This seasonal food guide is a Haudenosaunee representation of how you can choose to eat and harvest foods in your Nations. Think about the foods and ceremonies that are happening in your Nations and map them out in a season fashion utilizing the four directions, medicines, life cycles and food availability.

You can focus your monthly events or outings to honor one or two of the prominent foods in your Nations. Let us know here at the Aboriginal Nutrition Network if you would like help developing your own seasonal food guide for your Nation today! Email us at aboriginal@dietitians-network.ca
Iron plays a very important part in your child’s growth and development. From 6-12 months of age your infants Iron needs significantly increase. 

**DIRECTIONS**

1. Wash and clean the meat (fish, rabbit, wild turkey, venison, moose, elk, etc).
2. Place the meat in a pot of boiling water with meat and fat attached, or place the meat into a roasting pan to keep the moisture in and avoid drying out the meat.
3. Cook until the meat is cooked through completely. Use a meat thermometer if unsure, 74°C is safe for most meats.
4. Remove meat from pot/pan. Pick the meat from the bone and place in a sieve or food processor to grind the meat into a fine paste.
5. To thin out the paste so that the baby can easily swallow it, use the water/juice from cooking the meat, or breastmilk when/if reheating.
6. If you are cooking the baby food ahead of time, you can spread the pureed mixture into ice cube trays and freeze in individual portions to be put into freezer bags for quick and easy access.

**NUTRITION**

Continue breastfeeding and start offering your baby iron rich foods EVERY day. Iron from breastmilk, meat, poultry or fish is better absorbed by the body than iron from plant foods.

**DID YOU KNOW?**

Iron rich traditional meat and bean alternatives are the first foods to introduce to baby at around 6 months of age. Iron is a mineral. Iron stores in babies’ bodies need to be replenished as they continue to grow and develop; Iron rich Traditional Meat and Beans have been doing this since the beginning of time.
1 To tap the trees you should find the side that the sun is hitting for most of the day and tap your spout there.

2 Best to cover your pails once hung to prevent bugs and rain water from getting into sap.

3 Once the pail is full transfer to a pot to boil away the water.

4 Watch this process very carefully and control the heat until you are familiar with the process as the water can boil away quickly and you can “burn” the sap.

5 You will know when the syrup is ready when you can pick it up with a spoon and it slowly runs off the tip.

6 Bottle and enjoy your Maple Syrup – ohwahda^otsehsda^.

7 Drying up the trees Ceremony – Ehadiyaǫdata^t will take place when the tree is finished giving sap and or the bugs begin to fill up your pails.

8 Be thankful for another year to enjoy this sweet treat.

NUTRITION
Pure Maple Syrup has a glycemic index of 54 and impacts your blood sugar a bit less drastically then white cane sugar does. It’s packed with minerals and antioxidants in a small serving size, white sugar just doesn’t compare.

EMOTIONAL
Feelings of accomplishment when preparing your own “sugar” source. This hard preparation and small yield might ensure that this sugar source is consumed in a more controlled manner.

PHYSICAL
Producing maple syrup is a labour intensive job. Have family or Nation members support you throughout, there will be lots of this reward to share.

MENTAL
The sweet flavour of Maple Syrup is a treat to your taste buds and brain.

SPIRITUAL
The trees are grateful to share this relationship of tapping trees.

Maple Syrup has minerals such as Manganese and Zinc which are important for immune function and to ward off sickness.

Ganęsgwaqtá:^ ah | Month of a few frogs

SUNDAY  MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY  SATURDAY

MARCH 12-16, 2017: 45th ANNUAL LITTLE NATIVE HOCKEY LEAGUE TOURNAMENT

World Kidney Day

Maple Sap Ceremony

haditsehsdǫda:s

EMOTIONAL
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SPIRITUAL
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Maple Syrup has minerals such as Manganese and Zinc which are important for immune function and to ward off sickness.
As the frogs begin to awaken the greens in the woods are awaking as well.

