

NWT HEALTHY COMMUNITIES Toolkit



WWW.POWERUPFORHEALTH.CA

NWT Power Up! Community Government Policies & Best Management Practices

NWT Association of Communities and the Department of Health & Social Services

Overview

The Northwest Territories Association of Communities (NWTAC), in collaboration with the Department of Health & Social Services (HSS) have developed a suite of Best Management Practices, bylaws, and policies that will assist NWT Communities to become healthier places to live.

Priority Areas of the Healthy Communities Toolkit are:

- Healthy Eating
- Physical Activity and Built Environment
- Smoking Cessation
- Alcohol Moderation
- Mental Health

The Healthy Communities Toolkit was developed in the NWT. The NWT is a unique environment and requires unique solutions that reflect how we live. NWT communities cannot simply take a cookie cutter approach to applying some of the solutions and templates that have been developed in the south. **NWT Communities have the ability to take a proactive wellness approach that affects the outcomes for their residents.**

Some of the unique things considered during our project development include:

- Our communities are small, isolated and under-resourced.
- Traditional foods are healthy foods.
- Being on the land is a big part of how we define ourselves and it improves our wellness not only from a physical perspective but on a spiritual level as well.
- Wellness must reflect our community values.

The Healthy Communities Toolkit has received invaluable assistance from our partners to draft the Best Management Practices and Policy Templates for various local government activities that reflect what works in the NWT and is important to the wellness of our residents.

Funding for the NWT Power Up! Program has been made possible through financial support from the Canadian Partnership against Cancer and Health Canada.

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Healthy Eating

Best Management Practices & Policies

Community Events Healthy Eating

Community Gardens

Breastfeeding Friendly

Daycare / After School / Day Camp Healthy Eating

Drop the Pop Energy Drinks

The Sale of Pop / Soda Drinks Not to be Authorized in Community Government Buildings

The Sale Energy Drinks Not to be Authorized in Community Government Buildings

Drop the Water Bottle

Vending Machine Healthy Choices

Healthy Choices Agreement for Tenders and Contracts

Staff and Council Events Healthy Eating

Healthy Reward for Postive Behavior in the Community

NWT HEALTHY COMMUNITIES Toolkit



Food is part of celebration, ceremony, social functions, learning opportunities and is one of our best ways to bring people together.

There are certain times when we should 'just enjoy' food and with so many occasions to offer food, we have plenty of opportunity to promote healthy choices for our people by ensuring that healthy foods are available almost all of the time.

Serving healthy foods in communities means having healthy food selections at all community activities that include food such as: community programs, gatherings, meetings and special events as well as part of fundraising events. Serving healthy foods starts with the types of food offered as well as the amount of food offered.

Healthy Eating at COMMUNITY EVENTS



Use the Guide to Plan your food & beverage choices:

All community events should focus on the main messages from the Canada's Food Guide and Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis. These food guides are an important tool for individuals, families, and communities to learn about and share ways of eating well, including traditional and store-bought foods.

Offer Healthy Eating Options that include:

- Vegetables and Fruit more often
- Offer a variety of whole grain products
- Offer skim, 1% or 2% milk
- Offer lower fat milk alternatives (yogurt/cheese)
- Provide smaller portion sizes
- Offer plain water in pitchers or water coolers
- Buy or use local products when they are available (i.e.: traditional foods, etc.)
- Include Physical Activity opportunities
- Choose tobacco-free facilities
- Ensure food safety
- Choose greener options when possible

Traditional Foods:

Each year we affirm our identity and reinforce our ties to our indigenous food system and territories by harvesting & eating our traditional foods.

Our traditional food remains an important aspect of social and cultural events, all of which center traditional food as an important aspect of being who we are.

We thank the moose, caribou, char, whitefish, ducks, geese, ptarmigan, seal, berries, roots and medicines and they in turn nourish our bodies and spirits and help protect our body from illness and remind us of our past and help us think about our future.



Menu Ideas

The sample menu plans are based on a group of 30 people. If you are serving for a larger event you may want to make additional selections from each food group to provide your guests with more variety.

Breakfast Menu

Grains & Starches (choose 2)

- Bannock, baked
- Whole wheat bread/ toast
- High fibre cereal
- Hot cereal – Oatmeal
- Pancakes

Starchy Vegetable

- Corn and sweet pepper
- Potato and Onion hash
- Yam wedges with salsa

Dairy (choose 1-2)

- Yogurt
- Skim or 1% Milk
- Cheese
- Cottage cheese

Meat & Alternatives (choose 1-2)

- Eggs
- Lean ham
- Baked beans
- Peanut butter
- Fish
- Lean meat

Vegetables (choose 1)

- Add cut up tomatoes, mushrooms, onions, and/ or peppers to the omelet or scrambled egg
- Fresh sliced tomatoes, cucumbers

Fruit (choose 2, include different colored fruit)

- Fresh fruit salad
- Fresh toppings for your pancakes and cereal
- Whole fruit
- Fruit cocktail in juice or light syrup

Lunch Menu



Grains & Starches (choose 1-2)	Vegetable (choose 2)	Meat & Alternatives (choose 1-2)	Fruit (choose 1)	Dairy (choose 1 if desired)
<ul style="list-style-type: none"> • Bannock • Whole wheat dinner roll/bread • Macaroni salad • Rice pilaf • Steamed corn • Baked potato 	<p>Cold</p> <ul style="list-style-type: none"> • Caesar Salad • Garden Salad <p>*serve w/ low fat dressings on the side</p> <p>Hot</p> <ul style="list-style-type: none"> • Vegetable soup • Vegetable stir-fry • Steamed mixed vegetables 	<ul style="list-style-type: none"> • Lean meat/fish • Moose stew • Hamburger soup • Chili • Sandwich filling: salmon, chicken, lean meats, egg salad, tuna salad 	<ul style="list-style-type: none"> • Fresh fruit salad • Apple/fruit cobbler • Fresh whole fruit • Fruit cocktail 	<ul style="list-style-type: none"> • Pudding made with skim/1% milk • Fresh vanilla yogurt for dipping sauce

Dinner Menu



Grains & Starches (choose 1-2)	Vegetable (choose 2)	Meat & Alternatives (choose 1-2)	Fruit (choose 1)	Dairy (choose 1 if desired)
<ul style="list-style-type: none"> • Bannock • Steamed rice • Rice pilaf • Pasta noodles • Macaroni salad • Vegetable chow mein • Potato salad • Steamed corn • Dinner rolls • Oven roasted sweet potato • Oven roasted potato 	<p>Cold</p> <ul style="list-style-type: none"> • Caesar Salad • Garden Salad • Coleslaw • Marinated Vegetable Slaw <p>*serve w/ low fat dressings on the side</p> <p>Hot</p> <ul style="list-style-type: none"> • Traditional plants & greens • Vegetable soup • Steamed mixed vegetables • Oven roasted vegetables • Baked spaghetti squash • Broccoli & cauliflower medley • Carrot & parsnip mash • Bean & vegetable soups 	<ul style="list-style-type: none"> • Roasted lean meat • Wild birds – goose, duck, geese • Salmon • Halibut/fish • Baked trout • Salmon/clam chowder • Stew • Beans 	<ul style="list-style-type: none"> • Fresh fruit plate • Apple/fruit cobbler • Fruit salad served with vanilla yogurt • Wild berry ice cream • Rhubarb and wild berry crisp • Carrot cake with wild berry sauce 	<ul style="list-style-type: none"> • Skim or 1% milk • Vanilla yogurt for fruit topping • Wild berry ice cream



Tip for serving healthy food & bringing down costs!

Offering prepared foods can eat away at your food budget. Many pre-prepared foods are high in calories, fat, salt or sugar and cost more. Keeping pre-prepared and low nutrient snacks off the table and out of school can save money and can be good for your community's health and waistline.

- Plant a garden to support school meals and community events. Can the vegetables in the fall or freeze for later use
- Choose Frozen or canned vegetables and fruit - they are affordable and nutritious options. Ensure that you always have frozen vegetables on hand, they are a great back up when you have not been able to re-stock fresh groceries.
- Hold a community canning event
- Use beans, lentils and other legumes instead or meat or in addition to meat in soups, stews, chili.
- Stock up on canned goods and staples when they are on sale. Store them safely and use them up by their "best-before" date.
- Skip the cookies, baked goods, chips and other salty snack foods, soft drinks and other high calorie beverages. They cost a lot and are low in nutrients. Stick to the four food groups and buy the basics.

For information on how to implement Healthy Eating at your Community Events please view the Community Events Healthy Eating Policy

www.fnha.ca/documents/healthy_food_guidelines_for_first_nations_communities.pdf



Healthy Treats for Celebrations:

Celebrations often mean lots of sugar and there are some healthy treat options out there. Healthy treating means serving a good variety of food that is more nutritious along with smaller amounts of higher sugar, higher fat treats. There can be a place for a sweet treat.

Here are some ideas:

- Chocolate Milk
- Fruit and Veggie Plate with Yogurt Dip
- Yogurt tubes
- Milk puddings
- Popcorn (Smart Pop)
- Pita chips and Salsa
- Dried Meat or Beef jerky
- Baked chips
- Mini carrot or fruit muffins
- Fruit skewers
- Sorbet
- Fruit Smoothies

Section/Number: Healthy Eating – 01	Approval Date: (DD/MM/YY)
Subject: Community Events Healthy Eating Policy	Amendment Dates:
<p><u>Policy</u></p> <p>Food is part of celebration, ceremony, social functions, learning opportunities and is one of our best ways to bring people together. Serving healthy foods in communities means having healthy food options at all community activities that include food such as: community programs, gatherings, meetings and special events as well as part of fundraising events.</p> <p>Community events are a great space at which to promote healthy eating. When you have healthy food and drink options at your community events, you make it easier for everyone to make healthy choices. Offering healthy options is important in striving for a healthy community.</p> <p>Therefore, when food and beverages are served at a community event that is sponsored by <u>Community Government Name</u>, we will follow our Community Events Healthy Eating policy.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. Community members are interested in choosing healthier foods and beverages, being physically active, staying tobacco-free, caring for our environment and supporting local products. What we eat and level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases.
2. All community events will focus on the main messages from the *Canada's Food Guide* and *Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis*. These food guides are an important tool for individuals, families, and communities to learn about and share ways of eating well, including traditional and store-bought foods.
3. Community events will offer Healthy Eating Options that include:
 - Vegetables and Fruit more often
 - Offer a variety of whole grain products
 - Offer skim, 1% or 2% milk
 - Offer lower fat milk alternatives (yogurt/cheese)
 - Provide smaller portion sizes
 - Offer plain water in pitchers or water coolers
 - Buy or use local products when they are available (i.e.: traditional foods, etc.)
 - Include Physical Activity opportunities
 - Choose tobacco-free facilities
 - Ensure food safety
 - Choose greener options when possible
 - Encourage healthy options in vending services
4. When choosing foods keep in mind:
 - Variety is important. Providing options ensures there's something for everyone.
 - Portion size counts. Consider offering smaller portions such as mini muffins, mini bagels or smaller entrée sizes.
 - Aim for 4 food groups for meals and 2 food groups for snacks.
 - Food groups include Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives.

Attachments:

- Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis.
- Canada's Food Guide
- SMP for Healthy Eating Options at Community Events
- Traditional Foods Fact Sheet
- Menu Sample Model for Community Events

References

<http://www.fnha.ca/documents/>

[healthy_food_guidelines_for_first_nations_communities.pdf](http://www.fnha.ca/documents/healthy_food_guidelines_for_first_nations_communities.pdf)

<http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

<http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php>

<http://www.healthyeatingnl.ca/wp-content/uploads/2016/01/HE-Guidelines-for-Community-Meetings-Events-CRWC-2016.pdf>

Menu Sample Model for Community Events

Here are some healthy meal ideas to help plan your next community event, such as a community feast or meeting, enjoy a healthy meal together.

If you are serving for a larger meal, you can make more selections from each of the food groups in the food guide.

Whenever possible, serve seasonal and local foods from the land and from garden harvests. This will give your community members a great meal that they will enjoy and feel pride in as well! These kinds of ideas can be shared for pot lucks as well.

Meal Ideas	Meat, Fish, Birds, Eggs and all Edible Parts	Bannock, Breads and Cereals	Fruits and Vegetables	Milk and Milk Substitutes
# choices (about 30 people)	1 - 2	1 - 2	1 - 2	1
Cold	<p>Traditional meats, fish, birds, and other parts</p> <p>Dried meat or fish</p> <p>Sandwich fillings: Fish, chicken, lean meat, egg or tuna salad (provide lettuce, tomato or other vegetables that could be added in)</p>	<p>Whole wheat buns or bread</p> <p>Rice – brown, wild rice mix with white and/or vegetables added.</p> <p>Corn (on the cob if in season)</p>	<p>Vegetable Tray</p> <p>Salad – local greens/ plants</p> <p>Vinaigrette dressings (raspberry) – serve on the side.</p> <p>Other vegetables – cooked</p> <p>Fresh Fruit Salad or fruit tray</p> <p>Berry/Rhubarb/Fruit crisp</p> <p>Unsweetened canned or frozen fruit</p>	<p>Have milk on hand to drink or evaporated milk for coffee</p> <p>Use a low fat or homemade yogurt dip. Serve fruit crisp with plain yogurt</p>
Hot	<p>Traditional meat stews (e.g. moose stew)</p> <p>Chili</p> <p>Traditional meat or chicken soup (locally made)</p>	<p>Fresh Bannock</p> <p>Rice</p> <p>Potatoes</p>	<p>Vegetables –cooked or steamed – from local gardens or in season</p>	<p>Rice pudding</p>

NWT HEALTHY COMMUNITIES Toolkit

Community Gardens

PLANNING SMART MANAGEMENT PRACTICES



Sustainability Plans

Community Gardens are part of enhancing local food sources

Almost every Sustainability Plan and Wellness Plan in the NWT made reference to enhancing local food sources and in particular to community gardens.

