

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS008

July 2016



Photo by Laura Olsen - Athabasca

Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

The Importance of Self-Care

Self-care tends to improve our immunity, increase positive thinking and make us less susceptible to stress, depression, anxiety and other emotional health issues. Taking time out to care for ourselves helps remind us and others that our needs are important, too. Feeling well cared-for leads to feelings of calm and relaxation, and conveys to others that we value ourselves which contributes to long-term feelings of wellbeing.

International Self-Care Day, on July 24th, symbolises that the benefits of self-care are experienced 24 hours a day, 7 days a week. Take care of yourself!

If you have stories, updates, events or information you'd like included in the next monthly issue please contact:

Pam Huerto - phuerto@athabascahealth.ca / 306-439-2647

Joke of the Month

What do you call a man with a seagull on his head?

Cliff

Dene Word of the Month

cha
rain



Trivia of the Month

How many tentacles does a squid have?

10

What is a baby swan called?

A Cygnet

In this issue:



International Self-Care Day is July 24th. This year's theme is 'Get better with Self-Care'

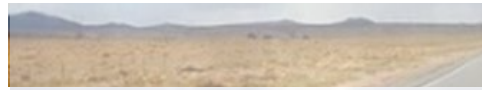


Look inside for 12 reasons yoga is great for kids. Then bring them to the Monday night class to try it!



Turn to page 13 for directions on how to grow your own micro-greens.

Q.I. Corner



There is no final destination on your improvement journey.

“Quality Improvement (QI) is a range of tools and strategies used to make something better. It's looking for opportunities for improvement, trying new approaches, and adopting them if they work. **Quality** healthcare is often defined as care that is safe, effective, efficient, timely, client and family-centred, and equitable.”

The Athabasca Health Authority's **Mission** is to create **A Place for Northern People to Heal** and in doing so is committed to ensuring a Client and Family Centred Care (CFCC) approach guides our collective journey to better. In this QI corner we will take a closer look at the principles of CFCC, what's happening in and around AHA including how you can get involved!

What is Client & Family Centered Care?

CFCC is an approach to the design, delivery and evaluation of healthcare that is grounded in genuine relationship among health care providers, clients (patients, residents), and families. AHA is dedicated to the development of authentic partnerships from the bedside to the boardroom actively engaging clients and families in planning, in development of policies and programs, and in quality improvement work.

Client and Family Centred Care is a philosophy that supports clients and families being actively involved in decisions that affect their care. It also involves partnering with clients and families to review and improve health care services and programs. CFCC is a journey that builds mutual relationships and partnerships that support building a culture where clients and their families feel welcomed, respected, heard, and supported.

The four core concepts of Client and Family Centred Care are:

1. Respect and Dignity
2. Information Sharing
3. Participating
4. Collaboration

Institute of Patient and Family Centred Care

Client- and family-centred care is about providing respectful, compassionate, culturally responsive care that meets the needs, values, beliefs, and preferences of ALL clients and families by working collaboratively with them.

As patients, clients, residents and families, your ideas and insights are essential to making a healthcare system focused on your needs. Please share your thoughts and suggestions for change, and encourage others you know to become involved in our continuous improvement processes. We share your commitment to provide better health, better care, better teams and better value.

How do I get involved in Client and Family Centred Care in the Athabasca Health Authority?

AHA is seeking clients and families to work with us in improving health care at every level. Health care workers have many good ideas and solutions; however, we need the perspective of clients and families to help us truly understand what works well and what could be better in regard to our services. The role of Client and Family Centred Care representatives is to:

- Provide a community, family, and/or patient perspective to service delivery
- Provide opinions on potential service changes and improvement ideas
- Support AHA in their continuous effort to hear the voice of our community members and improve the client experience and overall satisfaction with health services
- One-time Engagement (such as a focus group or improvement event advisor)
- Occasional Reviewer (such as a working group participant to revise/develop patient education materials, policy, etc)
- Member of CFCC Steering Committee (set direction as an advisor for CFCC priorities and initiatives in AHA)

A Patient and Family Advisor is an individual who has received care or supported a family member through care who can offer insights and input to help provide care and services that are based on client and family identified needs. Advisors partner with staff in all endeavors; from working with staff to improve processes, sharing their stories, to being a member of a working group.

