

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS028

March 2018



A Beautiful View - Photo Submitted By Kathy Robillard

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

Unlock the Potential of Food

>> Adapted from: <http://www.nutritionmonth2018.ca/>

March is Nutrition Month! Food is nourishment, but it's so much more. Food unites us at the dinner table and is the centre of holidays. Food is something you can teach to children to help brighten their future. Food can improve health, prevent disease and keep us well for longer.

Food has limitless potential. There's the potential to fuel our bodies; to discover through cooking with our kids; to prevent chronic disease; to heal what ails; and to bring us together, through shared experiences with families and friends.

Want help? Talk to a dietitian! Dietitians are passionate about the potential of food to enhance lives and improve health. They will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

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 duck say when he bought lipstick?

Put it on my bill

Dene Word of the Month

dzen
(zen)



Trivia of the Month

Who was the first person to win two Nobel Prizes?

Marie Curie was the first person to win two Nobel Prizes, and is one of only two people in the history of the Nobels to win in two different fields.

International Women's Day is March 8th!

In this issue:



"Getting to Know the Home Care Program" events in Black Lake & Fond du Lac!
pg. 5



Jordan's Principle Sessions - SFNFCI
pg. 4



New equipment for saving lives!
pg.10

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.”

What is a chronic condition?

There are many definitions of "chronic condition," according to the World Health Organization (WHO), Chronic Diseases are diseases of long duration and generally slow progression –including diabetes, heart diseases, chronic respiratory disease, stroke, and cancer. Combined, chronic diseases, represent the leading causes of mortality worldwide.

The prevalence is rising

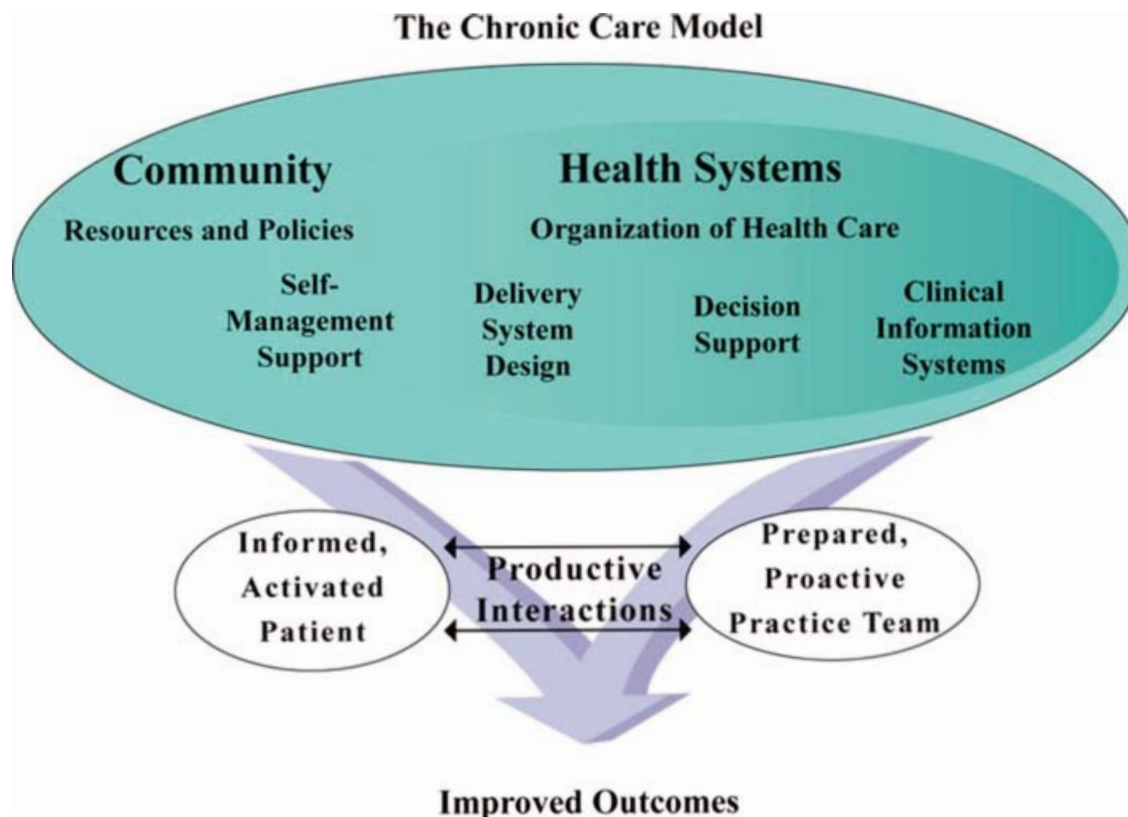
Every year, the number of Canadians diagnosed with chronic disease continues to increase, placing pressure on those living with the disease, their loved ones, and the system that provides care.

