

# ***Your Health Matters***

2017/18 SEASONAL FOOD GUIDE CALENDAR



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# Ogwaya^dadogęhsdąh

## SEASONAL FOOD GUIDE



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](mailto:aboriginal@dietitians-network.ca)



# Iron Rich Baby Food

## MENTAL

Preparing your own baby food means that you are always ready to meet the increased nutrient needs of your growing baby, and that is piece of mind.

## SPIRITUAL

Introducing Traditional foods as babies' first foods allows them to build a flavour and taste connection along with the foods nutritional value to nourish their physical body.

## PHYSICAL

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.

## EMOTIONAL

Sharing a meal with baby helps to promote bonding and modeling of healthy eating habits.

## 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 of 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.

## Ganráhdahgah | Rustling Leaves

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEART MONTH www.heartandstroke.ca			1	2	3	4
				Groundhogs Day		
5	6	7	8	9	10	11
			Family Day (BC)			
12	13	14	15	16	17	18
	Islander Day (PEI) Nova Scotia Heritage Day (NS) Family Day (AB, SK, ON) Louis Riel Day (MB)	Valentines Day	National Flag of Canada Day			
19	20	21	22	23	24	25
					Yukon Heritage Day	
26	27	28				

FEBRUARY 2017





# Maple Sap Ceremony haditsehsdōda:s

- 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 – **Ėhadiyaqdata^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 than 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. When connecting with the food outside your door you can share the teachings of our ancestors with the generations that are yet to come.

Did you know?

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
<b>KIDNEY HEALTH MONTH</b> MARCH 12-16, 2017: 45th ANNUAL LITTLE NATIVE HOCKEY LEAGUE TOURNAMENT Mississauga, ON <a href="http://www.lnhl.ca">www.lnhl.ca</a> <a href="http://www.kidney.ca">www.kidney.ca</a>			1	2	3	4
5	6	7	8	9 World Kidney Day	10	11
12	13	14	15 Dietitians Day	16	17 St. Patrick's Day	18
19	20 March Equinox	21	22	23	24	25
26	27	28	29	30	31	

MARCH 2017



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# Fiddleheads and Leeks



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.



### MENTAL

Being mindful of how much to pick ensures that the plant is not over harvested and able to flourish and grow another year.

### EMOTIONAL

Knowing when and what to pick to help care for your body, mind and spirit is a good feeling.

### PHYSICAL

Picking and harvesting plants and medicines allows you to move and be active. This helps prevent “sitting disease” and keeps your body strong.

### SPIRITUAL

Identification of when and where to pick these plants is a value that is passed on from generation to generation.

Did you know?

Wild Leeks are available in the early spring. They are great additions to soup, stews and salads as well.

## Ganęsgwaqtá^gó:wah | Month of many frogs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <div>B</div> <div>L</div> <div>D</div>
2 <div>B</div> <div>L</div> <div>D</div>	3 <div>B</div> <div>L</div> <div>D</div> <div></div>	4 <div>B</div> <div>L</div> <div>D</div>	5 <div>B</div> <div>L</div> <div>D</div>	6 <div>B</div> <div>L</div> <div>D</div>	7 <div>B</div> <div>L</div> <div>D</div>	8 <div>B</div> <div>L</div> <div>D</div>
9 <div>B</div> <div>L</div> <div>D</div> <div>Vimy Ridge Day</div>	10 <div>B</div> <div>L</div> <div>D</div>	11 <div>B</div> <div>L</div> <div>D</div> <div></div>	12 <div>B</div> <div>L</div> <div>D</div>	13 <div>B</div> <div>L</div> <div>D</div>	14 <div>B</div> <div>L</div> <div>D</div> <div>Good Friday</div>	15 <div>B</div> <div>L</div> <div>D</div>
16 <div>B</div> <div>L</div> <div>D</div> <div>Easter Sunday</div>	17 <div>B</div> <div>L</div> <div>D</div> <div>Easter Monday</div>	18 <div>B</div> <div>L</div> <div>D</div>	19 <div>B</div> <div>L</div> <div>D</div> <div></div>	20 <div>B</div> <div>L</div> <div>D</div>	21 <div>B</div> <div>L</div> <div>D</div>	22 <div>B</div> <div>L</div> <div>D</div>
23/30 <div>B</div> <div>L</div> <div>D</div>	24 <div>B</div> <div>L</div> <div>D</div>	25 <div>B</div> <div>L</div> <div>D</div>	26 <div>B</div> <div>L</div> <div>D</div> <div></div>	27 <div>B</div> <div>L</div> <div>D</div>	28 <div>B</div> <div>L</div> <div>D</div>	29 <div>B</div> <div>L</div> <div>D</div>