What is a Patient and Family Advisory Council? (PFAC)

- A group that meets monthly for collaboration between staff and advisors on program decisions to improve client-centered care.
- It is not a support group, grievance committee, staff meeting, or presentation forum.
- Advisory councils:
- Identify opportunities for improving the client and family experience
- Advise on policies and practices to support client and family engagement
- Recommend how to better measure, quantify, and evaluate client and family engagement.

Client and Family Centred Care Multi-Year Action Plan

Client and Family Centred Care is part of our Strategic Direction and a multi-year Action Plan has been developed that aligns with our Quality Improvement goals to support the advancement of this philosophy and way of being.



Who Can I Contact?

For more information or to get involved you can contact Taylor with Quality Improvement:
Phone (306) 439-2604,
Cell or Text: (306) 261-5290 or Email tbassingthwaite@athabascahealth.ca



Handwashing: A Family Activity Keeping Kids & Adults Healthy



Handwashing is an easy, inexpensive, and effective way to prevent the spread of germs and keep people healthy.

For kids, washing hands can be a fun and entertaining activity. It is simple enough for even very young children to understand. Handwashing gives children and adults a chance to take an active role in their own health. Once kids learn how to properly wash their hands, they can—and often do—show their parents and siblings and encourage them to wash hands, too.

Parents can help keep their families healthy by:

- Teaching them good handwashing technique
- Reminding their kids to wash their hands
- Washing their own hands with their kids

Improving Health

- Handwashing education in the community:
 - » Reduces the number of people who get sick with diarrhea by 31%
 - » Reduces diarrheal illness in people with weakened immune systems by 58%
 - » Reduces respiratory illnesses, like colds, in the general population by 21%

Saving Time and Money

- Handwashing is one of the best ways to avoid getting sick and spreading illness to others.
- Reducing illness increases productivity due to:
 - » Less time spent at the doctor's office
 - » More time spent at work or school

Helping Families Thrive

Children who have been taught handwashing at school bring that knowledge home to parents and siblings. This can help family members get sick less often and miss less work and school.

Despite widespread knowledge of the importance of handwashing, there is still room for improvement. A recent study showed that only 31% of men and 65% of women washed their hands after using a public restroom.

For more details, visit www.cdc.gov/handwashing.



Department of Health and Human Services
Centers for Disease Control and Prevention

Help Your Children be Cavity Free

Children need to have their teeth and gums cleaned daily to prevent tooth decay and gum disease. Parents need to help children learn oral hygiene skills.

Brushing Basics

- A parent should supervise brushing for children under age 8.
- Brush twice a day – in the morning and at bedtime.
- A thorough brushing takes 2-3 minutes.
- Use a soft-bristled toothbrush.
- If you are not sure if your child is at risk for tooth decay, ask a health professional.
- Use a pea-size portion of fluoride toothpaste for children over age 3. The toothpaste should be approved by the Canadian Dental Association.

- Children should spit out toothpaste. Swallowing toothpaste should be discouraged.
- Replace toothbrushes every three months. Or, if your child has just recovered from an illness, use a new toothbrush.

Flossing Facts

- Flossing helps to prevent gum disease and cavities from starting between teeth.
- Flossing cleans between teeth and under the gums where the toothbrush cannot reach.
- A parent will need to floss their child's teeth until around age 9. Usually by this time the child should be able to floss on his/her own.

Beat Sweets

- Encourage healthy snacks.
- Reduce how often snacks are offered, especially sticky foods that cling to teeth.
- Eat sweets at the end of a meal. Increased saliva flow during meals helps reduce the effects of harmful acids.
- Choose milk or water more often than sugary drinks.

Dental Visits

- Visit at least once a year:

Black Lake

Health Centre Clinic: 284-0038

Stony Rapids

School Clinic: 439-2668

Fond Du Lac

Health Centre Clinic: 686-4816

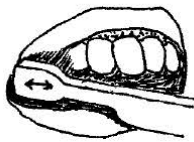
School Clinic: 686-4828

Uranium City

Call Health Centre for next visit

Brush twice a day – in the morning and at bedtime.

