



Let's Make 2016 Our Healthiest Year Yet

The new year signals a fresh start & encourages us to make resolutions in an effort to become better individuals. Our hearts want focus, fulfillment and joy. This year, let's work as a community to live better than before in year 2016, by carefully choosing and committing to the things that are truly important to us.

When it comes to improving your health, there is no quick-fix solution. It takes practice, patience, and perseverance—after all, you are changing some lifelong, ingrained habits. Start small but stay focused!

If you have stories, updates, events or information you feel should be included in the next monthly issue please contact Pam Huerto - phuerto@athabascahealth.ca / 306-439-2647

Riddle of the Month

What has a foot but no legs?

A snail

Answer From Last Month:
A clock!

Dene Word of the Month

yath

snow



Fact of the Month

Do sharks have tongues? Sharks have a tongue referred to as a "basihyal". The basihyal is a small, thick piece of cartilage located on the floor of the mouth of sharks and other fishes. It appears to be useless for most sharks.

In this issue:



2016 - International Year of Pulses. Do you cook with these nutritious superfoods?



Family Literacy Day is January 27th. Take a few minutes to learn with your family.



Learn the 10 warning signs of Alzheimer's & do a word search to boost your brain!

Q.I. Kaizen Corner

In our last QI Corner we looked at AHA's Vision, Mission and the methods that help us get to our collective goals. We talked about Quality Improvement and how we can use it to get us to better health, better care, better teams and better value. Speaking with patients, clients, families, employees and others over the last few months I've often heard, "aren't we already good enough? Why do we need QI?" This QI Corner we're going to spend a little time looking at safety, an important dimension of Quality and one very important reason for doing QI.

When we talk to people who've chosen to work in healthcare we frequently hear the same thing, I want to help others. Although the words may be slightly different the feeling is always the same, to help. This is clearly not a surprise to anyone and yet what might be is how often harm happens in health care facilities. In a 2005 National Survey of the work and health of Nurses done by Statistics Canada, "nearly one-fifth of Hospital RN's reported a medication error involving patients in their care had occurred 'occasionally' or 'frequently' in the past year". Harm to patients from medical errors is something that has garnered greater attention over the past ten years. The Institute for Healthcare Improvement based out of the United States has suggested that the number of deaths from medical errors across the country is equivalent to a jumbo jet crashing weekly.

In Saskatchewan we also know that we have a challenge in Healthcare to find ways to reduce this harm to patients while improving the care and care experience. We know harm in our system is not a reflection of staff's competence or desire to help patients, families and their communities. Every day you can find health care staff doing everything they can to meet the needs of patients, with many going above and beyond.

More often than not our challenges rest in processes

Every month the Kaizen, QI Corner will update you on what's taking place in and around AHA's Kaizen movement. This space will also serve as a means to share ideas for making good change in addition to providing an opportunity for our Kaizen, Quality and Patient Safety Office to raise awareness, spread information and connect and broaden its reach. If there are topics you would like to see addressed, ideas you have to share, improvement milestones you want to see highlighted and celebrated, feedback or questions let us know!

Who Can I Contact?

For more information you can also contact the Quality, Kaizen and Patient Safety Office anytime @ (306) 439-2604 or tbassingthwaite@athabascahealth.ca.



and structures we have in place. The speed and pressure that many health care environments experience coupled with practices that allow for procedures and activities to be done in a variety of ways results in a high risk for error. Unless safety is a priority and systems are designed to ensure mistakes are caught before they become errors, unless we use methods for continuous improvement to make better and learn from our mistakes the risk of errors remain high. Mistake Proofing Process is one significant tool to look at how we do our work and to design improvements for the training and delivery of services that will reduce or eliminate the risks of errors occurring. By analyzing the flow of service provision and looking at the root cause of why errors occur we are able to develop improved processes that when taught to all who deliver a similar service has the impact of making the provision of that aspect of care better. In an upcoming issue we will look at the results from our first Mistake Proofing team.



It is also important for us to remember a role exists for everyone in our circles of care and community to ensure we all stay safe. It is not only formalized processes like Mistake Proofing in facilities that help make care safer we can all have an impact on getting from 'good enough' to great! Turn to page 14 for a few ideas that you can use to help you, those you love and your community reduce harm.

National Non-Smoking Week
Semaine nationale sans fumée



January 17-23,
2016

Go! Students for Positive Change

Many people feel overwhelmed at the prospect of making a positive change in the world around them or even in themselves, this is what makes it even more amazing that a group of eight youth from Ben McIntyre School in the community of Uranium City have been major agents for change, both locally and globally.

