

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS027

February 2018



Late Night Medevac - Photo Submitted By Joanna Van Oostdam & Natasha Aldred
Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

A Little Heart Love

>> Adapted from: <https://www.canada.ca>

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease. Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

We can all reduce our risk of heart disease by making healthy lifestyle choices like:

- quitting smoking (you could win \$500, see pg.6)
- eating a healthy and balanced diet (Call 1-833-782-7800! See pg.7)
- getting enough sleep
- exercising regularly (try a yoga move, pg.6)
- monitoring blood pressure and cholesterol levels

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

In this issue:



Want to grow your own food? Garden towers can be used outdoors in the summer or indoors all year-round! Check out pg.4!



Feb. 28 is Pink Shirt Day. Wear pink to show your support for ending bullying! pg.5



Try out the Eat Well service. Available for a limited time! Call or email your nutrition questions. pg. 7

Joke of the Month

What is a sea monster's favorite snack?

dip pue sdjps

Dene Word of the Month

nezu
(nay-zoh)

It is good



Trivia of the Month

Fun Heart Facts

The average heart is the size of a fist in an adult. Your heart will beat about 115,000 times each day. Your heart pumps about 2,000 gallons of blood every day. Most heart attacks happen on a Monday. Laughing is good for your heart.

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.”

Open Family Presence

It has been a little over a year since the Open Family Presence Policy was fully implemented in the AHA and throughout the Saskatchewan Health care system. According to our monthly audits patients and families have given positive feedback about this improvement, we continue to learn what is working well and where room for further improvement exists with this Patient and Family Centered Care initiative.



What does Open Family Presence mean?

It means that a patient can choose a family member or loved one to be present while they are in hospital or long-term care. There are no longer 'visiting hours' or time limits. Families are welcome 24 hours a day according to patient preference. "Family" is defined by the patient.

Partners in Care

In order for Open Family Presence to be successful, patients, families and staff need to work together to create a safe, quiet environment for everyone.

We encourage patients and families to tell their guests if and when is a good time to visit. Staff can help communicate this message if needed.

Everyone Plays a Role

- Keep voices low (quiet)
- Turn cell phones/devices to vibrate
- Give patients privacy – step out of the room or close curtains during personal care or private conversations
- Follow patient safety and security protocols. You may be asked to:
 - Use hand sanitizer when you enter or leave the patient's room
 - Wear a mask and gown
- The number of people welcomed at the bedside at any one time will be determined with the patient, family and staff
- In shared spaces, be respectful of other patients and families' needs and privacy

Benefits

Patient and family participation in care means better experiences for patients and families – and better overall health outcomes. (<http://www.cfhi-fcass.ca/WhatWeDo/better-together/pledge>)

This includes:

- Better coordination of care
- Fewer readmissions
- Fewer falls
- Fewer medication errors

Limitations

Staff may limit family or guests in situations where patient care or safety is impacted.

Examples of limitations include:

- There is an outbreak or crisis
- Family or guests are noisy or disturbing other patients
- Family or guests refuse to follow safety protocols



Thank you for being a partner in care!

Resolving Health Care Concerns and Complaints

Most patients have a positive experience with Saskatchewan's health care system. However, if you have questions or concerns about access to care, services, treatment, or how decisions were made, help is available to you.

1. Resolving a Health Care Concern

If you have a concern about health services you receive, try to resolve it as soon as possible by:

- Discussing your concern directly with the health care provider involved or their supervisor when possible.
- If your concerns are not resolved: Call the Athabasca Health Authority Quality Department where a member of the team will act as a Quality of Care Concern Handler.

2. Quality of Care Coordinators, Client Representatives, and Patient Advocates

Quality of Care Coordinators, also called client representatives or patient advocates, investigate and try to resolve concerns about the quality of care provided and:

- Assist with resolving a concern;
- Ensure you are aware of your rights and options; and
- Use your feedback to recommend changes and improvements to enhance the quality of health services.

