

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS010

September 2016

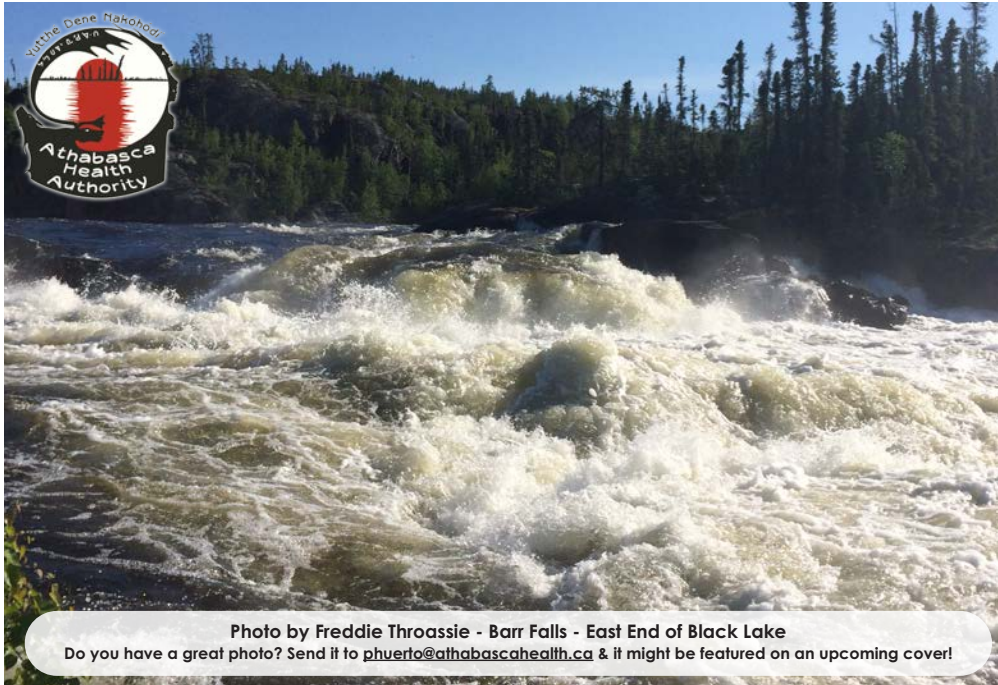


Photo by Freddie Throassie - Barr Falls - East End of Black Lake

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

There is Always Hope >> Adapted from <http://suicideprevention.ca>

Approximately 11 people will end their lives by suicide today in Canada. Awareness is essential to changing this behaviour. It is important to understand why people consider suicide and attempt to take their own lives.

Suicide prevention depends heavily on our ability to recognize people who are in distress and may be at risk. A simple tool was developed that we can all use to remember the warning signs of suicide. This tool is called "IS PATH WARM" and outlines the key points to remember. Turn to page 9 to learn it.

And keep an eye out for opportunities to attend trainings such as ASIST or SafeTalk in your community. Together we can reduce suicide.

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 did the Atlantic Ocean say to the Pacific Ocean?

Nothing, they just waved.

Dene Word of the Month

jeth

Fish Hook



Trivia of the Month

How do scientists tell how old a fish is?

Ear growth rings (otoliths)

What is the world's largest fish?

Whale Shark

In this issue:



September 10th is World Suicide Prevention Day



World Literacy Day is September 8th. Turn to page 12 for an exciting community project!



September 9th is FASD Awareness Day. Be safe, have an alcohol-free pregnancy.

Q.I. Corner

“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.”