What started as a once a month afterschool meeting with a focus on positive personal change, evolved into a group with a desire to make more impact on the world around them. Dana Case, an AHA mental health therapist, who initially helped to form the group, told them about 'WE Day' in Saskatoon. WE Day is a celebration of youth making a difference in their local and global communities.

This inspired the group to launch a six week fundraising campaign, during which the group raised a staggering \$16,000 in order to earn their tickets for attendance at the event. But how, you might ask? Through creative fundraising events such as spaghetti dinners, movie nights, car washes, rug cleaning services, & spa evenings.

During their time in Saskatoon, the group also volunteered at the Saskatoon Friendship Inn, a soup kitchen and community center in the big city. They further donated \$4,500 of their fundraising efforts to the Inn.

What are they up to now? The group has dwindled to a four member team, with ages ranging from 10 to 13, but their enthusiasm and positivity hasn't diminished. They continue to fundraise, and have already collected a few thousand dollars towards a trip to the 2016 WE Day being held in March.



Volunteering at the Saskatoon Friendship Inn

They also hope to donate extra funds to a good cause. Although the decision has yet to be finalized, they are considering 'Free the Children' as it is the core charity of the WE Day event and because they believe in empowering communities to lift themselves out of poverty.

>> Continued on Page 4



Taking time every day to read or do a learning activity with children is crucial to a child's development.

FAMILY LITERACY DAY



Inspiring Families to Learn Together

What advice do they have for other kids who would like to make a difference? Hannah Preikschat, the current president of the group, shared these words of wisdom. "It's okay to start small. If you want something, just go for it! You'll be surprised at how much support you'll receive from others."

Now aren't you inspired to contribute to some positive change? 2016 is the year to get out there and just go for it!



But we need your help! First we need to choose a project the community needs in order to encourage outdoor physical activity. Playground equipment? Canoes? Walking trails? YOU know the answer!

Send your ideas to Pam Huerto at phuerto@athabascahealth.ca or phone 306-439-2647 by January 31st 2016. And don't forget to mention which community you are in!

If we don't receive any feedback from community members, we can't join the challenge! So please let us know what you feel your community could use. This challenge is open to any Saskatchewan community, which means yours!

Correction

Our previous issue introduced Laura Olsen as our new X-Ray/Lab Technician, however Laura was married on August 29, 2015 and is now Laura Anderson! Congrats Laura!

Take 15 minutes a day

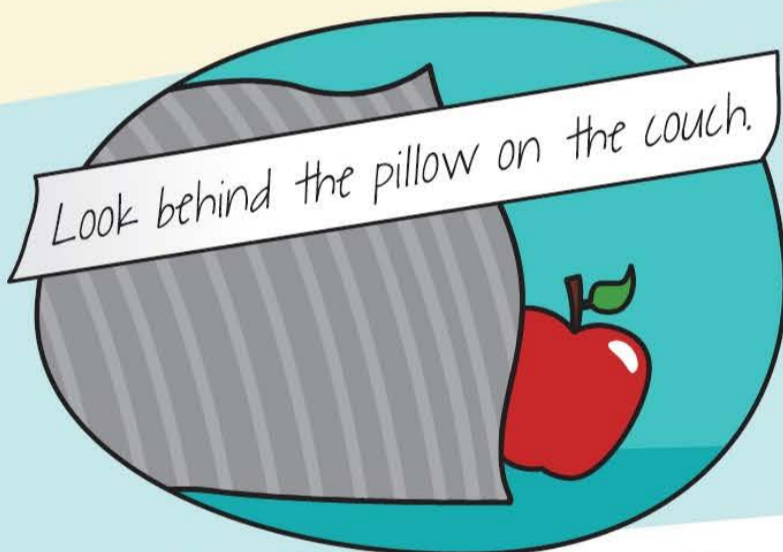
15 Minutes of Fun

to learn with your family.

Letter Hop – Here's How:

1. Choose ten letters of the alphabet and draw each on a separate sheet of paper (try: ACDELNORST.)
2. Decorate the letters as a family using lots of colours.
3. Place the letters in a hopscotch pattern on the carpet or ground, taping the letters down so they don't move.
4. Hop on the letters, say each letter out loud and then name something that begins with that letter.

You can even try to make words with the letters you hop on. Try this activity again using different letters—the possibilities are endless!



