:
 Email:.....

I/We enclose my/our subscription for the year 1/4/2019 to 31/3/2020

Single (\$20) Double (\$25) Renewal New Donation

Payable by Cash or cheque to Grey Power Christchurch

or pay by Internet Banking to Westpac A/C 03-0854-0652512-00

Use *Name* and *Membership Number* or post completed *Membership Form* to the *Membership Secretary*

I am prepared to:

- Help with phoning members reminding them of meetings

Send subscription to: Membership Secretary, PO Box 31010, Ilam, Christchurch 8444



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How to read food labels

Nutrition Information Example - Crackers

Servings per package: 7
Serving size: 35g

	Per Serving	Per 100g
Energy	577kj	1650kj
Protein	3.9g	11.1g
Fat	3g	8.5g
Cholesterol	Nil	Nil
Carbohydrate		
Total	21.8g	62.2g
Sugars	0.6g	1.8g
Dietary fibre	3.9g	11.1g
Sodium	147mg	420mg

Step one: Refer to the 100g column.

Step two: Is there less than 10g fat?

Step three: Less than 10g sugar?

Step four: Is there more than 6g fibre?

Step five: Less than 450mg sodium (salt)?



Step six: If you have answered yes to all the above, this product is a good choice.

This is a general rule for reading labels but there are exceptions.

Breakfast cereals: Fat less than 5g per 100g
Fibre more than 6g per 200g
Sugar less than 15g per 100g

Milk:..... Fat less than 1g per 100g

Yoghurt:..... Fat less than 2g per 200g

How to read food labels

This table on 'how to read food labels' was very popular in our March edition of Healthfirst Magazine. We thought HealthBeat readers might like a copy. You could attach it to the inside of your pantry door or pass it to a friend. We've also added a handy wallet sized table to keep in your wallet while grocery shopping.

How to read food labels

Step one: Refer to the 100g column.

Step two: Is there less than 10g fat?

Step three: Less than 10g sugar?

Step four: Is there more than 6g fibre?

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Fibre more than 6g per 200g
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Milk: Fat less than 1g per 100g

Yoghurt: Fat less than 2g per 200g

Handy tips for grocery shopping

Look at the per 100g column on the label. Try for less than 10g/100g fat and more than 6g/100g fibre (found in cereals, breads and snacks).

Try to eat 5+ a day of fruit and vegetables, which can be fresh, frozen or canned in juice or water. Try to make half your plate vegetables at meal times.

Water and milk are the best drink choices.

Choose a breakfast cereal that has less than 10g/100g sugar and fat and more than 6g/100g fibre (allow for sugar up to 20g/100g if the cereal contains dried fruit).

A portion of meat should be the size and thickness of your palm – without the fingers! (equates to 100-120g).

Try to use low fat milk. Make gradual changes over time, perhaps moving from blue milk to light blue to green). Children over two years old can have light blue milk and green from five years old.

Margarine is better than butter.

Choose wholemeal bread where possible. Try one slice of each in a sandwich to get you started.