3. Patients' Rights

Your rights as a patient in the Saskatchewan health care system are protected by the following laws:

- *The Saskatchewan Human Rights Code* says that you may not be denied public services on the basis of age, sex, religion, marital or family status, nationality, physical or mental disability, race, or sexual orientation.
- *The Health Information Protection Act* safeguards the privacy of your health information and guides the ways in which health providers can share and use it while providing care.
- *The Freedom of Information and Protection of Privacy Act* defines the kind of records and written information that can be released by government agencies.
- *The Health Care Directives and Substitute Health Care Decision Makers Act* helps ensure that the written wishes of you or your proxy are respected, if you are unable to make a decision about medical treatment.
- *The Canada Health Act* helps ensure that all Canadians have access to hospital and physician services, regardless of their ability to pay for it.

If you have compliments or concerns about your care, please contact us with the information below or call Charles Huerto, Manager of Patient & Staff Safety - 439-2628. We can also direct you to Provincial Quality of Care representatives throughout the Province if your compliments and/or concerns are elsewhere is the Saskatchewan Health care system.

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

Help Us Keep Everyone Safe

There have been a number of cases of the flu reported in our communities! For this reason, we ask that **YOU** help us in keeping our most vulnerable people as safe as possible. People who are staying at our health facility cannot fight against germs as easily as a healthy person.

- Please do not visit others in the hospital if you're feeling sick
- Make sure to use the hand sanitizing stations that are found at the door (with the big stop sign)
- You may be asked to wear a mask &/or gown if visiting a patient
- Avoid touching your face with your hands (germs can spread that way)
- Wash your hands often
- Sneeze or cough into your elbow





GARDEN TOWERS

Last Summer AHA Health Promotions gave out 100+ towers: It's a Garden, it's a composter – It's the Garden Tower 2! The rotating, self-contained vertical garden allows anyone to turn their waste kitchen scraps into an abundant organic veggie harvest. It can be used either outdoors or indoors (year-round), your choice!

Now we're taking names for the next round. Interested? **You are eligible for a FREE garden tower if you live in Black Lake, Fond du Lac, Stony Rapids or Uranium City.** (Only one tower per household please)



Got a Garden Tower Last Year?

If you have a tower & you love it, there are some accessories you could get to make it even better! If you'd like to grow indoors you might be interested in some grow lights.

These do take up a bit of space but they reward you with some (fake) sunlight & some green plants all throughout the colder months! A system to help you with watering is also an option. Or even an extension kit – 2 extra rings so you can grow 18 more plants!

These accessories are FREE if you live in the basin.

FOR MORE INFORMATION CONTACT:

PAMELA HUERTO @ 306-439-2647 OR PHUERTO@ATHABASCAHEALTH.CA

Made possible by the Nutrition North Canada (NNC) Program

Next Order
Deadline:
Feb.18

www.facebook.com/AthabascaGardening

CYBER SAFETY

STRATEGIES FOR ONLINE & MOBILE SAFETY



1 Use an online nickname that doesn't provide clues to your real identity.



2 Don't open emails from strangers.



3 Don't accept friend invites from strangers.



4 Don't share your personal information (name, family members' names, school, friends' names, age, address, phone number, etc.) with anyone you don't know.



5 Change your passwords regularly, especially if you think someone else might have them. Don't share your passwords, even with friends.



6 Remember to log out of social networking sites like Facebook when you leave a computer.



7 If someone you meet online asks to meet you in person, tell a parent, teacher, or other trusted adult.



8 Never post or forward naked photos of yourself or anyone else.



9 Always use the privacy features of social media sites.



10 Don't share cell phone numbers or email addresses with people you do not know.

IF YOU KNOW SOMEONE WHO IS BEING BULLIED ONLINE:

- When you see someone being bullied online, stand up for them.
- Write down or save what you see and when you see it.
- Help the person being bullied understand that they don't deserve to be bullied. You could do this by phoning them, sending them a private message, email or text, or by speaking with them at school.
- Don't encourage bullying behaviour by participating in a bullying conversation thread or, "liking" or forwarding a hurtful comment.

IF YOU ARE BEING BULLIED

- Don't try to reason or communicate with the person who is bullying you.
- Use the "block" feature to prevent the person from contacting you again.
- Tell a trusted adult or contact the Kids Help Phone web site.
- Save any messages you receive as evidence.