Outside



Inside

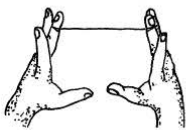


Tops of Teeth

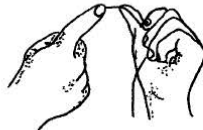


Angle brush towards your gums. Gently brush back and forth with short vibrating strokes on all sides

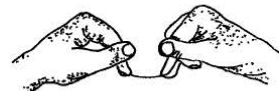
Floss once a day. Children younger than 9 will need a parent's help.



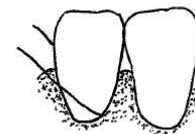
Wrap floss around middle fingers. Use about ½ metre or 18 inches.



How to hold floss for top teeth.



How to hold floss for bottom teeth.



Make a "C" shape against the tooth and move floss gently between the teeth and under the gums. Move up and down. Move to the next tooth.

Seasonal Vegetable and Fruit Guide

Buy vegetables and fruit when they are in season to save money!

ALL YEAR

- Apples
- Bananas
- Lemons
- Cucumber
- Lettuce
- Mushrooms
- Onions
- Sweet Potato
- Cabbage
- Carrots
- Beets

SPRING

- Grapefruit
- Oranges
- Rhubarb
- Peppers
- Tomatoes
- Dandelion greens
- Fiddleheads

SUMMER

- Watermelon
- Cantaloupe
- Cherries
- Mangoes
- Peaches
- Plums
- Raspberries
- Strawberries
- Blueberries
- Grapes (late)
- Blackberries
- Broccoli
- Cauliflower
- Celery
- Corn (late)
- Peppers
- Spinach
- Tomatoes
- Zucchini (late)
- Green beans
- Potatoes

FALL

- Blueberries
- Grapes
- Oranges
- Pears
- Raspberries
- Broccoli
- Brussel sprouts
- Cauliflower
- Celery
- Corn
- Peppers
- Potatoes
- Spinach
- Tomatoes
- Zucchini
- Green beans
- Pumpkin
- Squash

WINTER

- Grapefruit
- Oranges
- Rhubarb
- Pears
- Potatoes
- Squash
- Kale
- Brussel sprouts



© www.ActivityVillage.co.uk

What's your favorite olympic sport? Think about it while you color this page!

Across North America, the Better Together: Partnering with Families campaign encourages health systems to have open family presence policies. This means patients can designate family members (and other caregivers) to stay by their side 24/7.

Families play an important role in a patient's health and safety. That's why Athabasca Health Authority no longer has specific visiting hours.



we are **BETTER TOGETHER**

The Ottawa-based Canadian Foundation for Healthcare Improvement (CFHI) is calling on Canadian facilities to begin putting open family presence policies into action as a practical step towards becoming more client and family-centred.

Saskatchewan including the Athabasca Health Authority has moved to adopt this way of living the principles of CFCC.



There are some general guidelines that we ask you to follow for the safety and well-being of everyone in hospital:

- People who are in hospital need to rest and recover. We encourage you to visit often, but consider keeping your visits short.
- The number of people welcomed at the bedside at any one time will be determined in collaboration with the patient, family and inter-professional care team. In situations where there are shared rooms, this discussion includes the other patient and his/her family. To ensure safety, consideration will also be given to the physical limitations of the space.
- Family and guests who are feeling unwell, have an infection, have symptoms of respiratory illness or flu-like illnesses should not come to a health care facility.
- If an outbreak of infection requires restrictions for public health, the staff will collaborate with the patient and family to ensure that selected family members are still welcomed.
- For the safety of our patients, families and guests are required to perform hand hygiene with soap and water or alcohol-based hand rub upon entering and leaving the patient's room.
- Children younger than 14 years supervised by an adult (who is not the patient) are welcomed.
- There may be interruptions to family presence to protect the privacy rights of other patients or to maintain safety and security. Patients and families are asked to help protect the privacy rights of others.

Patients and families who have questions or concerns are encouraged to speak with a care team member.



write a crazy SUMMER story!

Fill in this story with names of your summer friends and the correct parts of speech to come up with a truly outrageous story. Maybe some day this experience will happen to you!

