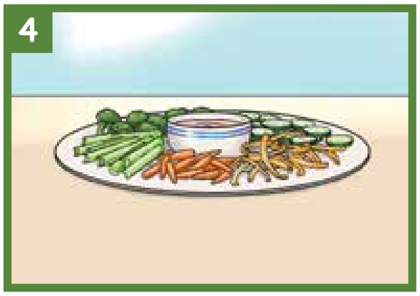
ᐊᓂᕐᕿᒥ ᐱᓕᐊᖕᒍᒍᓐᓇᑐᖅ ᐱᕈᕐᑐᕕᓃᑦ ᒥᔫᑦᑕᒐᖕᒐ

ᐅᐊᕈᑎᖕᒋᑦ:

3/4 ᖃᓪᓗᑎᒃ (175 ml) ᐃᓚᓯᒪᖕᖕᒋᑐᖅ ᖃᑯᕐᑕᖅ ᔫᑲᑦ
2 ᖃᓗᕿᐅᑎᐊᓘᒃ (30 ml) ᑳᑦᓴᑉ
1 ᖃᓗᕿᐅᑎᐊᓗᒃ (15 ml) ᒣᔭᓀᔅ

ᐊᑐᐃᓐᓇᕈᕐᑎᓗᒋᑦ:

1. ᐃᕐᒥᓗᒋᑦ ᐊᒻᒪᓗ ᓇᑲᑎᕐᓗᒋᑦ ᐱᔪᒪᔭᑎᑦ ᐱᕈᕐᑐᕕᓃᑦ.
2. ᐅᐊᕈᑎᑯᕆᐊᓕᓕᒫᑦ ᒥᔫᑦᑕᒐᓕᐊᕆᓂᐊᕐᑕᑎᑦ ᑐᖅᑯᓗᒋᑦ ᐃᓗᓕᒻᒧᑦ ᐃᖕᒍᓚᓪᓗᒋᓪᓗ ᑲᑎᓪᓚᕆᑦᓯᐊᖕᒋᓐᓂᖕᒋᓐᓂ. ᐃᓚᓯᒪᖕᖕᒋᑐᒥᒃ ᖃᑯᕐᑕᒥ ᔫᑲᑦᖃᖕᖕᒋᑯᑦᓯ ᐃᓚᒋᐊᓪᓚᕈᓐᓇᑌᑦ ᒣᔭᓀᔅᒥᒃ (3/4 ᖃᓪᓗᑎᒃ).
3. ᐱᕈᕐᑐᕕᓂᕐᓂᒃ ᓄᑖᔭᓂᒃ ᓂᕆᓗᑎᑦ ᒥᔫᑦᑕᐅᑎᒥᓗᒍ ᒪᒪᕆᓗᒍᓗ!



ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔩᑦ
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NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES