

Nutrition Month & Traditional Food Day 2024

ACTIVITY BOOKLET



FOOD SECURITY & NUTRITON TEAM - NRBHSS

IDEAS FOR ACTIVITIES OR EVENTS

Discover New Tastes

- Organize a sensory tasting to savour foods using all five senses (see activity at page 5).
- Organize a tasting of different types of water (e.g. sparkling water, water flavoured with frozen fruit) followed by a discussion on the benefits of water to celebrate World Water Day (March 22).
- Hold a contest for children by offering them a tasty selection of fruits and vegetables and asking them to vote for their favourite.
- Set up an information booth on nutrition with food samples for tasting at the grocery store, at school or in the workplace.
- Hold a draw for a basket of foods to discover.

Cook Together and Share a Meal

- Set up a community cooking workshop for families, elders, pregnant women, etc.
- Set up a workshop on country food. Prepare and cook foods and share knowledge on how to gut and skin an animal, dry meat, prepare suvalik, etc. You could invite an elder to share their knowledge.
- Organize a community meal focused on the pleasure of eating on Traditional Food Day (March 28).

Go on an Adventure

- Organize a group activity on the land to do things like ptarmigan hunting, gather mussels and go ice fishing.
- Organize a rally at the grocery store where participants search for foods to make a recipe.

Share Information

- Hold a conference or an information session on foods and nutrition, facilitated by a knowledgeable community member or a health professional.
- Organize an educational activity on nutrition using the educator's tool kit from the Nunavik Food Guide.
- Hold a nutrition quiz over radio.

Get Ideas in the Community

- Hold a sharing circle where community members of all ages can share stories and discuss various topics related to food and nutrition.
- Set up a community group on Facebook for exchanging and sharing recipes.
- Organize a community challenge. Encourage community members to try and include a fruit in their breakfast every day for one week or to have one vegetable with their lunch and supper. You could use radio to encourage participants and discuss healthy lifestyles.

MESSAGES TO PROMOTE NUTRITION ON LOCAL RADIO

During Nutrition Month (March 2024), take the opportunity to go on local radio to share messages on nutrition and encourage discussion in your community. Below are some suggestions for messages:

Taste and Discover New Flavours

- In March, you are encouraged to try one or more new recipes, taste new foods and take time to enjoy your meals.
- While enjoying your meals, try eating more slowly. Focus your attention on the meal you are eating. Use your senses to savour each bite and identify the textures, aromas and flavours of the food. Get to know your preferences and eat what gives you pleasure according to your taste, culture, budget and lifestyle.
- Share recipes and meal ideas with your friends; you could discover delicious foods and gather ideas for meals. What is your favourite meal?

Spend Time in Good Company

- Eat as a family as often as possible. Make mealtime a pleasant time by interacting with your children. Remove all distractions such as electronic devices and toys, so everyone can concentrate on the food and being together.
- Use Nutrition Month to hold family discussions on topics such as your favourite meals, the importance of country food for you and what you think of commercially prepared foods.
- Help your children discover the pleasure of contributing to meal preparation. Simple activities such as cutting vegetables or mixing ingredients are ways to get them to discover foods. Taking part in preparation encourages children to try new foods and appreciate new tastes. It's a good way to introduce new foods, including country food, at a young age.
- Cooking with friends can also be a pleasant social activity. Cooking larger amounts becomes possible, the food can be shared and that helps reduce costs.

Traditional Food Day (March 28th) - Part 1

- Foods play a vital role in maintaining physical, emotional, intellectual and spiritual health. Eating country food is at the heart of Nunavimmiut life and that's why March 28th is devoted to country foods.



MESSAGES TO PROMOTE NUTRITION ON LOCAL RADIO

Traditional Food Day (March 28th) - Part 2

- Country foods have important health benefits. They are completely natural and contain no unhealthy fats, preservatives or added sugar, unlike many store-bought foods. For example:
 - Wild meat contains more iron than store-bought meat. Seal meat is the best source of iron, it contains 10 times more iron than beef.
 - Berries are rich in vitamin C and antioxidants, they help protect the body, keep skin healthy and fight disease.
 - Fish, seal and whale blubber contain omega-3 fatty acids, a type of fat that is good for the heart.

Advice on Choosing Foods

- Water and milk are healthy drinks. Make water your main beverage and reduce your consumption of pop, fruit punch, slushy-type drinks, energy drinks and alcohol. Add fruit to water for different flavours or make yourself a smoothie (share the recipes on pages 7 and 8). Compared to juice, smoothies contain more fruit, including fibre, which increases your feeling of fullness.
- At the grocery store, whole fruits and vegetables are often cheaper than pre-cut ones. The more a food is handled, the more it will cost. You can cut your own foods at home to save money. Frozen and canned vegetables and fruits are also excellent choices.
- At the grocery store, you often find transformed foods that contain a lot of salt, sugar and fat. A quick way to recognize them is to read the list of ingredients. If it's long or contains artificial ingredients or items that are difficult to pronounce, that could mean that the food has been heavily transformed. Instead, choose natural foods, such as country foods, vegetables, fruits, meat and eggs. Foods that have seen little transformation, such as milk, yogurt, bread, frozen and canned vegetables and fruits are also good options.

Cook at Home and Plan Your Meals

- Preparing meals at home doesn't have to take a lot of time. Some recipes can be quick, for example: ham and cheese sandwiches, chinese macaroni, caribou or frozen fish. Cooking at home has another advantage, you know everything that went into the dish.
- If you cook large quantities, you'll have leftovers for your next meal and you can freeze extra portions. It's a great way save time and have healthy meals readily available.
- Before buying groceries, check what you have at home, in the refrigerator, the freezer and the pantry. What do you have on hand? Which foods will expire soon? Are there foods you could use to prepare meals for next week? Think about the meals you would like to make for the next few days and make a list of ingredients to buy to complete what you have at home.