Information provided by
redcross.ca/respecteducation
 Preventing Bullying

Attention: Fond du Lac!

There will be a Pink Shirt day event at your school on Feb.26 put on by clinic staff & local RCMP. Don't miss it!

AHA Health Promotions has purchased pink shirts to be given out at this event. We hope that you enjoy them, and wear them to show your support towards ending bullying!

Contact Mary Anne McDonald for more information - 686-2003

>> Resource: <http://fitwrr.com/>

YOGA POSE OF THE MONTH:

Tree Pose - Vrksasana



- 1 Stand in mountain pose.
- 2 Palms to chest, tuck one foot inside the opposite leg.
- 3 Stretch your arms out like branches.
- 4 Bring your hands above your head.

What kind of tree are you? Feel yourself growing.

Bend in the wind. You are flexible enough to weather any storm!

Keep an eye on the AHA Facebook Page & North of 59 Yoga Facebook group for updates!



Yoga in the Basin!

By the end of April we are going to have a fantastic team of new yoga instructors! Adison Messett is our fourth member for the yoga team that will be taking their basic asana yoga teacher training. Adison is a community member from Stony Rapids, she has a long history with yoga & practices daily - she is excited to help bring more yoga to the Athabasca Basin & to meet more of her community!

We now have representatives for the communities of Stony Rapids, Fond du Lac & Uranium City but things have been pretty quiet in Black Lake. If you're from Black Lake & would like to see yoga classes in your community, please let us know. Better yet, if you're from Black Lake & would like to become a yoga instructor - please contact Health Promotions Manager, Pamela Huerto to discuss training options! (Email: phuerto@athabascahealth.ca or call 439-2647)

Quit Smoking For 7 Days & Be Entered to WIN

Why is the first week so important? Because if you are successful for the first week, you're **9x more likely to quit for good**. And that's amazing!

Quitting smoking is the best thing you can do for your health. Don't let another First Week go by.

It's easy to get started: enter now and remain tobacco free for the first week – the first 7 days – of next month, and you could win!

How to enter:

- 1 Go to www.smokershelpline.ca/firstweek
- 2 Register for your FREE SmokersHelpline.ca account (or log in to your existing account)
- 3 Complete the First Week Challenge Contest Entry Form
- 4 Quit for (at least) the first 7 days of the next month

And don't worry – in order to succeed sometimes you have to quit and quit again. The good news is there are 12 First Weeks in a year, each with chances to win \$500.



EATING WELL for your health just got easier!

A FREE SERVICE CONNECTING SASKATCHEWAN FIRST NATIONS COMMUNITIES TO A REGISTERED DIETITIAN

Until March 29, 2018, you can ask a registered dietitian questions about food, healthy eating for your family, budget-friendly meal ideas, heart health, diabetes and more—for free!



HOURS

10 a.m. – 4 p.m.
Monday
to Friday



1-833-782-7800

info@eatwellsask.ca

Or see the AHA Dietitian:
Black Lake - Feb. 16
Fond du Lac - Feb. 15
Stony Rapids - By appointment

The 5 W's of Vitamin D

Information about vitamin D can be confusing. Here are some common questions with useful tips to help you along the way. Test out your knowledge on the back with a crossword puzzle.

What is Vitamin D?

Vitamin D is a chemical that your body needs to function properly. Your body needs vitamin D for cell pathways and to use calcium for bone growth. **Your skin can make vitamin D from the sun, but often you need it from food to meet your needs.**

Why is Vitamin D Helpful?

Helps build and maintain strong bones.

- Very helpful for children who are growing.
- Very helpful for adults to keep bones strong as we age.

May help prevent cancer.

Helps the immune system work properly

Where do I get Vitamin D?

- **Sunlight!** But only in the summer. In the summer, the sun causes a reaction in our skin that produces vitamin D. Our bodies store some, but we don't get enough vitamin D from the sun during the long winters. Vitamin D from food is needed!
- **Fortified drinks** like fresh milk, powdered milk, and orange juice. There are 5mcg of vitamin D in 1 cup milk.
- **From food** like beef liver, fish, egg yolks, milk, or margarine. Some good fish sources include:
 - **Whitefish** (has >100% needed)
 - **Pike** (has 25% needed)
 - Trout
 - Canned tuna
 - Canned sardines

When it is hardest to get enough Vitamin D?

