

YOUR HEALTH MATTERS 2018

CALENDAR



**Aboriginal
Nutrition Network**



Dietitians of Canada
Les diététistes du Canada



National
Aboriginal
Diabetes
Association

Association
Nationale
Autochtone
du Diabète

THINGS YOU CAN DO
TO LOWER YOUR CHANCES
OF GETTING TYPE 2 DIABETES:

- Maintain a healthy body weight
- lose weight and keep it off
- Reduce intake of high-sugar foods
- Choose mono and poly unsaturated fats more often than saturated and trans fats.
- Meet physical activity guidelines for your age
- Get adequate sleep
- Do not smoke
- Drink water instead of sweetened beverages
- Eat plenty of fiber from whole grains, vegetables, fruit, legumes, nuts and seeds.

TALK WITH A DIETITIAN FOR TRUSTED,
INDIVIDUALIZED NUTRITION ADVICE:
www.dietitians.ca/Your-Health/Find-A-Dietitian

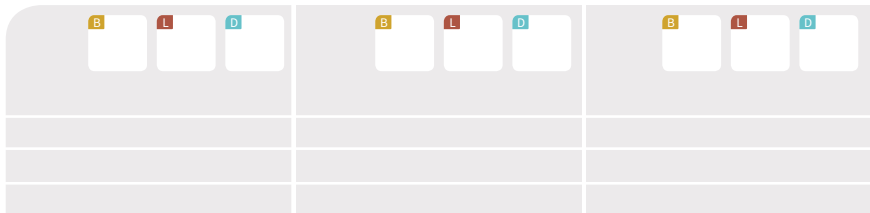
IF YOU HAVE HAD GESTATIONAL DIABETES:

- Get tested for type 2 diabetes 6 weeks to 6 months after your baby is born
- Be more active and make healthy food choices to get back to a healthy weight
- Breastfeed your baby - breastfeeding gives your baby the right balance of nutrients, helps mom burn calories, and may prevent your baby from developing diabetes early in life.

The National Aboriginal Diabetes Association, the Aboriginal Nutrition Network of the Dietitians of Canada, and 12 Indigenous Dietitians have come together to share their stories and recipes to help community members learn more about the fields of dietetics and nutrition, and about healthy eating generally. Each month features a Registered Dietitian who shares something about themselves along with a recipe related to traditional/original foods.

THIS CALENDAR:

- 1 Showcases First Nations and Métis Dietitians and students as a means of bringing more attention to the field of Indigenous Nutrition and holistic living.
- 2 Can be used as a resource to encourage First Nations, Inuit and Métis people to pursue a career in nutrition or dietetics.
- 3 Shares recipes based on traditional/original teachings and encourages consumption of traditional/original foods.



We have also provided space on each day of the calendar for writing in your blood glucose sugar levels if you are living with diabetes, as well as space to write down and keep track of activity for the month.

ABOUT THE NATIONAL ABORIGINAL DIABETES ASSOCIATION

OUR VISION: The National Aboriginal Diabetes Association envisions diabetes-free healthy communities.

OUR MISSION: The National Aboriginal Diabetes Association’s mission is to lead the promotion of healthy environments to prevent and manage diabetes by working together with people, communities and organizations.

ABOUT DIETITIANS OF CANADA

The Dietitians of Canada is the national professional association for dietitians, representing members at the local, provincial and national level. As the voice of the profession, Dietitians of Canada strives for excellence in advancing health through food and nutrition.

ABOUT THE ABORIGINAL NUTRITION NETWORK

The Aboriginal Nutrition Network (ANN) is one of over 20 member led networks within Dietitians of Canada. ANN 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.

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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



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 7 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: sqh, otahyoni niwagesyao’dę:, gayagoho: no^ niwagehwejodę.

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.



ROBIN MILLER

“Always try to include the spiritual dimension of wellness. Invite Elders to offer prayers, guidance, and ceremonies for your programs, participants and workers. I like to take a few minutes every morning before my family gets up to go outside and pray and give thanks for the day ahead.”

Tansi! I’m Robin Miller, a registered member of the Manitoba Métis Federation. My family is from a small community in Manitoba called Poplar Point where my great grandfather managed the community pasture. As a child, I grew up in Northern Manitoba spending summer holidays between the farm in the south with my grandparents, and at the cabin in the north on Paint Lake. I now live in Saskatoon, with my husband and children.

I have worked as a Registered Dietitian and Certified Diabetes Educator for 18 years with Indigenous communities in Manitoba and Saskatchewan. I am currently working with the Saskatoon Health Region in Chronic Disease Management. We are working on developing an Indigenous self-management program based on holistic models of wellness; inclusive of Indigenous healing practices and medicines; involve Indigenous Elders, Traditional Knowledge Keepers, and community members; and facilitated through traditional teachings, storytelling and sharing circles.

WILD RICE CASSEROLE

INGREDIENTS

- 1 cup wild rice (uncooked)
- 1 cup white rice (uncooked)
- ¾ cup mushrooms (sliced)
- 2 stalks celery (chopped)
- 1 onion (chopped)
- ¾ cup low sodium beef broth
- Salt and pepper
- 1 can (284mL) low sodium cream of mushroom soup

DIRECTIONS

- 1 Cook wild rice according to directions on package.
- 2 Cook white rice according to directions on package.
- 3 Sauté mushrooms. Remove from heat.
- 4 Sauté celery and onions together. Remove from heat.
- 5 Mix cream of mushroom soup and beef broth together in a large bowl.
- 6 Add wild rice, white rice, mushrooms, celery and onions to the soup and broth mixture. Add salt and pepper to taste. Mix well.
- 7 Spoon into casserole dish. Cover and bake at 350° F for 30 minutes.