APRIL 2017



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O:nəh go hi:yah agwe:gih  
desewadá:nha tsha^ ni:yə nə:gəh  
to:nəh ganqhsq:wah  
Now all you all stand up  
as many that are here  
in the house

dihswayəh ɛyewəngóhda  
nə dyunhéhgwih  
Toh di ɛswatwadáhseh  
You all came in  
we will put it through our life supporters  
There you will go around

Naye ohni gwahawahsqh  
agwé:gih ɛswatwadáhseh  
also you our sons  
all you will all go around

O:nəh l:ge^  
O:nəh l:ge^  
Now I'm Walking  
Now I'm Walking

Nya:wəh Gadóhne^  
Nya:wəh Gadóhne^  
Thanks I'm saying  
Thanks I'm saying

Sayəgwəno:goht  
Sayəgwəno:goht  
They have put it through for me again  
They have put it through for me again

Akiháwaksqh Akiháwaksqh  
Our children Our children

Wa^ kewəno:kdə dyunhéhgwih  
I have spoke for them our life supporters



# Gaq: tó:wihs Seed Song

This song is contributed by  
Jemima Gibson – Onondaga Language

## Ganá^gaht | Budding Leaf Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <div><div>B</div><div>L</div><div>D</div></div>	2 <div><div>B</div><div>L</div><div>D</div></div>	3 <div><div>B</div><div>L</div><div>D</div></div>	4 <div><div>B</div><div>L</div><div>D</div></div>	5 <div><div>B</div><div>L</div><div>D</div></div> <div>National Aboriginal Diabetes Awareness Day</div>	6 <div><div>B</div><div>L</div><div>D</div></div>
7 <div><div>B</div><div>L</div><div>D</div></div>	8 <div><div>B</div><div>L</div><div>D</div></div>	9 <div><div>B</div><div>L</div><div>D</div></div>	10 <div><div>B</div><div>L</div><div>D</div></div>	11 <div><div>B</div><div>L</div><div>D</div></div>	12 <div><div>B</div><div>L</div><div>D</div></div>	13 <div><div>B</div><div>L</div><div>D</div></div>
14 <div><div>B</div><div>L</div><div>D</div></div> <div>Mothers Day</div>	15 <div><div>B</div><div>L</div><div>D</div></div>	16 <div><div>B</div><div>L</div><div>D</div></div>	17 <div><div>B</div><div>L</div><div>D</div></div>	18 <div><div>B</div><div>L</div><div>D</div></div>	19 <div><div>B</div><div>L</div><div>D</div></div>	20 <div><div>B</div><div>L</div><div>D</div></div>
21 <div><div>B</div><div>L</div><div>D</div></div>	22 <div><div>B</div><div>L</div><div>D</div></div> <div>Victoria Day National Patriots Day (QC)</div>	23 <div><div>B</div><div>L</div><div>D</div></div>	24 <div><div>B</div><div>L</div><div>D</div></div>	25 <div><div>B</div><div>L</div><div>D</div></div>	26 <div><div>B</div><div>L</div><div>D</div></div>	27 <div><div>B</div><div>L</div><div>D</div></div>
28 <div><div>B</div><div>L</div><div>D</div></div>	29 <div><div>B</div><div>L</div><div>D</div></div>	30 <div><div>B</div><div>L</div><div>D</div></div>	31 <div><div>B</div><div>L</div><div>D</div></div>	<div><b>MAY 6, 2017: 10<sup>TH</sup> ANNUAL CANADIAN HOLISTIC NUTRITION CONFERENCE</b> Novotel Hotel, North York – Toronto, ON   Satellite Conference – Ramada Plaza, Calgary Airport, Calgary, AB <a href="http://www.csnalumni.org/chnc-2017">www.csnalumni.org/chnc-2017</a></div> <div><b>MAY 25-27, 2017: CANADIAN NUTRITION SOCIETY NATIONAL CONFERENCE</b> Hotel Bonaventure, Montreal, QC <a href="http://www.cns-scn.ca">www.cns-scn.ca</a></div>		