Snack-Hunt Grab Bag – Here's How:

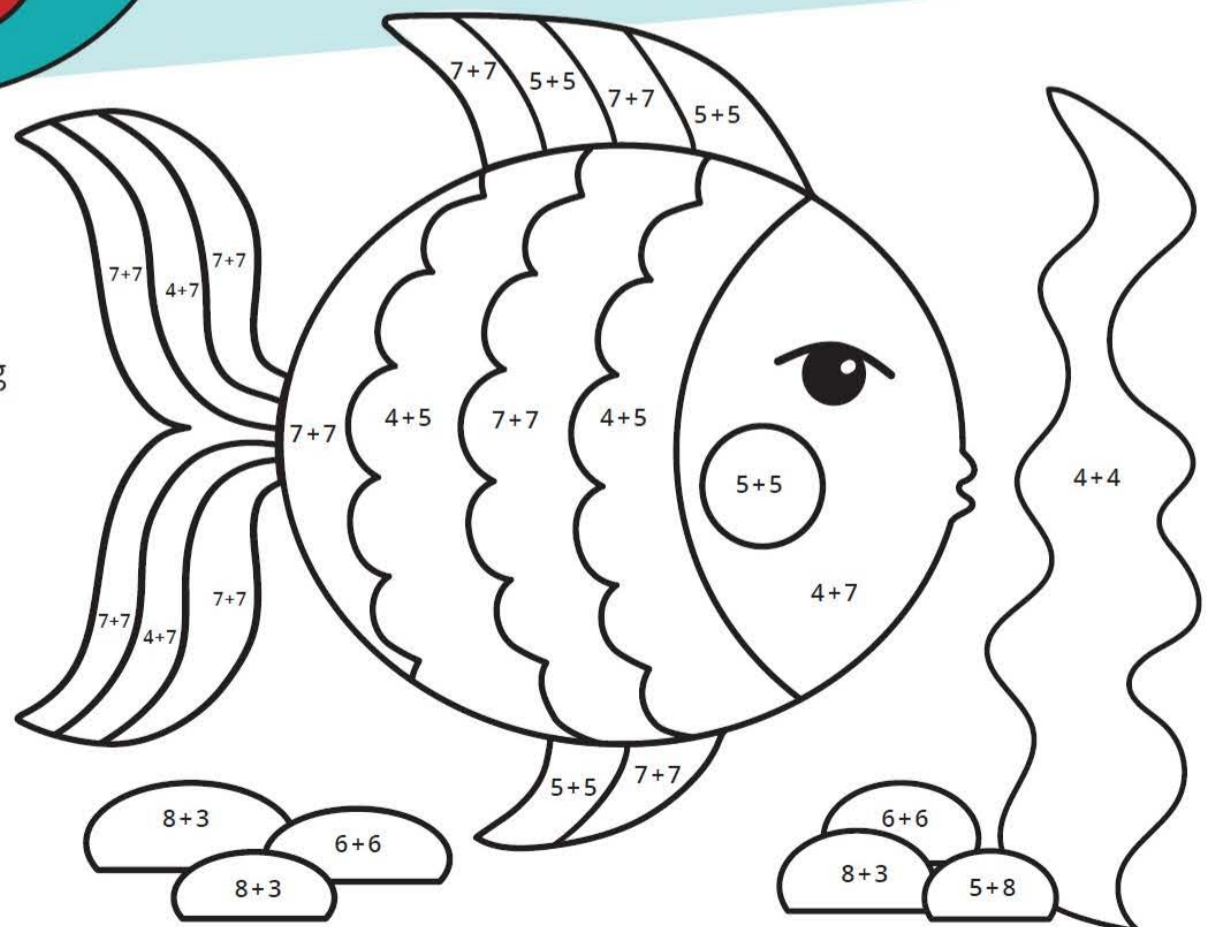
1. Get nutritional snacks and hide them around the room.
2. Get small pieces of paper and write down short clues to help children guess where the snacks are hidden.
3. Fold the paper with the clues and put them into a bag.
4. Ask each child to choose a clue from the bag and read it out loud before they "hunt" for their snack.

Colour Math

Have fun colouring and practising your math at the same time!

Legend

8 = green	12 = yellow
9 = orange	13 = blue
10 = pink	14 = purple
11 = gray	



Make family time learning time.



Looking After Your Teeth: Five New Year's Resolutions For A Healthier Mouth

If you want to take better care when looking after your teeth and gums this year, these five resolutions can help:

Schedule a Dental Appointment - If it's been a while since you've seen a dental therapist, you're not alone. But booking this appointment is one of the most important things you can do when looking after your teeth. Sensitivity in the teeth or bleeding gums – are sure signs that it's time to see a dental therapist. Even if your teeth look and feel fine, enter a reminder in your phone or calendar so that you can call in January for an appointment.