Did you know?

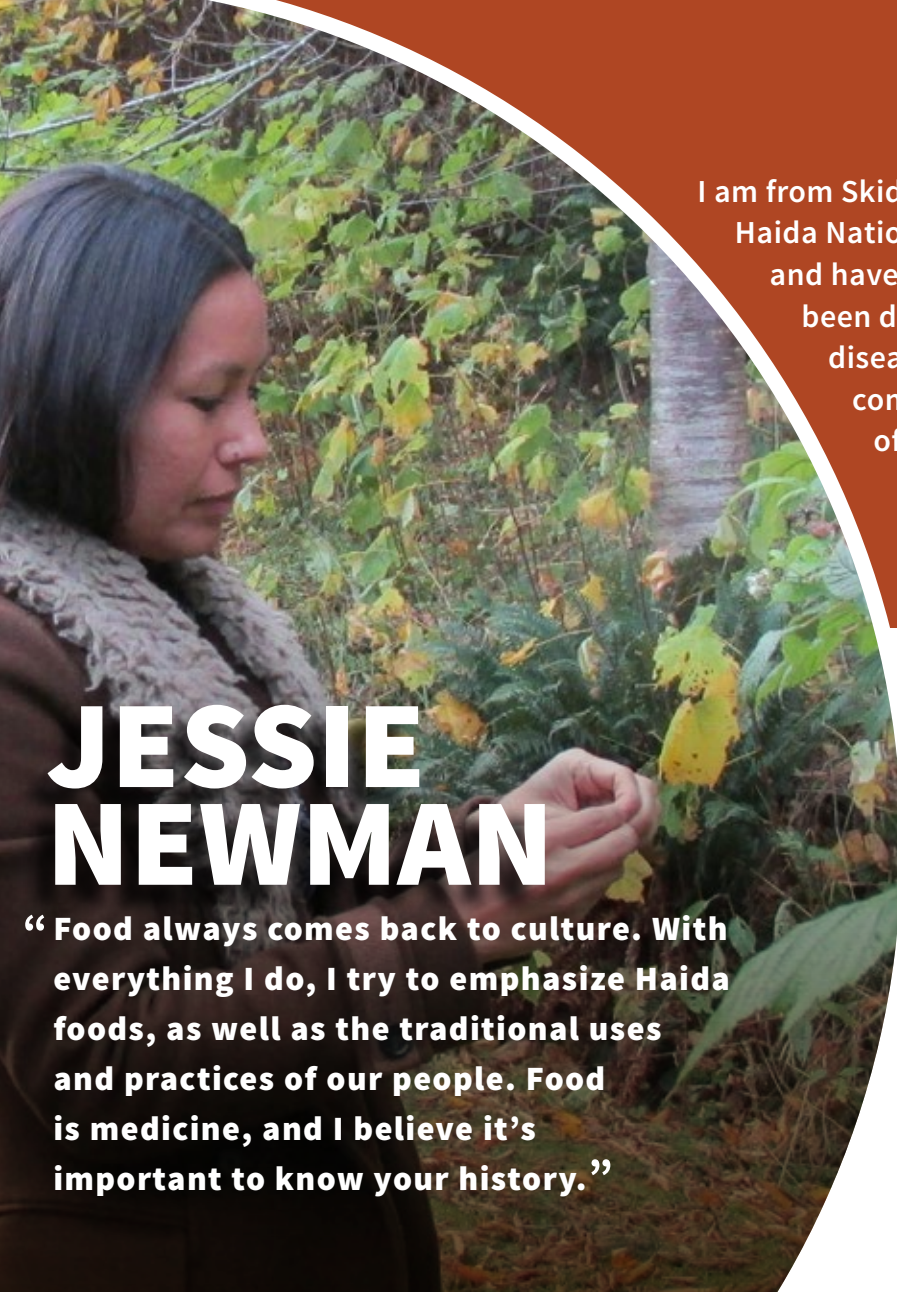
Omega-3 fatty acids are heart healthy fats that have many functions in our body and are important for good health. Eat at least 2 servings (1 serving + 1 deck of cards) of fish a week. Choose fatty fish more often, such as: salmon, mackerel, trout, sardines, herring, anchovies, Artic char.

JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <div>B</div> <div>L</div> <div>D</div> <div>O</div> <div>New Years Day</div>	2 <div>B</div> <div>L</div> <div>D</div> <div>Day After New Years Day (QC)</div>	3 <div>B</div> <div>L</div> <div>D</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> <div>I</div>	9 <div>B</div> <div>L</div> <div>D</div>	10 <div>B</div> <div>L</div> <div>D</div>	11 <div>B</div> <div>L</div> <div>D</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>	15 <div>B</div> <div>L</div> <div>D</div> <div>Martin Luther King Day</div>	16 <div>B</div> <div>L</div> <div>D</div> <div>●</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 <div>B</div> <div>L</div> <div>D</div>	24 <div>B</div> <div>L</div> <div>D</div> <div>I</div> <div>Weedless Wednesday</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>
NATIONAL NON-SMOKING WEEK						
28 <div>B</div> <div>L</div> <div>D</div>	29 <div>B</div> <div>L</div> <div>D</div>	30 <div>B</div> <div>L</div> <div>D</div>	31 <div>B</div> <div>L</div> <div>D</div> <div>O</div>			

TO DO:





JESSIE NEWMAN

“Food always comes back to culture. With everything I do, I try to emphasize Haida foods, as well as the traditional uses and practices of our people. Food is medicine, and I believe it’s important to know your history.”