One day, _____ and _____ decided to _____ while on
(NAME 1) (NAME 2) (VERB)

their summer vacation. _____ grabbed a _____ and hit the
(NAME 1) (NOUN)

road! _____ thought they should _____ which _____
(NAME 1) (VERB) (NAME 2)

thought was very wild. "It's summer vacation! We have to _____!"
(VERB)

_____ exclaimed. While on their journey _____ saw a
(NAME 1) (NAME 1)

_____ climbing a _____ and that scared _____. Later,
(ANIMAL) (NOUN) (NAME 2)

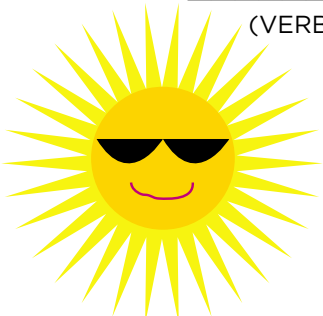
it was time for a snack so _____ suggested they eat _____
(NAME 2) (TYPE OF FOOD)

and _____ and drink _____ juice. Summertime is all about
(TYPE OF FOOD) (TYPE OF FOOD)

_____ experiences, and _____ and _____ wanted to
(ADJECTIVE) (NAME 1) (NAME 2)

make the most of it. After a quick _____ in the _____, it was
(VERB) (BODY OF WATER)

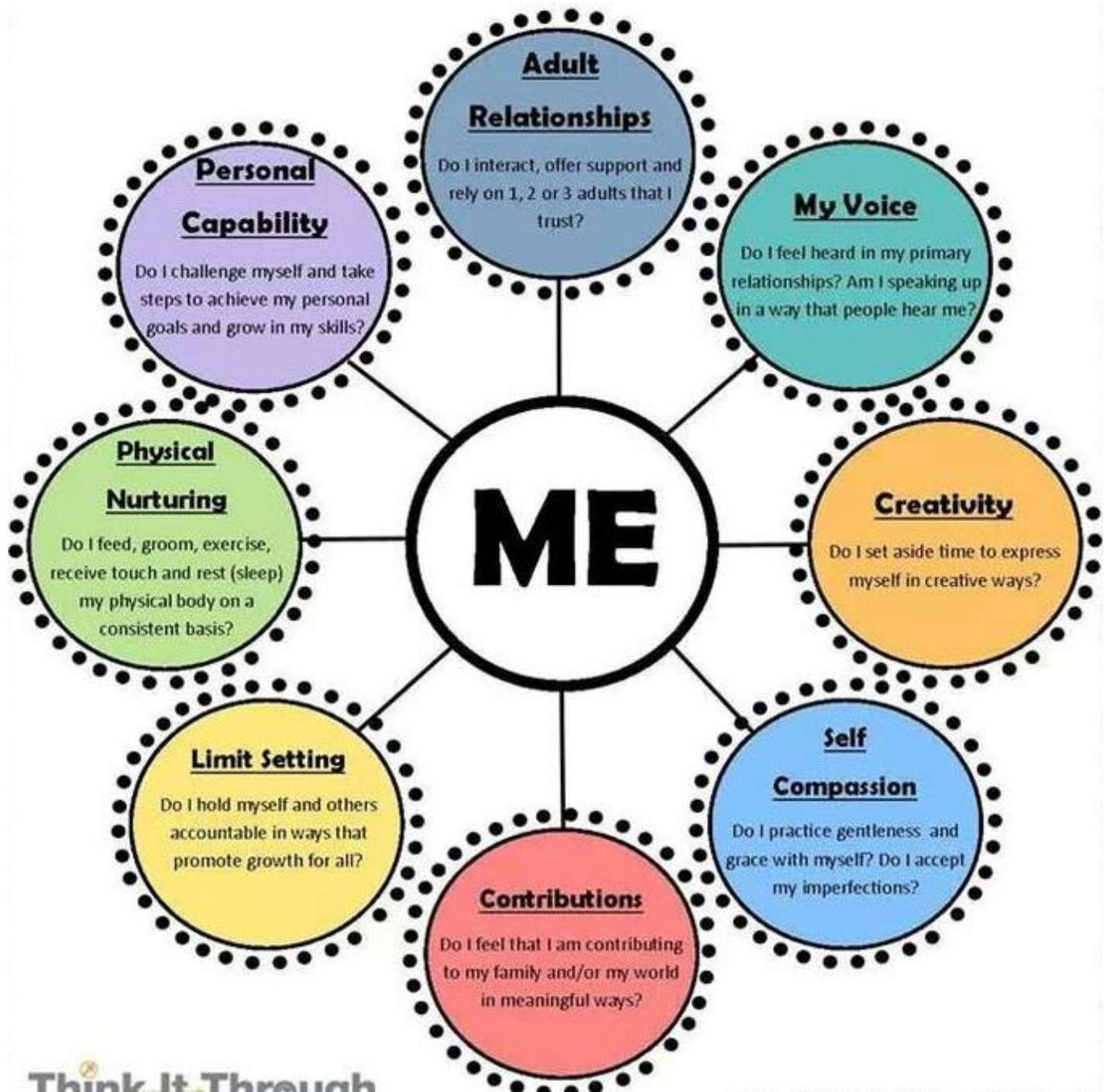
time to _____. It had been another _____ summer day!
(VERB) (ADJECTIVE)