We are proud to highlight some community gardens in the NWT and how they are organized and funded. Perhaps can you model your community garden on one of these success stories?



Getting started is sometimes a matter of taking advantage of an opportunity!

Potential Partners in Community Gardens:

Schools

College Campuses

Adult Learning Centre

Churches

Aboriginal Organizations

Social Organizations

Youth Justice Committee

Youth Groups

Food Bank

Homeless Shelter

Elders

Corporate Sponsors

There are many things that the various partners can bring to a Community Garden Project:

Land

Expertise and/or Volunteers

Materials and/or Equipment

Fund Raising and/or Funds

In-Kind Donations



What approaches have been taken?

We asked **5 communities** how they got their garden projects going and how they maintain them.



Inuvik's Community Greenhouse

- Run by the Inuvik Garden Society in partnership with the building owner, Aurora College
- Former arena converted using salvaged materials as much as possible
- Includes plots for elders and various group homes
- \$100/plot plus \$25/year membership and 15 volunteer hours
- Hosts Garden Markets, plant sales, etc
- Elders Plots are no charge
- Has 74 plots that are 10' x 4'
- By-Laws and Member information can be found at www.inuvikgreenhouse.com



Lutsel K'e Community Garden

- Founded in 2007 to promote sustainability and a healthy lifestyle
- Quonset greenhouse was added in 2010
- Often conduct workshops in the schools and start plants
- Encourages composting, including vermacomposting
- Has solar powered water pumping system
- Do not have assigned plots
- Available to anyone who is interested



Tuktoyaktuk Puts Up New Greenhouse

- Installed in summer 2011
- Already had 40 members before construction
- Lots of excitement in the community
- Already has plants, potatoes and flowers planted
- Planning to develop agriculture education program to turn the greenhouse into a classroom



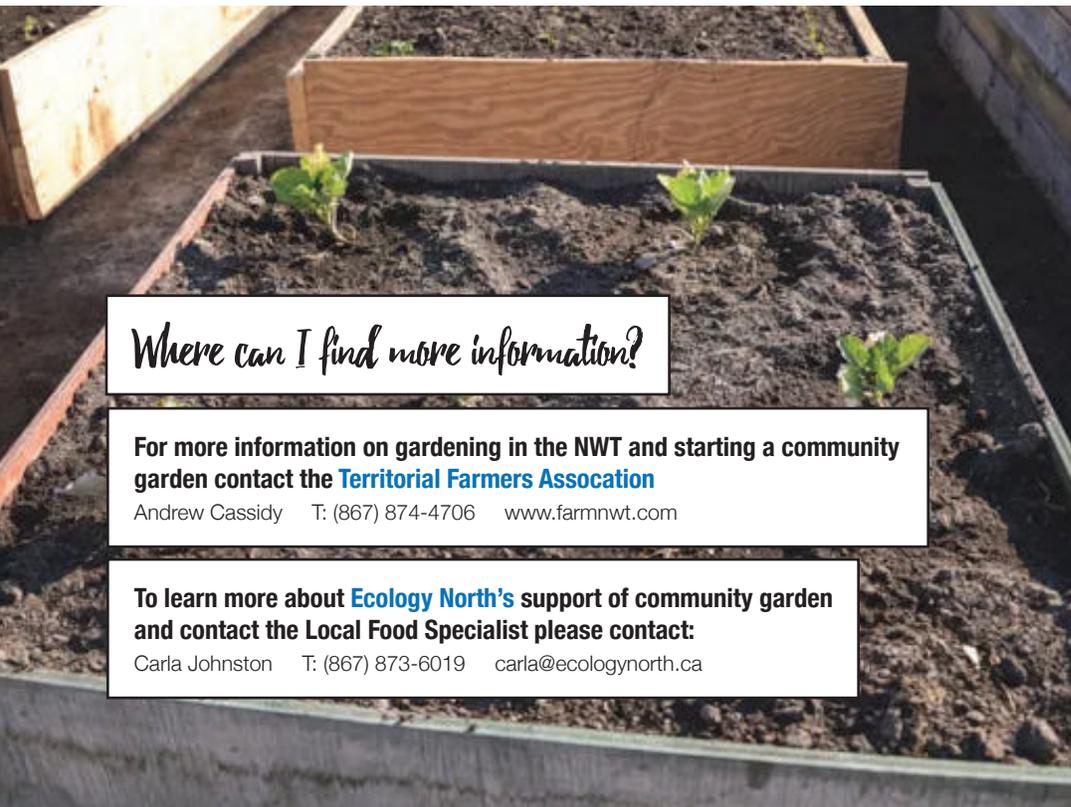
The Community Garden Collective in Yellowknife

- Began in 1995 and now has 120 members
- Has three locations (2 on city owned land and one in partnership with Weledeh School)
- City provides tax exemptions for sites
- Membership and fees are \$20/year
- Weledeh School site pairs students with experienced gardeners
- 25% of crop by weight is donated to listed agencies (this amounted to 1640 lbs and 90 bags of greens in 2010)
- Have many events including a Fall Harvest Fair
- Do other local food workshops on topics such as rosehips, fish, etc
- To see the bylaws and forms of the Collective as well as the lease agreements with the city and Memorandum of Understanding with the Weledeh School check out www.ykgardencollective.org



Gameti Strives to be the Biggest Garden in NWT

- Community garden is 2000 square metres (half the size of a football field)
- Received all the supplies from Department of Industry, Tourism and Investment - including soil, seeds and the tools to make the garden a reality.
- Grow many different kinds of vegetables
- In one season, the garden produced more than 560kg of vegetables and they continue to strive to produce enough to feed the entire community of just over 300 people.
- Community volunteers maintain the garden under the leadership of Senior Administrative Officer, Judal Domincata.



Where can I find more information?

For more information on gardening in the NWT and starting a community garden contact the **Territorial Farmers Association**

Andrew Cassidy T: (867) 874-4706 www.farmnwt.com

To learn more about **Ecology North's** support of community garden and contact the **Local Food Specialist** please contact:

Carla Johnston T: (867) 873-6019 carla@ecologynorth.ca

Eye on it: Funding for Garden Projects

Industry Tourism & Investment Government of the NWT Small Scale Food Program

gene_hachey@gov.nt.ca
T: (867) 874-5408

Agriculture Canada Government of Canada

www.agr.gc.ca/acaaf
caap-pcaa@agr.ca
T: (877) 290-2188

Territorial Farmers Association

Andrew Cassidy
www.farmnwt.com
T: (867) 874-4706

TD Friends of the Environment Foundation

www.fef.td.com/funding.jsp

Home Depot Canada Foundation

www.homedepot.ca/foundation

Walmart Evergreen Grants

www.evergreen.ca/en/funding/grants/walmart.sn

Toyota Evergreen Learning Grounds School Ground Greening Grants

www.evergreen.ca/en/funding/grants.telg.sn



Benefits of Community Gardens



- Brings people together
- Provides healthy food
- Cuts down on store bought items
- Less expensive food
- Provides composting opportunities thus reduces waste
- Can be linked to or enhance school programs
- Intergenerational learning
- Can explore indigenous grasses and plants. (this could be done with local Elders)
- Physical activity
- Stress relief
- Many require participants to give back to the community (ie. 25% of produce to the food bank)
- Beautifies
- Connects people to the food they eat
- Lower environmental footprint
- Sense of ownership
- Community pride
- Often cleans up vacant lots

There are many ways that Community Governments can support Community Gardens.

- Organize meeting of all potential partners and interested participants
- Loan land for gardens
- Reduce or eliminate taxes on the land (see the Taxation Act before making offer)
- Promote the garden and/or provide water
- Loan Equipment (rotatiller, chipper, etc) and/or grade and prep site
- Create opportunities in planning documents
- Watch for opportunities (wood chips from Public Works to compost, trees cleared from roads after storm to construct raised beds or seating at garden)

Section/Number: Healthy Eating Policy – 02	Approval Date: (DD/MM/YY)
Subject: Community Garden Policy	Amendment Dates:
<p><u>Policy</u></p> <p>A Community Garden (on Municipally owned property) is a small-scale site that is operated by an individual, residents or a group within the community. Community gardens offer opportunities to interact with our neighbors, add beauty to a community, encourage environmental sustainability, and promote active living.</p> <p>Community gardens can benefit the community by offering seasonal produce which will increase the ability to offer fresh, healthy, low-cost food to community residents.</p> <p>Therefore, the <u>Community Government Name</u> will encourage, support and permit Community Gardens by donating green space within the community.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. Community Gardens production of produce include:
 - a) Personal Use
 - b) Donating to local food causes (i.e. food bank or salvation army)
 - c) Generating revenue to reinvest in the Community Garden
 - d) Production of a floral or landscape display
 - e) Demonstration gardening or other related instructional programming
 - f) For the distribution or sale of produce to local retailers
2. Community gardens can include vegetables, fruit, herbs, flowers and native or ornamental plants.
3. Community gardens encourage community building.
4. Community gardens provide additional access to opportunities for physical activity for all age groups.
5. Community gardens are a social gathering place for the community.
6. Community gardens increase education for participants including basic gardening skills, healthy eating, and an increase understanding of the local food system and sustainable food systems.
7. Improvement of the local environment through the preservation and productive use of green space.
8. Potential to engage with local businesses and provide support to your local food bank or Salvation Army by donating fresh produce.
9. Community garden must have a “common area” with shared upkeep (compost bin, water access, etc.)
10. Community gardens shall not carry out any major excavation or disturbance of the land. Small motorized equipment, such as a rototiller is permitted for annual soil turning and must be operated by an experienced individual.
11. Garden soil/top soil that is brought to site must be free of any foreign objects, contaminants, subsoil, roots, sods, rocks or other unwanted materials.
12. Use of herbicides and pesticides in community gardens shall be regulated in accordance to Territorial Legislation.

Attachments

Community Garden SMP

Physical Activity SMP

References

<http://www.halifax.ca/legislation/adminorders/documents/2014-09-OP.pdf>

<http://www.halifax.ca/rec/documents/CommunityGardenHandbook2016.pdf>

<https://www.foodbankscanada.ca/getmedia/de53293a-2fc3-4e42-82e6-60da8fcb2558/Community-Gardens-Toolkit-v2.pdf.aspx>

NWT HEALTHY COMMUNITIES Toolkit

Breastfeeding Friendly

SMART MANAGEMENT PRACTICES



Make Health a Priority

A positive and healthy family is influenced not only by their home life, but also by their involvement in community activities and public events. Public spaces like parks, community centers, pools & arenas are part of the foundation of a vibrant community. A community which explicitly supports breastfeeding families sends a message that they are welcome, they are included, and they are supported.



Breastfeeding Room in a Breastfeeding Friendly Facility

Women need to feel comfortable breastfeeding their children whenever they are hungry, wherever they are. Some mothers may prefer a quiet, more private place to breastfeed their child. A breastfeeding room allows a mother a private place, shielded from view and free from intrusion, to express milk or breastfeed their child. A breastfeeding area located in a washroom is not appropriate.

Signage Guidelines:

Clear and visible signage which indicates that the facility is supportive of breastfeeding women. This can help to reduce some of the discomfort to breastfeed in public. Along with the sign in a visible location in the facility, consider also adding a decal on the entrance to the facility so families can immediately see that breastfeeding is welcome.



Requirements of a Breastfeeding Room:

- Private room that has been given access by only mothers who use it.
- Signage on the door to identify the use of the room.
- Door that locks.
- “Occupied” sign for when in use.
- Electrical outlet for plugging in a breast pump if required.
- Good lighting and ventilation.
- Comfortable chair with foot stool.
- Change table for baby and supplies.
- Waterbasket, chemical cleaner for surfaces and routine daily maintenance.

Benefits of Breastfeeding:

Healthier Baby: Incidences of pneumonia, colds, and viruses are reduced among breastfed babies.

Long Term Protection: Reduce the risk of developing chronic conditions, such as Type 1 Diabetes, Celiac Disease, and Crohn’s Disease.

Stronger Bones: Woman who breastfeed absorb calcium much more efficiently.

Lower Risk of SIDS (Sudden Infant Death Syndrome)

Fewer Problems with Weight (for mother and baby)

Less Risk of Cancer: Breastfeeding can decrease your baby’s risk of some childhood cancers. Also lowers the Mother’s risk to premenopausal breast cancer and ovarian cancer.

More Effective Vaccines: Research shows the breastfed babies have a better antibody response to vaccines than formula fed babies.

Better Healing for Mother Post Delivery

Breastmilk is always readily available and costs nothing!



For more information on how to “Protect, Promote & Support Breastfeeding in your Family & Community” please contact **Moms Boobs and Babies** at:

Toll Free: **1-844-332-6627**

Local: **867-444-3374**

info@momsboobsandbabies.com

TO ADOPT A BREASTFEEDING FRIENDLY POLICY IN YOUR COMMUNITY PLEASE SEE SAMPLE POLICY.

Section/Number: Healthy Eating – 03	Approval Date: (DD/MM/YY)
Subject: Breastfeeding Friendly Facilities	Amendment Dates:
<p><u>Policy</u></p> <p>Women need to feel comfortable breastfeeding their children <i>whenever</i> they are hungry, <i>wherever</i> they are. The Community Government Name, hereby supports and welcomes breastfeeding and all municipal buildings are to be breastfeeding friendly.</p> <p>A positive and healthy family is influenced not only by their home life, but also by their involvement in community activities and public events. Public spaces like parks, community centres, pools, and arenas are part of the foundation of a vibrant community. A community which explicitly supports breastfeeding families sends a message that they are welcome, they are included, and they are supported.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. A breastfeeding friendly facility means:
 - Mothers are welcome to breastfeed their children anywhere on the premises at any time.
 - Staff is aware of the rights of the mother to breastfeed their children anytime, anywhere.
 - Staff has the information to respond to any concerns or complaints from other patrons with respect to a breastfeeding mother.
2. Clear and visible signage which indicates that the facility is supportive of breastfeeding women. This can help to reduce some of the discomfort to breastfeed in public.
 - 2.1. Along with the sign in a visible location in the facility, consider also adding a decal on the entrance to the facility so families can immediately see that breastfeeding is welcome.
3. Staff Training - All staff should be aware that the right to breastfeed is protected under the Human Rights Legislation and should be able to respond to complaints related to breastfeeding if they arise.
4. There are many ways that the public can be made aware that breastfeeding is supported. Example: Posters displayed in the buildings, notice on municipal website, sticker or decal on front door of building, Pamphlets at the front reception desk, etc.