I am from Skidegate, Haida Gwaii, BC and a member of the Gak’yaals Kiigawaay clan within the Haida Nation. I completed my Dietetics degree at the University of British Columbia in 2015 and have been working at the Skidegate Health Centre since then. My passion has always been diabetes; much of my practice center’s on prevention and management of the disease. I very much enjoy my chosen profession and working with the people of my community. During my time off I enjoy traveling and being outdoors; preferably on top of a mountain.

FRUIT LEATHER

INGREDIENTS

- 5 cups of berries (any kind)
- 1 tablespoon of honey
- Splash of lemon juice

*Note oven temperature and baking times will vary.

DIRECTIONS

- 1 Preheat oven to 150 degrees Fahrenheit.
- 2 Measure out 5 cups of berries. If frozen let defrost for 30 minutes to 1 hour. Add honey and lemon juice.
- 3 Put berries in a food processor and puree. Line a baking sheet with parchment paper.
- 4 Pour berry mixture onto parchment lined pan.
- 5 Put in oven and bake for 4-6 hours, until leather peels away easily from the parchment.
- 6 Using scissors cut into rectangles and roll them up, parchment and all.



Did you know?

Berries are full of fiber, which makes them an excellent choice for managing your blood sugar. Enjoy up to two cups of berries at one time. Also great in a smoothie or with plain yogurt.

FEBRUARY 2018

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

TO DO:



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The Metis are known for their love of laughter and food. These are two things that I love to do and I really try to eating good food on a regular basis and also getting a healthy dose of laughter into my daily routine. Life is full of challenges but the more we can laugh about them and see the humorous side of things the lighter our hearts will feel. Spending time with my family is important to me as well and helps keep me grounded and reminding me of the important things in life."

Jill grew up in Northern Alberta and now lives in Saskatoon, SK. She is a member of the Metis Nation of Saskatchewan. She studied Food and Nutrition at the University of Alberta and after completed dietetic internship with the Medicine Hat Regional Hospital. After completing internship and obtaining her professional designation as a Registered Dietitian, Jill worked in two different positions in Saskatchewan. These positions afforded many diverse experiences from which Jill gained experience working as a clinical dietitian, administrative/food service dietitian and a community dietitian.

From there, Jill's interest in public health and community nutrition grew and this is where she has worked for the majority of her career. Jill completed a Master of Science degree from the University of Alberta (2001) in the area of health promotion and her interests lie in the art and science of helping others' take control and improve their own health. Jill completed a qualitative research thesis on the factors that impact breastfeeding duration among women living on a low income. Jill's particular area of interest is in creating physical and social environments that enhance health equity and the likelihood that everyone can have access to healthy food and live in health enhancing communities.

PRAIRIE BERRY PUFF PANCAKE

INGREDIENTS

- 2 tbsp soft, non-hydrogenated margarine
- 2 cups Saskatoon berries (or other prairie berry)
- 1 tbsp flour
- 3 eggs
- 3 tbsp sugar
- 1 cup milk
- ½ tsp vanilla
- ¼ tsp salt
- ½ cup flour + ½ cup whole wheat flour to make one cup

DIRECTIONS

Heat the oven to 350 F. In the oven, melt the margarine in a 10 inch cast iron skillet or large pie plate. Do not brown. Meanwhile, toss the berries with 1 tbsp of flour. In a blender, mix the eggs, sugar, milk, vanilla and salt. With the blades running, gradually add the cup of flour and blend well. You can do this with a whisk as well. Pour the batter into the pan. Scatter the berries otop. Bake 25-30 minutes, until the centre is set. Serve warm or at room temperature, sprinkled with a little icing sugar.



Did you know?

Picking and eating berries is good for the body and soul! Saskatoon berries are high in antioxidants and fibre and are delicious eaten right off the tree.

MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>KIDNEY HEALTH MONTH</div> <div>www.kidney.ca</div> <div>4</div>	<div>NUTRITION MONTH</div> <div>Unlock the Potential of Food</div> <div>Dietitians will help Canadians realize the potential of food to fuel, discover, prevent, heal and bring us together. Dietitians believe in the power of food to enhance lives and improve health.</div> <div>www.nutritionmonth2018.ca</div> <div>5</div>	<div>6</div>	<div>7</div>	<div>1</div> <div>0</div> <div>8</div>	<div>2</div>	<div>3</div>
<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>
<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>
<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div>

TO DO:



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KERRY SPENCE

“I am passionate about revitalizing the consumption of traditional Indigenous foods in our communities to both reclaim cultural identity and to promote holistic health. I try to eat traditional foods as often as possible and recently began to learn how to fish and hunt.”

Kerry is an Ojibway-Métis woman and proud mother of a five-year- old daughter, Kaylee. She was raised in a rural community called Eddystone, Manitoba and lives in Winnipeg. She is a member of Lake Manitoba First Nation. In 2018, Kerry will begin PhD studies at the University of Manitoba. Her research project will investigate whether a community-based culturally appropriate breastfeeding education program can increase breastfeeding rates to reduce the risk of type 2 diabetes and obesity in First Nations mothers and their offspring in rural and remote communities. Her interests are in Indigenous health, community nutrition, food sovereignty and the role that traditional foods have in diabetes prevention and management.

VENISON BURGERS

SERVES: 4 (1 each)

INGREDIENTS

- 1 lb ground venison
- 1 egg, lightly beaten
- 2 tbsp bread crumbs (or 2 tbsp oatmeal, or 5 crushed ‘unsalted’ saltine crackers)
- pepper (to taste)
- salt (to taste)
- 4 100% whole wheat burger buns
- 4 lettuce leaves
- 1 tomato, sliced
- 4 real cheese, slices (not processed)
- Oil (for grill)

TIPS

The ground venison used in this recipe did not have fat added to it when it was taken to the butcher. When you take deer meat to the butcher, you do not need to ask them to add any fat. The patties will keep their shape and not fall apart, and they still taste great!