A Lesson in Patient and Family Centred Care

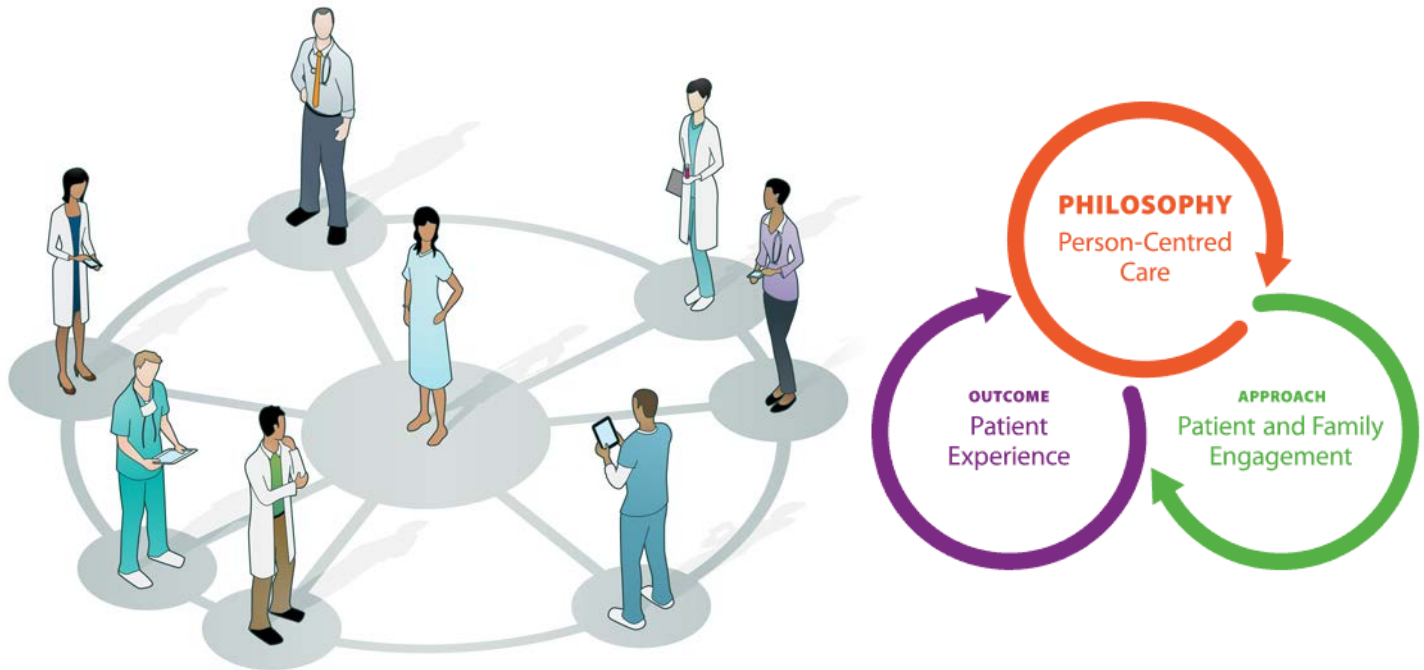
>> Resource: [The Life Line, SPH Staff Newsletter by Jean Morrison](#)

This spring, I received an email from Dr. Morris Markentin, informing me that one of the residents who had stayed at Sanctum Care Home had passed away. Dr. Markentin said the resident was a very special person who influenced Sanctum more than they helped her, and had taught him something that he had thought he already knew.

Dr. Markentin shared the following:

“Our vision is for a community in which individuals requiring this assistance are able to attain their optimum level of health from their perspective, minimizing their vulnerability and maximizing their control and dignity. Sanctum recognizes the need to provide care with humility and without prejudice.”

“It took several visits with her for me to learn that my way, my treatments, that my vision for her health, were mine and not hers – she certainly must have thought I was a slow learner as it took me a long time to get that **she did not want treatment for her HIV, but to live her last days in her way**. I am humbled to have been taught by her. She also taught us the resiliency of the human spirit, but also the fragility of the human condition.”



When I read Dr. Markentin's words, all I could think was “Wow, what a lesson.” How often does each of us assume we are putting the best interests of a patient and their family first, and not really **hear the message they are trying to give us**? This lesson truly gets to the heart of patient and family centered care. **The patient and family know what is best for them, we just have to take the time to hear and accept the message.**

Did you know? AHA no longer has visiting hours. Family may stay with a patient 24/7!

**PATIENT-AND
FAMILY-CENTERED CARE**

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



Healthy School Fundraisers

Fundraising is important to support school activities. Help reinforce healthy living messages taught in the classroom and at home by choosing:

- * a *non-food* fundraiser, or
- * a food fundraiser that meets the *Healthy Foods for My School* guidelines

Can they still make a profit...?

Research and experience show that non-food and healthy food fundraisers can be just as profitable as selling foods high in sugar and salt.