Attachments

Sample Decals of Breastfeeding Friendly Facility
SMP Private Breastfeeding Room/Area

References

Community Breastfeeding Alliance of Waterloo Region
Moms Boobs and Babies – NWT



Section/Number: Day Care/ After-School Care/ Day Camp: Healthy Eating Policy – 04	Approval Date: (DD/MM/YY)
Subject: Day Care/After School Care/ Day Camp - Healthy Eating Policy	Amendment Dates:
<p><u>Policy</u> Children spend a large portion of their day in day camp where they may have access to food served through vending machines, snack and lunch programs. One way to help children make better food choices is to ensure that healthy options are available in the day camp setting. Day Camp Healthy Eating Policy is aimed at promoting and protecting the healthy growth of children.</p>	
<p><u>Definitions</u> N/A</p>	

Guidelines:

- Day camps are an ideal time to promote healthy eating and active living. At this time, children can be hungry and need a healthy lunch, snack or drink in order to have the energy (and fluids not to get dehydrated) so they can play games and other physical activities, though this depends on how physically active the children will be.
- These program guidelines provide some healthy snack ideas to serve in your programs and are grouped into the categories of choose most often, sometimes (3 times a week) and do not serve due to high sugar, salt, fat and/or calorie content.
- *Choose Most Often* foods are recommended any time; choose sometimes should not be served more than 3 times a week. Do not serve (or rarely serve food items) *are not allowed to be bought using government funding*. These foods are unhealthy because they contain too many calories and too much sugar, salt and fat. Children in the Northwest Territories already eat too many of these foods and it's resulting in high rates of overweight and obesity and dental diseases.
- These guidelines are consistent with those used in regular school and early childhood programming
- Portion sizes are not included since they vary by age group. For more information on portion sizes, see the NWT Food Guide and/or Canada's Food Guides: <http://www.hss.gov.nt.ca/health/healthy-eating>
- Suggestions are based on what is most likely to be available in most communities as well as ease of preparation (10 minutes or less in most cases).

Attachments

Sample: Healthy Eating Day Care/ After School Care/ Day Camp Menu
Children snack ideas for Day Care/After School Care/ Day Camp

References

Snacks for Afterschool Snack Programs in NWT – GNWT, H&SS
<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1182682>
<http://www.hss.gov.nt.ca/health/healthy-eating>

Day Camp/Day Care/After School Care: Healthy Eating Menu

Menu options at a day camp should comply with the general guidelines below.

* A Lunch is usually at least three of the four food groups: vegetables and fruit; grain products; milk and alternatives; and meat and alternatives or “mixed dishes” below.

*A snack is usually two food groups at one snack time, which can be any combination of the two of the following:

Fruit or Vegetable	Bannock, Bread and Cereal	Meat, Fish, Birds and Eggs (and all edible parts)	Milk and Milk Substitutes
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Food Group	Choose Most Often	Choose Sometimes <i>(No More than 3 Times a Week)</i>	Do Not Serve <i>(these snacks are highest in sugar, salt, fat and or calories)</i>
Fruit and Vegetables	Fresh (raw) or frozen vegetables		
	Canned vegetables with reduced or no sodium	Canned vegetables (rinse before using varieties that are high in added salt)	
	Fresh/frozen fruit or berries, such as apple slices, celery, orange sections (i.e.: Handpicked berries in season)	Fruit chips Dried fruits like raisins or dried apricots (need to brush teeth after eating)	Fruit snacks or roll ups
	Canned fruit in water or 100% unsweetened	Canned fruit in light syrup	Canned fruit in heavy syrup
	Vegetable/fruit salads with low fat or homemade dressings*	Salads with regular dressing	High fat salads, such as ready-made versions.
	Home-made salsa	Store bought low sodium salsa	Regular salsa
		100% unsweetened fruit juice	Fruit drinks, beverages or cocktails with added sugar

Baked or roasted potatoes	Deep fried vegetables like potatoes chips, french fries, onion rings or tater tots Bags of potato chips Chocolate covered fruits
*if time is a factor for making a snack, stick to ideas that are quick and easy. These are general guidelines and ideas. For assistance or questions, please contact your Regional Health and Social Services Authority or the Department of Health and Social Services Territorial Nutritionist	

Food Group	Choose Most Often	Choose Sometimes <i>(No More than 3 Times a Week)</i>	Serve Rarely (once/month), for example a special occasion
Bannock, Bread and Cereal	Whole grain bread, buns, mini-bagels, wraps or pitas, raisin bread	White bread, buns, bagels, wraps/tortilla shell, or pitas	Tortilla or pita chips Pretzels (due to high sodium content)
	Baked bannock made from whole wheat flour	Baked bannock made from enriched white flour	Deep-Fried/fried bannock (high fat)
	Whole wheat pasta	White pasta and noodles	Ichiban noodles (very high salt)
	Brown rice or wild rice	White rice	
	Whole wheat crackers	White crackers	
	Rice cakes - plain or whole grain; Triscuit crackers	Small muffins or low fat cookies, such as animal crackers	Donuts, pastries, and any high fat and high sugar cookies
	Hot or cold whole-grain unsweetened cereals with 2 or more grams fibre, such as Cheerios	Hot or cold cereals (unsweetened)	Instant flavoured/sweetened oatmeal Sweetened cereals Cereal in a Cup
	Pretzel bread/breadsticks/ Graham Crackers	Air popped popcorn without salt or butter Gold fish crackers	Microwave popcorn
	Home-made snacks that are whole grain, high in fiber and low in sugar	Granola bars – Kashi Chewy 7 Whole Grains and Almonds/Quaker Harvest Crunch Ancient Grains	Most other granola bars (check with a local dietitian re: suitable choices you are not sure about)

Food Group	Choose Most Often	Choose Sometimes <i>(No More than 3 Times a Week)</i>	Do Not Serve
Milk and Alternatives	Skim, 1% or 2% milk - powdered, UHT or fresh		Chocolate bar; flavoured milks
	Unflavoured fortified soy beverage	Flavoured fortified soy beverage	
	Low fat block cheese	Regular fat block cheese	Cheese spreads like Cheez Whiz Processed Cheese Slices
	Plain yogurt & Fresh Fruit	Sweetened yogurt or yogurt tubes Flavoured yogurt drinks	
		Frozen yogurt	Ice cream Frozen ice cream treats
Food Group	Lean Meats Wild meats Traditional meats	Lean deli meats like ham, chicken, turkey or roast beef	Bologna, pepperoni, salami Bacon Wieners and sausage Chicken fingers or nuggets
Meat, Fish, Birds and Eggs (and all edible parts)	Traditional meats, fish, birds, and all edible parts, such as eggs, etc.		Fish Sticks Avoid deep fried meats/fish
	Extra-Lean ground beef Home-Made Hamburger patties (for events such as BBQs) Fresh or frozen fish fillets	Store bought low fat hamburger patties	Store bought regular hamburger patties
	Beans or lentils Canned beans in tomato sauce	Canned beans in sweetened sauce (baked beans in maple syrup)	Canned pork and beans Beans and weiners
	Canned tuna and salmon in water	Canned tuna and salmon in oil	Canned meats like Klik, spam, canned chicken
	Nut butters		
	Unsalted nuts or seeds	Trail mix without candy	Trail mix with candy
	Eggs		

Mixed Dishes	Choose Anytime Serve Anytime	Choose Sometimes (No More than 3 Times a Week)	Do Not Serve
Mixed Dishes	Homemade soups and stews with lean or wild meats and fish and vegetables	Canned soup - low sodium varieties	Canned soup or stews
	Sandwiches on whole grain bread - egg, turkey, fish, beef, chicken	Sandwiches on white bread	Lunch Mates, Lunchables Meat Pot Pies Sausage Rolls
	Homemade pizza pockets using whole wheat dough, lean meat and low fat cheese	Pizzas with ham, or vegetables	Pizza pockets Pizzas with pepperoni, salami, sausage
	Spaghetti with meat and tomato sauce	Macaroni and cheese	Pastas with cream sauces
	Chili with beans		Canned chili
	Soft tacos with low fat sour cream and lean meats	Hard tacos	

Beverages	Choose Most Often	Choose Sometimes Serve No More than 3 Times a Week	Do Not Serve
Water	Water – plain, from the Tap Water – flavoured with fresh fruits, mint, etc. Traditional and herb teas	Flavoured or vitamin waters Water mixed with Juice (half and half)	Avoid Bottled water due to large amount of plastic waste All sugar-sweetened beverages (e.g. sports drinks, energy drinks, iced tea, fruit punch, etc.)
Milk and Alternative Beverages	Skim, 1% or 2% milk - powdered, UHT or fresh		Chocolate bar or flavoured milks Hot chocolate made from ready- made (powdered form)
	Unflavoured fortified soy beverage	Flavoured fortified soy beverage	

		Sweetened yogurt or yogurt tubes Flavoured yogurt drinks	
	Smoothies – made from ingredients in choose most categories	Smoothies – made with low fat ingredients	
Meat and Alternative Beverages	Broths made from cooked traditional meats		

Feedback is welcome on these guidelines in order to make them as useful as possible. Please send any feedback to elsie_deroosse@gov.nt.ca at any time.

Children snack ideas at Day Care/ After School Care/ Day Camp

Snacks on hand	Snacks in the Fridge	Easy to go – Picnic Snacks
Crackers	Bagels / Bread	Baby Carrots
Dried fruit / Canned Fruit	Bran Muffins	Celery Sticks
Popcorn (Smartfood)	Yoghurt	Bagel Bites
Rice Cakes	Cottage Cheese	Rice Cakes
Cereal (unsweetened)	Fresh Fruit	Apples
Granola Bars	Raw Vegetables	Crackers
Peanut Butter	Cheese	Pretzels
Canned Fish	Milk	Dried Meat or Beef Jerky
Dried Meat or Beef Jerky	Salad Greens	Popcorn (Smartfood)

(Adapted from the article Plan well (<http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx>). Dietitians of Canada.

NWT HEALTHY COMMUNITIES Toolkit

Pop & Energy Drinks

DROP THE POP CAMPAIGN



Drop the Pop...

The purposes of the Drop the Pop Campaign is to encourage students, families, schools and communities:

- to drink healthy beverages, especially water;
- to eat a wide variety of healthy, local foods from the land, water, gardens, & other sources;
- to learn new skills and knowledge in order to be more self-sufficient, and;
- to foster long-term healthy food intakes so families can maintain and/or improve their overall well-being.

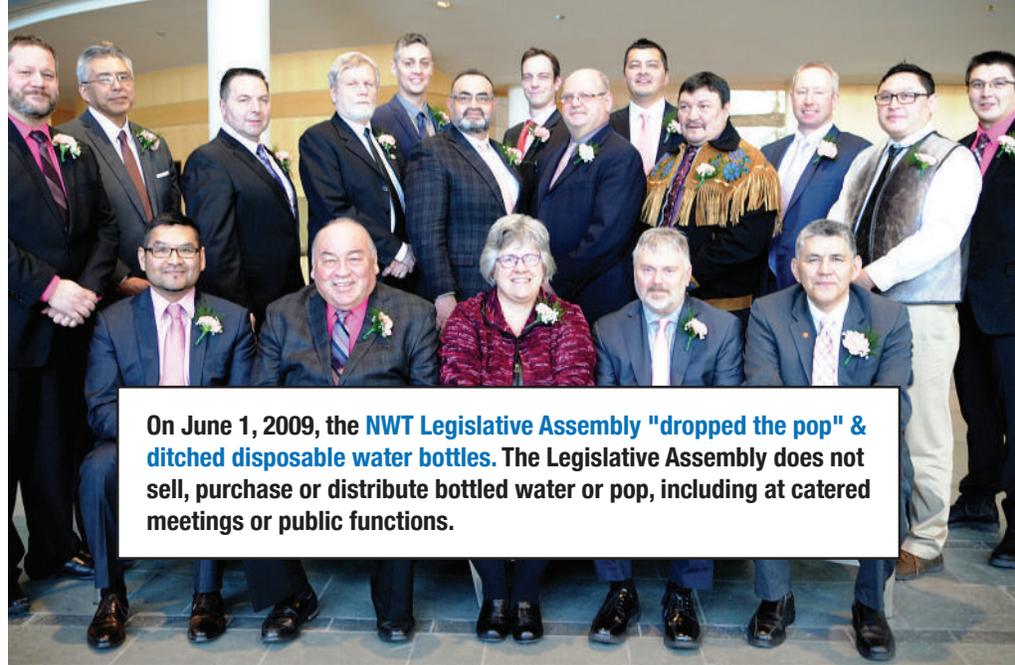


The Drop the Pop Campaign continues to provide funding to schools to support healthy children, communities and families. To be eligible for funding, your organization must:

- be located in the NWT;
- consent to publish your organization's name and activities in connection with any **Drop the Pop** NWT coverage in the media and/or in any promotional materials, and;
- be linked to the education system.

Let's celebrate our NWT Success...

- As far as we know, all schools have now **'dropped the pop'** - so most schools now have no pop and other sugary drinks in their vending machines, or sold/served at school events.
- Over the years, schools have used the 'Drop the Pop' funding for a wide range of excellent projects that promote healthy eating, healthy drinks, traditional foods, teas. All of these activities have increased the awareness about the harmful effects of sugary beverage consumption in schools and communities.
- The Department of Health and Social Services no longer has a pop vending machine in our premises!
- In 2009, the NWT Association of Communities passed a resolution which urged NWT municipalities to phase out bottled water at their facilities where appropriate and where safe drinking water is available.
- In 2016, The Hamlet of Aklavik took the health of its community members into its own hands and banned the sale of energy drinks at all Municipal Buildings.