Don’t over-season the meat. About 1/8 tsp of salt and 1/8 tsp of pepper will do.

DIRECTIONS

- 1 Heat grill or skillet to medium-high.
- 2 In a mixing bowl, thoroughly combine the ground venison, bread crumbs (or oatmeal or crushed saltine crackers), egg, salt and pepper. With hands, form the mixture into four even patties. Slightly depress the center of each patty with your finger. This will allow for an even cook. Cover and set aside in fridge until ready to cook.
- 3 Carefully brush the grill or skillet with a little oil. Grill or sear the patties until very well browned on one side, about 4-5 minutes. Flip the patties and cook for about 3 minutes more, until your desired doneness.
- 4 Assemble burgers with ingredients of your choice. Enjoy.



Did you know?

Deer meat (also known as venison) is a very lean and healthy meat. In comparison, extra lean ground beef has 1.5x more calories and 4x more fat than ground venison.

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter Sunday	2 Easter Monday	3	4	5	6	7
8	9 Vimy Ridge Day	10	11	12	13	14
15	16	17	18	19	20	21
NATIONAL INDIGENOUS DIABETES CONFERENCE - HALIFAX, NS						
22 Earth Day 2018	23 St. George's Day (NF & LAB)	24	25	26	27	28
29	30					

TO DO:





CHELSEA KILLEY

“I truly believe in the mind, body, spirit approach to health. Take care of your body by engaging in regular physical activity and nourishing it with wholesome, natural food. Take care of your mind by engaging in self-reflection, meditation, yoga, or whatever works for you. Finally, take care of your spirit by always making time for yourself to do whatever it is you love to do!”

Sekoh! I am an RD to be from Six Nations of the Grand River. My background is Lower Mohawk and I am a member of the Wolf Clan. I completed my Bachelor of Science degree with an honours specialization in Nutrition and Dietetics at Brescia University College in London Ontario, which is affiliated with Western University. I currently still attend Brescia and am completing my Master of Science degree in Foods and Nutrition. I am in my last semester of the program and am finishing my clinical internship rotations. During my internship, I completed my Population and Public Health rotation at Six Nations Health Services where I adapted an existing health promotion program to be suitable for our Six Nations community. I have such a passion for Indigenous health so when I become a Registered Dietitian this year I hope to be working in the field of Indigenous health in some way.

HAUDENOSAUNEE SPICE COOKIES

PREP TIME: 15 min COOK TIME: 10 - 15 min SERVES: two dozen

INGREDIENTS

- 1 cup white flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- ½ tsp salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- ⅔ cup pure maple syrup
- ½ cup soft, non-hydrogenated margarine
- ½ tbsp vanilla
- ½ cup butter milk
(add ½ tbsp. of lemon juice or vinegar to ½ cup whole or 2% milk and let stand for 5-10 minutes to make your own)

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Mix together flour, baking powder, salt, cinnamon, and nutmeg in a bowl.
- 3 Mix together maple syrup, margarine, vanilla and buttermilk in a separate bowl.
- 4 Once those two are mixed separately, slowly mix together.
- 5 Shape cookies into teaspoon-sized balls. Place balls on cookie sheet and gently flatten the tops.
- 6 Bake for 10-15 minutes or until golden brown.
- 7 Enjoy!



Did you know?

Spices can add new flavours and aromas to your cooking without added fat, sodium, or calories. While cinnamon & nutmeg are often used in sweet dishes, they can be used in savoury dishes too!

MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 National Aboriginal Diabetes Awareness Day	5 Cinco de Mayo
6	7 ☾	8	9	10	11	12
NATIONAL ABORIGINAL HOCKEY CHAMPIONSHIPS (NAHC) - MEMBERTOU, NS						
13 Mothers Day	14	15	16 Ramadan Begins	17	18	19 Armed Forces Day
20	21 ☾ Victoria Day (all except NS, NU, QC) National Patriots Day (QC)	22	23	24	25	26
27	28	29 ☾	30	31 World No Tobacco Day		

TO DO:





ELISA
LEVI

“It is very important for me to practice gratitude and honour life through acts of reciprocity. The health I give my body through exercise, my body gives me back through a clear mind. I have enjoyed the work I do and this gives me energy as well!”

I have been practicing as a Dietitian since 2002 across the spectrum and wonderful world of food. With a primary focus in Indigenous health, I have supported food sovereignty initiatives and worked with the philanthropic sector on strategies to address food insecurity, such as school nutrition programs. I have used a foundation in health and nutrition to lead a national strategy improving the cancer continuum with and for Indigenous peoples. As a Consultant, I am currently supporting the Canadian Food Funders Collaborative - a learning and solutions focused network spanning across the food system. Volunteering and giving back are an important part of what I do. I'm the Vice Chair of the Board for the Circle on Philanthropy and Aboriginal Peoples in Canada and sit on the Toronto Board of Public Health. Most recently, I joined the Board of the Anishnawbe Health Foundation where one of the main focuses of the foundation is fundraising to build out the new Anishnawbe Health Centre - an exciting project for Indigenous peoples in Toronto.

I draw upon a Master of Public Health from Lakehead University and a Bachelor of Applied Science with a focus on Nutrition from Ryerson University, where I currently teach Indigenous Food Systems at the Chang School. I am a proud Anishinaabe-kwe, mother of two girls and member of the Chippewas of Nawash in Ontario.

WILD LEEKS (RAMPS)

Picked along the Bruce Peninsula – Saugeen Ojibway Territory, Ontario.