This is also a good time to plan your medicine walk with your traditional knowledge keeper. Helpful ferns and sweet flag can be picked, dried and used throughout the year.

**PREPARATION**
1. Harvest fiddleheads from the fern plant in the early spring.
2. Wash very well with your hands and remove the brown husk and any visible dirt.
3. Once clean, cook in boiling water first before other cooking methods.
4. Boil for 15-20 minutes and throw out water when done.
5. You can now sauté, bake or add to soups or stews.

**TIP**
You can freeze fiddleheads; after washing well, drop them in boiling water for 2 minutes only, (you do not want to fully cook them), then quickly into cold water to cool and drain. Pack them in freezer bags or a vacuum sealer and store for up to one year.

**NUTRITION**
Wild leeks and garlic contain dietary soluble fiber called inulin. This fiber helps to increase calcium absorption, helps our good bacteria in our digestive tract grow well and has a minimum impact on blood sugars.
Now all you all stand up as many that are here in the house.

dihswayǫh ěyetiwęnǫgóhda nę dyunhéhgwih Toh di ěswatwadáhseh
You all came in we will put it through our life supporters
There you will go around
Naye ohni gwawahawsǫh agwé:gih ěswatwadáhseh also you our sons all you will all go around

O:nęh  I:ge^ O:nęh  I:ge^ Now I’m Walking
Nya:weh Gadǫhne^ Nya:weh Gadǫhne^ Thanks I’m saying
Saygwegno:goht Saygwegno:goht They have put it through for me again
Akiháwaksǫh Akiháwaksǫh Our children Our children
Wa* kewenó:kde dyunhéhgwih I have spoke for them our life supporters

---

Gaq: tö:wihs Seed Song

This song is contributed by Jemima Gibson – Onondaga Language
**Seasonal Berry Drink**

**INGREDIENTS**
- 250ml water
- 1 tablespoon maple syrup or sap
- ½ cup in season berry

**DIRECTIONS**
1. Mash berries with fork in cup.
2. Add water and Maple Syrup or Sap.
3. Stir and Enjoy.

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**Did you know?**

Adahyaohe:ân gathering of the fruit ceremony begins this month as we welcome in our first fruit of the season. The wild strawberry Jihsé:dahk (Cayuga language)

**Hyai:kneh | Berry Ripening Month**

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**JUNE 2017**

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**EMOTIONAL**
Wild strawberries are small but they still offer great benefits. They are high in Vitamin C and help to keep your blood healthy and strong.

**PHYSICAL**
Collecting wild strawberries can help you to enjoy the outdoors and recognize where these patches grow just outside your door.

**MENTAL**
Choosing wild strawberries can help you to appreciate the work it takes to harvest food and how abundant food is found all around.

**SPIRITUAL**
Strawberries are the leaders of the berries and are a great gift from our mother. They are honoured in their own ceremony. Do you have foods in your area like that?

**Did you know?**

Aboriginal Nutrition Network

JUNE 7–10, 2017: DIETITIANS OF CANADA NATIONAL CONFERENCE 2017

Delta St. John’s Hotel & Conference Centre, St. John’s, NL

www.dietitians.ca/conference

Fathers Day

June Solstice

National Indigenous Solidarity Day
SPIRITUAL
Beans have seed memory and will flourish in the lands of their ancestors. Saving seeds and handing them down through generations is a spiritual practice that is still honoured today.

PHYSICAL
Vitamins and Minerals from greens and colourful vegetables help to nourish your body to grow.

Mental
Corn, beans and squash are all foods that give us plenty of chewing satisfaction and with so many varieties they give us many flavours and cooking options.

EMOTIONAL
Corn, beans and squash depend on each other to grow. The large squash leaves protect the soil from drying out, the corn grows tall and strong so the beans have something to climb up and reach the nourishment of our brother the sun.

“ Our Ancestors, your aunties and grandmothers, kept our seeds sacred and protected for thousands of years so we can continue to nourish our bodies and minds with gifts from the creator.”