Management of multiple chronic conditions requires a transformation in health care

Almost half of all people with chronic illness have multiple conditions. As a result, many health care systems have taken great interest in looking for opportunities for improvement in many areas, including:

- Rushed practitioners not following established practice guidelines
- Lack of care coordination and planned care
- Lack of active follow-up to ensure the best outcomes
- Patients inadequately trained to manage their illnesses

By asking one simple, yet powerful question – “How can we improve the care and caring experience for people living with chronic disease?” a new QI project began in the Basin, focused on Chronic Disease Management (CDM) to bring positive change in process and outcome. Frontline providers will learn and use quality improvement science to continuously improve the care they provide. As well, CDM, can help inform policy and help promote a multidisciplinary, team approach to improving chronic disease care.



More information will be shared and feedback required as the project progresses...stay tuned!

A Fond Farewell

Our Quality Improvement Director, Taylor Bassingthwaite is moving on & her cheery presence and dedication to continuous improvement will be missed.

A note from Taylor - *"I cannot say enough about the kindness shown to me and my family from across the beautiful basin over the last three years. I take many memories, from heart wrenching losses at Bingo (note to self, never again try to impress the gals by playing a twelve up when you have no business doing more than six 'cause you'll miss the \$5,000) to amazing experiences camping to the Dunes. Thank you, what we have been given is immeasurable, and as a mum I can't thank you enough for the gifts Sadie has been granted, thank you, thank you, thank you. She speaks of her Northern friends (both human and K-9) regularly and fondly and tells her little buddies about the amazing experiences so many of you gave her, the other kids often ask, "When can we go up North too?"*

With pure sincerity, working towards the Vision of this organization alongside all of you has been one of the greatest honours and blessings thus far of my professional life.

I will miss our interactions, good laughs and being part of this fine Mission to Create a Space for Northern People to Heal. I look forward to continuing to follow your journey.

Ps I've attached a couple of my fav pic's, thanks for the good times! Marci Cho."



INTERNATIONAL
WOMEN'S
DAY | MARCH 8



Saskatchewan Jordan's Principle Black Lake Info Session - SFNFCI

>> From: http://www.sfnfci.ca/whats-new/posts/saskatchewan_jordans_principle_black_lake_info_session.html

From the SFNFCI Blog

You may be hearing two words lately – Jordan's Principle. You may be asking yourself, what is Jordan's Principle? Jordan's Principle is not something new, however the recent changes in its scope and mandate are new and very exciting. In order to get the word out and give those who work with First Nations children and families a better understanding of Jordan's Principle, we are taking the show on the road.

In Saskatchewan, many of our First Nations communities are isolated and far from mainstream media and networks. Therefore, Indigenous Services Canada contracted SFNFCI to help them facilitate Jordan's Principle information sessions across Saskatchewan. Treena Wynes, was hired as our Jordan's Principle Project Coordinator to organize fourteen sessions all over Saskatchewan from beginning of March to end of May. She will be travelling with an Indigenous Services Canada representative and coordinating events in Prince Albert, North Battleford, Saskatoon, Regina and Yorkton as well as many First Nations communities. Please check our website for a session near you! (<http://www.sfnfci.ca/events.html>)



The first stop was Black Lake on Mar. 8-9, 2018. Treena is from northern Saskatchewan and loves the raw natural beauty of the north. She is not afraid to jump in the snow and show her excitement!