Discover the Possibilities . . .

for Nurturing Yourself



News Flash

Bike Safety Contest - Congrats to our Winners!

Helmets

Alyssa Mercredi
Myren Sayazie
Carlton Martin

Fat Tire Bike

Cessa Fern

We are glad you are being safe, and being a good role model for others too!

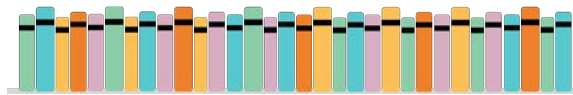


Reading Challenge

Congratulations to Denise Bougie of Uranium City for winning our reading challenge!

"I absolutely love the Kobo e-reader! Thank you so much, I will really enjoy reading with it! This picture is of my granddaughter & I reading together using my new Kobo.

I am also going to sign up for a library card and borrow ebooks! I didn't know that was possible, thanks for the information!" - Denise Bougie



Annual General Meeting (AGM)

The Athabasca Health Authority hosted it's annual general meeting on June 30th.

The meeting was open to everyone & showcased all that AHA has been able to achieve over the last year! It was also an opportunity for community members to ask questions & offer input for the coming year.



Pine Channel BBQ

The annual AHA BBQ at Pine Channel was held on July 8th. Although the weather was a little on the damp side, it gave people an opportunity to use their new AHA umbrellas!

Many burgers, juice boxes & ice cream cones were served! A big thank you to the staff who helped out at the event.

We look forward to seeing you all again next year!



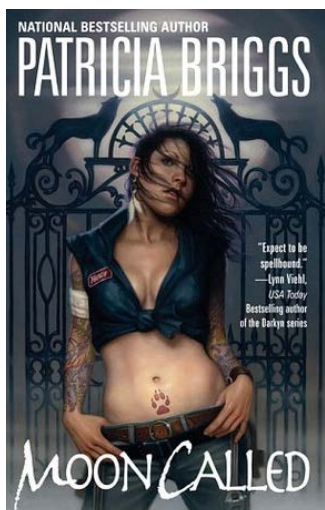
Look in a Book

“I owe everything I am and everything I will ever be to books.”

-Gary Paulsen

Winner of the Reading Challenge: Denise Bougie, Uranium City

Urban Fantasy



Mercy Thompson Series - Patricia Briggs

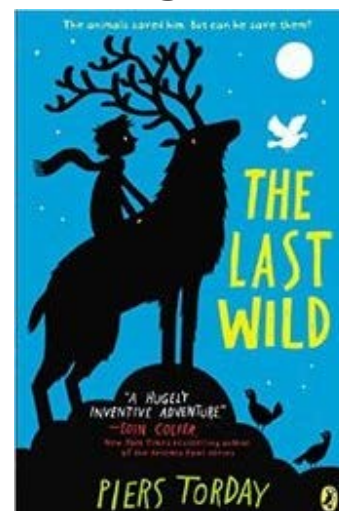
Mercedes is a Volkswagen mechanic living in the Tri-Cities area of Washington. Her Native American heritage has gifted her with the ability to take the form of a coyote at will. She's surrounded by far more powerful supernatural beings, including werewolves, vampires and an assortment of fae.