Curriculum Link: why not link the promotion of your fundraiser to the curriculum! Have students develop a marketing plan using posters, ads, and newsletters.

Fundraising Ideas

- Sell **items branded with your school logo** (clothing, travel mugs, water bottles, lunch kits, etc.)
- Buy **school supplies** in bulk and sell at a reduced cost
- Enlist school staff to do **silly activities** (wear funny clothes, sing over the intercom, etc.)
- Promote reading with **book fairs** and **read-a-thons**
- Run **auctions, garage sales, flea markets**
- **Make and sell bracelets** for special days (Valentine's Day, Mothers Day)
- Organize **teachers vs students sports games** and charge an admission fee or ask for a small donation
- Hold fun **theme days** where students pay to **dress up** (PJ day, crazy hair day, hat day, etc.)
- Hold a **car wash** to promote school spirit and physical activity
- Sell **magazines, gift wrap or gift cards**
- **Sell seeds or vegetable, fruit, herb or flower plants** (**curriculum link:** these can be started in the classroom or school garden as a science project)



Fundraise by selling top quality Canadian grown vegetables!

Fundraiser runs from Sept– Dec

Farm to School offers 50% of total sales back to schools.

For more information

Website:

www.farmtoschool.ca

Ph: 1-888-289-7325 ext. 224

Email:

farmtoschoolsaskatchewan@peakmarket.com

Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2016)



Storing Your Produce For Winter

Try Using Sand!

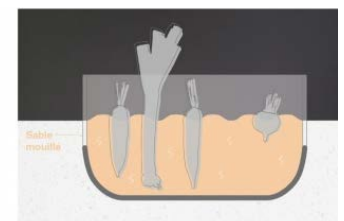
>> Adapted from <http://www.gardeningknowhow.com/edible/vegetables/vgen/storing-root-crops-in-sand.htm>

Storing root veggies in sand can be accomplished in a couple of simple ways. First of all, you can use your refrigerator's crisper drawer as a receptacle. Fill the drawer with a few inches of sand and tuck in root veggies such as turnip, carrots, beets or parsnips as well as any firm-fleshed fruits like apples or pears.

Cover them with sand, leaving a bit of space between each so air can circulate. Fruit should be kept at least an inch apart. Do not wash any produce that you are sand storing, as this would make them spoil faster. Just brush off any dirt and remove any green portions such as carrot or beet tops.

You can also store produce in sand in a cardboard or wood box in a cool basement, pantry, cellar, shed or even an unheated garage, as long as the temperature doesn't drop below freezing. Just follow the same steps as above.

Tip: Don't store apples & veggies together, or they'll spoil faster.



Team Effort! - Results of Staff Contest - Dental Video

Congratulations to Cheyenne MacDonald, Theresa Donard & Myrna Fern!

Our dental program manager, Penny Griffith, challenged staff to watch a YouTube video to learn more about children's dental surgery. Those who watched & responded were entered in a draw for prizes!

We challenge you to watch it too! Search YouTube for "A Day Surgery Perspective".

**Early Childhood Tooth Decay**

>> Adapted from http://www.cdaadc.ca/en/oral_health/cfyt/dental_care_children/tooth_decay.asp



Once your child has teeth, he is susceptible to tooth decay. Mother's milk, formula, cow's milk and fruit juice all contain sugars. Babies may get early childhood tooth decay from going to bed with a bottle of milk, formula or juice.

It can happen to children up to age four. Once your child has teeth, lift his or her lips once a month and check the teeth. Look for dull white spots or lines on the teeth. These may be on the necks of the teeth next to the gums. Dark teeth are also a sign of tooth decay.

If you see any signs, go to the dentist right away. Early childhood tooth decay must be treated quickly. If not, your child may have pain and infection.

If you give your child a bottle of milk, formula or juice at bedtime, stopping all at once will not be easy. Here are some tips:

- Put plain water in the bottle.
- If this is turned down, give your child a clean soother, a stuffed toy or a blanket.
- If your child cries, do not give up.
- Comfort him or her, and try again.
- If this does not work, try watering down your child's bottle over a week or two, until there is only plain water left.
- Start your child on an open cup at 6 months of age.

And brush your child's teeth every night before bed!