- WHAT DO THEY LOOK LIKE:**
Broad, smooth, green leaves, darker at the stem with a whitebulb.
- HOW TO PICK:**
Go for a walk in the bush - early spring, be sure to pick sparingly.
- 1 Pick a bundle
 - 2 Chop finely – lengthwise
 - 3 Heat butter
 - 4 Add ramps and gently saute until almost translucent
 - 5 This can be added to salads, added to eggs or even mixed with avocado on crusty toast.

Did you know?

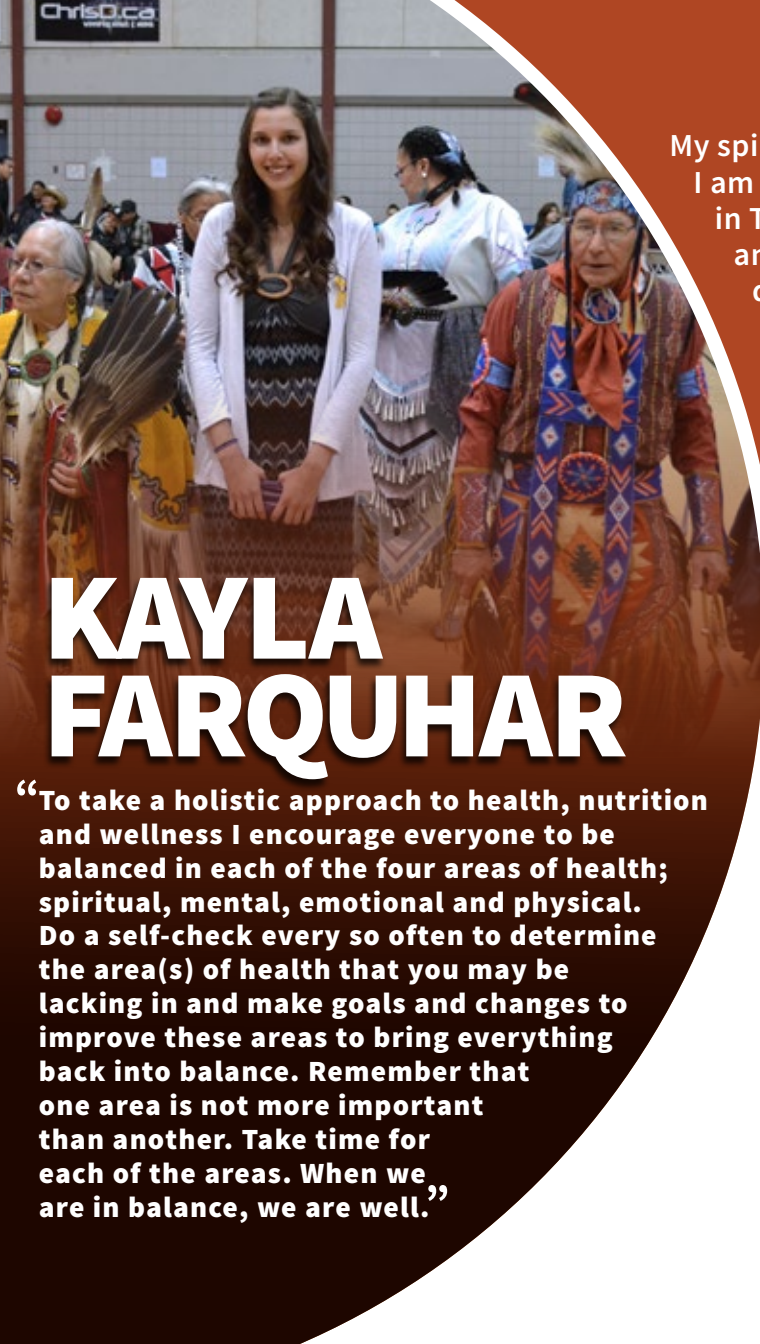
Insoluble fibre holds water like a sponge. This helps prevent constipation by making stools bulkier, softer, and easier to pass. Soluble Fiber can help lower LDL (bad) cholesterol, lower blood sugars and delay stomach emptying and keep us fuller longer.

JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Canada Day Memorial Day (NF & LAB)	2 Canada Day (Observed)	3	4	5	6 ☾	7
8	9 Nunavut Day (NU) Orangemans Day (NL)	10	11	12 ●	13	14
15	16	17	18	MASTERS INDIGENOUS GAMES - DOWNSVILLE PARK, TORONTO, ON		
19 ☾	20	21	22	23	24	25
MIG - TORONTO, ON		26	27 ☉	28	29	30
31						

TO DO:





KAYLA FARQUHAR

“To take a holistic approach to health, nutrition and wellness I encourage everyone to be balanced in each of the four areas of health; spiritual, mental, emotional and physical. Do a self-check every so often to determine the area(s) of health that you may be lacking in and make goals and changes to improve these areas to bring everything back into balance. Remember that one area is not more important than another. Take time for each of the areas. When we are in balance, we are well.”

My spiritual name is Ginew Gabii Noondogozit Ikwe, meaning Eagle Calling Woman. I am a member of Rolling River First Nation, Manitoba and grew up in rural Manitoba in The Pas. I am a Registered Dietitian working at Nanaandawewigamig (First Nations Health and Social Secretariat of Manitoba) with the Diabetes Integration Project (DIP). As the sole dietitian on the project, I work with all 20 of the First Nation communities that DIP services across Manitoba. Previous to this position, among other short-term positions, I worked in the fly-in community of Garden Hill First Nation for almost one year as the Clinical Dietitian. I have always had a passion for working with First Nations communities and helping to prevent diabetes and its complications. I am currently working towards obtaining my Certified Diabetes Educator designation to advance my knowledge and skills in this area.