Treena and Randine (from Indigenous Services Canada) received a warm welcome at the Athabasca Health Authority in Stony Rapids. The Athabasca Health Authority (AHA) serves a large area in the north. Treena and Randine were given a tour of the facility and met with the CEO and Director of Community Operations. They also were able to see a brand new piece of equipment that will dramatically decrease patient trips down south. It is an ultra-sound machine with a robotic arm. It is

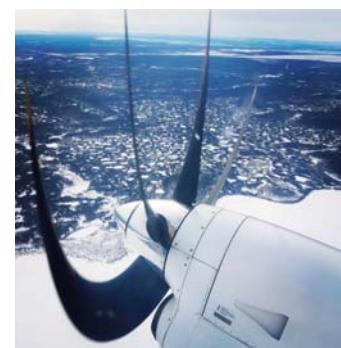
operated by a technician down in Regina who is able to visually see the patient through the camera. There are only two in the world like this. They had their first two patients that morning. It truly was a big deal!

Treena and Randine conducted two information sessions, with health, education and band staff, informing them of the recent changes in the scope and mandate of Jordan's Principle. The participants were very excited about the possibilities of bringing more services and programs to their isolated communities. Having mental health services for children and youth, as well as, more programs for children with special needs were the two biggest priorities.

The cost to live in the north is unimaginable to most. It is one of the factors why it is hard to recruit professionals and staff in northern communities.

It is often left to the locals to build upon what they have. Training and education for service providers is imperative in order to meet the service needs of children and families. Funding doesn't often factor in the cost of northern living and operations. Jordan's Principle will play a crucial role in filling gaps in health and education for children and youth who do not have access to the services they need.

The people were wonderful and welcoming and the landscape was spectacular. Thank you Black Lake for your hospitality!



For more information on Saskatchewan Jordan's Principle Info Sessions please contact Treena@sfnfci.ca or 306-373-2874 ext 230. To learn more about Jordan's Principle go to www.canada.ca/jordans-principle

AHA In the Communities

Pink Shirt Day

On March 8, Mary Anne McDonald organized a Pink Shirt event at the Father Gamache school in honor of Pink Shirt Day (Feb.28)! Everyone got a pink shirt to wear (compliments of AHA Health Promotions) & there were fun activities, a community walk, and tasty tacos in a bag! A big thank you to Corene Martin & the other staff who helped out with the event!

Staff at the Fond du Lac clinic also wore pink to show support for anti-bullying.

When a bystander intervenes in a bullying situation it usually stops in 10 seconds or less. Speak up and #BeSomeonesHero #PinkDay



Getting to Know the Home Care Program - Black Lake & Fond du Lac

Tiffany Adam, RN has been taking on more responsibility with the AHA Home Care department & as part of the upcoming changes in her role at AHA she organized these three-day events in the communities of Fond du Lac & Black Lake. Pamela Huerto, RD traveled with her to both communities to provide dietitian appointments & Eileen MacDonald came to Fond du Lac to discuss mental health services. Foot care appointments were also available during these days.

Activities in both communities included a 'Meet & Greet' to learn & discuss the Home Care program, a 'Lunch & Learn' with a presentation by the dietitian on some tips for diabetes management, and a fun bingo with great prizes (fruits, veggies, cleaning supplies, gift cards)!

Thank you to everyone who participated & to the clinic staff who helped make these events a success!



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

YOGA POSE OF THE MONTH:

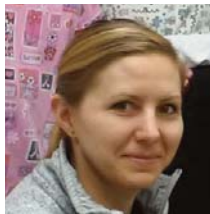
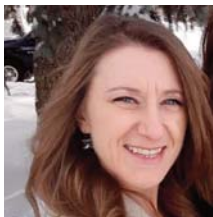
Easy Pose - Sukhasana



If your hips are tight, do not sit flat on the floor! Prop yourself up on a blanket, two blankets, a bolster, a block, or a pillow.