On June 1, 2009, the NWT Legislative Assembly "dropped the pop" & ditched disposable water bottles. The Legislative Assembly does not sell, purchase or distribute bottled water or pop, including at catered meetings or public functions.

What's the big deal with Pop & Energy Drinks?

Childhood obesity is on the rise, as are diseases linked to excess weight such as Type 2 diabetes, cancers and heart diseases (these are some of the leading causes of death in the north). It is estimated that more than 1 in 4 children in Canada is either overweight or obese.

According to Statistics Canada, sweetened beverage consumption increases with age, especially for regular soft drinks. **By ages 14 - 18, 53% of boys and 35% of girls consume soft drinks daily.**

Why drinking water is the way to go...

Water is so important to health that our bodies would stop working properly without it. Water makes up more than half of our body weight so a person can't survive for more than a few days without it. Our blood contains a lot of water and carries oxygen to all the cells in our bodies. Our bodies also get water from fluids such as milk, which is among the best choices for healthy growth and development. Fruits and vegetables also contain a lot of water along with many other nutrients.

What about dental health & sugary drinks?

Dental cavities is associated with toothache, missing school, and problems with daily life activities (eating, smiling and sleeping). Children with poor oral and general health are about twice as likely to report poor school performance and three times more likely to miss school as a result of pain caused by cavities. Not only are cavities painful and preventable, it is very expensive to fix and pull teeth. Preventing treatments costs has the potential to greatly improve the quality of life for children and youth and save our limited health care resources over the long-term.

On the other hand, good dental health can have a positive effect on Northwest Territories children. Good oral health starts early in life (even before we are born) with healthy eating, brushing and flossing habits of parents that they pass on to their children.



Reasons to Avoid Pop & Energy Drinks:

The Sugar

A single can of soda contains the equivalent of **10 teaspoons of sugar**. A single energy drinks contains 5 teaspoons of sugar. This amount of sugar, especially in liquid form, skyrockets the blood sugar and causes an insulin reaction in the body. Over time, this can lead to diabetes or insulin resistance, not to mention weight gain and other health problems.

Phosphoric Acid

Soda contains phosphoric acid, which interferes with the body's ability to absorb calcium and can lead to osteoporosis, cavities and bone softening. Phosphoric Acid also interacts with stomach acid, slowing digestion and blocking nutrient absorption.

Artificial Sweeteners

In diet sodas, aspartame is used as a substitute for sugar, and can actually be more harmful. It has been linked to almost a hundred different health problems including seizures, multiple sclerosis, brain tumors, diabetes, and emotional disorders.

Caffeine

Most sodas and all energy drinks contain caffeine, which has been linked to certain cancers, breast lumps, irregular heartbeat, high blood pressure, and other problems. It has a particular impact on young bodies.

Obesity

Greater risk of being overweight due to the high levels of sugar and calories.

Lack of Nutrients

There is absolutely no nutritional value in soda whatsoever.

Dehydration

Because of the high sugar, sodium and caffeine content in soda, it dehydrates the body and over a long period of time can cause chronic dehydration.

Bad For The Teeth

Drinking soda regularly causes plaque to build up on the teeth and can lead to cavities, enamel erosion, tooth decay and even gum disease.



*Nunavut & the Yukon
partner with us to
Drop the Pop in favour
of healthier beverages.*

For more information on Drop the Pop NWT, contact:

Health Promotion

Aboriginal Health and
Community Wellness

Department of Health and
Social Services

8th Floor, Center Square
Tower, Box 1320
Yellowknife, NT X1A 2L9

Phone: 867-767-9064
ext. 49231

Fax: 867-873-3585



For more information on the Drop the Pop Campaign please visit <http://dropthepopnwt.hss.gov.nt.ca>

Section/Number: Healthy Eating – 05	Approval Date: (DD/MM/YY)
Subject: The Sale of Pop/Soda Drinks not to be authorized in Community Government Buildings Policy	Amendment Dates:
<p><u>Policy</u> The sale of Pop/soda drinks not be authorized in the buildings of <u>Community Government Name</u>.</p> <p>Pop is one of society’s favorite beverages. Though it is popular with men, women, and children, drinking pop has many serious health consequences.</p> <p>Pop is high in sugar and calories. Drinking pop may cause drinkers to gain weight with adverse health risk with no nutritional value. The sugar consumption in pop is causing tooth decay. The acid in pop has shown to erode tooth enamel and leads to cavities and other dental issues as well.</p> <p><u>The Community Government Name</u> is taking an active approach to maintain the health, safety, and welfare of our community members by not authorizing the sale of pop/soda drinks in the buildings of <u>Community Government Name</u>.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. Health habits are heavily influenced by the supply of food in different settings and community governments have a predominant role to play in the development of healthy food environments.
2. The rate of obesity and Type 2 Diabetes is of serious concern and this condition affects the health, quality of life, and well-being of the population, in addition to generating significant social costs.
3. The Government of the NWT alone cannot stop the obesity and diabetes epidemic and must count on the contribution of Community Governments.
4. Community Government Name wishes to take an active role in promoting health and well-being by helping community members adopt a healthy lifestyle.
5. Numerous community buildings, including sports and recreation facilities, are frequented by children and adolescents.
6. Like many public health organizations, the Community Government Name is concerned with the growing consumption of pop/soda drinks by young people.
7. The consumption of pop/soda drinks is known to cause poor dental hygiene resulting in cavities, enamel erosions and tooth decay.

Attachments

Drop the Pop SMP

References

Drop the Pop NWT

<http://dropthepopnwt.hss.gov.nt.ca/faqs.htm>

Section/Number: Healthy Eating – 06	Approval Date: (DD/MM/YY)
Subject: The Sale of Energy Drinks not to be authorized in Community Government Buildings Policy	Amendment Dates:
<p><u>Policy</u> The sale of energy drinks not be authorized in the buildings of <u>Community Government Name</u>.</p> <p>The main component of energy drinks is sugar and caffeine. Caffeine is a powerful stimulant of the cardiovascular system, central nervous system, respiratory system and the skeletal muscles. Many Energy Drinks on the market are advertised with caffeine content ranging from 50 to over 500mg per can/bottle.</p> <p>Energy drinks contain enough stimulating ingredients to cause anxiety, insomnia, dehydration, stomach upset, nervousness, flushed face, and accelerated heart rate. The consumption of energy drinks has been linked to headaches, seizures, psychiatric events, strokes, withdrawal symptoms, tooth erosion, and even death.</p> <p><u>The Community Government Name</u> is taking an active approach to maintain the health, safety, and welfare of our community members by not authorizing the sale of energy drinks in the buildings of <u>Community Government Name</u>.</p>	
<p><u>Definitions</u></p> <p>N/A</p>	

Guidelines:

1. Health habits are heavily influenced by the supply of food in different settings and community governments have a predominant role to play in the development of healthy food environments.
2. The rate of obesity and Type 2 Diabetes is of serious concern and this condition affects the health, quality of life, and well-being of the population, in addition to generating significant social costs.
3. The Government of the NWT alone cannot stop the obesity and diabetes epidemic and must count on the contribution of Community Governments.
4. Community Government Name wishes to take an active role in promoting health and well-being by helping community members adopt a healthy lifestyle.
5. Numerous community buildings, including sports and recreation facilities, are frequented by children and adolescents.
6. The consumption of energy drinks can carry health risks for some groups in the population, including children and adolescents.
7. Like many public health organizations, the Community Government Name is concerned with the growing consumption of energy drinks by young people.
8. The consumption of energy drinks when practising a sport can carry health risks and consequently, the sale and consumption of such beverages is irrational in places of physical activity.

Attachments

Drop the Pop & Energy Drink SMP

References

Association pour la santé publique du Québec http://www.aspq.org/documents/file/resolution-energy-drinks_en.pdf

NWT HEALTHY COMMUNITIES Toolkit

Water. It's the source of life.

It's the principal chemical component in our bodies, and it makes up 60% of our body weight! It is essential for us to drink clean, safe water to remain healthy. Water is also the life-blood that flows through the diverse landscapes we call home in the NWT. In our communities, we are fortunate to have access to clean, safe drinking water – from the tap.

Yours is better!

The two most popular brands of bottled water in Canada, Dasani (Coca-Cola Company) and Aquafina (Pepsi Cola Company) are made from municipal tap water. These companies make a huge profit by withdrawing tap water from the municipal system, filtering it, and then selling it back to residents at a price hundreds of times more expensive than tap water.

Be proud of the awesome drinking water you produce!

Drop the Water Bottle

DRINK TAP WATER



There is more in the Water Bottle than you think...

Health Concerns

Single-use water bottles in the sizes 300 mL to 1.5 litres are made from PET (polyethylene terephthalate) plastic that uses petroleum as a feedstock. PET plastic has been found to release chemical contaminants into the water in water bottles, including endocrine-disrupting chemicals and the metal antimony.

The large 18 litre water jugs used in office coolers are made from polycarbonate, which contains bisphenol-A (BPA), an endocrine-disrupting chemical which is of concern because of its potential impact on reproduction and child development.

Testing of bottled water is less stringent than for tap water. Bottled water is tested less frequently and there is less enforcement of testing requirements.

Bottled Water Creates Waste

Although, the NWT has one of the higher beverage container recycling rates in Canada, it still means that single-use water bottles end up in local landfills. Even when water bottles are recycled, they usually end up as carpets, fabrics or other materials that don't get recycled again – instead of as new bottles.

A Costly Beverage

A typical price for a 1 litre bottle of water in the NWT is \$2.00-\$2.75. This is more expensive than gasoline or diesel fuel. Tap water in the NWT typically costs less than \$0.01 per litre.

Why would you import and pay for transportation on something you make locally?

NWT Drinking Water is some of the best in the World!

Safe. Inexpensive. Local.

Safe

To make water safe for drinking, each NWT community has a water treatment plant that is designed for local conditions and is managed by a water treatment plant operator. Tap water in each NWT community is rigorously tested according to Guidelines for Canadian Drinking Water Quality to make sure that it is safe for drinking. Testing requirements for tap water are more stringent, frequent and strongly enforced than testing requirements for bottled water.

Inexpensive

Tap water in NWT communities costs less than 1 cent per litre. Bottled water costs hundreds of times more than this. The money we pay for tap water goes towards the costs of drinking water treatment, transportation and wastewater treatment and management.

Local

NWT communities draw water for drinking from a source that is close to the community. Some communities get their water from a nearby river or lake, and a few use water from deep in the ground.



Think Outside the Bottle:

In Council Chambers:

- Adopt the Drop the Water Bottle – Drink Tap Water Policy (see attached sample).
- Make pitchers and glasses or re-usable water bottles available in Council Chambers
- Consider installing a water fountain and bottle refill station
- Designate Re-usable water bottles as your community promotion item.
- Visit your water treatment plant and learn more about how it operates
- Let your community know that you are proud of the water and the staff who produce it.
- Have a “Bottled Water Retirement Party” to launch your campaign
- Promote access to tap water in various community facilities. Encourage business to do the same (see attached poster).

At Town Hall / Band Office:

- Provide staff with re-usable water bottles
- Make pitchers available to chill water in the office fridge
- Consider installing a water fountain and bottle refill station
- For catered meetings, specify that you do not want bottled water

At Recreation Facilities:

- If you have group that you are obliged to provide bottled water for (i.e. performers) instead provide them with re-usable water bottles and access to tap water.
- Consider installing water fountains and bottle refill stations
- For catered meetings, specify that you do not want bottled water. Provide re-usable water bottles or glasses and pitchers.

At Special Events:

- Set up an outdoor water fountain and bottle refill station
- Consider purchasing water pitchers and cups to be used at special events





NWT Residents Take Action to Turn on the Tap!

On June 1, 2009, the NWT Legislative Assembly 'dropped the pop and ditched disposable bottles'. The Legislative Assembly will not sell, purchase or distribute bottled water or pop, including at catered meetings and public functions. (For more information please see the Drop the Pop & Energy Drink SMP and Sample Policy)



Idea:

Sell re-usable bottles in the concession, at the front desk for rec complexes and town hall and in vending machines for later fill-up!



For more information on Water Bottle Removal Campaign and NWT Drinking Water:

ECOLOGY NORTH | INFO@ECOLOGYNORTH.CA | 867-873-6019

[HTTP://ECOLOGYNORTH.CA/WP-CONTENT/UPLOADS/2015/09/BEHIND-THE-BOTTLE-WATER-BOTTLE-INFO-SHEET-2009-PUBLICATION.PDF](http://ecologynorth.ca/wp-content/uploads/2015/09/behind-the-bottle-water-bottle-info-sheet-2009-publication.pdf)

A large, light blue water drop shape is centered on the page. Inside the drop, the words "GET ON TAP" are written in a bold, sans-serif font. "GET" and "TAP" are white with a halftone dot pattern, while "ON" is a solid yellow color. The text is slightly offset to the right and has a subtle drop shadow.