BISON SHORTTRIB SOUP

Recipe provided by my grandmother Phoebe Morrisette
PREP TIME: 20 min COOK TIME: 2 hrs SERVES: Approx. 8 (1.5 cups each)

INGREDIENTS

- 1 lb bison short ribs
- 2 large or 4 small celery sticks
- 3 medium carrots, peeled
- 2 potatoes
- ½ onion
- 1 cup pot barley
- 4 low sodium beef boullion packets
- 1 tbsp. mixed herbs and spices
- 12 cups of water

DIRECTIONS

- 1 Preheat oven to 350°F
- 2 Place ribs in a roasting pan.
- 3 Cut up celery, carrots, potatoes and onions into small pieces and add to roasting pan.
- 4 Add pot barley, beef boullion packets and mixed herbs and spices to the roasting pan.
- 5 Add water to the roasting pan. Add more water if needed until ribs are covered.
- 6 Cover pot, place in oven and cook for 2 hours.



Did you know?

When cooking bones in homemade soup or stock, they leach some vitamins, minerals and protein into the liquid. The meat with bones also adds flavor along with the vegetables, herbs and spices which allows us to use less salt in homemade soups

AUGUST 2018

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

TO DO:





KELLY GORDON

“I use the terminology “body, mind and spirit” in the work I am doing. I work to support others to gain understanding of the role our food plays not only within our physical self, but our emotional and spiritual self as well. I make food tangible, as often as I can I get to the land, acknowledging one of the sources of our foods. Whether it’s a walk outside on my lunch, picking medicines in the bush or working with community members in the community garden I try to ensure this connection to the land is acknowledged and activated each day in each my personal and professional life.”

Kelly is Kanyen’keha (Mohawk) and a proud mother of two energetic children and has worked as a Registered Dietitian for almost 15 years, focusing on community health. A graduate from McGill University, she has strived to use her education, opportunities and knowledge to work towards building a healthier population and supporting Indigenous Peoples’. Currently Kelly works for Six Nations Health Services as a Community Dietitian; she previously worked for Toronto Public Health and Davenport Perth Community Health Centre. Her current focus is working to integrate Traditional Indigenous knowledge into her everyday practice, supporting community members on their journey towards wellness.

RASPBERRY MAPLE FLINT CORN FLOUR MINI MUFFINS

PREP TIME: 10 min COOK TIME: 20 min SERVINGS: 2

INGREDIENTS

- 1 ¾ cups flint corn flour
- 1 teaspoon baking soda
- ½ tsp baking powder
- ½ teaspoon salt
- 2 tablespoons sunflower oil
- ½ cup maple syrup
- 1 duck egg, lightly beaten
- 1 teaspoon pure vanilla extract
- 1 cup unsweetened applesauce
- ¾ cup frozen raspberries

DIRECTIONS

- 1 Preheat the oven to 350 degrees F. Spray mini muffin tins with cooking spray or line with mini muffin liners.
- 2 In a large bowl whisk together the flour, baking soda, baking powder and salt.
- 3 In a separate bowl, mix the oil, maple syrup, egg, vanilla, raspberries, and applesauce.
- 4 Make a well in the centre of the dry ingredients, add the wet ingredients and stir ingredients together until just combined.
- 5 Distribute the batter evenly among the tins. Bake for 15-20 minutes until a toothpick inserted in the center of a muffin comes out clean.
- 6 Remove to a wire rack to cool completely. These muffins freeze wonderfully and keep well if covered at room temperature for 2-3 days.



Did you know?

I am also part of Nourish. Nourish is for innovators shaping the future of food in health care, I’m am working to increases access and awareness of our Traditional Indigenous food and food ways in healthcare settings - check us out at www.nourishhealthcare.ca

SEPTEMBER 2018

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>Labour Day</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>Grandparents' Day</div>	10 <div>B</div> <div>L</div> <div>D</div> <div>Rosh Hashana</div>	11 <div>B</div> <div>L</div> <div>D</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>	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> <div>Yom Kippur</div>	20 <div>B</div> <div>L</div> <div>D</div>	21 <div>B</div> <div>L</div> <div>D</div> <div>September Equinox</div>	22 <div>B</div> <div>L</div> <div>D</div>
23/30 <div>B</div> <div>L</div> <div>D</div> <div>September Equinox (23rd)</div>	24 <div>B</div> <div>L</div> <div>D</div> <div>O</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> <div>Native American Day (US)</div>	29 <div>B</div> <div>L</div> <div>D</div>

TO DO:





MELISSA HARDY

“Get outside, daily! I believe that nature heals and my spiritual connection is on the land and the water. I’ve had the opportunity to travel the world but there’s nothing that compares to your own backyard. Enjoy what every season has to offer and always remember to keep an extra bag in your pocket because you never know when you’ll encounter traditional food and medicines – watch your step! ”

I am Mi’kmaw from unceded territory on the West Coast of Newfoundland. My first-degree relatives and I only found out about our history with Newfoundland’s Qalipu Mi’kmaq First Nation in 2010, and I have since invested my career into Indigenous health. I am a Registered Dietitian and Certified Diabetes Educator working in 6 remote Cree First Nation communities on the James and Hudson Bay coast in Northern Ontario. I pursued a Bachelor of Science Degree in Human Nutrition and an Integrated Dietetic Internship Diploma at St. Francis Xavier University. As a previous competitive varsity athlete, and now a Registered Dietitian, I explore creative opportunities to merge my two main dietetic specialties, Indigenous health and sport nutrition. I am a volunteer Co-Chair of Dietitians of Canada’s Aboriginal Nutrition Network and I just recently completed the International Olympic Committee Graduate Sport Nutrition Diploma Program. In the future, I hope to support the Truth and Reconciliation Commission’s Calls to Action, call 89, by helping Indigenous youth living in remote locations reach their athletic potential though food and nutrition.