- 1 Sit on the edge of a firm blanket. Extend your legs in front of your body and sit up straight in seated pose. Then, cross your legs in front of you at the shins.
- 2 With your knees wide, place each foot beneath the opposite knee. Fold your legs in toward your torso.
- 3 Place your hands on your knees, palms down.
- 4 Balance your weight evenly across your sit bones. Align your head, neck, and spine. Lengthen your spine, but soften your neck. Relax your feet and thighs.
- 5 Gaze straight ahead with soft eyes.
- 6 Hold for up to one minute or for the duration of your meditation
- 7 Release and change the cross of your legs

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



Yoga in the Basin!

Next month, we have four individuals who are training in basic yoga instruction so that they can teach classes in our communities!

Each of these ladies has committed to giving back 60 hours of yoga classes or workshops to their communities, so keep an eye out for upcoming classes & come support them while getting a good stretch and a little physical activity into your day!

And if you give yoga a try & think you'd like to teach alongside them, talk to Health Promotions Manager, Pamela Huerto - 439-2647 or email phuerto@athabascahealth.ca. She would like to have at least two trained instructors in each of our communities!

Did You Know Yoga is Good for Mental Health?

There is a growing body of research to back up yoga's mental health benefits. Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention and concentration, and calms and centers the nervous system.

Yoga's positive benefits on mental health have made it an important practice tool of psychotherapy. It has been shown to enhance social well being through a sense of belonging to others, and improve the symptoms of depression, attention deficit and hyperactivity, and sleep disorders. Also, yoga can improve symptoms of schizophrenia when it is done alongside drug therapy.

Also, yoga has been shown to increase the level of gamma-aminobutyric acid, or GABA, a chemical in the brain that helps to regulate nerve activity. This is especially relevant to people who have anxiety disorders in which GABA activity is low.

>> Exerpt From: <https://www.psychologytoday.com/blog/get-hardy/201305/take-stand-yoga-today>



Color Me!

UNLOCK THE POTENTIAL OF FOOD

Visit NutritionMonth2018.ca



THE POTENTIAL TO BRING US TOGETHER

Enjoy the benefits of bringing families and friends together with food.

Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. Visit NutritionMonth2018.ca

Canadians are busy! In a recent Ipsos poll, 30 per cent of Canadians said it's challenging to find time to eat meals with friends and family. But, it's important to share meals, because it opens dialogue, connects people and helps us eat a more balanced diet. It's an enriching experience for people of all ages to share meals -- from children to older adult. This Nutrition Month, dietitians want to remind you of the power of coming together for shared meals.

WHY SHARE MEALS WITH OTHERS?

The biggest barriers to eating together are busy schedules like work and evening activities. It takes creativity to balance busy schedules, but it's worth the effort because everyone benefits when you eat in the company of others!

- Children who eat with their family have more nutritious diets, better academic performance, a lower risk for being overweight and less risk of eating disorders. Plus, children tend to have increased intake of vegetables and fruit, and a decreased intake of sugar-sweetened beverages.
- Teens who share family meals get better grades, and are less likely to smoke, use drugs or alcohol, or to participate in serious fights.



DIETITIAN PRO TIP

Coleen Nolan RD
Halifax, NS

Twelve per cent of Canadians say they look at texts or emails during meals. In our home, we have a "no phones at the table" policy so we can focus on each other's company, sharing highlights from our day. It also allows us time to focus on and enjoy what we're eating, instead of what our friends on Instagram or Snapchat are eating!

TRY THIS!



Spiced chia pudding



Lemony roasted potato & avocado salad



Easy chicken curry

Find all 15 feature recipes at www.NutritionMonth2018.ca



Track eating and activity on the go with **eaTracker**.
Get inspired with recipe ideas from **Cookspiration**.