Commit to Flossing - Brushing your teeth twice a day isn't enough to keep plaque from building up on your teeth, or to completely remove bits of food from your mouth. To take the best care of your teeth, you need to floss too. If you're not in the habit of flossing, the new year is a great time to start.

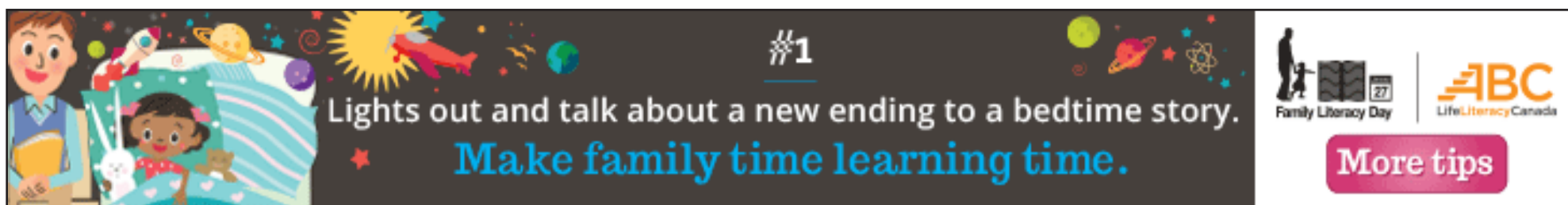
One way to make it easier to remember is putting a container of floss on top of or next to your toothpaste. Position the container so that you have to touch it when taking your toothpaste out of the drawer or cabinet. Stash another container of floss in your purse or desk drawer at work, so that you can floss on the go if you forget to do it at home.

Cut Back on Sugar - A study published in BMC Public Health in September 2014 confirmed a direct link between the amount of sugar a person eats and the amount of tooth decay he has. Cutting back on sugar can cut your risk for tooth decay considerably. The most convenient way to cut back on sugar is to reduce the number of sugary treats you buy. Simple swaps will help you cut back as well: Drink water instead of soda, or chew a piece of sugar-free gum when you have a craving for something sweet.

Kick the Habit - Smoking doubles your risk for gum disease, and is linked to a host of other health issues. Pick a date to give up the habit, get rid of all the tobacco products from your home and get the support of your friends and family and health providers to help you quit.

Eat More Mouth-Healthy Foods - When you cut back on sugar, resolve to add more orally healthy foods to your diet to solidify your diet's benefit to your teeth. Dairy products, which are high in calcium, are great for your teeth, as are fibrous foods that call up saliva and scrub away plaque and other food bits, according to Delta Dental.

Making your new year's resolutions as easy as possible to stick with will help you keep them. Take things one step at a time, and if you forget to floss one day or eat a big piece of caramel the next, don't give up. Remember that there's always tomorrow!

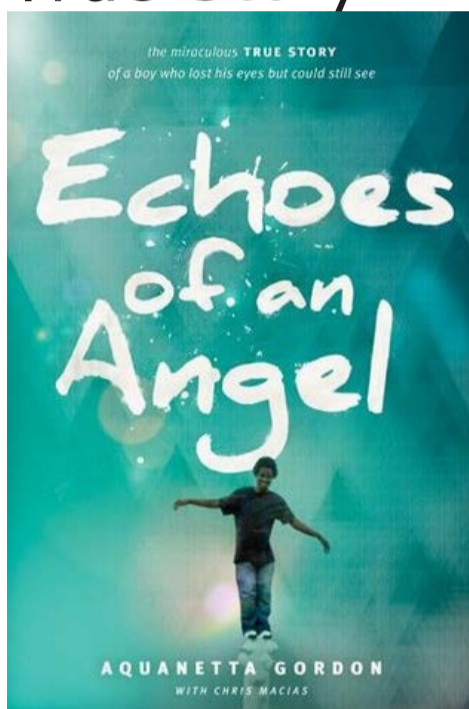


#1
Lights out and talk about a new ending to a bedtime story.
Make family time learning time.

Family Literacy Day | Life Literacy Canada
More tips

“ A book is a dream that you hold in your hand. ”- Neil Gaiman

True Story



Echoes of an Angel: The Miraculous True Story of a Boy Who Lost His Eyes but Could Still See

When Ben Underwood became blind at the age of two, anyone would have thought he faced a life full of hardship and uphill challenges—a world full of things he'd never be able to see and activities he'd never be able to enjoy. But as far as his mom, Aquanetta Gordon, was concerned, nothing was impossible for Ben . . . and so he accomplished the incredible. *Echoes of an Angel* is the remarkable true story of how a child who seemed destined for darkness brought light to the world. It's the story of a single mom who encouraged her son to push beyond his limits, even as her heart clenched with protective love and fear. And it's the story of a family's unshakable faith . . . in God and each other.