FALL HARVEST FISH CAKES

PREP TIME: 15 min. COOK TIME: 40 min. serves: 4 (1 each)

INGREDIENTS

- 1 white fish, skinned and deboned
- 2 cups of potatoes, peeled
- ½ cup of carrot, mashed
- 2 cloves of garlic, minced
- ½ a medium onion
- ¼ cup green onions
- 1 egg
- 1 tbsp of butter
- ¼ cup of extra virgin olive oil
- 1 tbsp of each dried savory and dried parsley
- 1 tbsp of fresh dill
- ½ tsp of each salt and pepper

DIRECTIONS

- Boiled potatoes and carrot for 15 minutes. Strain, add butter and mash.
- Simmer the fish in boiling water for about 15 min. Drain the water off the fish and let cool for 5-10 minutes in a bowl.
- Sautee onion, garlic, parsley, salt, pepper, savory in oil over medium heat for roughly 10 minutes.
- Add mashed potato, carrot and fish to onion mixture.
- Mix together, adding egg, green onion and dill, until well combined.
- Form small cakes by rolling mixture in hands.
- Fry the fish cakes in olive oil over medium heat until golden brown on both sides. Roughly 6-10minutes on each side.
- Garnish with fresh dill and serve with a side of waxed green beans (or other veg) fresh from the garden.



Did you know?

Omega-3 fatty acids are heart healthy fats that have many functions in our body and are important for good health. Eat at least 2 servings (1 serving + 1 deck of cards) of fish a week. Choose fatty fish more often, such as: salmon, mackerel, trout, sardines, herring, anchovies, and Arctic char.

OCTOBER 2018

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> <div>☾</div>	3 <div>B</div> <div>L</div> <div>D</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> <div>●</div> <div>Thanksgiving</div>	9 <div>B</div> <div>L</div> <div>D</div>	10 <div>B</div> <div>L</div> <div>D</div>	11 <div>B</div> <div>L</div> <div>D</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>	15 <div>B</div> <div>L</div> <div>D</div>	16 <div>B</div> <div>L</div> <div>D</div> <div>☾</div>	17 <div>B</div> <div>L</div> <div>D</div>	18 <div>B</div> <div>L</div> <div>D</div> <div>Healthcare Aide Day (BC, MB)</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 <div>B</div> <div>L</div> <div>D</div>	24 <div>B</div> <div>L</div> <div>D</div> <div>☉</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>	30 <div>B</div> <div>L</div> <div>D</div>	31 <div>B</div> <div>L</div> <div>D</div> <div>☾</div> <div>Halloween</div>			

TO DO:



Aboriginal Nutrition Network

Dietitians of Canada
Les diététistes du Canada



National Aboriginal Diabetes Association
Association Nationale Autochtone Diabète





JESSICA OICKLE

“I approach health and wellness by always giving thanks to our great creator. Taking a few quiet moments to appreciate our mind, body, and spirit is so important. This can be as simple as sitting down with a cup of tea to give yourself time to relax, or giving an offering of thanks to our creator. Also, simply doing more things that make you happy! Lastly, try to spread your happiness and positivity, you never know how much your smile may help a family member, friend, or complete stranger.”

Kwe’ (Greetings), I am from the Mi’kmaw territory of L’sitkuk, Bear River First Nation located in Nova Scotia. I completed my undergraduate degree at the University of Prince Edward Island, and was fortunate enough to complete an honours research thesis in nutrition. My honours thesis assessed diet quality, food insecurity, and other demographic information of mothers who used the food bank in Charlottetown. This research was used to advocate on behalf of disenfranchised/ low income individuals and families, to encourage government policy makers to make a change. Upon graduating in 2014, I then began a Masters of Applied Health Services Research. My thesis is examining the bi-directional association between food insecurity and mental health, and what are common predictors of these outcomes. However, during my masters I applied to the Graduate Dietetic Internship program with the Northern Ontario School of Medicine, I was beyond thrilled to be accepted. I completed the internship July of 2017 which was such an amazing experience! Presently, I am finishing my thesis and working as a research assistant at the Patient Orientated Health Clinic at UPEI, examining the influence of diet on inflammation.

LUSKINIKN WITH A TWIST

Thank you to elder Pat Harlow for original recipe.

INGREDIENTS

- 1 ¾ cups white flour

¼ cup whole wheat flour

2 Tbsp wheat germ

2 Tbsp sugar
- 2 Tbsp baking powder

½ tsp salt

1 Tbsp oil

1 cup water

DIRECTIONS

- 1

Preheat oven to 400°F.
- 2

Combine all dry ingredients and mix well in medium sized bowl.
- 3

Add oil slowly, then add water to dry mixture slowly. Only mix until the ingredients stick together. Over mixing and kneading will make the Luskinikn tough.
- 4

Grease a loaf pan and form dough into a ball and place in pan. Push dough down evenly to eliminate air bubble and ensure an even bake.
- 5

Bake for approximately 15-20 minutes, top will appear slightly golden colour.
- 6

Allow to cool and remove from pan.

Did you know?