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



ACTIVE FOR LIFE

SCAVENGER HUNT CHECKLIST

<input type="checkbox"/>	Find a log to balance on
<input type="checkbox"/>	Find a tree to climb
<input type="checkbox"/>	Find a puddle to jump over
<input type="checkbox"/>	Find a rock to throw into a creek
<input type="checkbox"/>	Find an incline to climb up
<input type="checkbox"/>	Find a path to skip down
<input type="checkbox"/>	Find an open area to run in
<input type="checkbox"/>	Find a grassy hill to roll down
<input type="checkbox"/>	Find a rock to jump off
<input type="checkbox"/>	Find a shady tree to rest beneath

CONGRATULATIONS! YOU ARE NOW AN ACTIVE NATURE NINJA!



**SEPTEMBER IS
ARTHRITIS AWARENESS MONTH**

We're setting lives in motion.
Find out how we can help you.

www.arthritis.ca/september

>> Resource: <http://www.pocket yoga.com/>

YOGA POSE OF THE MONTH:



Fire Log - Agnistambhāsana

agni = fire stambha = statue āsana = posture

Difficulty: Beginner

Description: From a seated position, stack both shins on top of each other until they are parallel to the front edge of the mat.

Benefits: Opens the hips. Strengthens the back muscles by elongating the spine. Improves alignment of the spine; thereby improving posture. Calming and centering pose that improves concentration and facilitates meditation. Reduces stress and anxiety.

Free Yoga Classes at the Integrated Health Facility - **Monday** Nights at **7:30pm**

Open to everyone, come out & give it a try!

Fond du Lac Harvest

The community of Fond du Lac grew another lovely garden this summer! The vegetables look great, all your hard work definitely paid off! AHA is proud to have supported this project by purchasing the seeds & plants for the 2016 garden.



Photo Credit: Bev Peel



Q. What type of alcohol causes more damage to a developing baby – beer, cider, wine, or gin?

A. All types of alcohol can cause damage. It does not matter if it is a beer, cider, cooler, wine, or gin. Alcohol is toxic and can damage and affect the growth of the baby's cells. An unborn baby exposed to alcohol may be born with birth defects, which may be visible or invisible. This is known as Fetal Alcohol Spectrum Disorder (FASD). The invisible birth defects may not be obvious until the child is in school. Every baby will be affected differently.



Q. What does the medical research say about drinking during pregnancy?

A. Scientists are discovering that babies' developing bodies show different reactions to alcohol. Two babies may be exposed to the same amount of alcohol at the same time, yet have two different effects. Medical research confirms that drinking alcohol during pregnancy can harm an unborn baby. Medical research has not been able to confirm a safe amount of alcohol to drink in pregnancy. That is why scientists and medical experts recommend no alcohol to avoid the risk of harm.

Q. What can a pregnant woman do to make sure alcohol doesn't affect her baby?

A. The best way to ensure alcohol doesn't affect the baby is to not drink when pregnant. If a pregnant woman has been drinking, stopping right away can protect her baby from further harm from alcohol. Pregnant women can take care of their health and their baby's health, by choosing nutritious foods, taking prenatal vitamins, regularly seeing their healthcare provider, and by getting enough rest and emotional support. Each and every day during pregnancy is important to the baby's development.

Q. When should a woman stop drinking if she is trying to become pregnant?

A. Planning a pregnancy and stopping drinking while trying to get pregnant will mean the baby is not exposed to alcohol at all. How quickly brain, spinal cord and other systems develop often amazes future parents and can be a powerful tool to help make choices for the health of the baby.

For more information, check out our brochure 'Pregnancy and Alcohol – A Doctor's Advice', developed in collaboration with the Society of Obstetricians and Gynaecologists of Canada. <http://www.skprevention.ca/shop/pregnancy-alcohol-a-doctors-advice-brochure/>

References:

www.pregnancy-sogc.org/alcohol-and-pregnancy
The Society of Obstetricians and Gynaecologists of Canada

www.ccsa.ca
Canadian Centre on Substance Abuse



2016 Series 3: September 15 – October 12

Canadian Diabetes Association's Diabetes Webinars

Five Sessions:

- Free
- Gain knowledge on numerous topics to help you live well with diabetes
- Online and interactive
- Learn from the comfort of your own home or office

"This is one of the best sessions I've attended. Lots of great tips and practical information that I can use."