INGREDIENTS
- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- One 15 - 16 oz. can of great northern beans, drained and rinsed
- ¼ cup oil-cured sun-dried tomatoes
- Juice of ½ lemon
- 2 to 3 tablespoons chopped fresh parsley
- ¼ teaspoon dried thyme
- Salt and freshly ground pepper to taste

DIRECTIONS
1. Heat the oil in a skillet. Add the onion and sauté over moderate heat until translucent. Add the garlic and continue to sauté until the onion is just beginning to brown.
2. Combine the onion mixture with all the remaining ingredients, except the salt and pepper, in the container of a food processor and process until completely smooth. Or you can just use a fork to mash up for a chunky consistency.
3. Drizzle in 2 tablespoons of water or so, to loosen the consistency. Stop and scrape down the sides.
4. Serve and enjoy.

Did you know?

Hyaknehgowe:wah | Many Berries Ripening Month

JULY 16–23, 2017: NORTH AMERICAN INDIGENOUS GAMES 2017
Toronto, ON  www.naig2017.to
PHYSICAL
Picking your own blueberries can help to ensure that you are active and connected to nature.

SPIRITUAL
Flint corn flour can be used in place of any grain flour to increase the traditional and nutritional value of your meal.

MENTAL
Thinking encouraging and loving thoughts as we pick and prepare our foods can spread the loving intent to those we share our food with.

EMOTIONAL
Being mindful of breath and spending time in nature can help us to connect.

INGREDIENTS
• 1/3 cup milk
• 1 egg
• 2 tablespoons unsalted butter melted
• ½ teaspoon salt
• 1 ¼ cups white corn flour
• ¾ cups of honey or maple syrup
• 4 cups of fresh or frozen unthawed blueberries

DIRECTIONS
1 Preheat the oven to 375°F.
2 Beat the milk, egg, butter, baking powder, and salt in a mixing bowl.
3 Add the corn flour and ½ cup of the honey, stirring well to break up any lumps.
4 Spread the berries in the bottom of a 9-inch baking dish.
5 Drizzle the remaining honey/syrup over the berries.
6 Drop the batter by tablespoons over the berries.
7 Bake until the crust is golden brown and the berries are bubbling, about 30 to 35 minutes.

NUTRITION
During the food processing of flint corn, the calcium content is naturally increased. This makes it a good source of calcium.

Did you know?
Corn silk can be dried and used in a tea. It has a fragrant smell and earthy taste and is fantastic to share with everyone in the family.

Jîhskęhneh | Corn Silk Month

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AUGUST 2017
The powerful moose is a symbol of self esteem and courage.

Cut down on screen time and make meal planning, preparation and clean up a part of your evening routine.

INGREDIENTS
- 3lbs of rump moose roast
- ¼ cup of soya sauce
- ½ tsp of garlic powder
- ½ tsp of salt
- ½ tsp of onion powder
- ½ tsp of pepper
- 2 tsp of hickory liquid smoke

DIRECTIONS
1. Slice Moose roast into ½ inch thick slices and trim fat from the edges.
2. In a large bowl combine soya sauce, garlic powder, salt, onion powder, pepper and hickory liquid smoke and toss until all meat is coated in marinade.
3. Marinade in refrigerator for 6 hours overnight is fine too.
4. Preheat oven to 200° F.
5. Cover 1 large pan with foil and spread strips of moose out. Bake for 2 hours.
6. Let jerky cool down in the oven.

NUTRITION
Moose is a lean protein rich in iron. Iron is a mineral responsible for carrying oxygen to all parts of our body.

TIP
Pair iron rich foods like moose with Vitamin C containing foods (i.e, Strawberries, Broccoli Tomatoes) to improve iron absorption.

Did you know?
Moose are herbivores, meaning they only eat plants! Encourage your children to try plant based foods like the mighty moose.

Bento Lunch Box featuring Moose Jerky!

Bond with your family by preparing lunches and grocery shopping together.