- | | |
|-----------------|-----------------|
| 1. Moon Called | 6. River Marked |
| 2. Blood Bound | 7. Frost Burned |
| 3. Iron Kissed | 8. Night Broken |
| 4. Bone Crossed | 9. Fire Touched |
| 5. Silver Borne | |

Young Adult

The Last Wild - Piers Torday

In a world where animals no longer exist, twelve-year-old Kester Jaynes sometimes feels like he hardly exists either. Locked away in a home for troubled children, he's told there's something wrong with him. So when he meets a flock of talking pigeons and a bossy cockroach, Kester thinks he's finally gone crazy. But the animals have something to say. And they need him. The pigeons fly Kester to a wild place where the last creatures in the land have survived. A wise stag needs Kester's help, and together they must embark on a great journey, joined along the way by an overenthusiastic wolf cub, a military-trained cockroach, a mouse with a ritual for everything, and a stubborn girl named Polly. The animals saved Kester Jaynes. But can Kester save the animals?



Little Readers



Sweetest Kulu - Celina Kalluk

Ages: 5 and under

This bedtime poem, written by internationally acclaimed Inuit throat singer Celina Kalluk, describes the gifts bestowed upon a newborn baby by all the animals of the Arctic. Lyrically and lovingly written, this visually stunning book is infused with the Inuit values of love and respect for the land and its animal inhabitants.

12 Reasons Yoga is Great for Kids

>> Adapted from <http://activeforlife.com/yoga-is-great-for-kids/>

- 1 Yoga teaches a child how to take a moment to his or herself, and breathe. It promotes mental clarity. We don't teach this in many other disciplines, and a calm breathing moment can be invaluable to a wound up, irritable child.
- 2 You don't need much to practice yoga. A mat is really all you need. Though you might pay a teacher to demonstrate, there is no other equipment to purchase.
- 3 Yoga, much like martial arts, can build self-esteem and self-respect. It's an opportunity to practice focused play without worrying about getting the pose perfectly. The point of yoga is to slowly improve upon a pose, not get it perfect the very first time.
- 4 Yoga is great for a shy child who may withdraw from group activity.
- 5 Yoga enhances flexibility, challenging muscles that may not be used routinely.
- 6 Yoga enhances coordination and promotes balance.
- 7 There is a sense of accomplishment in achieving a new pose or improving on it.
- 8 Yoga refines gross and fine motor skills.
- 9 Concentration and focus are paramount in yoga, a great skill for children and adults of all ages.
- 10 Yoga fosters patience. Improving on a pose takes time and determination.
- 11 Yoga encourages mindfulness and a mind-body connection that most of us ignore during our daily lives.
- 12 Multiple studies of children with behavioural and physical challenges demonstrate large benefits. Yoga practice can decrease aggressive behaviour, hyperactivity, and social withdrawal in children with autism and attention-deficit-hyperactivity-disorder. These same children shared more and communicated more effectively after practicing yoga for an hour.



Free Yoga Classes!

**Monday Nights
7:30pm
Multi-Purpose Room
AHA Integrated Facility**

In the north fresh produce can be expensive, and sometimes not that fresh. But nutritious & tasty microgreens can be grown at home in a small space for pennies a serving. To get started all you need is a small table, a sunny spot, some potting soil & containers for growing.

What are microgreens? They are similar to sprouts, but are one stage further along in their growth. They're new plants that have just developed their first true leaves. This takes 1-3 weeks depending on what you're growing. Then they are ready to be harvested & eaten. There are many kinds of seeds that can be grown as microgreens. Some of the easiest & tastiest greens to grow are fava beans, peas, kale, sunflowers, broccoli & radish.