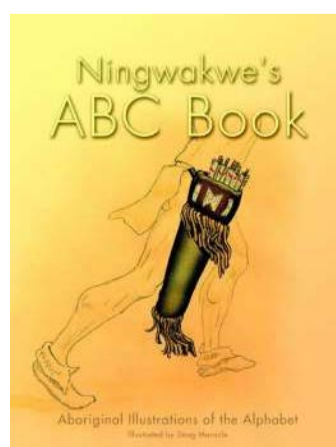
Comic/Graphic Novel

Justice League United Vol. 1: Justice League Canada

In the aftermath of FOREVER EVIL, Adam Strange is caught up in an adventure across the far reaches of the cosmos that will unite an unexpected team of heroes including Supergirl, Hawkman, Green Arrow, Stargirl, Martian Manhunter and Animal Man – but if they're on the team, who exactly is Canadian? And don't miss the debut of the young Cree Canadian hero known as Miiyahbin aka Equinox!



For Young Readers



Ningwakwe's ABC Book

Vibrant watercolour illustrations and LBS reading Level 1 create a stimulating introduction to the alphabet. Aboriginal cultural objects, teachings, people and activities make this a joy to read for all ages.

Excellent book to start with as literacy starts with the basics (ABC's).

Suggested Reading Level K-3

International Year of Pulses (IYOP)

>> Resources: <http://www.pulsecanada.com>

What are Pulses?

Pulses are also known and often referred to as 'legumes'. Pulse is the term for the edible seeds of legumes (plants with a pod), which includes:

- Dry peas
- Dry beans
- Lentils
- Chickpeas

Pulses do not include fresh green beans or peas. Although they are related to pulses because they are also the edible seeds of podded plants, soy beans and peanuts differ from pulses because they have a much higher fat content, whereas pulses contain virtually no fat

Who Should Eat Pulses?

Everyone can benefit from eating pulses. Pulses are high in fibre, complex carbohydrates and low in fat. These nutrients make pulses an important part of any healthy diet and can help maintain a healthy body weight.

How Many Pulses Should You Eat?

Canada's Food Guide recommends eating beans, lentils and peas often as an alternative to meat. One serving of pulses equals $\frac{3}{4}$ cup (175 mL), which is about the size of a tennis ball.

Pulses can be eaten every day. If you do not eat pulses often, start adding them to your diet gradually.

Beans

White Pea
Other names: Navy, Alubias Chica

Pinto



Dark Red

Lentils

Large Green
Other names: Laird-type, Masoor Large Green

Split Large Green
Other names: Yellow Split Lentil, Masoor dal

Red
Other name: Masoor



Dehulled Red
Other names: Football, Masoor dal

Split Red
Other name: Masoor dal

French Green
Other name: Dark Speckled



Canned pulses are ready to use before using in places. The

Pulses choice

- Low glycemic index
- High fibre
- Low fat, low sodium
- Contain plant-based protein



Pulses have important health benefits

They are recommended for preventing chronic diseases and obesity.

Pulse consumption has also been shown to improve the blood lipid profile, reducing total cholesterol, LDL-cholesterol, triglycerides, and increasing HDL-cholesterol, and has been associated with decreased body weight.¹⁴

¹⁴ Anderson JW and Major AW, 2002. B J Nutr. 88: S263-S271.

Did you know? Pulse comes from the latin word puls meaning potage or thick soup.



Cranberry
Other names: Romano, Speckled Sugar, Borlotti

Black
Other names: Black Turtle, Preto



Great Northern
Other names: Large White



Light Red Kidney

Dark Red Kidney



Peas

Yellow

Split Yellow



Green

Split Green

Pulses have a high nutritional value

They are a critical source of plant-based proteins, amino acids and other essential nutrients.

Pulses are very convenient as they are easy to use. Always rinse and drain canned pulses before using. Canned pulses store well in cool, dry places and may be stored up to one year.

Pulses are a good food for diabetes

Low glycemic index
High fiber and complex carbohydrates
Low saturated fat and sodium*
No cholesterol or trans fats

Chickpeas



Desi
Other names: Kala chana

Kabuli
Other names: Garbanzo, Bengal gram, Kabuli chana



Split Desi Chickpea
Other name: Chana dal

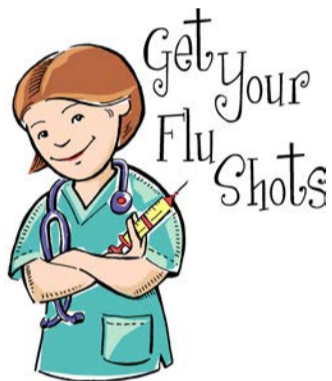


Influenza Season

Audrey Johnson

We are almost mid-way through another Flu Season! The vaccines were made available on October 19th, 2015 and will continue to be available until March 31, 2016. The Athabasca Health Authority along with the rest of Saskatchewan's Health Regions made some changes to the Influenza Program, making the Flu vaccine the workers choice.