Moose calling moon

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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SEPTEMBER 2017
Pumpkin Spice
no bake balls

INGREDIENTS
• ½ cup of pureed pumpkin not pie filling
• ½ cup of creamy peanut butter
• 4 tbsp of pure maple syrup
• 1 ¼ cup of rolled oats
• 2 tbsp of chia seeds
• 1 tbsp of ground flax seed
• 1 cup of dried blueberries
• ½ tsp of pumpkin pie spice
• ½ cup of pumpkin seeds

DIRECTIONS
1 Combine all ingredients into a large bowl and mix until mixture is sticky.
2 Refrigerate for 15 minutes.
3 Wet hands and roll dough into balls.
4 Refrigerate for 20 minutes and enjoy.

NUTRITION
Use nuts and seeds to boost fiber, healthy fats and protein content in your baking.

FIBRE FACT: Fibre is the part of the plant that our bodies cannot digest. Foods containing fibre can help improve blood sugars, blood pressure, cholesterol, regulate bowel movements and keep us feeling fuller for longer! Fibre is found in whole grains, fruits, vegetables, nuts and seeds. Look for Fibre on the Nutrition Label. Foods with >6g of Fibre per serving are excellent sources of fibre.

MENTAL
The combo of fibre, fat and protein can keep you full for longer and fuel your mind.

EMOTIONAL
Enjoy this tasty nutrient dense snack to pick you up when you’re feeling down.

Physiological
Use these snacks as refuel energy when exploring the great outdoors.

SPIRITUAL
Savor the unique magic of the great pumpkin and its seeds.

Did you know?
Baking pumpkin seeds is a family tradition. Try different seasonings;

SPICY salt, paprika, cayenne, cumin and crushed red pepper flakes.

SWEET maple syrup (instead of olive oil) cinnamon and ginger.

SAVORY garlic powder, onion powder, curry powder and salt.

Wikewiku’s | Animal fattening moon

OCTOBER 2017
INGREDIENTS
• 1 teaspoon coriander seeds
• 3 tbsp olive oil
• ½ tsp curry powder
• 1 tsp fresh ginger
• 1 tsp of black pepper
• 2 cloves of garlic
• 2 cups chopped onions
• 1 cup chopped carrots
• 4 cups of squash (butternut, buttercup, or acorn), chopped.
• 6 cups (or more) low-salt chicken broth or vegetable broth
• ½ cup of plain Greek yogurt.
• ¾ cup plain Greek yogurt for garnish optional

DIRECTIONS
1 Heat oil in heavy large pot over medium-high heat. Add coriander seeds, ginger, pepper and curry powder; stir 1 minute.
2 Add onions and garlic; sauté until onions begin to soften, about 3 minutes. Add 5 cups broth, squash and carrots; bring to boil (10-15 minutes).
3 Reduce heat to medium; simmer uncovered until squash and carrots are tender, about 30 minutes. Cool slightly.
4 Working in batches, puree in blender, or hand blender, until smooth. Return soup to pot. Add more broth by ¼ cup if too thick.
5 Ladle soup into bowls. Garnish with yogurt and serve.

NUTRITION
Squash is versatile and can be used in a variety of fall dishes for people of all ages (i.e, pureed baby food, in place of potato, stuffed squash and squash soup). It has antioxidants and fibre to keep us healthy and help prevent chronic diseases such as diabetes and heart disease.
INGREDIENTS
- Two 1 inch pieces of pork.
- 1 skinned and cleaned Partridge.
- ½ tsp of salt
- ½ tsp of garlic optional
- ¼ tsp of pepper optional

DIRECTIONS
1. Wash mason jar bottles and lids in hot water. Keep warm until ready to use.
2. Place 1 piece of pork in the bottom of the mason jar, followed by Partridge.
3. You may have to crack the bones to allow the Partridge to fit into the jar. You could also choose to separate the meat from the bones.
4. Fill Partridge to the neck of the jar, season and top with the other piece of pork.
5. Seal the lid tightly and place in boiling water for 1.5 hours. Place lid on top of boiling pot. Ensure water is at least 1 inch above the jars.
6. Remove jars from boiling water and keep at room temperature until you hear the lids ‘pop’.
7. Store in a cool dark place for up to 12 months.