The sun is not strong enough to make vitamin D in our skin between **mid-September to mid-March**.

It is important we are getting vitamin D from food or **supplements**. Adults need 600IU of vitamin D a day which is difficult to get from just food. Consider taking a supplement in the winter, after consulting a doctor or nurse.

Who needs Vitamin D the most?

For babies and children who are growing vitamin D is especially important since they are building bone and have a lot of brain development. **The elderly** are more likely to be low in vitamin D since they absorb less from food and their skin is not as good at making vitamin D. Elderly people need 800IU of vitamin D and should consider taking a supplement after consulting their doctor or nurse.



Dene Phrase:
Łue heskan. = I like fish.



How much Vitamin D do I need?

- **Adults need 600IU of Vitamin D each day.**
- Each day, having a variety of dairy and meats can help meet your vitamin D needs.
- Babies need vitamin D since they are growing very quickly. Breast milk is not a good source of vitamin D, so babies need a supplement of 400 IU/day. Ask your nurse or doctor about this.
- During the winter, babies need more vitamin D than adults! They need 800IU vitamin D.

There are 600IU of Vitamin D in:

3 glasses of milk

OR



1 piece of salmon

OR



10 eggs



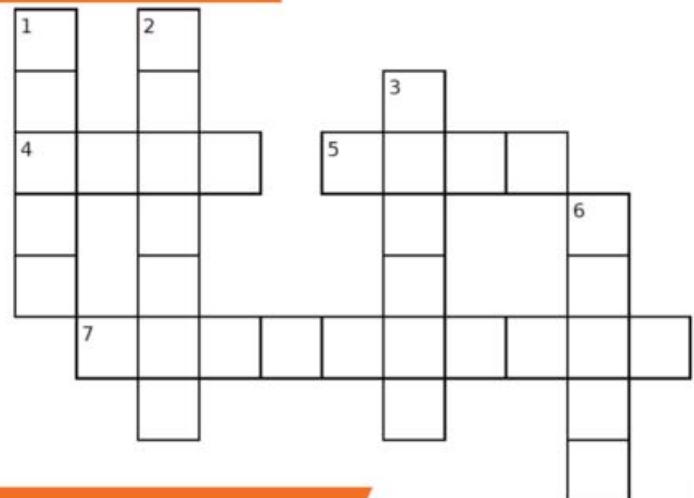
Vitamin D Crossword

Down:

1. Vitamin D is especially important for elderly _____ to prevent osteoporosis.
2. Vitamin D helps your body use _____ to build strong bones.
3. During the _____ we can't make vitamin D from the sun, so we especially need it in the diet
6. Vitamin D helps build strong _____.

Across:

4. Drinking 3 cups of _____ would give an adult enough vitamin D for the day.
5. _____ is a good source of vitamin D.
7. Babies need a _____ since they do not get vitamin D from breast milk.



Hash-browns with Fish and Eggs

Ingredients:

- 1 pound potatoes
- 20 ounces fish available (whitefish, trout, pike)
- 2 tablespoons butter
- 1/2 cup white onion (diced)
- 1/2 teaspoon salt
- 3 black pepper
- 4 eggs

**Eggs, fish, and butter
are all sources of
Vitamin D!**

- Cover the potatoes with water in a medium pot and bring to a boil. Cook until fork tender.
- Cut fish into bite-sized cubes and set aside.
- Once potatoes are done, drain and cut potatoes into bite-sized pieces and set aside.
- In a large non-stick skillet, place butter, onion, and pepper.
- Once butter has melted, add potatoes and cook over medium until they start to crisp on the bottom, about five minutes.
- Add fish and with a spatula, gently turn and flip to mix. Cook for about two minutes, gently flip all pieces once and move to one side of the pan.
- Crack eggs into the middle of pan and scramble. Add pepper to taste.
- Cook until the internal time is 70C or 158F and a light crust has formed on the bottom. Remove from heat.
- To serve, use a spatula to remove each portion of hash to serving dishes then top with scrambled egg.

News Flash

Team Updates!