Webinar participant

"... Extremely informative and easy to understand. With each webinar, I am becoming more empowered. Thank you so much."

Webinar participant

Minding Your Medications

September 15 at 1 p.m. and 7 p.m. CT | Presented by Freda Leung, Consultant Pharmacist
Need support to better manage your medications? Join this webinar to learn tips on managing your medications to live well with diabetes.

How Much is Enough?

September 21 at 1 p.m. and 7 p.m. CT | Presented by Erin Krusky, Registered Dietician
What is the relationship between food consumption and blood sugar levels? Join this webinar to learn about mindful eating and portion control.

The Exercise Solution

September 29 at 1 p.m. and 7 p.m. CT | Presented by Dr. Jonathan Little, Assistant Professor
Struggling to find exercises that fit your lifestyle? Join this webinar to find out the top 10 exercises that are suited for people with diabetes.

Your Eyes Matter

October 4 at 1 p.m. and 7 p.m. CT | Presented by Dr. Bryan Friedmann, Optometrist
Not sure how to care for your eyes? Join this webinar to discover tips to prevent and manage diabetic retinopathy.

End Diabetes... with Research

October 12 at 1 p.m. and 7 p.m. CT | Presented by Dr. Jan Hux, Chief Science Officer
What are the newest advances in diabetes research? Join this webinar to learn more about diabetes research.

To learn more or to register, visit diabetes.ca/webinars or email webinars@diabetes.ca



diabetes.ca
1-800-BANTING (226-8464)

 Canadian
Diabetes
Association

connect communicate care

Be one who wears a ribbon.
Be one who reaches out.
Be one who speaks up.
Be one who listens.
Be one who makes a difference.
Be one.



SEPTEMBER 10
IS WORLD SUICIDE
PREVENTION DAY



Suicide is preventable. Help is available. There is hope. Know Suicide Warning Signs

- | | | |
|---------------------------------------|------------------------------------|-----------------------|
| I Ideation (Suicidal Thoughts) | P Purposelessness | W Withdrawl |
| S Substance Abuse | A Anxiety | A Anger |
| | T Trapped | R Recklessness |
| | H Hopelessness/Helplessness | M Mood changes |

Northern Artists

NHCP is looking for some to illustrate a young children's book about a northern family. It will be published in Dene, Cree, Michif & English.

Deadline for Submissions:
September 30, 2016

For more information or to submit, contact:
Amanda Frain
306-425-8520
amanda.frain@populationnorthsask.ca

BIKE AND BASS TOUR

ADVENTURE, MUSIC AND COMMUNITY

The Saskatchewan Experience

DATE	PLACE	SCHOOL
9-9	Green Lake	St Pascal Community
14-9	La Loche	La Loche Community School
16-9	Bear Creek	Sasdaze School
20-9	Buffalo Narrows	Twin Lake Community School
23-9	Saint George's Hill	St. George's Hill
26-9	Cole Bay	Lake View School
28-9	Jan Bay	Jan Bay School
30-9	Beauval	Valle View School
3-10	Pinehouse Lake	Minahik Waskagan School
6-10	Weyakwin	Kiskahikan School
11-10	Timber Bay	Timber Bay School
21-10	Cumberland House	Charlebois School
28-10	Sandy Bay	Hector Thiboutot Community School
10-11	Air Ronge	Gordon Denny Community School
14-11	La Ronge	Fre Cam
15-11	La Ronge	Churchill High School
23-11	Brabant Lake Oshwakun	Brabant Lake Oshwakun
6-12	Stony Rapids	Stony Rapids School
15-12	Uranium City	Uranium City

News Flash

Congratulations!

Seven of our AHA Board Members graduated from Brown University in the Professional Director Certification Program.



AHA Community Fish Fry

The staff were kind enough to donate some of their recent catch to this lovely summer community event. A big thank you to Brenda Mercredi for organizing it & to all who helped out!

Photo Credit: Laura Anderson



Congratulations!

Good job to our team members who successfully completed their Emergency Medical Responder training in June.