Healthy Drinks



5 Benefits of Cutting Pop

1

Pop is high in sugar so it is high in calories, but doesn't make us feel full. Drinking pop may lead to overeating, while still not having enough nutrients like vitamin D, calcium and phosphorus.

2

Vitamin D, calcium, and phosphorus are needed for bone and teeth especially for growing children.

Vitamin D is found in fortified drinks like fresh and powdered milk. **Calcium** is found in dairy products, like milk, and high amounts are found in canned sardines. **Phosphorus** is found in meat, fish, poultry, and dairy.

3

Get more vitamins!

Drinking milk (even powdered milk) gives more **calcium, phosphorus, vitamin D, and vitamin A**, than drinking pop.

4

Stay full longer. When you get your energy from food instead of drinks, you get **fibre and nutrients**, which help you stay full longer.



Better teeth health

High sugar drinks cause cavities. Even juice and iced tea have enough sugar to cause cavities!



Pop is highly acidic, and high acid drinks cause cavities. Even diet pop (with no sugar) can still be a problem.



Cavities in baby teeth can cause problems in adult teeth. Babies should only drink breastmilk or formula, and very young children should only drink milk and water.



Putting baby to bed with a bottle can cause cavities since the milk pools around the back teeth allowing bacteria to grow. This is **baby bottle tooth decay**.

To keep teeth clean and healthy:

- Children and adults should brush their teeth 2x a day.
- Healthy saliva and fluorinated toothpaste help decrease harmful bacteria.
- Rinsing with water after eating helps prevent cavities.

Practical tips for healthy drink choices:

Choose these **MORE** often

Water
Milk
Powdered milk
Tea or coffee
100% fruit juice

How to make powdered milk:

- Select an "instant" powdered milk
- Follow mixing ratios on package
or:
- Add 1 1/3 cups powdered milk to 2 cups water. Stir and add another 2 cups water.
- Let sit overnight in the fridge for better taste and texture.
- Refrigerate and stir before drinking.

Choose these **LESS** often

Fruit "beverage", "drink", "punch", "blend"

These are drinks that have very little fruit juice and are mostly added sugar.



Sports Drinks

Can be as high in sugar as pop and are not necessary for most activities.



Energy Drinks

Are high in sugar and dangerously high in caffeine and can be harmful to children.

Coffee-mate

Is made from oil and not milk! Babies should NEVER drink this!



Iced Tea

Has as much sugar as pop!



Pop and Slushies

Are high in sugar, low in nutrients, harm teeth and don't give needed nutrients.

What do babies need to drink?

- Babies that are 6 months or younger should not be fed anything other than breast milk or formula.
- Babies do not need any other beverages like juice or pop.
- Babies should not be left alone to feed themselves since it can be harmful for their teeth, and they can choke and overfeed.

Help your children make healthier drink choices by:

1

Being a good role model. Children often copy what their parents do.

2

Having water, milk, or powdered milk ready in the fridge.

3

Choosing not to keep pop in the house most of the time.

News Flash

Welcome to the AHA Team!



Rejeanne Lameman
Dental Therapist



Nichole Bootsman
Pharmacy



New Equipment in the Basin

Mistral-Airs (Bair Huggers) have newly arrived in the basin!

These will improve patient outcomes by preventing & controlling hypothermia. Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature.

Fond du Lac, Stony Rapids, and Uranium City are all now equipped with these units. They can be used on a person of any age.



If you have an emergency that involves a person who is extremely cold, please be sure to let the emergency team know when you call.

Staff Training - Standardizing Prenatal Education in Northern Saskatchewan - Feb. 28 to Mar. 1

Health and early childhood service providers who work with prenatal women and their families in north-central Saskatchewan were invited to this two-day training. 8 participants from 3 communities (Black Lake, Fond du Lac and Stony Rapids) attended. The facilitation team included members from the Population Health Unit and AHA.