Trio Milli
Started: January 22, 2018.
Paramedic Independent
Services Contractor



Tamara Benoanie
Casual Licenced Practical Nurse
Independent Services
Contractor



Nicole Bouvier
Returned: January 29, 2018.
Administration Assistant



Tanya Opekokew
Last day: January 26, 2018.
Term Administration Assistant

Farewell

We want to thank Glen for all his years of service and wish him the best in his new endeavors.

He was the contracted pharmacist with AHA since 2003 and his last day with us was January 11, 2018.

We would also like to welcome Tracy Price, the new contracted Pharmacist for AHA.



Glen Booker
Finished: Jan 11 2018
Pharmacist



Tracy Price
Started: Jan 11 2018
Pharmacist

New Robot Team Member!

Georgina the ultrasound robot (named after our founding CEO, Georgina MacDonald) is now assembled & ready for action. Someone from France came all the way here to put her together!

She does look a little different than Dr. Nezu, but we think she's a lovely robot.



Staff Training

Congratulations & thank you for your dedication to making AHA a safer place!

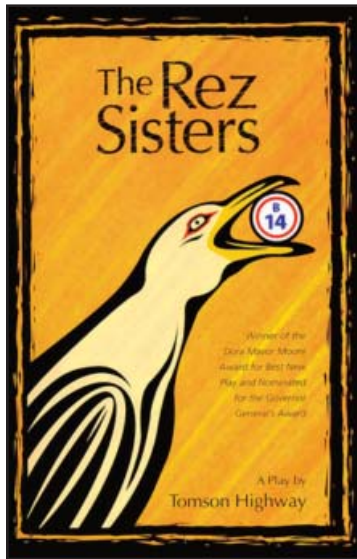
- TLR Basics** - Genevieve Godwin, Larry LeBlanc, Blair McKay & Darryl Galusha
- PART Basics** - Georgina Quinney, Theresa Donard, Genevieve Godwin & Charles Huerto
- PART Evasive Maneuvers** - Georgina Quinney, Charles Huerto, JD Miller, Rose Zinck, Joe Kneisz, Brenda Mercredi & Theresa Donard

Look in a Book

“They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.”

-Tom Bodett

Recommended



The Rez Sisters - Tomson Highway

Winner of the Dora Mavor Moore Award for Best New Play

Nominated for the Governor General's Award

This award-winning play by Native playwright Tomson Highway is a powerful and moving portrayal of seven women from a reserve attempting to beat the odds by winning at bingo. And not just any bingo. It is THE BIGGEST BINGO IN THE WORLD and a chance to win a way out of a tortured life.

The Rez Sisters is hilarious, shocking, mystical and powerful, and clearly establishes the creative voice of Native theatre and writing in Canada today.

Jim Thorpe and the Carlisle Indian School Football Team

Jim Thorpe: super athlete, Olympic gold medalist, Native American. Pop Warner: indomitable coach, football mastermind, Ivy League grad.

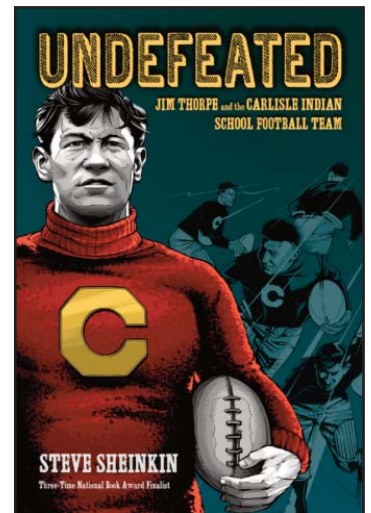
Undeclared:

Before these men became legends, they met in 1907 at the Carlisle Indian School in Pennsylvania, where they forged one of the winningest teams in the history of America's favorite sport. Called "the team that invented football," Carlisle's innovative squad challenged the greatest, most elite teams—Harvard, Yale, Army—audaciously vowing to take their place among the nation's football powers.