Our stats proved that all staff and contractors are very conscious of their health, their families' health and the community's. To this date, December 15th 2015, 92% of the Athabasca Health Facility employees and contractors have stepped forward and received their Flu Vaccine.....WOW.



The community of Stony Rapids had comparable results as last year. This year 118 residents were given an Influenza vaccine or Nasal mist. More than half of those immunized were under 18 years of age....way to go parents!

Remember, the best way to prevent the spread of any disease is good handwashing and also, immunizations.

Thank you for caring about yourself and others. - Audrey Johnson

Let's reclaim kids' time spent in front of screens for physically active time!



BRING BACK PLAY 
PARTICIPATION

- Grab a sled and cruise down a slope.
- Strap on your skis or snowshoes and hit the trails.
- Ice skate with the family.
- Build a snowman.
- Make a snow angel, or two, or three.
- Build a snow fort.
- Bury goodies in the snow in a cooler, create a treasure map & send the kids on a hunt for buried treasures.

January is Alzheimer's Awareness Month



>> Resources: <http://www.alzheimer.ca/>

Did you know that women represent 72% of Canadians living with Alzheimer's disease? They outnumber men living with the disease and more often than not shoulder the responsibility of caring for a family member with it.

You know these women. They are the special women in your life – mothers, wives, sisters, grandmothers, and friends.

That's why this January during Alzheimer Awareness Month, we want to get Canadians talking about Alzheimer's disease. Today, there are nearly 750,000 Canadians living with Alzheimer's and other forms of dementia. We want women to take action, be Alzheimer's savvy, know the warning signs and take steps to reduce their risk – not only for themselves but for those they care about.

“ Diagnosis of dementia isn't the end. It's the beginning. ” - Dawna Friesen

Know the 10 Warning Signs of Alzheimer's



- 1 **Memory Loss That Affects Day-To-Day Abilities**
-Forgetting things often or struggling to retain new information.
- 2 **Difficulty Performing Familiar Tasks**
-Forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed
- 3 **Problems with Language**
-Forgetting words or substituting words that don't fit the context.
- 4 **Disorientation in time & space**
-Not knowing what day of the week it is or getting lost in a familiar place.
- 5 **Impaired Judgement**
-Not recognizing a medical problem that needs attention or wearing light clothing on a cold day.
- 6 **Problems with Abstract Thinking**
-Having difficulty balancing a chequebook, for example, or not understanding what numbers are and how they are used.
- 7 **Misplacing Things**
-Putting things in strange places, like a dress in the refrigerator or a wristwatch in the sugar bowl.
- 8 **Changes in Mood & Behaviour**
-Exhibiting severe mood swings from being easy-going to quick-tempered.
- 9 **Changes in Personality**
-Behaving out of character, such as becoming confused, suspicious, or fearful.
- 10 **Loss of Initiative**
-Losing interest in friends, family and favourite activities.

Have you noticed any of these signs in yourself or someone you care about?

Talk to your doctor. Early diagnosis allows you to get the help you need and plan for the future.

Dough Play

It is important to help children develop the skills they need to work with their hands. Building hand and eye coordination is an important first step in developing writing skills. For a fun, hands-on family activity, make your own play dough!

Play dough can be used in all types of learning adventures. Try out some of the ideas below or let your imagination run wild!

Jell-O Play Dough Recipe

What you Need:

- 1 cup flour
- 1 pkg. (85 g) Jell-O Jelly Powder
- 1 Tbsp. cream of tartar
- 1/4 cup salt
- 1 cup water
- 2 Tbsp. oil



>> Recipe From: <http://www.kraftcanada.com/recipes/jell-o-play-dough-157617>

Make It:

Mix first 4 ingredients in small saucepan. Stir in water and oil.

Cook on medium-low heat 5 to 7 min. or until mixture pulls away from side of pan to form ball, stirring constantly.

Cool completely.

Store It:

Store in airtight container in refrigerator.

Learning activities

Art

- Make sculptures with different shapes.
- Push the dough flat and place it on paper to create raised pictures.

Science

- Press leaves into the play dough to get an imprint, and explore the structure and design of each leaf.