Stony Rapids Feb 28th and Mar 1st, 2018

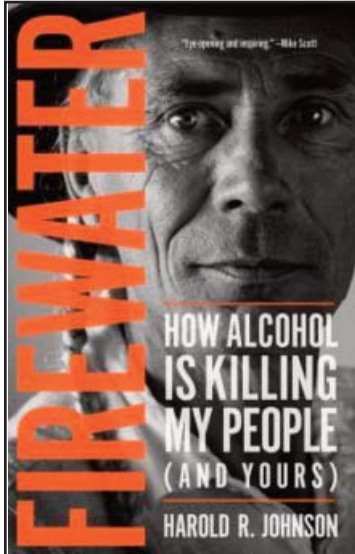


Look in a Book

“Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten.”

-Neil Gaiman

Recommended



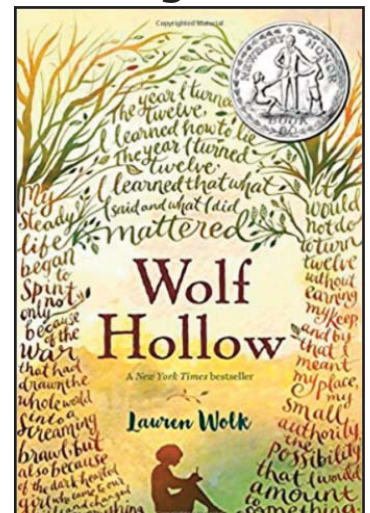
Firewater: How Alcohol Is Killing My People (and Yours) by Harold Johnson

A passionate call to action, *Firewater* examines alcohol—its history, the myths surrounding it, and its devastating impact on Indigenous people. Drawing on his years of experience as a Crown Prosecutor in Treaty 6 territory, Harold Johnson challenges readers to change the story we tell ourselves about the drink that goes by many names—booze, hooch, spirits, sauce, and the evocative “firewater.” Confronting the harmful stereotype of the “lazy, drunken Indian,” and rejecting medical, social and psychological explanations of the roots of alcoholism, Johnson cries out for solutions, not diagnoses, and shows how alcoholism continues to kill so many. Provocative, irreverent, and keenly aware of the power of stories, *Firewater* calls for people to make decisions about their communities and their lives on their own terms.

Wolf Hollow by Lauren Wolk

Growing up in the shadows cast by two world wars, Annabelle has lived a mostly quiet, steady life in her small Pennsylvania town. Until the day new student Betty Glengarry walks into her class. Betty quickly reveals herself to be cruel and manipulative, and while her bullying seems isolated at first, things quickly escalate, and reclusive World War I veteran Toby becomes a target of her attacks. While others have always seen Toby's strangeness, Annabelle knows only kindness. She will soon need to find the courage to stand as a lone voice of justice as tensions mount.

Young Adult



Picture Book



Finding Wild by Megan Wagner Lloyd, Abigail Halpin (Illustrations)

There are so many places that wild can exist, if only you know where to look! Can you find it? Two kids set off on an adventure away from their urban home and discover all the beauty of the natural world. From the bark on the trees to the sudden storm that moves across the sky to fire and flowers, and snowflakes and fresh fruit. As the children make their way through the woods and back to the paved and noisy streets, they discover that wild exists not just off in some distant place, but right in their own backyard.

"Because **Safety** Starts With You!"

Who Can I Contact?

Charles Huerto, Manager of Patient & Staff Safety
306-439-2628

chuerto@athabascahealth.ca

Safety Source

Poison Prevention Week - March 18-24

The week is an opportunity to highlight the dangers of poisonings for people of all ages and promote community involvement in poisoning prevention.

Poisons are all around us. **What is a poison? What is not a poison?**

A poison is something that can make you sick if you eat it or touch it.

Colour the things you can eat or drink.

Put a **red X** through the things you should not eat, drink, or put into your mouth.



ANSWER: Red X should go through the following items: Alcohol, batteries, cigarette and e-cigarette, cleaning supplies, medicine, and plant.