GET
ON
TAP

WATER BOTTLE REFILL STATION

NWT
HEALTHY
COMMUNITIES
Toolkit

Section/Number: Healthy Eating – 07	Approval Date: (DD/MM/YY)
Subject: Drop the Water Bottle – Drink Tap Water Policy	Amendment Dates:
<p><u>Policy</u> People like making healthy choices that are also environmentally friendly and save money. By banning the sale of bottled water in retail and vending machines operated by <u>Community Government Name</u>, the community is making an environmentally responsible choice while providing clean, safe drinking water out of the tap.</p> <p><u>Community Government Name</u> will ensure safe, clean drinking water is available and accessible through tap, fountain or water coolers at all community government buildings for community members, employees and visitors. The <u>Community Government Name</u> will no longer retail/provide bottled water in the retail outlets, vending machines, functions and fundraising events.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. Bottled water consumes a significant amount of non-renewable fossil fuels to extract, package and transport water creating unnecessary air quality and climate change impacts.
2. It takes about three litres of water to manufacture a one litre plastic bottle of water.
3. Bottled water companies use municipal water and groundwater sources when a growing percentage of Canadian municipalities have faced water shortages in recent years.
4. Although bottled water is distributed in a container that can be recycled, between 40% and 80% of empty bottles end up as litter and/or are placed directly into the garbage and take up unnecessary space in landfills.
5. Tap Water is safe, healthy, highly regulated and accessible to community members, employers, employees and visitors and more sustainable than bottled water.
6. Given the high cost of transportation in the NWT, the Community Government Name should not be required to pay transportation costs to ship bottled water when it is readily available in the community.
7. The NWT has some of the most pristine source water in the world.
8. The Community Government Name is proud of “our” safe and healthy water and “our” employees who are so dedicated and committed to delivering it to our residents.
9. The Community Government Name will phase out the sale and purchase of bottle water at our own facilities where appropriate and where potable water is available.
10. The Community Government Name will no longer provide bottle water at any meetings, community functions or fundraising events.
11. The Community Government Name will make re-usable water bottles available for sale at Town Hall and the Recreation Complex.
12. The Community Government Name will take advantage of awareness campaigns about the positive benefits and quality of municipal water supplies.

Attachments:

Drop the Water Bottle – Drink Tap Water SMP

The Sale of Pop/Soda Drinks not to be authorized in Community Government Buildings Policy

The Sale of Energy Drinks not to be authorized in Community Government Buildings Policy

Drop the Pop and Energy Drink - SMP

Healthy Eating at Community Events - SMP

References

<http://ecologynorth.ca/wp-content/uploads/2015/09/Behind-the-bottle-Water-Bottle-Info-Sheet-2009-publication.pdf>

Section/Number: Healthy Eating – 08	Approval Date: (DD/MM/YY)
Subject: Vending Machine Healthy Choices Policy	Amendment Dates:
<p><u>Policy</u></p> <p>People are interested in choosing healthier foods. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A community supportive of healthy choices, helps to create and maintain healthy people and healthy communities.</p> <p>People like the opportunity to buy foods at easy access from vending machines in public buildings. Selling foods and beverages with minimal nutritional value in public buildings does not support the healthy eating choices in your community.</p> <p>Therefore, healthy eating choices will be available in all vending machines located in <u>Community Government Name</u> public buildings.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. Healthy Vending Machines:

- Encourage and support healthy eating habits
- Reinforces and maintains “Healthy Community”
- Increases the variety of food and beverages available
- Make money for the Community Government
- Demonstrates to community members that the local government takes their health seriously.

2. Increasing the availability of healthier prepackaged food and beverages is one way to help create healthier eating communities.

3. Assist vending operators in identifying healthier food and beverage choices.

4. Community Government should work within the terms of the existing contract to modify the items sold in vending machines to comply with the Policy.

5. For vending contracts which contain optional renewal terms, Community Government should ensure the renewal terms allow for items to reflect the Policy.

6. Replacing existing vending machines with refrigerated snack vending machines to enable more choices such as cheese, yogurt, salads, and fresh fruit.

Attachments

Nutrition Tool: What are healthy choices for vending machines?

References

<http://www2.gov.bc.ca/assets/gov/health/managing-your-health/healthy-eating/vending-policy-2014.pdf>

<http://www.healthunit.org/school/resources/Fact%20Sheet%20Healthy%20Choices%20for%20Vending%20MachinesLGL.pdf>

What are Healthy Choices for Vending Machines?

Food and Beverage Group	Recommended Foods & Beverages
<p>Grain Products</p> <p><i>Choose whole grain and enriched products more often.</i></p>	<ul style="list-style-type: none"> • Grain based bars • Muffins • Snack breads • Crackers
<p>Vegetables and Fruit</p> <p><i>Choose dark green and orange vegetables and fruit more often.</i></p>	<ul style="list-style-type: none"> • Fresh whole fruit • Canned fruit or 100% fruit sauces • Fresh Vegetables (with low fat dip) • 100% dried fruit • 100% fruit juices • Vegetable juice (low in sodium)
<p>Milk and Milk Products</p> <p><i>Choose lower-fat milk products more often.</i></p>	<ul style="list-style-type: none"> • Yogurt • Cheese • Milk Puddings • Milk / Chocolate Milk • Yogurt based drinks • Fortified Soy beverages
<p>Meat and Alternatives</p> <p><i>Choose leaner meats, poultry and fish; as well as dried peas, beans and lentils more often.</i></p>	<ul style="list-style-type: none"> • Nuts • Beef Jerky • Pepperoni • Ready to eat Legumes (plain, uncoated)
<p>Other Foods</p>	<ul style="list-style-type: none"> • Pretzels • Plain popcorn or Smartpop • Baked chips

Section/Number: Healthy Eating – 09	Approval Date: (DD/MM/YY)
Subject: Healthy Choices Agreement for Contracts/Tenders	Amendment Dates:
<p><u>Policy</u></p> <p>People are interested in choosing healthier foods. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A community supportive of healthy choices, helps to create and maintain healthy people and healthy communities.</p> <p>The <u>Community Government Name</u> encourages and supports our community members, employees, and visitors to make healthy eating choices.</p> <p><u>Community Government Name</u> will ensure healthy foods and drinks are available at all <u>Community Government Name</u> operated retail outlets, vending machines, functions and fundraising events that require a tender, service agreement, or catering contract.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. This policy applies to contracts, tenders and food service agreements with suppliers. *Community Government Name* may have contracts or lease agreements with food service providers like retail outlets, caterers, and vending machine suppliers in the community.
2. Having a requirement to provide and promote healthy foods and drinks in these leases and contracts as well as food service tenders will:
 - Ensure food service providers are committed to health and well-being of your community residents and visitors;
 - Support food service providers want to make healthy changes;
 - Demonstrate your leadership and commitment to promoting healthy lifestyles.
3. Responsibility within the Tender, Service Agreement, or Catering Contract :
 - Offer healthy food and drink options at all retail outlets, vending machines, meetings, functions and fundraising events.
 - Foods high in unhealthy saturated and trans fats, salt and sugar such as sweet biscuits, sweetened soft drinks and juices, fried foods, potatoes chips, pies, etc; are not encouraged.
 - Include more fruit and vegetables.
 - Reduce serving size.
4. Ensure that all Community Government Employees in the retail environments understand the Healthy Choices Agreement Contract.
5. Ensure that contractors, caterers, and tenders are aware of the Healthy Choices Agreement contract and are able to provide service within the contract terms in conditions.
6. See attachment Healthy Food Choices Guide of Suggested Foods to offer in retail, vending or catering contracts. These Choices are listed in “Best Choice” and “Avoid” options.

Attachments:

Healthy Food Choices Guide for Retail, Vending and Catering: “Best Choice”, “Choose Carefully”, and “Foods to Avoid”

Nutrition Tool: What are healthy choices for vending machines?

Vending Machine – Healthy Choices Policy

The Sale of Pop/Soda Drinks not to be authorized in Community Government

Buildings Policy

The Sale of Energy Drinks not to be authorized in Community Government Buildings Policy

Drop the Pop and Energy Drink - SMP

Healthy Eating at Community Events - SMP

References

<http://heas.health.vic.gov.au/healthy-choices/organisational-policy-and-supplier-contracts>

https://www2.health.vic.gov.au/getfile/?sc_itemid=%7bD5628D86-B37D-42F7-8B9A-687F4A3E85FB%7d&title=Healthy%20Eating%20Policy%20and%20Catering%20Guide%20for%20Workplaces

What are Healthy Choices for Vending Machines?

Food and Beverage Group	Recommended Foods & Beverages
<p>Grain Products</p> <p><i>Choose whole grain and enriched products more often.</i></p>	<ul style="list-style-type: none"> • Grain based bars • Muffins • Snack breads • Crackers
<p>Vegetables and Fruit</p> <p><i>Choose dark green and orange vegetables and fruit more often.</i></p>	<ul style="list-style-type: none"> • Fresh whole fruit • Canned fruit or 100% fruit sauces • Fresh Vegetables (with low fat dip) • 100% dried fruit • 100% fruit juices • Vegetable juice (low in sodium)
<p>Milk and Milk Products</p> <p><i>Choose lower-fat milk products more often.</i></p>	<ul style="list-style-type: none"> • Yogurt • Cheese • Milk Puddings • Milk / Chocolate Milk • Yogurt based drinks • Fortified Soy beverages
<p>Meat and Alternatives</p> <p><i>Choose leaner meats, poultry and fish; as well as dried peas, beans and lentils more often.</i></p>	<ul style="list-style-type: none"> • Nuts • Beef Jerky • Pepperoni • Ready to eat Legumes (plain, uncoated)
<p>Other Foods</p>	<ul style="list-style-type: none"> • Pretzels • Plain popcorn or Smartpop • Baked chips

Healthy Food Choices Guide for Retail, Vending and Catering: “Best Choice” and “Foods to Avoid”

Best Choices: Retail, Vending and Catering Environments

Food Type	Examples
Breads	Multigrain, wholemeal, rye, hi-fibre, white breads, bannock, or rolls. (Examples: English muffins, plain focaccia, pita, raisin or fruit breads, and tortilla wraps)
Grains	Plain rice, pasta, plain unflavoured noodles, couscous and quinoa.
Breakfast Cereals	Wholegrain breakfast cereals that are high in fibre and lower in salt and added sugar. (Examples: Wheat biscuits, cereal flakes, bran, plain – no added sugar porridge, etc.)
Fruit	All fresh, frozen, dried fruits, and fruits canned in natural juice, water with no artificial sweetener or pure fruit puree with no added sugar.
Vegetables	All fresh, frozen, salt-reduced canned, dried plain vegetables and salads.
Legumes	All forms of dried and prepared beans and peas. (Examples: baked beans, red kidney beans, soy beans, lentils, chick-peas, split peas, or tofu).
Dairy Products	1% of Skim Milk, plain and flavoured yogurt, Cheese
Traditional and Lean Meat, Fish, Poultry, Eggs and Alternatives	All fresh or frozen moose, caribou, duck, goose, chicken, ptarmigan, char, white fish. Dried Meat (Beef jerky) or Dried Fish.
Nuts and Seeds	All plain, unsalted, dry or un-roasted nuts and seeds.
Drinks	Water (Example: provide a water jug or sell refillable water bottles) 1% or Skim Milk, Coffee, Tea and Decaffeinated coffee/teas, and Herbal Teas
Snack Foods	Oven baked snack biscuits, flavoured rice cakes, Smart Pop popcorn.
Cakes, Muffins, Pastries and Pies	Un-iced, un-filled cakes & muffins (try to include fibre). (Examples: Fruit cake, fruit or vegetable based muffins, plain wholemeal biscuits with dried nuts or fruit.

Sauces and Condiments	Use sparingly; Choose reduced salt varieties where available. (Example: tomato sauce, soy sauce, sweet chilli sauce, mayonnaise, vegetable or yogurt based dips, mustard and gravy.
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Foods to Avoid: Retail, Vending and Catering Environments

Food Type	Examples
Sugar Sweetened Drinks	Soft drinks, fruit drinks, energy drinks, sports drinks, and flavoured mineral waters.
Candy	Lollipops, chocolates, gummies, etc.
Cakes, muffins & pastries	Cream – or chocolate-filled and/or coated buns, donuts, sweet pastries, muffins, and cakes.
Ice Creams; milk based ice confection and dairy desserts	Chocolate coated and premium, ice creams and dairy desserts.
Deep Fried Foods	All types including french fries, deep fried spring rolls and pizza fingers, chicken fingers, etc.
Savoury Snacks	Potato chips and other similar products.
Alcohol	Excessive supply of alcohol is not recommended; if provided limit to no more than two standard drinks per person.

Section/Number: Healthy Eating – 10	Approval Date: (DD/MM/YY)
Subject: Staff & Council Event Healthy Eating Policy	Amendment Dates:
<p><u>Policy</u></p> <p>People are interested in choosing healthier foods, being physically active, staying tobacco-free, caring for our environment and supporting local products. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A work environment, supportive of healthy choices, helps to create and maintain healthy people and healthy communities.</p> <p>Therefore, “Healthy Eating” options will be available at all staff & council meetings, training, lunches and workplace events.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. This workplace will focus on the main messages from the *Canada's Food Guide* and *Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis*. These food guides are an important tool for individuals, families, and communities to learn about and share ways of eating well, including traditional and store-bought foods.
2. This Workplace will offer Healthy Eating Options that include:
 - Vegetables and Fruit more often
 - Offer a variety of whole grain products
 - Offer skim, 1% or 2% milk
 - Offer lower fat milk alternatives (yogurt/cheese)
 - Provide smaller portion sizes
 - Offer plain water in pitchers or water coolers
 - Buy or use local products when they are available (i.e.: traditional foods, etc.)
 - Include Physical Activity opportunities
 - Choose tobacco-free facilities
 - Ensure food safety
 - Choose greener options when possible
 - Encourage healthy options in vending services
3. The workplace environment influences the health of its employees. It is important for the employer to look at the larger picture and see the way the workplace itself influences the eating patterns of the employees. Not only what is being offered on the menu at all workplace meetings and events but also in the workplace environment. The vending machine should offer Healthy Eating options.
4. The workplace supports healthy eating and provides the employees with refrigerator, microwave, toaster so all meals can be stored and prepared appropriately.

