

We are very pleased to share with you the first quarterly newsletter for 2021.

This Summer edition focuses on promoting safe physical activity during COVID-19. We feature stories of WoW! Groups getting back into action after lowered Lockdown regulations, and how the WoW! Programme is adapting to remain accessible to existing and new WoW! Wellness Champions.

TOGETHER We Can STOP COVID-19 SPREAD!
I Protect You. You Protect Me.

#PlantBasedFood February

#ShapeUp your lifestyle was our January focus and continue with this as we focus on #PlantBasedFood February. Not only can this way of eating be highly beneficial for your health, but it's also good for the planet. This challenge is a free awareness campaign that encourages you to reduce your meat intake or to adopt a plant-based eating lifestyle.

If you are not part of the WoW! Social Media Channels yet, join the challenge:

- WhatsApp: Send "join WoW!" with your name & surname to 0663906646.
- Facebook Group: join WoW! WesternCape on Wellness

For additional information and motivation, join the ProVeg 30-day Veggie Challenge:

- https://proveg.com/veggie-challenge/wow_za/

In March we will bring you the #SaltAwareness Challenge through the WoW! WhatsApp and Facebook Social Media Channels.

#PlantBasedFood February - What can you expect in this WoW! campaign?

Why the campaign on #PlantBased Food?

Following an eating plan that includes lots of plant-based foods offers many exceptional health benefits, as well as being very good for the environment. That is why we are focusing on it in February.

Expect the following!

A RECIPE COMPETITION

A plant-based recipe competition with four amazing hampers packed with healthy plant based food & WoW! branded product up for grabs as prizes.

PLENTY OF INFORMATIVE INFOGRAPHICS

Filled with easy to understand information about #PlantBased Eating.

A HEALTHY DELICIOUS RECIPE

Once a week from Chef Cola (African Vegan on a Budget), which is easy to follow and affordable.

#FITFRIDAY's FABULOUS FITNESS TIPS

These fit in with the theme of using the outdoors and keeping our environment healthy.

PROVEG VEGGIE CHALLENGE - Visit this link to sign up. https://proveg.com/veggie-challenge/wow_za/

This is a FREE 30 day educational campaign that encourages you to transition to eating more healthy plant based food & less meat! You will get delicious free recipes, advice & support for 30 days.



Recipe Competition

WOW! PLANT-BASED RECIPE COMPETITION

www.westerncape.gov.za/wow

Top 4 recipes from South Africa each win one hamper of healthy plant-based food & a WoW! branded product.

Send us your plant-based recipes (as many as you like), by 28 Feb '21. Winners notified mid-March.

WHY EAT PLANT-BASED MEALS?

When we eat more fruits and vegetables & less animal products (meat, cheese, milk, etc), we decrease the amount of saturated fat we take in and consume many antioxidants. This helps to reduce the risk of heart disease, Type 2 diabetes, some cancers, obesity and helps strengthen your immune system.

CRITERIA

This is a plant-based recipe competition and your recipe:

- should not contain any meat or animal-based ingredients (no milk, cream, yoghurts or any other dairy products).
- must be affordable, easy to prepare and be healthy.
- must be original. Acknowledge original source if adapting a recipe.
- can be for any season and any type of dish (sweet or savoury).



Submit your recipes to:

WhatsApp: 0663906646

Facebook: WoW! WesternCape on Wellness

Email: wow@westerncape.gov.za



Healthy WoW! Recipe of the Month: Homemade Iced Tea

This tea is very refreshing and a healthier alternative to fizzy, sugary cold drinks. Keep a jug of this Iced Tea in the fridge in Summer.

INGREDIENTS:

- 8 rooibos tea bags
- 1 cinnamon stick
- 4 whole cloves
- 6 thin slices ginger
- 4 cups (1 litre) boiling water
- 4 cups (1 litre) 100 % grape, apple or berry juice, chilled
- lemon juice to taste
- ice cubes, mint leaves, fresh fruit or lemon slices to serve

METHOD:

1. Place tea bags, spices and ginger in a large glass jug and pour over boiling water.
2. Stir well and allow to cool for about 2 hours.
3. Remove tea bags, ginger and spices.
4. Add juice to the tea and season with lemon juice to taste.
5. Serve ice cold with ice and your choice of mint leaves, fruit and lemon

TIPS:

1. When buying fruit juice, remember to read the label and only buy pure or 100 % fruit juice.
2. Freeze this iced tea in ice cube or ice lolly trays for the kids.