Staff Update

George Bruno has joined our AHA staff. He started full time Monday, August 29, 2016 as the new Maintenance Worker for AHA Facility.



Dental Education

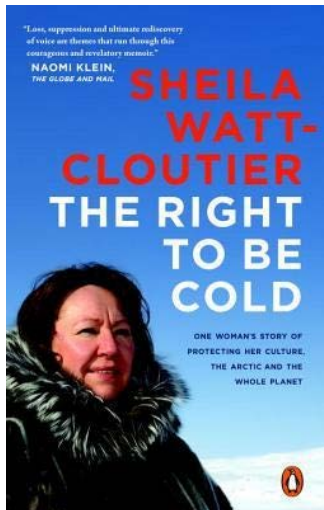
Our dental health team has developed a fantastic display to show some of the important points for taking care of your teeth & to educate parents on the importance of starting your child on an open cup at 6 months of age.

Look in a Book

“Be you writer or reader, it is very pleasant to run away in a book.”

-Jean Craighead George

Non-Fiction



The Right to Be Cold - Sheila Watt-Cloutier

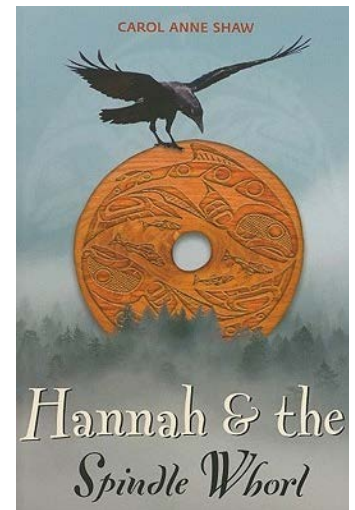
A human story of resilience, commitment, and survival told from the unique vantage point of an Inuk woman who, in spite of many obstacles, rose from humble beginnings in the Arctic community of Kuujuaq, Quebec—where she was raised by a single parent and grandmother and travelled by dog team in a traditional, ice-based Inuit hunting culture—to become one of the most influential and decorated environmental, cultural, and human rights advocates in the world.

The Right to Be Cold explores the parallels between safeguarding the Arctic and the survival of Inuit culture—and ultimately the world—in the face of past, present, and future environmental degradation.

Hannah & the Spindle Whorl (Hannah #1) - Carol Anne Shaw

When twelve-year-old Hannah uncovers an ancient Salish spindle whorl hidden in a cave near her home in Cowichan Bay, she is transported back to a village called Tl'ulpalus, in a time before Europeans had settled in the area. Through the agency of a trickster raven, Hannah befriends Yisella, a young Salish girl, and is welcomed into village life. Here she discovers that the spindle whorl is the prize possession of Yisella's mother, Skeepa, a famous spinner and weaver. When Skeepa falls victim to smallpox, Hannah finally begins to open up about the death of her own mother.

Young Adult



Little Readers

This is Sadie - Sara O'Leary

Ages: 5 & under, 6-8



Sadie is a little girl with a big imagination. She has been a girl who lived under the sea and a boy raised by wolves. She has had adventures in wonderland and visited the world of fairytales. She whispers to the dresses in her closet and talks to birds in the treetops. She has wings that take her anywhere she wants to go, but that always bring her home again. She likes to make things -- boats out of boxes and castles out of cushions. But more than anything Sadie likes stories, because you can make them from nothing at all. For Sadie, the world is so full of wonderful possibilities... This is Sadie, and this is her story.

Opportunity for the builders & artists in our communities!

In honor of literacy day (September 8th) & as a way to showcase the incredible talent we have in the Athabasca basin, we would like to install a "Little Free Library" in the communities of Stony Rapids, Black Lake & Fond du Lac.

A Little Free Library is a "take a book, return a book" free book exchange. They come in many shapes and sizes, but the most common version is a small wooden box of books. Anyone may take a book or bring a book to share. Little Free Library book exchanges have a unique, personal touch. There is an understanding that real people are sharing their favorite books with their community.

Builders: We need three of these libraries built! The possibilities are endless! The only rule is that it must be able to hold books inside. It can be an indoor or outdoor library, if outdoor then it should protect the books from the weather. No leaks!



Artists: Once the libraries are built, we would love for you to paint them in a way that will make them extra special for your community!