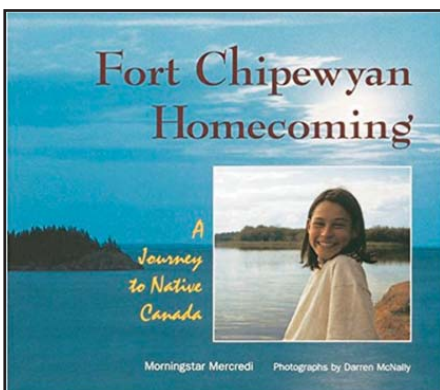
This is an astonishing underdog sports story—and more. It's an unflinching look at the U.S. government's violent persecution of Native Americans and the school that was designed to erase Indian cultures. It's the story of a group of young men who came together at that school, the overwhelming obstacles they faced both on and off the field, and their absolute refusal to accept defeat.

Biography

(Everyday Heroes)



Young Readers



Fort Chipewyan Homecoming

By Morningstar Mercredi - Grade 3-6

12-year-old Matthew Dunn takes a trip to Fort Chipewyan in Alberta, Canada, to learn about his Chipewyan, Metis, and Cree heritage. His visit to relatives coincides with the community's celebration of Treaty Days, commemorating the 1899 agreement that gave the Chipewyans hunting and fishing rights as well as reservation land. Each year the people gather for games, dances, sports, and feasting. Matthew also learns about traditional ways of fishing and drying fish; making bannock, and native beadwork and crafts. The clear, full-color photos support the clearly written text.

“Because **Safety** Starts With You!”

Who Can I Contact?

Charles Huerto, Manager of Patient & Staff Safety

306-439-2628

chuerto@athabascahealth.ca

Safety Source

Security Cameras @ AHA

You may have noticed around some of the AHA facilities there are signs indicating there are cameras on site. You may be asking yourself why are there cameras at AHA? What benefit do they have?

Why do we need security cameras at AHA?

At AHA we believe in fostering a patient first, community first organization with a focus on being accountable and transparent while maintaining and improving our culture of safety. In essence everything we do at AHA is to serve our community members, without you our organization would not exist.



One way of making our facilities safer for everyone and to be transparent and accountable is by installing cameras in the public areas (such as hallways, parking lots and entrances) as well as operationally essential areas (such as maintenance areas, kitchen areas and storage areas). Having video (only video – not sound) footage of these areas allows AHA to monitor and safely deliver high quality care in real-time.

Recently at our main health facility we have installed some new security cameras. However, there have been security cameras in most of the AHA facilities for a number of years prior to this most recent installation. Some staff have mentioned they feel that they are being watched at all times and feel their privacy is being threatened. While it is true the cameras are on all the time, the video is only reviewed when there is an incident.

That means unless there is cause AHA does not review footage without reason. An example of how AHA uses recorded video would be: if an incident report was filed and the incident took place in a recorded area then authorized staff would review the footage taken at the time in question as part of the incident report investigation.

At AHA, we have centralized location to view footage that has been recorded (or that is live). Access to live and recorded footage is only permissible and accessible for authorized staff. By having a centralized location this prevents unauthorized persons from accessing footage by having a set of control mechanisms.

There simply isn't enough time for authorized AHA staff to review footage all the time. The security cameras installed at AHA facilities do not have the ability to record audio and are only used for video capture purposes. There are many positives and negatives associated with having security cameras on site however as an organization we feel the positives outweigh the negatives.

What benefits do security cameras have?

Patient Benefits

Centralized Patient Observation

AHA has nursing staff to monitor patients (in areas such as the hallways) who at risk for falls or on suicide watch, and those who are confused or agitated.

Monitor Emergency and Visitor Areas During High Patient Flow

At times our facility intake areas are very busy, because of this there are needs for a greater degree of observation of patients and staff to ensure the quality of care being given is the highest we can deliver. Our primary care providers need to be able to focus on their duties (taking care of patients) while other staff can attend to our visitors and patients family needs. More risk occurs when large groups crowd the lobby to wait for news about friends or family and makes it more difficult for our primary care providers to do their job to the best of their ability.

Positive Patient Experiences

At AHA using consistent procedures and establishing clear security expectations is critical. A standardized security program across all our facilities leads to a more positive experience for patients and safer environment. Security cameras are placed in public areas for patient safety as well as staff safety.