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

NOVEMBER 2018

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

TO DO:



Aboriginal Nutrition Network



Dietitians of Canada
Les diététistes du Canada



National Aboriginal Diabetes Association
Association Nationale Autochtone Diabète





Janna MacKay is a Registered Dietitian, Certified Diabetes Educator and member of a small Mi'kmaw community called Pictou Landing in Nova Scotia. She works in Atlantic Canada, as a Community Nutrition Advisor for the Government of Canada, focusing on Indigenous health. Janna's education background includes: Bachelor of Science in Human Nutrition at St. Francis Xavier University (2007), Yukon First Nations Dietetic Internship program (2009), International Olympic Committee Diploma in Sports Nutrition (2012) and Master of Science in Sport Nutrition from the University of Stirling, Scotland (2014). She has volunteered for Team Mi'kmaw Nova Scotia at several North American Indigenous Games, which included the opportunity to coach and compete. Janna has worked in various settings during her career including: food service for a small hospital, traveling diabetes community nutrition work in Nova Scotia First Nation communities and most recently, 200km above the Arctic Circle in Inuvik, Northwest Territories in clinical (diabetes) and community nutrition. While Janna's main passion is working in diabetes with Indigenous communities, in the future, she hopes to have the opportunity to combine this with her interest and experience in Sports Nutrition.

JANNA MACKAY

Janna's approach to nutrition teaching is to empower individuals to understand the impacts of choices and support whole body health and wellness. She believes all foods can fit into our diet and be included in disease management when there is balance. Choosing more whole foods, use of country/traditional foods, cooking at home and listening to your body is paramount to wellness. Enjoy food. Nourish the body, spirit and mind.

CARIBOU SHEPHERD'S PIE

INGREDIENTS

- 4-6 potatoes, washed (can leave peel on if desired)
- ½ cup shredded cheese
- 1 pound ground caribou (or other ground meat: beef, moose, etc)
- 1 onion, diced
- ½ tablespoon oil (vegetable, canola or olive)
- 1 tablespoon flour
- 1 tablespoon ketchup
- 1 can beef stock (OR 1 bouillon cube mixed with 1 cup water)
- 4 cups frozen mixed vegetables

DIRECTIONS

- Place cut up potatoes into large pot of water, bring to boil. Cook until tender, about 10-15 minutes. Drain and mash. Stir in splash of milk (optional) and ½ of the cheese. (Keep remaining ½ of cheese to sprinkle on top). Set aside.
- Preheat oven to 350 degrees Celsius.
- In large/deep frying pan, over medium high heat, heat oil for 1 minute, then add diced onions. Continue cooking until onions are glossy/clear (about 3 minutes). Add ground meat and cook until browned, about 10 minutes. Season to taste. Stir in flour and cook for 1 minute. Then add beef stock and ketchup. Bring to boil.
- Add frozen vegetables into frying pan, stir well, and bring back to boil, then reduce heat and simmer for 5-7 minutes. Remove from heat.
- Pour meat and vegetable mixture into 9x13 rectangle baking dish. Spoon over mashed potatoes and smooth. Top with remaining shredded cheese. Bake in oven for 20 minutes, or until heated through.



Did you know?

Using frozen mixed vegetables is often more budget-friendly and readily available than fresh vegetables. This can also help increase the number of servings and helps to improve nutrient variety.

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <div>B</div> <div>L</div> <div>D</div> <div>World AIDS Day</div>
2 <div>B</div> <div>L</div> <div>D</div>	3 <div>B</div> <div>L</div> <div>D</div> <div>First Day of Hanukkah</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> <div>●</div>	8 <div>B</div> <div>L</div> <div>D</div>
9 <div>B</div> <div>L</div> <div>D</div>	10 <div>B</div> <div>L</div> <div>D</div>	11 <div>B</div> <div>L</div> <div>D</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>	15 <div>B</div> <div>L</div> <div>D</div> <div>☾</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> <div>December Solstice</div>	22 <div>B</div> <div>L</div> <div>D</div> <div>☼</div>
23/30 <div>B</div> <div>L</div> <div>D</div>	24/31 <div>B</div> <div>L</div> <div>D</div> <div>New Year's Eve (31st)</div>	25 <div>B</div> <div>L</div> <div>D</div> <div>Christmas Day</div>	26 <div>B</div> <div>L</div> <div>D</div> <div>Boxing Day (MB, NB, NL, NS, ON, PE, YT)</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> <div>☾</div>

TO DO:



RESOURCES

DIETITIANS OF CANADA ABORIGINAL NUTRITION NETWORK:

www.dietitians.ca/AboriginalNutrition

ROLE PAPER ON REGISTERED DIETITIANS IN ABORIGINAL COMMUNITIES:

www.dietitians.ca/Downloads/Public/ANN-Report-Final-2012

HANDOUT ON DIETITIANS IN ABORIGINAL COMMUNITIES:

www.dietitians.ca/Downloads/Public/Dietitians-in-Aboriginal-Communities-Apr2014-pdf

LEARN ABOUT DIETITIANS:

www.dietitians.ca/About-Us/About-Dietitians/Learn-about-Dietitians

HOW TO BECOME A DIETITIAN:

www.dietitians.ca/Become-a-Dietitian/Overview

WHAT'S THE DIFFERENCE BETWEEN A DIETITIAN AND A NUTRITIONIST?

www.dietitians.ca/Your-Health/Find-A-Dietitian/Difference-Between-Dietitian-and-Nutritionist

ABORIGINAL NUTRITION NETWORK EMAIL:

aboriginal@dietitians-network.ca

This Calendar supports the Truth and Reconciliation Commission of Canada: Calls to Action. Specifically call 23 (i):
“We call upon all levels of government to increase the number of Aboriginal professionals working in the health-care field.”

TRUTH AND RECONCILIATION COMMISSION OF CANADA: CALLS TO ACTION:

www.trc.ca/websites/trcinstitution/File/2015/Findings/Calls_to_Action_English2.pdf



**Aboriginal
Nutrition Network**

www.dietitians.ca/AboriginalNutrition



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www.nada.ca