Those interested should submit an expression of interest that includes:

- Examples of previous relevant work
- Financial expectations
- Timeline for completing project

Deadline for Submissions: **October 30, 2016**

Questions and Expressions of Interest should be directed to:

Pamela Huerto
AHA Health Promotions
306-439-2647
phuerto@athabascahealth.ca



If you are thinking one year ahead, sow seed.
If you are thinking 10 years ahead, plant a tree.
If you are thinking 100 years ahead, educate people.

LITERACY AND SUSTAINABLE SOCIETIES



International Literacy Day
September 8

Mocktails for Mom

Be Safe: Have an alcohol-free pregnancy



Give your baby the best start possible

The safest choice for you and your baby is not to drink any alcohol during your pregnancy. This booklet has recipes for delicious non-alcoholic drinks, also called Mocktails. Try some out. If you don't have some of the ingredients on hand, make up your own recipes. Share your favourites with family and friends.

Healthy drinks for a healthy pregnancy

Pregnant women have additional reasons to think about what they eat and drink. Here are some tips for making healthy drinks for a healthy pregnancy:

- No alcohol
- Use no more than 4 oz. of juice per drink
- Use 100% juices, fruit nectars, fruit cocktails or fruit drinks
- Use frozen yogurt instead of ice cream
- Use 2%, 1% or skim milk instead of cream
- Use sparkling water (soda water) instead of pop
- Add pieces of fruit or vegetables to garnish
- Save drinks that are higher in fat, sugar or calories for special occasions

Be safe – no alcohol

Drinking alcohol during pregnancy can cause permanent birth defects and brain damage to your baby.

Is there a safe time to drink alcohol?

There is no safe time to drink alcohol during pregnancy. Your baby's brain is developing throughout pregnancy. In fact, it is best to stop drinking *before* you get pregnant.

Is there a safe amount of alcohol?

It is best not to drink any alcohol during your pregnancy. There is *no* known safe level of alcohol use during pregnancy.

Are some types of alcohol safe in pregnancy?

All types of alcohol can harm your baby (beer, coolers, wine, or spirits). Binge drinking and heavy drinking are very harmful to an unborn baby.



**No safe
time**

**No safe
amount**

**No safe
kind**



Mocktail Recipes

Blueberry Ice

1. Fill a tall glass with ice.
2. Add 1 oz. blueberry juice and 3 oz. white cranberry juice.
3. Garnish with a lemon twist.



Cookie Cutter

1. To a blender, add 1 cup ice, 1 scoop vanilla frozen yogurt, 1 tbsp. butterscotch sauce, 1/8 tsp. ground cinnamon and 2 oz. milk.
2. Blend and pour into small glasses.
3. Garnish each with an oatmeal cookie.



Escarpment Mocktail

1. Put 2 oz. orange juice in a glass with ice.
2. Top with 2 oz. lemon-lime sparkling water.
3. Garnish with a strawberry slice.



Baby Belle

1. Mix 2 oz. pineapple juice, 2 oz. orange juice, and 1 tsp. Grenadine in a glass with ice.
2. Top with 2 oz. lemon-lime sparkling water.
3. Garnish with a pineapple spear.



Mini Mary Mocktail

1. Rim a tall glass with fresh lime and sea salt.
2. Fill the glass with ice and add 1/4 oz. lemon juice, 1/4 tsp. hot sauce and 4 oz. tomato juice.
3. Stir to mix. Garnish with a lemon wedge and a rosemary sprig.



Mango Mash

1. Peel 1 ripe mango.
2. Add 1/2 cup of plain yogurt, 1/2 cup of milk and 1/2 cup of ice.
3. Blend and enjoy.





Fetal Alcohol Spectrum Disorders | Sept. 9

FASD AWARENESS DAY



Sunny Lemonade

1. Fill a tall glass with ice.
2. Add 1 oz. pomegranate* juice and 3 oz. lemonade.
3. Sprinkle with pomegranate seeds.

* Substitute another type of juice if pomegranate juice is not available.



Berry Bramble

1. Fill a tall glass with ice.
2. Mix 1 oz. mashed raspberries, the juice of 1/8 fresh lime and 4 oz. sparkling water.
3. Garnish with a slice of lime.