Literacy

- Roll the play dough into long "snakes" and make letters.
- Write names, favourite toys, and other familiar words in the dough with your finger.

Practice with tools

- Play dough can be cut with scissors, poked with forks, rolled with rolling pins, or shaped with cups...take a look around your house to find tools that your child can use to shape the dough.

AHA Christmas Party - Stony Rapids/Black Lake

The Stony Rapids community hall was decorated beautifully by the planning committee and a great time was had by everyone!

The evening began with a delicious potluck supper, and was followed by numerous draws, tokens of appreciation, a gift exchange & dancing.

Thank you to the Athabasca Health Authority Senior Management Team for hosting this Christmas event.



for your health pulse recipes

LOW GLYCEMIC INDEX TREATS

*Adapted from the New Glucose Revolution Low GI Vegetarian Cookbook
by Dr. Jennie Brand Miller, Kaye Foster-Powell, Kate Marsh with Philippa Sandall*

CHOCOLATE CHIP OAT COOKIES

- ½ cup cooked or canned white beans (navy beans), drained and rinsed
- 1 egg
- 2 tbsp canola oil
- ¾ cup packed brown sugar
- 1 tsp vanilla
- ½ cup semi-sweet chocolate chips
- 1 ½ cups regular rolled oats
- ¾ cup whole wheat flour
- ½ tsp baking soda

NUTRITION INFORMATION (Per cookie):
Energy (calories) 89, Fat 2.8 g, Saturated Fat 0.8 g, Carbohydrates 15 g,
Fibre 1.2 g, Protein 1.7 g, Sodium 29 mg

1. Preheat oven to 375°F. Line a cookie sheet with parchment paper.
2. Purée beans with egg until smooth in blender.
3. In a medium bowl, beat canola oil, sugar and vanilla using electric mixer until smooth. Add bean and egg purée and continue beating until well combined.
4. Add chocolate chips and oats and use wooden spoon to combine. Sift together flour and baking soda over wet mixture and stir until well combined.
5. Drop by rounded teaspoon, 2 inches apart on prepared cookie sheet and flatten slightly. Bake for 15 minutes.
Makes 24 cookies

For larger cookies: Drop by rounded tablespoon on prepared cookie sheet and bake for 22 minutes.

Did You know?

Safety is a top concern at AHA, find out how you can help make your care safer:

Client Safety is Our Priority: Learn More About Your Role

Safe health care is everyone's right.

As a client and member of your care team, you can make your care safer by being SAFE:



Speaking Up
Asking Questions
Family/friends with you
Educating yourself

It's your right to speak up

about your health history & any medications you are taking to your health-care team.

It's your right to ask

about your care, treatment & condition. If you don't understand something, ask.

Bring a friend

to help you ask questions, listen, and understand.

Keep it clean

by asking caregivers, visitors & other clients to clean their hands before every visit.

It's your right to make decisions about your health.

after every appointment, hospital stay or visit. If you don't understand something, ask.



Kaizen Basics - Don't forget - if you are an employee of AHA we are committed to ensuring you receive basic education and awareness training in Quality Improvement. We have a Kaizen Basics session that looks at Quality as a whole while focusing on the Lean methodology being offered in the upcoming year – talk to your manager or direct supervisor and let them know you are interested – sessions in your area are coordinated with your manager/supervisor directly through the Quality Office.

Why Should I Quit?

>> Resources: <http://www.cancer.ca> & <http://www.healthline.com/>

You probably don't need to be told that tobacco is bad for you. But what are the benefits of quitting?

Quit now and reduce your risk of cancer - In Canada, it is estimated that smoking is responsible for 30% of all cancer deaths and is related to more than 85% of lung cancer cases.



Smokeless tobacco can lead to oral cancer, esophageal cancer and pancreatic cancer.

Quit now and breathe better - Even relatively light smoking may cause lung damage because smoking is repetitive, and the effects of inhaling add up over time. If you're a smoker, you may have noticed that you:

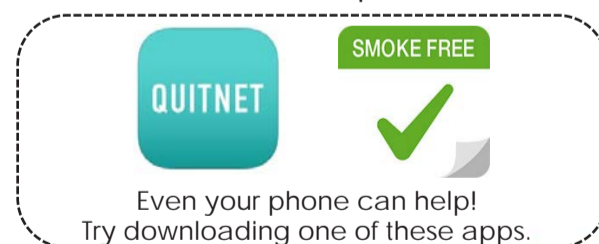
- feel out of breath when walking up a short flight of stairs
- cough a lot
- spit up mucus
- have repeat chest infections

These are not signs of aging or being out of shape. They are signs that smoking is damaging your lungs.