TIP
Water will evaporate so keep the kettle boiling to ensure you have scalding water to top up!

NUTRITION
Partridge is a lean source of game meat and a great protein source. We should aim for protein to make up ¼ of our plate at meal times. Consuming adequate protein at each meal can help build, maintain and repair your body. It can help with weight management and maintaining lean mass.
PHYSICAL
Nature welcomes you on a walk to obtain your medicines.

EMOTIONAL
The aroma of cedar will fill the air around you promoting relaxation.

SPIRITUAL
Thank the creator and lay tobacco for your medicines.

MENTAL
Wild cedar tea provides a calming sense to help you clear your mind.

INGREDIENTS
• 2 cups of freshly picked cedar
• 4 cups of water
• 2 tbsp of maple syrup or honey optional
• 2 Cinnamon sticks optional

DIRECTIONS
1 Bring water to boil in a medium sized pot.
2 Once boiling add fresh cedar, maple syrup and cinnamon sticks.
3 Boil for 10 minutes until you notice the water turning golden in colour.
4 Strain tea into a teapot or individual tea mugs.
5 Take a deep breath and enjoy.

NUTRITION
Cedar is high in Vitamin C, a vitamin that must be consumed through foods and medicines daily. Vitamin C helps prevent cell damage and may reduce your risk for certain cancers and other chronic diseases. It also helps keep your immune system healthy to prevent infections.

**Did you know?**
People who smoke need more Vitamin C than people who do not smoke!

**Punamujuiku’s | Frosh fish moon**

**January 2018**
**Aboriginal Nutrition Network**

The Aboriginal Nutrition Network was founded in 2001 as a professional practice group of Dietitians of Canada. The objectives of the Network are to network and share resources with communities; be informed and participate in continuing education opportunities; further develop dietetic training opportunities with a focus on Aboriginal nutrition; be identified as a resource group for government and others; and, raise awareness of Aboriginal Nutrition needs.

“I am very honoured to work in the Indigenous Health field. It is important to me to help our people Live long healthy lives which includes a balance of mental, physical, spiritual and emotional aspects. Learning from Traditional Elders about our culture and language is essential for living in a healthy way.” ~ Laurie Ann Nicholas, Co-founder of the Aboriginal Nutrition Network

www.dietitians.ca/aboriginalnutrition

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**Bernadette deGonzague, M.Sc.** is Abenaki from the community of Odanak, PQ. She is a former Registered Dietitian serving First Nations on Manitoulin Island and London and area and a co-founder of the Aboriginal Nutrition Network. Since 2008, she has been working as Sr. Health Policy Analyst with Chiefs of Ontario.

**Laurie Ann Nicholas, RD**, is the co-founder of the Aboriginal Nutrition Network. She is a proud Maliseet woman from Tobique First Nation and a Certified First Nation Health Manager at Mawiw Council Inc.

Laurie was the first Aboriginal Registered Dietitian in the Atlantic Region, and has worked in the First Nations health field for 26 years.

**Melissa Hardy** is a Registered Dietitian and Certified Diabetes Educator working in the Cree First Nations along the James and Hudson Bay coast in Northern Ontario. Her interest in Indigenous people sparked 4 years ago when she became aware of her family’s history with Newfoundland’s Qalipu Mi’Kmaq First Nation.

Sge:no, Deyowidron’t ni’gya:sòh, otahyon niwagesyao’dę:, gayagoho:no^ niwage hwęjodę.

My name is **Teri Morrow**, wolf clan from the Cayuga Nation. I am a Registered Dietitian working in my home community of Six Nations of the Grand River in advocacy and clinical counseling positions.

[Connect with us at aboriginal@dietitians-network.ca](mailto:aboriginal@dietitians-network.ca)