MAY 2017



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# Seasonal Berry Drink

## 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.

## MENTAL

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

## PHYSICAL

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

## 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?



## 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.

*Did you know?*

Adahyaoheq:<sup>^</sup> gathering of the fruit ceremony begins this month as we welcome in our first fruit of the season. The wild strawberry Jihsq:dahk (Cayuga language)

## Hyai:kneh | Berry Ripening Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>STROKE MONTH</b> <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>	<b>JUNE 7-10, 2017: DIETITIANS OF CANADA NATIONAL CONFERENCE 2017</b> Delta St. John's Hotel & Conference Centre, St. John's, NL <a href="http://www.dietitians.ca/conference">www.dietitians.ca/conference</a>			1 <span>B</span> <span>L</span> <span>D</span>	2 <span>B</span> <span>L</span> <span>D</span>	3 <span>B</span> <span>L</span> <span>D</span> National Health and Fitness Day
4 <span>B</span> <span>L</span> <span>D</span>	5 <span>B</span> <span>L</span> <span>D</span>	6 <span>B</span> <span>L</span> <span>D</span>	7 <span>B</span> <span>L</span> <span>D</span>	8 <span>B</span> <span>L</span> <span>D</span>	9 <span>B</span> <span>L</span> <span>D</span>	10 <span>B</span> <span>L</span> <span>D</span>
11 <span>B</span> <span>L</span> <span>D</span>	12 <span>B</span> <span>L</span> <span>D</span>	13 <span>B</span> <span>L</span> <span>D</span>	14 <span>B</span> <span>L</span> <span>D</span>	15 <span>B</span> <span>L</span> <span>D</span>	16 <span>B</span> <span>L</span> <span>D</span>	17 <span>B</span> <span>L</span> <span>D</span>
18 <span>B</span> <span>L</span> <span>D</span> Fathers Day	19 <span>B</span> <span>L</span> <span>D</span>	20 <span>B</span> <span>L</span> <span>D</span>	21 <span>B</span> <span>L</span> <span>D</span> June Solstice National Indigenous Solidarity Day	22 <span>B</span> <span>L</span> <span>D</span>	23 <span>B</span> <span>L</span> <span>D</span>	24 <span>B</span> <span>L</span> <span>D</span>
25 <span>B</span> <span>L</span> <span>D</span>	26 <span>B</span> <span>L</span> <span>D</span>	27 <span>B</span> <span>L</span> <span>D</span>	28 <span>B</span> <span>L</span> <span>D</span>	29 <span>B</span> <span>L</span> <span>D</span>	30 <span>B</span> <span>L</span> <span>D</span>	

# JUNE 2017



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“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.

Mashed Beans

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.

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.

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.

Did you know?

Insoluble fibre holds water like a sponge. This helps prevent constipation by making stools bulkier, softer, and easier to pass. Soluble Fiber can help lower LDL (bad) cholesterol, lower blood sugars and delay stomach emptying and keep us fuller longer.