Attachments:

- Eating Well with Canada's Food Guide – First Nations, Inuit, and Metis.
- Canada's Food Guide
- Menu Sample Model for Staff & Council Events or Lunch Meetings
- Sample: Snacks to Keep at Work Menu
- Sample: Healthy Eating Chart for Meetings, Vending Machines, Long Hours
- Traditional Foods Fact Sheet

References

<http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

<http://www.hc-sc.gc.ca/fn-an/pubs/fnim-pnim/index-eng.php>

<https://www.ccohs.ca/oshanswers/psychosocial/healthyeating.html>

Healthy Communities Toolkit - Vending Machine policy

Menu Sample Model for Staff & Council Events/Lunch Meetings

Here are some healthy meal ideas to help plan your next community event, such as a community feast or meeting, enjoy a healthy meal together.

If you are serving for a larger meal, you can make more selections from each of the food groups in the food guide.

Whenever possible, serve seasonal and local foods from the land and from garden harvests. This will give your community members a great meal that they will enjoy and feel pride in as well! These kinds of ideas can be shared for pot lucks as well.

Meal Ideas	Meat, Fish, Birds, Eggs and all Edible Parts	Bannock, Breads and Cereals	Fruits and Vegetables	Milk and Milk Substitutes
# choices (about 30 people)	1 - 2	1 - 2	1 - 2	1
Cold	Traditional meats, fish, birds, and other parts Dried meat or fish Sandwich fillings: Fish, chicken, lean meat, egg or tuna salad (provide lettuce, tomato or other vegetables that could be added in)	Whole wheat buns or bread Rice – brown, wild rice mix with white and/or vegetables added. Corn (on the cob if in season)	Vegetable Tray Salad – local greens/ plants Vinaigrette dressings (raspberry) – serve on the side. Other vegetables – cooked Fresh Fruit Salad or fruit tray Berry/Rhubarb/Fruit crisp Unsweetened canned or frozen fruit	Have milk on hand to drink or evaporated milk for coffee Use a low fat or homemade yogurt dip. Serve fruit crisp with plain yogurt
Hot	Traditional meat stews (e.g. moose stew) Chili Traditional meat or chicken soup (locally made)	Fresh Bannock Rice Potatoes	Vegetables –cooked or steamed – from local gardens or in season	Rice pudding

How can meetings and other work functions help employees gain healthy eating habits?

Situation	Try to Limit	Try Instead
Meetings	<ul style="list-style-type: none"> • Donuts • Large Muffins • Cookies • Juices / Pop 	<ul style="list-style-type: none"> • Small Muffins • Bagels • Bannock, Tea Biscuits, Scones • Fresh Fruit • Tea / Coffee • Milk • Popcorn • Vegetables
Vending Machines	<ul style="list-style-type: none"> • Danish • Chocolate Bars • French Fries • Pop • Chips • Juices 	<ul style="list-style-type: none"> • Water • Pretzels • Sandwiches • Milk • Soup • Fruit • Cereal Boxes (unsweetened) • Yoghurt • Whole Grain Breads • Nuts • Dried Fruit • Popcorn • Beef Jerky

<p>Hectic Schedule / Long Hours</p>	<ul style="list-style-type: none"> • Chips • Cookies • Coffee with Cream • Hot Dogs • Pizza with Double Cheese and Pepperoni 	<ul style="list-style-type: none"> • Fresh Fruit • Bannock, Muffins, scones • Vegetable Sticks • Salads with Lower-Fat Dressing • Lean Sliced Meats • Milk • Yoghurt • Popcorn • Beef Jerky / Dry Meat
<p>On the Road / Lunch Meetings</p>	<ul style="list-style-type: none"> • Chips • Fried Foods • Large Burgers • Salads Loaded with Dressing • Pop / Juice 	<ul style="list-style-type: none"> • Small Plain Burgers • Bagels • Cereal Bars • Crackers and Cheese • Juice / Water • Popcorn • Beefy Jerky / Dry Meat • Dried Fruit • Trail Mix • Turkey Sandwiches • Pizza with Ham and Vegetables

(Source: Dieticians of Canada)

What are some tips for snacks to keep at work?

Store in your Desk or Locker	Store in the Lunchroom Fridge	On the Road
Crackers	Bagels / Bread	Baby Carrots
Dried fruit / Canned Fruit	Bran Muffins	Celery Sticks
Popcorn (Smartfood)	Yoghurt	Bagel Bites
Rice Cakes	Cottage Cheese	Rice Cakes
Cereal (unsweetened)	Fresh Fruit	Apples
Granola Bars	Raw Vegetables	Crackers
Peanut Butter	Cheese	Pretzels
Canned Fish	Milk	Dried Meat or Beef Jerky
Dried Meat or Beef Jerky	Salad Greens	Popcorn (Smartfood)

(Adapted from the article Plan well (<http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx>). Dietitians of Canada.

NWT HEALTHY COMMUNITIES Toolkit

Community uses positive reinforcement to encourage and reward proper behavior.

Positive reinforcement strengthens what the children/youth in the community are doing right rather than concentrating on what the children/youth are doing wrong. It increases the likelihood that the behaviour will be repeated. Positive reinforcement supports your child's positive deeds and qualities through enthusiasm encouragement, and healthy choice rewards offered by the community.

Healthy Rewards for POSITIVE BEHAVIOR IN THE COMMUNITY



How does this work?

Offering Healthy Choice Rewards as positive reinforcement is a simple technique that can encourage and motivate positive behavior in the community.

- Children/youth want approval very badly.
- Community by-law officer or Municipal workers notice and comment on specific positive behavior and provide healthy choice rewards.
- Children/Youth feel noticed, validated, and approved of, and the good behavior increases.
- Children/Youth also begin to recognize the value of their own positive qualities and actions.

Examples of positive behaviors that should get rewarded in the community:

- Wearing a bike or skidoo helmet
- Walking to school
- Picking up litter and placing it in trash cans
- Comply with Community Curfews (if in effect)
- Drinking water instead of pop/juice
- Drinking water out of a re-usable water bottle
- Being polite and respectful
- Helping Elders in the community with lawn care or snow removal.
- Being a good role model for younger children.





Healthy Positive Rewards to Offer:

- Healthy Snack (Beefy jerky, fruit, etc)
- Temporary tattoos
- Free passes to the pool, arena or rec complex.
- Re-usable Community Government Water Bottle.
- Stickers
- Have local business donate prizes as this Healthy Choice Rewards Program is beneficial for the whole community.
- Pass out “Community Government Money” – Community Government Money will encourage to continue positive behaviours in order to keep accumulating Community Money. Prizes that could be offered by the Community Government at different price points are: bike helmet, skidoo helmet, life jacket, could even offer bigger prizes such a bicycle or pool party as the big winning items.



Physical Activity

Best Management Practices & Policies

Keep Kids Busy

Physical Activity and the Benefits of Doing it Regularly

Employee Wellness - Free Access to Recreation Facilities

NWT Water Smart...Making NWT a Safer Place to Live, Work & Play

Culture & Community of Traditional Games

NWT HEALTHY COMMUNITIES Toolkit

*Keep Kids Busy ...
and out of trouble!*

After the school day ends, is when most extracurricular activities take place. Times and program lengths vary, but one thing that remains consistent is that an involved kid is a busy kid. The busier the schedule, the less time there is to engage in trouble.

If a kid is going to get into trouble, they will most likely do so between the time school ends and the time parents arrive home from work. Simply put, filling this unsupervised time with extra-curricular activities gives kids something constructive to do.



Keep Kids Busy...

BUSIER SCHEDULES KEEP KIDS OUT OF TROUBLE!



Aklavik: Lack of Youth in Justice

It was a simple solution for a small community of 600 people located on the Peel channel of the MacKenzie River Delta 113 km south of the Arctic Coast. **“Keep the Kids Busy...and out of Justice.”**

By keeping the kids in the community “really busy” and introducing new activities, it would keep their mind off going to break into someone’s house, or off doing any criminal activity.

The community also credits the participation of the RCMP to the

success of not having to refer any Aklavik children to the local community justice committee in the past 6 months.

By having positive role models, creating new activities, and the revival of Aboriginal Games the children of Aklavik have set new goals and sights on life.

The saying goes “it takes a village” but in this case a community to come together for the children of the future.



Consideration of Extracurricular Activities

Age Matters: The supervision that extracurricular activities provide is just as relevant as the activities themselves. Since kids begin to form their own decisions about right and wrong between the ages of nine and sixteen, the more adult guidance they have during this time, the better. Participation in after-school programs enriches kids and strengthens their self-esteem, making it easier for them to resist dangerous temptations. A kid that focuses all of their energy on baseball and school has little time to engage in drug and alcohol use or run with a gang.

Academics: Focus on academics is an important part of any extracurricular program. Just because kids are throwing a ball around or playing their favorite instruments, doesn't mean that their learning is on the back burner. For instance, many schools only allow students to participate in extracurricular if they pass their core studies and display appropriate behavior in the school environment. Thus, kids place more emphasis on good behavior and making the grade, than they do roaming the streets and looking for trouble.

Balance: There is such a thing as being too busy and the participation in after-school activities can be overwhelming to some kids. This is especially true for students who engage in more activities than they can handle. Activity overload can actually undo all of the good that extracurricular programs provide if a kid has no time for homework or studying. A healthy balance between home, school and after-school programs is essential.





RCMP Const. Sebastian Andrews, who is currently stationed in Fort McPherson, N.W.T., turned heads during a spring carnival festival in Tsiigehtchic, when he participated in virtually every event of the festival.

Jayneta Pascal...

Aklavik's Justice Coordinator, says when it came to preventing youth from committing crimes, Pascal came up with a simple but effective solution: just keep the kids really busy!

Pascal explains that it helped to reach out early to youth to ask them what activities they'd like to take part in.

Find Your Community Champion

Community Champion: RCMP Constable Sebastian Andrews

Const. Sebastian Andrews has been in the North for almost 5 years. Andrews made a name for himself during his prior posting in Tuktoyaktuk.

There, with the sponsorship of Gatorade, he launched an after school fitness program called **Tuk Power**, which regularly attracted groups of 15 to 20 kids in the back of the RCMP garage.

Andrews thinks the program even helped Tuktoyaktuk achieve its zero youth crime rate during his stint.

Andrews says that his approach by policing is partly shaped by his own childhood experience and luckily the RCMP were very supportive - **"that I wanted to give back to the youth."**

Tap in to the Champions or Volunteers in your Community...

1. Motives: Champions or volunteers in your community no doubt have good hearts and believe in your organization's work. But most volunteers have additional reasons for volunteering. Ask volunteers what they'd like to get from their experience, and look for ways to satisfy that.

2. Make Volunteering Convenient: Be willing to work around schedules.

3. Make Volunteering Fun: Ensuring the volunteers get an opportunity to share and be part of the big picture which are likely to include their own motives.

4. Show Appreciation: Every volunteer wants to know that he or she is making a difference and advancing the cause.



NWT HEALTHY COMMUNITIES Toolkit

Developing Habits

For children and teens to grow up healthy, it's important they are physically active and eat healthy foods every day.

To help children develop habits that will last a lifetime, an active, healthy lifestyle must start early in life.



Physical Activity

AND THE **BENEFITS OF DOING IT REGULARLY**



Benefits of Physical Activity

- Reduce your risk of heart attack
- Lower blood cholesterol
- Lower risk of Type 2 Diabetes and some Cancers
- Feel better - more energy, better mood, more relaxed
- Manage your weight better
- Lower blood pressure
- Stronger bones, muscles, joints and more
- Strong immune system - quicker recovery time

Things to Remember:

Aim for at least 30 minutes of physical activity everyday

See everyday activities as a good opportunity to be active

Try to find time for regular exercise

Minimise the amount of time spent in prolonged sitting



Kids with ready access to unsupervised outdoor play have better developed **motor skills, social behaviour, independence and conflict resolutions skills.**

Get out of the way ... and let them play!

Outdoor play is essential because **kids are more active when they're outside**

We may be so focused on trying to intervene in our children's lifestyles to make sure they're healthy, safe and happy, that we are having the opposite effect. We overprotect our kids to keep them safe, but keeping them close and keeping them indoors may set them up to be less resilient and more likely to develop chronic diseases in the long run.

Parents: Encourage your children to engage more fully with their outdoor environments in a variety of weather conditions. When children are supported to take risks, they have more fun and learn how to assess and manage risk in all areas of their lives.

Educators & Caregivers: Regularly embrace the outdoors for learning, socialization and physical activity opportunities, in various weather conditions - including rain and snow.

School & Child Care Administrators: Choose natural elements over pre-fabricated playgrounds and paved areas - and encourage children to play in, and help design, these environments.

Schools & Municipalities: Examine existing policies and bylaws and reconsider those that pose a barrier to active outdoor play.



Access to active play in nature and outdoors - with its risks - is essential for healthy child development.

We recommend increasing children's opportunities for self-directed play outdoors in all settings - at home, at school, in child care, the community and nature!



Being on the Land

Being on the land is part of an active healthy lifestyle with the benefit of enjoying the sport of the game, commune with nature, and bringing home a feast to the families in your community.

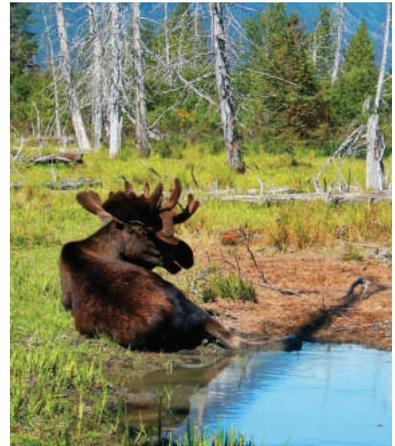
1. Connection with Family and Friends: Being on the land is a natural physical activity that can be done in solitude or socially, with friends and family.

2. Exercise: Being on the land is physically demanding. Whether it is preparing blinds, tending food plots, scouting the woods, hiking into fishing holes, or skidooning to camp. All this preparation is far healthier than that of a sedentary lifestyle.

3. Connecting with Nature: Being in nature provides time to clear your mind. There is no rush, no schedule, no deadlines; nature moves at its own pace. Outdoor exercise is associated with a decrease in tension, anger, and depression when compared to indoor activity.