Preventing Unintentional Poisoning

At each stage of development, children learn new skills (e.g., reaching, crawling, climbing, walking, exploring, and imitating the actions of others). It is important to look for the possible risks associated with each stage. Active supervision and keeping potential poisons out of reach and out of sight are vital to reducing the risk of unintentional poisoning.

Children develop at their own rates. By using poison prevention methods before children can crawl, the home will be a safer place.

Developmental Stages and Unintentional Poisoning

- Infants and young children explore their world by putting objects in their mouths.
- Their skin is thin compared to older children and adults, making poisoning through skin contact more possible.
- Due to their small body size, even small doses of medication and poisons can be very dangerous.
- **It is important that medications, household cleaning products, and other potential poisons are kept out of sight and out of reach at all times.**
- As children become more mobile, they are able to move toward objects and climb on furniture to reach objects. It becomes even more important that all medications and potential poisons are kept out of sight and out of reach (preferably above counter-height, with medications locked up).
- As children get older, they begin to test their limits and the rules. They are curious, love to explore, and often copy others around them. Whenever possible, it is best if caregivers do not take their medications or use cleaning products in front of their young children.

Other tips

- Learn about potential poisons in and around the home (e.g., medications, cleaning products, pesticides, products that contain alcohol, certain plants, cosmetics, soaps, and detergents).
- Keep medications, vitamins, and cleaning products in their original containers with original labels.
- Educate children about the dangers of poisons and what warning labels mean so that they can identify hazardous substances.
- Store the Saskatchewan Poison Control Centre number in phones (1-866-454-1212).

For more information about how to prevent poisoning and other injuries at each of the different developmental stages, see www.preventchildinjury.ca.

For more information about poisoning and other top causes of injury-related hospitalizations for Saskatchewan children and youth, please refer to the Saskatchewan Prevention Institute's report, *Child and youth injury in Saskatchewan 2004-2013* (see www.skprevention.ca, search 4-007).

MUSKRAT

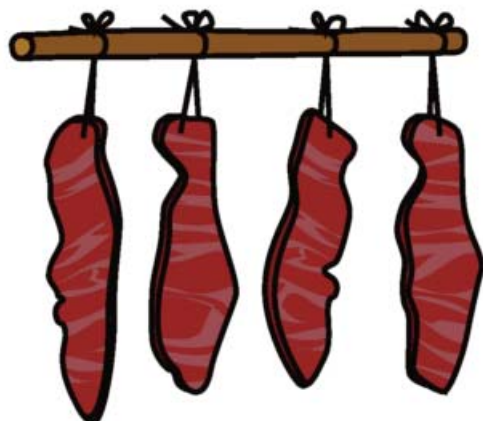
NUTRITIONAL FACT SHEET SERIES



WHAT DO WE KNOW ABOUT MUSKRAT?

Muskrat can be boiled, baked, roasted or smoked. Muskrat tail is smoked to singe off the outer skin. The tender meat found inside is considered a delicacy.

Smoking or drying helps preserve meat and increases the amount of nutrients due to moisture loss during the drying process. Smoked or dried meat is good to take travelling and for snacks.



MUSKRAT IS GOOD FOR US!



The muskrat is appreciated as an animal that restores the land after a flood and keeps the rivers and lakes flowing. It is important to pass down knowledge and skills needed to hunt, trap and cook muskrat. The hide is used for clothing and the fur trim for slippers and mitts.

The muskrat provides many important nutrients, such as B vitamins. The muskrat has a lot of body fat so it can keep warm during the cold winter months.

NUTRIENTS FOUND IN MUSKRAT



Nutrient Content per Serving	Meat, roasted (75 g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron Very high in B Vitamins
A good source supplies 15 - 24% of a nutrient per day	
A fair source supplies 5 - 14% of a nutrient per day	Vitamin C

- 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.



MUSKRAT

DID YOU KNOW?