Hyaiknehgo:wah | Many Berries Ripening Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 16-23, 2017: NORTH AMERICAN INDIGENOUS GAMES 2017 Toronto, ON <a href="http://www.naig2017.to">www.naig2017.to</a>						1 <div>B</div> <div>L</div> <div>D</div> Canada Day
2 <div>B</div> <div>L</div> <div>D</div>	3 <div>B</div> <div>L</div> <div>D</div> Canada Day (Observed)	4 <div>B</div> <div>L</div> <div>D</div>	5 <div>B</div> <div>L</div> <div>D</div>	6 <div>B</div> <div>L</div> <div>D</div>	7 <div>B</div> <div>L</div> <div>D</div>	8 <div>B</div> <div>L</div> <div>D</div>
9 <div>B</div> <div>L</div> <div>D</div> Nunavut Day (NU) ○	10 <div>B</div> <div>L</div> <div>D</div>	11 <div>B</div> <div>L</div> <div>D</div> Orangemans Day (NL)	12 <div>B</div> <div>L</div> <div>D</div>	13 <div>B</div> <div>L</div> <div>D</div>	14 <div>B</div> <div>L</div> <div>D</div>	15 <div>B</div> <div>L</div> <div>D</div>
16 <div>B</div> <div>L</div> <div>D</div> ●	17 <div>B</div> <div>L</div> <div>D</div>	18 <div>B</div> <div>L</div> <div>D</div>	19 <div>B</div> <div>L</div> <div>D</div>	20 <div>B</div> <div>L</div> <div>D</div>	21 <div>B</div> <div>L</div> <div>D</div>	22 <div>B</div> <div>L</div> <div>D</div>
23/30 <div>B</div> <div>L</div> <div>D</div> ●●	24/31 <div>B</div> <div>L</div> <div>D</div>	25 <div>B</div> <div>L</div> <div>D</div>	26 <div>B</div> <div>L</div> <div>D</div>	27 <div>B</div> <div>L</div> <div>D</div>	28 <div>B</div> <div>L</div> <div>D</div>	29 <div>B</div> <div>L</div> <div>D</div>



# Blueberry Corn Cobbler



## 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.

## 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.

## 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.

## Jíhskəhneh | Corn Silk Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
	British Columbia Day (BC) Heritage Day (AB) Natal Day (PEI) New Brunswick Day (NB) Provincial Day (NT, ON, SK) Terry Fox Day (MB)					
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Discovery Day (YK)					
27	28	29	30	31		

AUGUST 2017



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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.



Bento Lunch Box  
featuring  
**Moose Jerky!**

EMOTIONAL

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

PHYSICAL

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

SPIRITUAL

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

MENTAL

Kids can feel empowered by making food choices while packing their own lunch.

Did you know?

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

Wikumkewiku's | Moose calling moon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	Labour Day					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
					September Equinox	
24	25	26	27	28	29	30

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.

### PHYSICAL

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1   	2   	3   	4   	5    	6   	7   
8   	9    Thanksgiving	10   	11   	12    	13   	14   
15   	16   	17   	18   	19    	20   	21   
22   	23   	24   	25   	26   	27    	28   
29   	30   	31    Halloween				

# OCTOBER 2017



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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 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.

Pureed Squash Soup



EMOTIONAL

Find well-being with company while savoring this gift from the Creator.

PHYSICAL

Harvesting, peeling and chopping squash takes time and energy.

MENTAL

Hot soup on a cold fall day is calming and refreshing while nourishing your body.

SPIRITUAL

Squash is one of the Three Sisters that provides spiritual wellness.

Did you know?

Canada’s Food Guide recommends eating 1 orange and 1 dark green vegetable each day!

Keptekewiku’s | River freezing moon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DIABETES AWARENESS MONTH			1	2	3	4
www.nada.ca						
5	6	7	8	9	10	11
						Remembrance Day
Daylight Savings Time Ends						
12	13	14	15	16	17	18
		World Diabetes Day				
19	20	21	22	23	24	25
26	27	28	29	30		

NOVEMBER 2017



# Preserved Partridge



## 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.
- 5 Fill Partridge to the neck of the jar, season and top with the other piece of pork.
- 6 Seal the lid tightly and place in boiling in water for 1.5 hours. Place lid on top of boiling pot. Ensure water is at least 1 inch above the jars.
- 7 Remove jars from boiling water and keep at room temperature until you hear the lids ‘pop’.
- 8 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.