4. Nutrition: The objective of being on the land is to bring home game meat and eat the fruits of your labour.

5. Adrenaline Boost: Catching wild game can be an exhilarating thing to do!



Being on the Land emphasizes the importance to support the Northern Traditional Games

For more information on the Northern Traditional Games please refer to Smart Management Practice: Culture and Community of Traditional Games

Funding Opportunities with NWT Recreation & Parks Association:

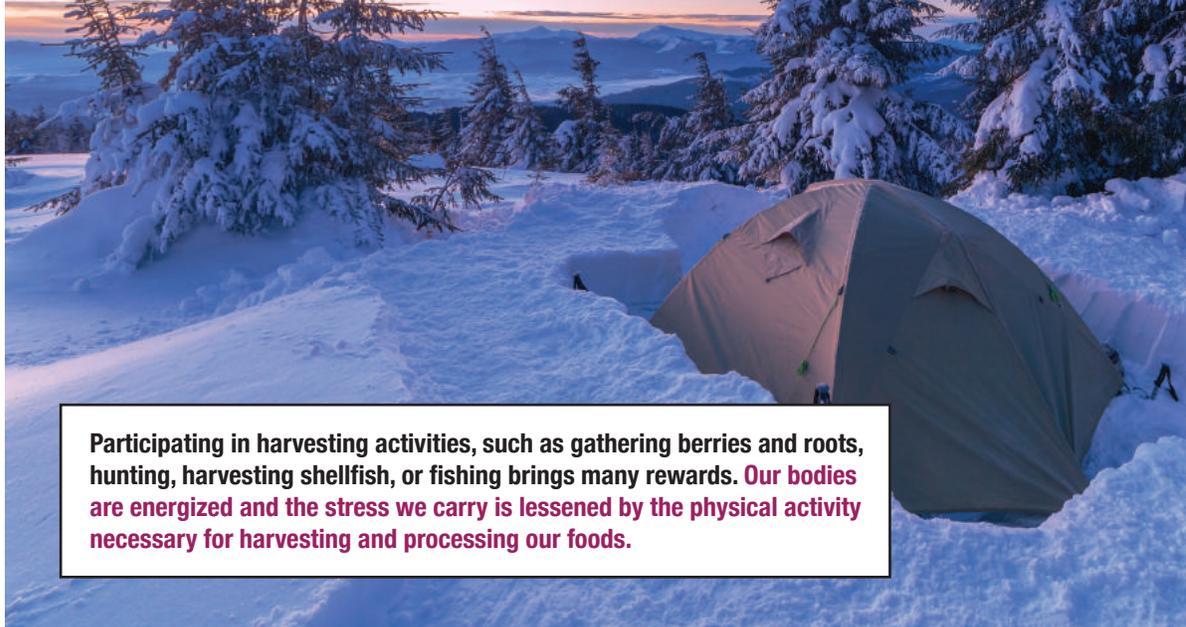
NWT on the Land Collaborative Fund was created to promote & support on-the-land initiatives in the NWT by providing easier access to funding and other resources. There is a lot of interest in on-the-land programs, but funding the money to run these programs can be a lot of work for communities and organizations that have to apply to many different places to get the funding & support they need.

For more info on **On The Land Collaborative Fund** visit:

www.nwtrpa.org/on-the-land-programs/otl-collaborative-fund.html

For more info on these programs offered at **NWT Recreation & Parks Association** please contact:

P: 867-669-8375
www.nwtrpa.org/on-the-land-programs.html



Participating in harvesting activities, such as gathering berries and roots, hunting, harvesting shellfish, or fishing brings many rewards. Our bodies are energized and the stress we carry is lessened by the physical activity necessary for harvesting and processing our foods.

Suggestions for On The Land activities:

Schools and communities across the NWT believe that the traditional way is “Fish camps come before classrooms”. Here are a few suggestions your community could offer:

- Berry Picking 101: Learning which berries are growing around your community and safe to eat. Picking the berries and bringing them back to make jam preserves. (In Tsiigetichic, the Elders volunteer to go on the land and teach students)
- Participating in fish camps and learning how to make dry fish. (Many schools across the NWT offer a fish camp during the school year. In many cases the teachers explain this to be a teach the teacher activity which is a great confidence boost for our youth)
- Being on the land and learning to use the natural resources (i.e.: moss is great for cleaning the dishes)
- Learning about winter safety and survival techniques. This is a requirement if you are going out on the land by skidoo or foot.
- Learning to use a compass or GPS.
- How to paddle and properly operate a canoe.
- Camping Out: learning what is involved in packing and setting up camp; lighting and maintaining a campfire; collecting wood and essentials for your stay.

Are these activities something your community would be interested in offering for the youth?

Through On The Land Programs, the NWTRPA supports community leaders in creating and sustaining activities and programs that help youth:

- Feel confident and safe in the outdoors;
- Develop a connection to their cultural heritage;
- Experience on-the-land learning, and;
- Have fun!

NWTRPA offer risk management packages and workshops, Paddle Canada canoe certifications, Red Cross wilderness and remote first aid, winter safety and survival workshops, and GPS workshops. NWTRPA also support the planning and delivery of and-based programs.



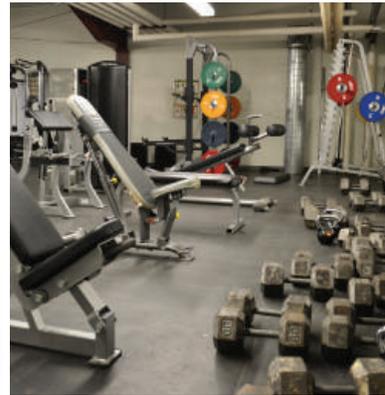
NWT HEALTHY COMMUNITIES Toolkit

Healthier, Happier Employees!

Studies have shown that employees are healthier and happier if given employment benefits that promote wellness. As a community that operates recreational facilities, why not provide employees with free access to community recreation facilities. By adding this benefit it will boost staff morale as well act as an attraction/retention for employees!

Employee Wellness

FREE ACCESS TO RECREATION FACILITIES



What can you offer to your employees as part of the Health & Wellness Benefit?

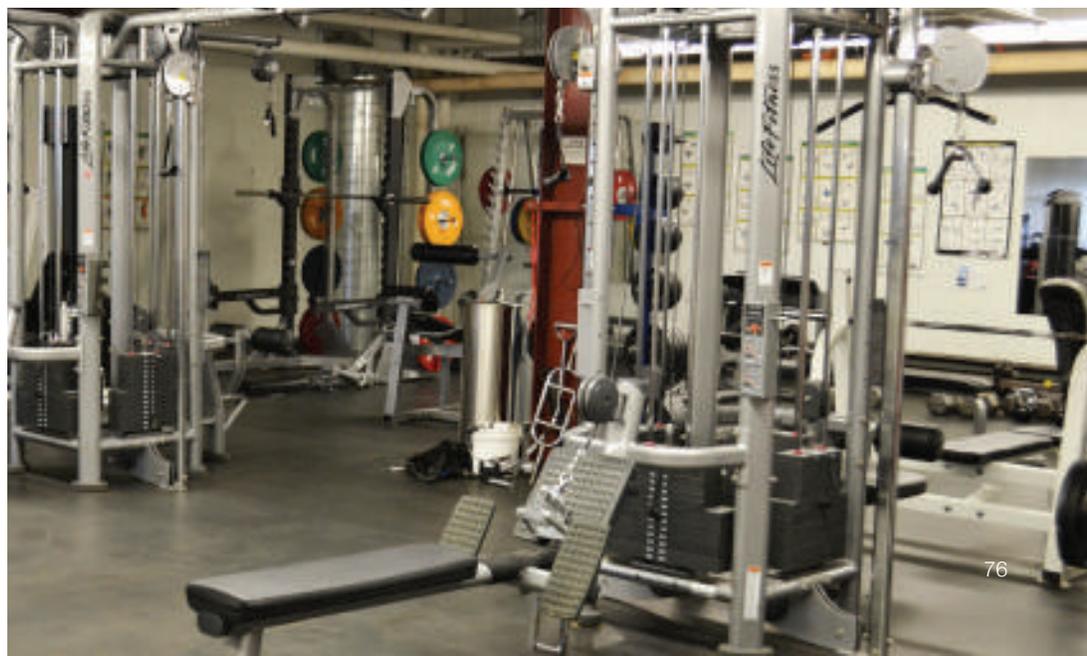
- Membership to Community Gym
- Cover or subsidize Wellness Program
- Pool or Arena passes for employee and/or their families
- Host staff parties at the Pool, Arena, or Curling Club
- Free fitness classes
- Support Employees by taking part & offering a flex time benefit where feasible.



Benefits of being *Physically Active*

- Employees are less likely to be sick
- Reduced health care expenditures
- Reduced Absenteeism
- Employees have more energy
- Higher level of self- confidence & inspires confidence in others
- Employees more likely to be goal orientates at work
- Acceptable to the public as its costs the community nothing.
- Employment benefit for attraction/ retention of staff
- Demonstrates that the community values its staff
- Less stress and better focus

ALL OF THIS AT NO ADDITIONAL COST TO THE COMMUNITY!



NWT HEALTHY COMMUNITIES Toolkit



Be Water Smart...

The NWT Water Smart Program is available to every community in the NWT

NWT Communities have engaged with the Lifesaving Society to build awareness and provide opportunities to develop skills that will keep their communities safe in, on and around the water. The Northwest Territories Water Smart® Program can be adapted to meet the unique needs of each community. In the community the Lifesaving Society and community members will work together to deliver Water Smart education.

The Northwest Territories Water Smart Program provides education on safe boating practices, wearing of lifejackets/PFDs, learning Swim to Survive skills, and establishing safe waterfronts and boat launches.

NWT Water Smart

MAKING NWT A SAFER PLACE TO LIVE, WORK & PLAY



Lifejacket Loaner Stations in the NWT

Lifejacket Loaner Stations provide lifejackets for the public to borrow, at no cost, and then return after use. Lifejackets of all sizes are readily available - when and where they are needed most. Lifejacket Loaner Stations are a collaboration between the **Lifesaving Society & Alberta Parks**.

Lifejacket loaner stations are available at:

- Fred Henne Beach Territorial Park (Yellowknife)
- Hay River Territorial Park (Hay River)

Consider a lifejacket loaner station for your community!



Boating and Fishing Tips from the Lifesaving Society

WaterSmart® Tips
Top Tips for Swimmers from the Lifesaving Society...

Know before you go. Check the weather forecast.

Closely supervise young children near water. If you're not "within arms reach", you've gone too far.

Always swim with a buddy. And play and swim in areas supervised by a lifeguard.

Protect your neck. Go feet first, first time. Never dive into shallow water.

Learn to swim and learn lifesaving skills.

Top 10 Boating and Fishing Safety Tips

- 1. Lifejackets. Choose it - use it! Always wear a lifejacket or personal flotation device (PFD)!** Don't just have it in the boat, pick one and **wear** it.
- 2. Boat sober.** Booze/Drugs and boating don't mix. Alcohol intensifies the effects of fatigue, sun, wind and boat motion to negatively affect balance, judgement and reaction time.
- 3. Get carded.** Get trained in boat safety. You can get ready for the Pleasure Craft Operator Card test by taking a Lifesaving Society **Boat Operator Accredited Training (BOAT)™** course. The course will help you to know the "rules of the road", how to respond in a boating emergency, and how to operate a pleasure craft safely. Everyone who operates a power-driven boat needs proof of competency.
- 4. Know before you go. Check the forecast and create a simple safety checklist.**
- 5. Wear the right gear!** Wear your lifejacket or PFD, of course, as well as good sunglasses, sunscreen and appropriate clothing. Paddles, whistles and flares are the right gear, too.
- 6. Drive your powerboat or PWC responsibly.** Look before you act, stay low, drive at moderate speeds, be aware of changing weather conditions, and drive with extreme caution and proper lights after dark.
- 7. Never stand up in your small powerboat, canoe or other similar watercraft.** Numerous drownings occur when people stand up and move around their boat.
- 8. Get trained - take Lifesaving Society courses.** Be prepared in the event of a crash-whether your boat capsizes or you need to rescue someone else. Become aware of the dangers of cold water.
- 9. Don't overload.** Avoid capsizing by following the load restrictions of your craft. This includes not only the number of passengers, but also the weight of your gear.
- 10. Follow the rules of the road.** Be courteous of others using the waterways and obey all boating rules. Be watchful of swimmers and other boaters, and **always** have a spotter for water-skiers and tube riders.



Isn't it just swimming lessons?

Swim to Survive is different than swimming lessons - and not a replacement for them. Swim to Survive teaches just the essentials needed to survive an unexpected fall into deep water - an important first step to being safe around water.

How Inuvik made Swim to Survive a Reality for the Youth

Town council approved donating pool hours and personnel to administer the lessons.

The cost of the donated pool hours was estimated at \$17,550. This helped all public school students and preschool students get their basic swimming skills.

The program teaches youth how to deal with the initial shock of being in water and teach kids how to tread water, at the very least along with boat safety.

As part of the initiative, the Inuvialuit Regional Corporation and Gwich'in Tribal Council provided funds to purchase life-jackets for each student who completed the program. The life-jackets were estimated at \$14,000. There was a wonderful completion ceremony presided over the Mayor where every student marched into the gym with their life-jacket on. A proud moment for the Town of Inuvik!

Challenges

Working with the schools to bring each student for a few swimming classes each week. This program enabled an opportunity for a strong partnership between the schools and the Town of Inuvik to work together to make this a reality for all students.

Positive Outcome!

The number of calls the fire department receives every year was concerning regarding youth-related incidents involving water safety. The Town is more confident knowing that each student has been given the opportunity to learn and be prepared for water safety. Inuvik's goal was to continue the partnership and has made swimming lessons a part of the phys-ed curriculum. The Town has also offered the program to non-swimming adults as well!

Swim to Survive

Inuvik's goal was simple:

Teach every student in town the basic swim lessons needed to stay afloat! Swim to Survive is important to the whole community, because of how much time is spent on water during the year.