Quit and feel better in so many ways - The single best thing you can do to improve your health is to quit using tobacco. And the improvements start almost right away. As soon as you stop, your body begins to cleanse itself of tobacco poisons.

Methods of Quitting

- 1) Toll-free telephone quit-smoking lines - 1-877-513-5333
- 2) Nicotine replacements and medications for quitting smoking - patches, gums, spray, etc.
- 3) Community-based cessation programs or counselling services - Contact a health care provider at AHA.
- 4) Self-help materials and manuals or unaided attempts to quit
- 5) Internet QuitNet programs - <http://quitnet.meyouhealth.com>



WHAT'S WRONG WITH THIS PICTURE?

Tobacco should not come in candy flavours.

January is *Tobacco Reduction Month* | Live well. Be aware. Get involved.

Call 1 888 939-3333 or visit www.tobaccofreeforlife.ca



Upcoming Events:

STONY RAPIDS

BLACK LAKE

Mondays - AA Meeting
7:00pm-9:00pm

Thursdays - Women's Domestic
Violence H.O.P.E. Group Meetings
Health Clinic @ 6:00pm-9:00pm

FOND DU LAC

URANIUM CITY

CAMSELL

New Dentists in Black
Lake and Fond Du Lac!

If you need to see a
dentist, please
register your name with
the Dental Therapist or
Dental Aid in preparation
for the first Dentist clinic.

Boost Your Brain - Word Search

>> Resource: <http://www.alzheimer.ca/>

- | | | | |
|---------------|-------------|--------------|-------------|
| 1. Saturday | 5. dressing | 9. health | 13. soprano |
| 2. cereal | 6. fir | 10. musician | 14. willow |
| 3. cymbal | 7. floor | 11. plate | 15. wrench |
| 4. department | 8. glass | 12. salad | 16. zebra |

W I J T N S O G F C M H C E R E A L G R J O W
V N B S B B D Y L L O F I Y E M H S M L I U O
P J C V R P M V A A P R N M E K D V U G U P L
N C J M Y M L T A T S O A N I M T N L J N H L
E G P Y Y I S R A J G S I S H Y Y W J P F I I
O A T T P P E H N Y L A C S T M B W C M I B W
H C R B W S C C V L F J I A A A N G O D Y B F
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M P A R F F N V A D E W U U B R B M F V G G J
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A K W M T E I O U T A M O D O Y T L S E A E V
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C I C T D W Y I S L V H H D R N P F A N E C T
R C Y M B A L T K E N G N I S S E R D T L T D

Cooking on a Budget

Morning Wife Saver

Ingredients:

- 12 slices whole wheat bread, crusts removed (\$0.95)
- 6 slices, extra lean ham (\$2.48)
- 4oz/100g old cheddar cheese, grated (\$1.42)
- 6 eggs (\$2.55)
- 1 tsp dry mustard (\$0.24)
- Salt & Pepper (pantry items)
- 1/4 cup green pepper, finely chopped (\$0.81)
- 1/4 cup onion, finely chopped (\$0.22)
- 2 tsp Worcestershire sauce (\$0.30)
- 3 cups milk, 1% (\$2.92)
- 1 cup cereal flakes (optional)
- Dash of Tabasco sauce (optional)

Total cost: \$11.89

Cost per serving (Serves 12): \$0.99

>> All items purchased in Stony Rapids - Recipe adapted from Pure Prairie Eating Plan Newsletter

Make it the night be-
fore & just pop it in the
oven in the morning!

Use the crusts for bread
pudding!

Directions:

- 1 Lightly oil a 9" x 12" glass baking dish. Line the bottom with enough bread to cover the bottom entirely.
- 2 Cover with a layer of slices of ham or back bacon.
- 3 Layer on the grated cheddar cheese.
- 4 Cover with another layer of bread slices.
- 5 In a bowl, beat together eggs, salt, pepper and dry mustard.
- 6 Add the onion, green peppers, Worcestershire sauce, milk and Tabasco sauce.
- 7 Blend well, then pour over the layers in the baking dish.
- 8 Cover and let stand in the refrigerator overnight.
- 9 In the morning, preheat the oven to 350 °F (180 °C).
- 10 Optional - Lightly crush the cereal flakes and sprinkle over the top.
- 11 Bake, uncovered for 1 hour. Let stand 10 minutes before serving.



About this recipe (per serving): 215 kcal, 8 g fat, 3 g saturated fat, 20.5 g carbohydrate, 2.5 g fibre, 15 g protein, 449 mg sodium. Canada's Food Guide – 1 Grain Products, 0.5 Milk and Alternatives, 0.5 Meat and Alternatives.