>> Adapted from Northern Sun, Summer 2016

How to Grow Them:

- 1 **Fill trays with soil.** Gently press down to create a flat surface, but don't squish the soil.
- 2 **Sprinkle seeds over the entire surface.** Seeds should be spaced apart slightly to allow seeds to grow.
- 3 **Press the seeds into the soil** and cover with a damp unbleached paper towel or a thin layer of soil.
- 4 **Water with clean drinking water** until soil is evenly moist. you can use a plastic lid or cover the tray with saran wrap to prevent water loss.
- 5 **Store tray in a warm location** and check on it every day to make sure it is kept damp to the touch. Water as needed.
- 6 After 2-3 days, leaves will appear. Remove the plastic covering & place in a sunny location.
- 7 After another 2-3 weeks, when their true leaves begin to form, the microgreens are ready. You can pick by gently pulling on the leaves & snipping with scissors. Use immediately or store in a sealed container with a moistened paper towel or clean cloth.

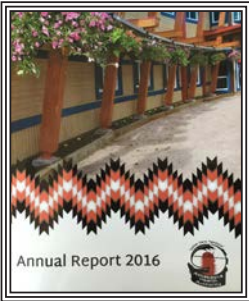
Tips:

- If you can't get any seed starting trays, two litre milk cartons cut in half lengthways make simple trays in which to grow greens. Just make sure to poke holes in the bottom of cartons so the soil can drain.
- To speed up the process, soak large seeds like peas & beans overnight in a bucket, then rinse & drain them before putting them on the soil. Smaller seeds do not need soaking.
- Buy seeds in bulk. Individual packages are more expensive. Consider ordering bulk seeds as a group from a company specializing in bulk seeds, like Mumm's Sprouting seeds. A 50lb bag of fava beans is under \$75. This is enough seed to supply a small community with greens for quite a while!
- For more info, Mumm's website provides detailed instructions on how to grow each kind of seed. Visit <http://sprouting.com>.

News Flash

Hand Hygiene

Congratulations to the Stony Rapids Health Facility for obtaining the highest hand hygiene compliance rate in the basin for May 2016!



Copies of the Annual Report for 2016 have arrived!

Autism Services

Lauren Brandt will be moving to a full-time Autism Consultant position within the Saskatoon Health Region, and so will no longer be visiting the basin. We are sad to see her leave but wish her all the best.

The new autism services consultant for AHA will be Lucas Carrier. He has worked for Autism Services for the last 5 years, starting in Family Programs helping with camps and recreational programs and then working within the Autism Intervention Program. His background is in education and he is currently working on his Masters of Educational Psychology and Special Education. He is also certified by the Behaviour Analyst Certification Board as a Registered Behaviour Technician. He looks forward to getting to know everyone in the Athabasca Health Authority!



Staff Changes

We would like to welcome Vicky Adam as our new Family Health Worker in Fond du Lac. She will be starting on July 18th.

And a fond farewell to Paula Wieder Dyck (Home Care Nurse) & Darlene Fern (Family Health Worker). We wish you all the best in your future endeavours.



Staff Appreciation Day

On June 30th, AHA celebrated its dedicated staff members. A slow pitch game was played at the Stony Rapids ball diamond, and staff from Fond du Lac & Black Lake joined in!

After working up everyone's appetite, a steak BBQ was held at the community hall & staff members were recognized for their time with AHA, which ranged from a few months to 34 years! Games & dancing followed.

Thank you to everyone at AHA for creating 'A place for Northern people to heal.' You are **all** very important to our team!

Bubble Paint

>> Resource: <http://www.meetthedubiens.com/2011/01/bubble-painting.html>



What You'll Need:

paint – lots of colours
dish soap
water
cups
straws
thick paper

Directions:

- 1 Pour some paint, a little dish soap and a small amount of water in a cup. Mix. If the colour is too light, add more paint. If not bubbly enough, add more soap.
- 2 Put the straw in the cup and blow until bubbles come up over the cup. Make sure your child is old enough/able to do this. If you don't think your child can do this, or are worried about them accidentally sucking instead of blowing you may want to do this step for them.
- 3 Grab your thick paper and pop the bubbles on your paper. Repeat with whatever colours you want.
- 4 Allow to dry.

Facinator Bottle

>> Resource: <http://www.funathomewithkids.com/2015/04/suspended-beads-dollar-tree-discovery.html>



What You'll Need:

Plastic water bottle
Clear Dish Soap
Clear Hand Soap
Plastic Beads
Super Glue (optional)

You can actually vary the speed at which your beads fall quite a bit depending on how much of which kind of soap you use. We used 3 bottles of clear Softsoap (handwashing soap) from the with a few tablespoons of clear dish soap from the mixed in.