### SPIRITUAL

Canning provided nutritious, safe food for soldiers and sailors in the late 1700s to keep spirits alive during tough times.

### MENTAL

Preparing food in advance is a good practice technique that will ease your mind when your hunger cues kick in.

### EMOTIONAL

Revisit the emotional experience of hunting while preserving your catch.

### PHYSICAL

The sterilization process eliminates harmful bacteria allowing for long storage. The satisfactory process of preserving game meat can provide nourishment throughout the winter.

*Did you know?*

Protein intake should be spaced throughout the day and consumed at each meal. Want to know more about the timing of protein intake? Talk to a Registered Dietitian! [aboriginal@dietitians-network.ca](mailto:aboriginal@dietitians-network.ca)

## Kesikewiku’s | The great month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER 1-8, 2017: ABORIGINAL AIDS AWARENESS WEEK					1 World AIDS Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 December Solstice	22	23
24/31	25 Christmas Day	26 Boxing Day	27	28	29	30

DECEMBER 2017



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# Cedar Tea

## 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.

### EMOTIONAL

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

### MENTAL

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

### SPIRITUAL

Thank the creator and lay tobacco for your medicines.

### PHYSICAL

Nature welcomes you on a walk to obtain your medicines.

## Did you know?

People who smoke need more Vitamin C than people who do not smoke!

## Punamujuiku's | Frosh fish moon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <div><div>B</div><div>L</div><div>D</div></div> <div>New Years Day</div>	2 <div><div>B</div><div>L</div><div>D</div></div> <div>○</div>	3 <div><div>B</div><div>L</div><div>D</div></div>	4 <div><div>B</div><div>L</div><div>D</div></div>	5 <div><div>B</div><div>L</div><div>D</div></div>	6 <div><div>B</div><div>L</div><div>D</div></div>
7 <div><div>B</div><div>L</div><div>D</div></div>	8 <div><div>B</div><div>L</div><div>D</div></div>	9 <div><div>B</div><div>L</div><div>D</div></div> <div>●</div>	10 <div><div>B</div><div>L</div><div>D</div></div>	11 <div><div>B</div><div>L</div><div>D</div></div>	12 <div><div>B</div><div>L</div><div>D</div></div>	13 <div><div>B</div><div>L</div><div>D</div></div>
14 <div><div>B</div><div>L</div><div>D</div></div>	15 <div><div>B</div><div>L</div><div>D</div></div>	16 <div><div>B</div><div>L</div><div>D</div></div>	17 <div><div>B</div><div>L</div><div>D</div></div> <div>●</div>	18 <div><div>B</div><div>L</div><div>D</div></div>	19 <div><div>B</div><div>L</div><div>D</div></div>	20 <div><div>B</div><div>L</div><div>D</div></div>
21 <div><div>B</div><div>L</div><div>D</div></div>	22 <div><div>B</div><div>L</div><div>D</div></div>	23 <div><div>B</div><div>L</div><div>D</div></div>	24 <div><div>B</div><div>L</div><div>D</div></div>	25 <div><div>B</div><div>L</div><div>D</div></div> <div>●</div>	26 <div><div>B</div><div>L</div><div>D</div></div>	27 <div><div>B</div><div>L</div><div>D</div></div>
28 <div><div>B</div><div>L</div><div>D</div></div>	29 <div><div>B</div><div>L</div><div>D</div></div>	30 <div><div>B</div><div>L</div><div>D</div></div>	31 <div><div>B</div><div>L</div><div>D</div></div>			

JANUARY 2018



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## 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](http://www.dietitians.ca/aboriginalnutrition)



**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: sôh, otahyoni niwagesyao'dê:, gayago ho: no^ niwagehwejodê.

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.



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