Serves: 6 people
Ready in: 2hr 30 mins
(includes cooling time)



CREDIT:

Cooking from the Heart 2nd
<https://www.heartfoundation.co.za/wp-content/uploads/2017/10/CFTH-2.pdf>

WoW! Activities

Gardening Abbotsdale

Abbotsdale WoW! Champion, Ursula Griffiths, started with a vegetable garden on Abbitz farm. Produce are sold at the market and used at soup kitchens. WoW! Members also have home food gardens.



New Kit for Hlumaní WoW!

The WoW! group based in Ikhwezi Park Khayelitsha, received their new kit bought with their 2020 WoW! Award Ceremony prize money. The group changed their name to Hlumaní to be inclusive of members from outside of Ikwezi.



WoW! Stikland is Sugar Smart

Stikland Hospital took part in the WoW! #BeSugarSmart Challenge and brought about a change to the eating patterns of the hospital and the staff. The WoW! Champions prepared healthy lunches for the staff every Tuesday.



Up for the challenge!

Langa VHWC WoW! Group started 2021 on a high note when they attended the Titan 5km obstacle course at Melkbos Ostrich Farm. 20 members participated in the event. Members had great fun and a hectic workout.



WoW! Gugs Divas

The WoW! Gugs Divas Group has shone throughout the difficult year of 2020. They managed to recruit more members and offered a variety of activities like walking, running and hiking different trails.



Vredendal Youth Group

The WoW! Champions from Vredendal North managed a very successful elderly group and during the pandemic, decided to start a youth group to keep the children occupied in a healthy way.



UbuntuCare Masks

In response to the COVID-19 pandemic, WoW! went into a public-private partnership to produce quality cloth masks and at the same time create employment for community seamstresses. Visit the website for more information: <https://ubuntuclothmasks.shopstar.co.za/>



New WoW! Champions

Due to the COVID-19 restrictions, WoW! Wellness Champion training was offered via WhatsApp. Nine new Champions qualified and are in the process of establishing their groups. Below is the newly WoW-ified group in Atlantis.



Wellness Talks on Radio 786

WoW! has a longstanding partnership with Radio 786. Listen to WoW! Champions and Partners talking about wellness related topics every first and last Wednesday of the month between 19:00-19:30.



How to join the WoW! Movement

- * Visit the **website** www.westerncape.gov.za/wow for information/tips, healthy and delicious recipes and much more.
- * **Become a Wellness Champion** and **start a WoW! Group**. Email wow@westerncape.gov.za for more information.
- * Subscribe to the **WhatsApp platform** and receive three healthy lifestyles-promoting messages per week.
* **To subscribe to WhatsApp:** Send "Join WoW!" with your name and surname to 066 390 6646.
- * Join the Facebook Group: **WoW! WesternCape on Wellness**

Valued WoW! Partners

(in alphabetical order)

44ten Media	Pain Management Unit Anaesthesia and Perioperative Medicine
Age-In-Action	Perfect Fit 360
Bfit	Pharma Dynamics
BLAC	Philani
Bonteheuwel Walking Ladies	Proveg International
Capsicum Culinary Studio	PAN South Africa
Caring Network	Qhubeka
Chrysalis Academy	Radio786
Coconut Jazz	Rennie Property
CoCT (City of Cape Town)	Right to Care
Consulate General of India	Rusthof Old Age Home
CPUT (Cape Town University of Technology)	RX Radio (Red Cross Children's Hospital Radio)
DeafSA	SACLA
Die Son	SASP (South African Society of Physiotherapy)
Eskom	SHAWCO
Fresh Life Produce	Sinovuyo Old Age
Fuller Music	South African Health Qigong Association
Great Commission Network	SSGC Projects
Green Monday SA	SSISA (Sports Science Institute of South Africa)
Heart & Stroke Foundation South Africa	SU (Stellenbosch University)
Humane Society International	SUNWELL
iKyaya Loxolo Old Age Home	Sweet Life
Infection Control Africa Network (ICAN)	TB/HIV Care
Iziko Museums South Africa	The Health Foundation South Africa
Jazzart Dance Theatre	The Mhani Gingi Trust
Khet'Impilo	The Truth About Relationships
Livemax Media & Streaming	Touching Nations
Metrorail	Ubuntu Touch Project
New Flats Langa	UCT (University of Cape Town)
NWU (North West University)	UWC (University of the Western Cape)
OCAL Global	Your Wellness Matters/44ten Media
Omega Bonteheuwel	

Keeping an inclusive approach, new partners with commitment and expertise in the field are welcome and encouraged to join the growing partnership.