Transparency for staff, patients and visitors

Having video evidence allows everyone to be accountable for their actions.



Organization Benefits

Preventing Workplace Violence

Healthcare is an industry unlike any other, and the type of violence that it faces is also unique. The level of violence depends highly upon location and population. Regardless of location or situation, violence threatens healthcare staff every day.

With consistent training, reporting procedures and security measures, hospitals can create positive, safe environments. Lessons learned from emergency planning and drills can be shared across our health authority, and collaboration with local law enforcement, if need be, can be strengthened.

Gather Evidence

Having cameras installed in strategic places is useful when we need to monitor actions of people or during an event. The video can help make things clearer an event has occurred.

This is particularly helpful when dealing with an incident under investigation, where an eye witness may have forgotten an important detail or may provide an inaccurate account of what really transpired.

With a security camera, the investigator(s) can see the series of events as they really unfolded which will help get to the root cause of the incident.

Arrive at the Right Decisions

Footage from security cameras help us make correct and fair decisions when settling disputes or when it comes to investigating incidents.

Maintain Records

Cameras record and document everything they see systematically, i.e. as per the date and the time of the event. This makes it easier and more efficient for us to look back to find out exactly who was involved incident, what happened, where it took place and when exactly it occurred.

Resolve employee disputes

Employee disputes are easily resolved when clear visual proof is available. Surveillance cameras can shed light on incidents in question.



WHMIS 2015 Update

We would like to congratulate the following staff members who completed their WHMIS 2015 Training:

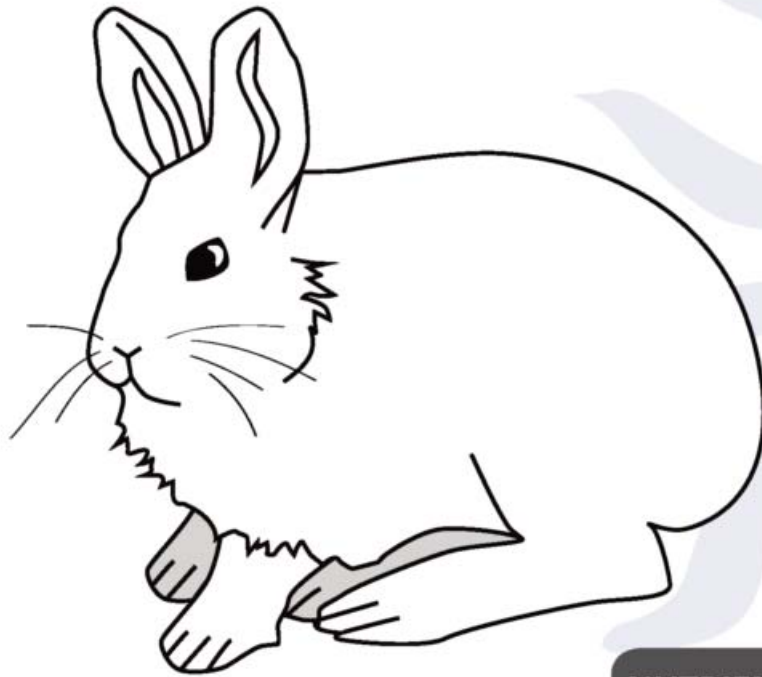
Justin Catholic, Joe Kneisz, Taylor Bassingthwaite, Charles Huerto, Larry LeBlanc, Rose Mercredi-Zinck, Shania Sayazie, Marie Arcand, JD Miller, Darryl Galusha, Pamela Huerto, Theresa Robillard, Francis Robillard, Vern Fern, Nichole Bouvier, Elizabeth MacDonald, Shirley Donard, Mary Bigeye, Theresa Donard, Tanya Mercredi, Ian Robillard, Eileen MacDonald, Wilma Buchanan, Alex Pinfeld, Stacy Gladue, Chantelle Stenne, Myrna Fern, Mary Anne McDonald, Carmen Good, & Julie Howard.

Thank you for helping to make yourself, your team members & our clients safer! You are the first 30 AHA staff members to get the new WHMIS 2015 Training and our success rates were 100%!

FDL Clinic Staff - Corene Martin, Doris Robillard, & Wayne Naldzil also participated.