Sensory Tasting

Objective of the activity: Raise the participants' awareness of the benefits of eating with pleasure and using all of their senses.

Duration of the activity: Roughly 25 minutes

Target group: The activity could be held with adults and children and in small or larger groups (for exam- ple, at a community feast). It could also be held over radio.

Required materials

Text for the sensory tasting to guide the participants (only for the person facilitating the activity)

Water and glasses for all participants

Food for all participants: any widely appreciated food (piece of chocolate, apple, bannock, Arctic char, mattak, etc.)

Version 1

The facilitator selects the food to be tasted by all participants and prepares a sufficient quantity for the activity.

Version 2

If the activity is held over radio, each participant will need to get a food they like as well as a glass of water.

Steps

- 1 Explain to the participants that the activity is about learning to savour foods.
- 2 Provide each participant with the selected food and a glass of water (or ask them to choose a food in the case of Version 2).
- 3 Dim or turn off the lights and ask the participants not to answer out loud during the activity; they should only reflect on the questions asked.
- 4 Slowly read the text below to give the participants time to experience each step.

Sensory Tasting

Text to read out to the participants

If the activity is held over radio, begin here:

Select a specific food. It can be a piece of chocolate, an apple, a piece of bannock, Arctic char or mattak, any food that gives you pleasure. Have a glass of water on hand.

Continue to next section

If the activity is held in person, begin here:

Pick up the food with your hand. Which hand did you use? Change hands to use the hand you use less often for handling food.

Does it feel heavy or light? Touch it. Is it smooth? Rough? Cold? Hot?

Take the time to look at the food and admire its colours. Observe how the light creates reflections and shadows on it.

Think of all the step required, people involved and all the elements of nature required so you could eat this food.

Slowly bring the food to your nose. Observe your hand and how it automatically moves without you having to think about the action.

Smell your food deeply. What do you detect? Is the aroma mild? Sweet? Delicate? A smell like the sea? Earthy? Is the aroma familiar? Does it evoke memories?

Does the smell make you salivate?

Without biting into it, bring your food to your lips. Think, you are about to savour your food. What do you feel?

Take a bite and concentrate on the texture. Is it crunchy? Sticky? Crumbly? Tender? Juicy? Creamy? Firm? Gelatinous? What would you say?

Take another bite and chew slowly. What do you taste? Sweet? Salty? Acid? Bitter? Aromatic?

Smell the spot on the food where you took a bite. Is the aroma different? More pronounced? Milder?

Take a sip of water and then another bite of your food. Move it from one side of your mouth to the other. What do you feel in your cheeks, on your tongue, on your teeth and on your lips? Is it pleasant?

Take another bite. Chew and this time swallow very quickly. Is it pleasant? How would you compare this method of eating to the previous ones? Are the flavours more pronounced or less pronounced? Which do you prefer?

Take one last bite and enjoy the pleasant sensation for as long as possible and when it's gone, let it go. Take a moment to be thankful for and appreciate one of the greatest gifts in life: food.

Don't hesitate to take the time to savour foods you eat every day. You may experience some pleasant surprises and even discover some foods you thought you didn't like.

Encourage a group discussion among the participants by asking the following questions:

How did you feel about this tasting? Is this way of eating different from your habits?

Do you always take the time to appreciate both taste and texture?

Did you feel more pleasure than usual in eating your food?

Do you think taking pleasure in tasting foods could help you adopt healthy eating habits?






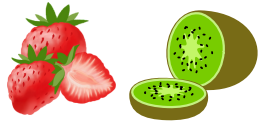
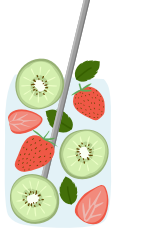


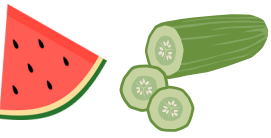





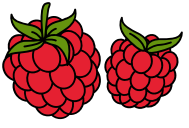

What advantages do you see in doing so?

INFUSED WATER RECIPES

Basic Recipe

For 2 cups of water (500 ml), add 1/2 cup (125 ml) of fruit pieces. Fruit can be fresh or frozen. Optional: add herbs such as mint or basil.

Limit the addition of citrus fruits (lemon, lime, orange, grapefruit), since they can affect dental health.

 Water	+	 Berries	=		 Optional add thyme
 Water	+	 Strawberry and Kiwi	=		}  Optional add mint leaves
 Water	+	 Watermelon and Cucumber	=		
 Water	+	 Frozen Mango or Pineapple	=		
 Cold tea	+	 Fresh or Frozen Raspberries	=		*Not recommended for children because contains caffeine

SMOOTHIE RECIPE



INGREDIENTS

- 1 cup (250 ml) of fresh or frozen fruits (e.g. berries, bananas, mangoes)
- 1/2 cup (125 ml) of plain, vanilla or fruit yogurt
- 1/2 cup (125 ml) of milk or water

Fruit Smoothie



PREPARATION

1. Wash fresh fruits.
2. Place yogurt, fruits and milk or water in a blender.
3. Blend until smooth consistence.
4. Pour into glasses.
5. Keep leftover refrigerated.

NEED SUPPORT ?

Contact us !

Food security & nutrition team
email : FoodSecurity.Nrbhss@ssss.gouv.qc.ca

For more information about food and nutrition, visit:
<https://padlet.com/foodsecuritynrbhss>