V.I.P. Lime Mocktail

1. Make limeade from frozen concentrate.
2. Mix 4 oz. limeade with ice.
3. Garnish with blueberries and a mint sprig.



Living is Easy Mocktail

1. In a glass of ice, mix 4 oz. limeade and the juice of 1/2 fresh lime.
2. Add mashed raspberries.
3. Garnish with a slice of orange.



Backyard Caesar Mocktail

1. Rim a tall glass with fresh lime and celery salt.
2. Fill the glass with ice and add 2 tsp. spicy BBQ sauce, 1/4 oz. lime juice and 4 oz. Clamato.
3. Stir to mix. Garnish with a beef pepperette.



Chocolate Amour Mocktail

1. To a heatproof mug, add 2 oz. warm milk, 1 tbsp. chocolate sauce and 4 oz. decaffeinated hot coffee.
2. Stir to mix. Garnish with an orange slice.



Upcoming Events:

STONY RAPIDS

- Mondays - Yoga Class @ 7:30pm - AHA Multi-Purpose Room
- Sept 24 - Potluck - FASD Awareness 5:00pm @ the Community Hall

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
- MATRIX (Sept 12 - Nov 3) Mon, Tue, Wed - 6:00-7:30pm Clinic Boardroom
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom

Fisphope.org

Suicide prevention

Club
Cope
Donate
Education
FISP
Friends
Fun
Hope
Hugathon
Hugs
Join
Leadership
School
Skills
Sponsor
Suicide

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

HOPE



Help
ask • listen • tell

Healthy Cooking on a Budget

Cranberry Oat Muffins

Ingredients:

- 3/4 cup rolled oats (\$0.39)
- 1 1/2 cups all-purpose flour, divided (\$0.83)
- 1 cup granulated sugar (\$1.10)
- 2 tsp baking powder (\$0.17)
- 1/2 tsp salt (pantry)
- 1/2 cup butter or margarine (\$1.22)
- 1 1/2 cups fresh or frozen cranberries, chopped (local)
- 2 tsp grated lemon zest (optional)
- 2/3 cup 2% milk 150 mL (\$0.64)
- 1 egg, beaten (\$0.43)

Topping (optional)

- 2 tsp ground cinnamon
- 2 tsp granulated sugar

These tart, tasty muffins can be enjoyed year-round if you freeze fresh cranberries when they are available in the fall. You don't have to thaw cranberries before using in this recipe.

Total cost: \$4.78 Cost per serving (Serves 12): \$0.40

>> Item prices from Stony Rapid stores - Recipe from <http://www.cookspiration.com/>

- 1 Preheat oven to 400°F (200°C)
One 12-cup muffin tin, greased or paper-lined
- 2 In a food processor or blender, process oats until very fine. Combine oats, flour (except for 2 tbsp), sugar, baking powder and salt. Cut in butter with a pastry blender or food processor until mixture resembles coarse crumbs.
- 3 Toss cranberries with reserved flour; stir into flour mixture.
- 4 Combine lemon zest, milk and egg; mix thoroughly. Add to dry ingredients, stirring just until moistened; do not overmix. Spoon into lightly greased or paper-lined muffin cups, filling three-quarters full.
- 5 Topping: Combine cinnamon and sugar; sprinkle over muffins. Bake in preheated oven for 20 to 24 minutes or until tops of muffins spring back when lightly touched.

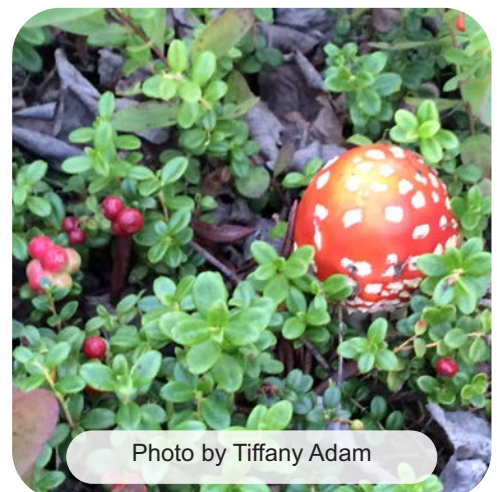


Photo by Tiffany Adam