RABBIT AND HARE

NUTRITIONAL FACT SHEET SERIES



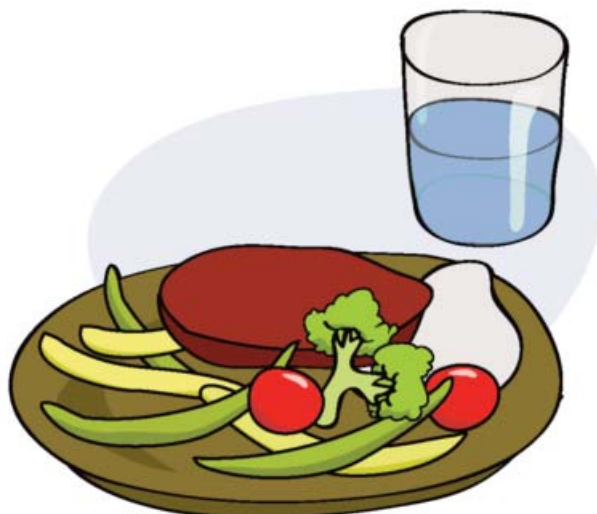
RABBITS AND HARES ARE GOOD FOR US!



Rabbit is an important traditional food that can be hunted all year round. Numbers of rabbits change over a ten year cycle. People snare and freeze rabbits when there are many available. Rabbit/hare is usually baked, boiled or cooked in stews. The fur is used for clothing, trim for moccasins, mitts and for crafts.

WHAT DO WE KNOW ABOUT RABBIT AND HARE?

These animals provide a good source of meat. Rabbit/hare is usually baked, boiled or cooked in stews.



NUTRIENTS FOUND IN RABBIT AND HARE



Nutrients Contents per Serving	Meat, cooked (75 g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron B Vitamins
A good source supplies 15 - 24% of a nutrient per day	
A fair source supplies 5 - 14% of a nutrient per day	Omega-3 fats

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



RABBIT AND HARE

DID YOU KNOW?

Rabbit and hare meat are excellent sources of protein. Protein also keeps us healthy by building and repairing our muscles, skin and blood.

Rabbit and hare meat are excellent sources of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Rabbit and hare meat are excellent sources of the B vitamins B12 and niacin. These vitamins help our bodies use energy from food, and are important for growth, healthy skin, hair, nerves, and muscles.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.



PREPARE FOODS SAFELY

- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Try rabbit or hare stew with carrots, onions and potatoes for a tasty meal. Add fresh fruit (frozen or canned when fresh is not in season). Have water to drink.



FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

Upcoming Events:

STONY RAPIDS

BLACK LAKE

- Mondays & Wednesdays - Mens Group
- Thursdays - Womens Group

FOND DU LAC

- Community Addiction Recovery Program (CARG)
Thurs 6:00-7:00pm
Clinic Boardroom
- Mondays - Women's Group
6:30pm-7:30pm
- Women's Fitness Class @ Gym
Tues & Thurs 7:00-8:00pm
- Feb. 26 - Pink Shirt Day Event @
Father Gamache School

URANIUM CITY

- March 8-11 - Carnival



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NUTRITION
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Healthy Cooking on a Budget

Heart-Shaped Mini Pizza

Ingredients: >> Adapted from: February School Nutrition Newsletter

- Whole-wheat pita bread (flatbread or tortilla shells work too) (\$0.63)
- Tomato sauce (\$0.19)
- Grated cheese (\$0.20)
- Toppings of your choice*



Total cost: \$1.02 Cost per serving (Serves 1): \$1.02

>> Item prices from Stony Rapid stores

- 1 Preheat oven to 350 °F.
- 2 Use the knife to cut out a heart shape in the pita, this part might need a little adult help if using for young children.
- 3 Spread the tomato sauce over the heart pita shape.
- 4 Add the cheese and your favorite toppings.
- 5 Put the pizzas on a baking sheet and bake them for 5 – 8 minutes.
- 6 Let your pizza cool slightly and dig in!



*Tomatoes, peppers, mushrooms, chicken, turkey, pineapple and onions all make excellent toppings for pita pizzas.