Muskrat meat is an excellent source of B vitamins. B vitamins, such as niacin, riboflavin and thiamine, help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves, and muscles.

Muskrat meat is an excellent source of protein. We need protein to build and repair our muscles, skin and blood. Protein keeps us healthy.

Muskrat is an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

Muskrat is a fair source of vitamin C, which keeps our gums, teeth and skin healthy.

The total amount of fat in muskrat meat is low (17%) compared to beef, pork and chicken (35 – 55%). Traditional animal fats are healthier for us.

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.

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, store-bought fats and salt. Muskrat can be eaten many ways but is usually boiled to remove some of the fat. The tail is considered a treat and can be eaten as a snack. Muskrat is made into stews and in ground meat dishes. As a meal, have with potatoes, corn and fruit (frozen or canned when fresh is not in season). Have a glass of 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

- Jordan's Principle Session @ Noon

BLACK LAKE

- Jordan's Principle Session @ 6pm
- Mondays & Wednesdays - Mens Group
- Thursdays - Womens Group
- Mar. 12-14 - "Getting to Know Home Care" @ clinic

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
- Mar. 7-9 - "Getting to Know Home Care" @ clinic
- Mar.8 - Pink Shirt Day Event
@ Father Gamache School

URANIUM CITY

National Nutrition Month Unscramble



IRTOTNUIN

11		17	5				

TYEHAHL

1						9	

MONHT

						7	

RAHMC

						12	

DATNITIESI

18		15	3				19		

MY TELPA

						8	16		

OFOD RUOGS

						6	4	10	

SAEML

						2	

SANKSC

						13	

1	2	3

4	5	6	7	8	

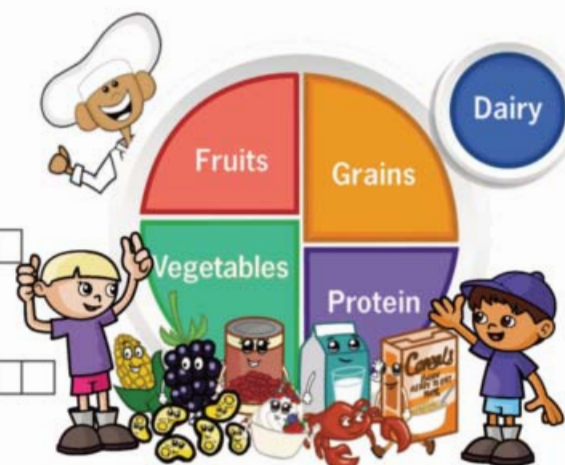
9	10	11	12

W		
	13	14

	V								
15		16	17	9	18	19	9		

Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.

More Nutrition Fun www.ChefSolus.com
Copyright © Nourish Interactive, All Rights Reserved

Healthy Cooking on a Budget

Bannock with a Twist

Ingredients: >> Adapted from: GetMorePerBiteRecipes/SaskMade.ca

- 3 cups all purpose flour (\$1.64)
- 2 tablespoons baking powder (\$0.08)
- 1 tablespoons sugar (\$0.08)
- 1 teaspoon salt (pantry)
- 1/2 cup butter (\$1.22)
- 1 cup milk (\$0.75)
- 1 cup blueberries (picked locally)

Evidence shows that blueberries are jam-packed with antioxidants and phytochemicals that may help prevent and slow the progression of chronic diseases.

Total cost: \$3.77 Cost per serving (Serves 8): \$0.47

>> Item prices from Stony Rapid stores

- Mix flour, baking powder, sugar, salt, and berries. Work in the butter using hands until you make a nice crumble. Gradually mix in enough milk to make soft but not sticky. Knead.
- Shape into a ball, place on a greased baking sheet, then flatten into a circle about 1 inch thick.
- Bake at 425°F (220°C) for 25 minutes or until lightly browned.
- Spread with your favorite topping if desired. Enjoy!

Baked bannock is a better choice than fried.

Remember: A medium piece of bannock (35g) is a serving size.