If you use more dish soap, your beads will fall more rapidly; if you use more of the thick Softsoap, your beads will spend a longer time hanging suspended. Our soap mixture is mainly Softsoap, so the beads take about 20 minutes to travel from the top to the bottom. If there are little hands that are liable to unscrew the lid, I recommend placing a small line of super glue where the tightened lid meets the bottle (and a little on the bottle threading for good measure).

I recommend using pony beads or other beads made of colored plastic versus beads with colors painted on.

Soap is a great medium because it's so clear and it does such interesting things with changing the speed with which objects move.



**Fun
for
kids &
adults!**

Upcoming Events:

STONY RAPIDS

- Saturdays - Recreation Nights - 7:00pm @ Stony Rapids School Gym
- Yoga Class - Mondays @ 7:30pm - AHA Multi-Purpose Room

BLACK LAKE

- Mondays - AA Meetings 7:00pm-9:00pm
- Thursdays - Women's Domestic Violence H.O.P.E. Group Meetings Health Clinic @ 6:00pm-9:00pm

FOND DU LAC

- Mondays - Women's Group
- Thursdays - AA Meetings 6:00-7:00pm @ Clinic Boardroom

URANIUM CITY

CAMSELL



PREVENT HEPATITIS



Directions: Fill in the blanks by unscrambling the letters in the box. The selected letters will spell out the answer to the bonus question.

1. Your liver makes a liquid called _____ to help you digest your food.

I L E B _ _ **1**

2. Eat a healthy _____ with a lot of fruits, vegetables, grains, and meats.

T D E I _ _ _ **2**

3. Your liver _____ up energy so you can run, play, and study.

E V S A S _ _ _ _ **3**

4. Eating a lot of candy, fried foods, or drinking a lot of soda are not _____ for your liver.

Y L H E A T _ _ _ _ _ _ **4**

5. Your liver helps kills _____ that will hurt the body.

R E M G S _ _ _ **5**

****BONUS QUESTION****

I keep pollution from hurting your body, help build your muscles, and stop cuts from bleeding. What am I?

1 2 3 4 5

Word Scramble

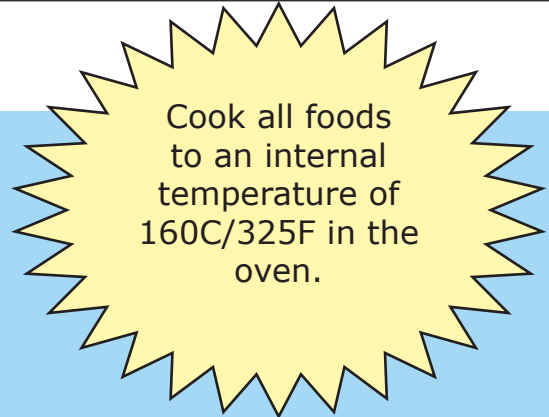
Love Your Liver

Healthy Cooking on a Budget

Fish in Vegetable Sauce

Ingredients:

- 1 carrot, thinly chopped (\$0.40)
- 1 celery stalk, thinly chopped (\$0.44)
- 1 onion, thinly chopped (\$1.25)
- 1/2 lemon, sliced (\$1.25)
- 1.35 kg (3lbs) fish (locally caught)
- 1/2 cup chicken broth, low salt (\$0.20)
- 3/4 tsp dried oregano (\$0.07)
- 3/4 tsp dried basil (\$0.07)



Total cost: \$3.68 Cost per serving (Serves 12): \$0.31

>> Item prices from Stony Rapid stores - Recipe from First Nations Healthy Choice

- 1 Steam carrots, celery & onion until tender.
- 2 Put vegetables & lemon into a 7 x 11 inch rectangle baking dish. Place fish on top of vegetables.
- 3 Add chicken broth, oregano, & basil to partially cover the fish.
- 4 Cover dish & cook slowly in oven at 350F (175C) for 45 minutes or until fish is cooked.



Nutrition Information

Calories - 160 kcal
Protein - 22g

Carbohydrate - 2g
Fat - 7 g