Ice Safety Tips

1. Use designated ice surfaces

Many communities have designated ponds for activities such as skating that are maintained by knowledgeable personnel. Designated ice should be regularly tested to ensure that it is thick enough and strong enough for recreational use.

2. Measure ice thickness in several locations

Local conditions such as currents and water depths can affect ice thickness. Consult knowledgeable local individuals. Recommendations for ice thickness are based on clear, blue or green ice:

3" (7cm) or less - STAY OFF!

4" (10cm) - ice fishing, walking, cross country skiing

5" (12cm) - one snowmobile or ATV

8"-12" (20-30cm) - one car or small pickup truck

12"-15" (30-38cm) - one medium truck (pickup or van)

3. Avoid traveling on ice at night

At night it is very difficult to see open holes in the ice. This is a frequent cause of snowmobile drownings.

4. Never go onto ice alone

A buddy may be able to rescue you, or go for help if you get into difficulty. Before you leave shore, tell someone where you are going and expected time of return.

5. Stay off river ice

River currents can quickly change ice thickness over night or between different parts of the river.

6. Never go onto ice alone

Wear a lifejacket or PFD over your snowmobile suit or layered winter clothes to increase your survival chances if you do go through the ice.

7. Wear a snowmobile flotation suit or a lifejacket

Include ice picks, ice staff, rope, and a small personal safety kit in your pocket, which should include a lighter, waterproof matches, magnesium fire starter, pocket knife, compass, whistle and a cell phone.

8. Avoid alcohol

Alcohol impairs your judgment and speeds up the development of hypothermia.

9. If you drive on ice, have an escape plan

Open your windows, unlock your doors, ensure seat belts are unfastened and turn on your lights to allow you to quickly escape from your vehicle should it go through the ice.

10. Always supervise children playing on or near ice

Children should always be under adult supervision. Children that aren't within arm's reach have ventured too far. Insist that they wear a lifejacket/PFD or thermal protection buoyant suit.



For more information on the Programs and Services offered with the
NWT Lifesaving Society please contact the office at (780) 415-1755 or
visit their website www.lifesaving.org

NWT HEALTHY COMMUNITIES Toolkit

Culture & Community OF TRADITIONAL GAMES

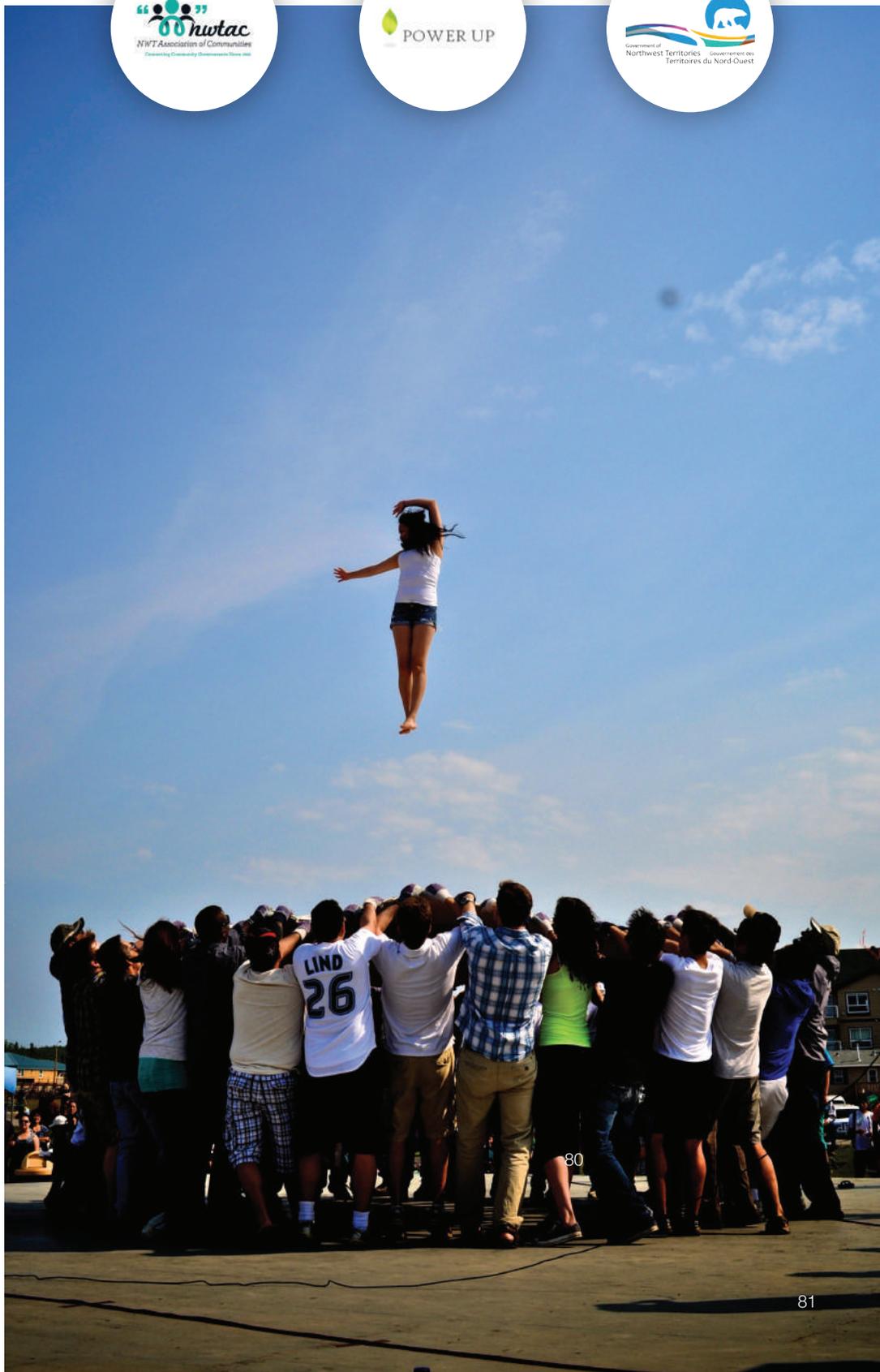


Importance of Tradition

Traditional Games help enhanced the connection of our culture throughout time.

Not only by playing a significant role in encouraging young and old to sharpen their skills on the land and survival, but connecting young and old, showing respect for the land and animals in the making of the different tools used in the games. It is another conduit in the sharing of traditions and teachings.

The games strengthen the relationship we have with each other, the land and its wildlife, and our history as we move forward in a modern world. Building on the inner strength we all have, the games prepare fine motor skills and discipline to youth, as we grow the games takes a role of not only physical strength but mental strength. These are not just games, but a way of life connecting growth and responsibility into the lives of those of those who wish to be part of them.





Blanket Toss (Nalukatuk)

Benefits of Traditional Games:

Keeps the traditions of celebration, gathering and sharing alive. Source of pride and cultural reflection.

Develops strength, endurance, agility, survival, resistance to pain, patience and teamwork.

Practising the values customs of the past by coming together in a spirit of fun and friendly social exchange.

Provide many opportunities for leadership development and peer cooperation skills.

Wonderful elements of positive good mental health.

Promotes community relationships with youth, adults and elders in the community.

Lifelong activity that promotes lifelong physical activity.

Requires minimal equipment or facilities. Therefore not expensive like many other sports.

Reinforce the power of culture and the traditional ways that people are able to have fun on the land.

The blanket toss originated with Inuit hunters because someone who was tossed into the air could spot caribou, whales, or other animals in the distance.

Elders also speak of a time when the blanket toss was part of the ceremony to mark the close of a successful whaling season. Whaling captains were first to be tossed and while high in the air, they would throw gifts such as baleen and tobacco to the crowd.

The blanket toss (Nalukatuk) is arguably the most widely recognized event in the Northern Games. A large group of "pullers" gather around the edges of a blanket to stretch it out at waist height. After a participant climbs into the centre, the pullers rhythmically raise and lower the blanket.

Recommendations for Communities

Work with local aboriginals organizations to organize the following:

- Host competitions
- Orientation programs for new members and visitors to your community
- Make it a part of the Youth Programming in your recreation department

Tobacco Cessation

Best Management Practices & Policies

Harmful Effects of Tobacco Use

Smoke Free Outdoor Spaces

Tobacco Wise - Culturally Safe Counselling Services for People Quitting Smoking

Culturally Safe Counselling Services for People Quitting Smoking

NWT HEALTHY COMMUNITIES Toolkit

Smoking tobacco is related to more than two dozen diseases and conditions.

It has negative effects on nearly every organ of the body and reduces overall health. Smoking tobacco remains the leading cause of preventable death and has negative health impacts on people of all ages:

- unborn babies;
- infants;
- children;
- adolescents;
- adults;
- and seniors.

Harmful Effects of TOBACCO USE



Smoking, Heart Disease & Stroke

Smoking and exposure to second-hand smoke have many negative health effects that increase your risk of developing heart disease and stroke. Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure and makes your heart work harder.

Smokeless tobacco (chewing tobacco or snuff) is also harmful and can increase the risk of having a fatal heart attack, fatal stroke and certain cancers. Do not use smokeless tobacco products. They are not a safe alternative to cigarettes.

Being smoke-free has enormous benefits for your health and the

health of the people around you. Once you become smoke-free and avoid exposure to second-hand smoke, you will immediately reduce your risk of heart attack and stroke. The sooner you become smoke-free, the sooner your body can start to recover and it doesn't take long to see the effects.

• Within one year of quitting, your added risk of coronary heart disease is cut in half than that of a smoker.

• Within 5 years, your risk of having a stroke will be nearly that of a non-smoker.

• Within 10 years, the risk of dying from lung cancer is cut in half.

• Within 15 years, your risk of coronary heart disease will be similar to that of a non-smoker.



Did you know?

Lung cancer is the leading cause of death due to cancer in Canada.

Smoking tobacco is the single most important preventable cause of lung cancer, accounting for 85% of all new cases of lung cancer in Canada.

Smoking causes genetic changes in the cells of the lung that lead to the development of lung cancer.



Addiction:

- Cigarette smoking and other forms of tobacco use are addictive
- Nicotine is the drug in tobacco that causes addiction
- Nicotine addiction is similar to heroin or cocaine addiction.

How Nicotine Works:

• **Nicotine causes chemical or biological changes in the brain.** This effect is called psychoactive and although it is less dramatic than heroin or cocaine, the strength of the addiction is just as powerful. It is a 'reinforcing' drug, which means that users desire the drug regardless of the damaging effects.

• **Nicotine addiction is a physical dependency.** Withdrawal symptoms are severe and most smokers cannot quit on their first attempt because of these symptoms.

• **The human body builds a tolerance to nicotine and the effect of the drug is reduced over time.** As a result, regular smokers can inhale greater amounts of smoke and therefore greater amounts of toxins, without showing immediate effects (i.e.: coughing, nausea).

• **Nicotine is extremely poisonous if consumed in large amounts and most people feel sick and dizzy the first time they smoke.** These negative affects are quickly overcome. Over time the body builds a tolerance to nicotine, resulting in an increase in the amount of cigarettes smoked.

NWT Quitline:

“Quitting is Easier if you Have Help!”

The NWT Quitline is a toll-free confidential help line for people who want to quit smoking. Services offered are:

- trained cessation counsellors;
- personalized call back programs;
- quit smoking reading materials;
- translation services for all NWT languages;
- telephone service 24/7.

For more information on the NWT Quit Line please contact:

Phone: 1-866-286-5099

Website: www.hss.gov.nt.ca/health/tobacco-and-your-health/nwt-quitline/



What action can Council and Community take on tobacco use?

Council and Community can implement the policy and pass the bylaw to ban smoking in all public spaces in the community. Please see sample policy attached “Ban smoking in all public spaces”.

Section/Number: Tobacco Cessation – 01	Approval Date: (DD/MM/YY)
Subject: Smoke Free Outdoor Public Spaces Policy	Amendment Dates:
<p><u>Policy</u></p> <p>Smoke-free outdoor public spaces encourage a healthy, smoke-free and active lifestyle, provide positive role models for youth and protect our environment.</p> <p>Exposure to second hand smoke has been directly linked to negative health effects including respiratory illness, heart disease, cancer and stroke. Young children are especially vulnerable to the effects of second-hand smoke as their lungs and bodies are still developing.</p> <p>Therefore, the <u>Community Government Name</u> is restricting smoking in all outdoor public spaces including parks, playgrounds, sport and playing fields, outdoor swimming pools, off leash dog parks, trails, public beaches, hospital and airport grounds as well as any other municipally owned and/or operated public buildings.</p>	
<p><u>Definitions</u></p> <p>Class A Carcinogen or the Human Carcinogen: There is enough evidence to conclude that it can cause cancer in humans.</p>	

Guidelines:

1. Support smoke free living where your residents live, work, and play.
2. Help to demonstrate the negative effects of tobacco use; making it less likely that youth will start smoking and support current smokers who want to quit.
3. Lessen the environmental impact of forest fires, toxic litter and risks to wildlife.
4. Enforcement of by-law is one of the most effective means to reducing tobacco use and second hand smoke in your community.
5. Second hand smoke is a “class A” Carcinogen: there is no safe level of exposure even in outdoor settings.
6. Protect children from exposure to second-hand smoke and enhance role modeling of tobacco free living.
7. In the absence of a territorial ban on smoking in outdoor public spaces, local governments are encouraged to protect their residents and take a leadership role by adopting this Smoke Free Outdoor Public Places Policy.
8. By-law Officers and Municipal workers will be responsible for enforcing the Smoke Free Spaces By-law.
9. Ban smoking in all outdoor public spaces including: parks, playgrounds, sport and playing fields, outdoor swimming pools, off leash dog parks, trails, public beaches, hospital and airport grounds as well as any other municipally owned and/or operated public buildings.
10. Tobacco use for traditional ceremonial purposes should be exempt from smoking restrictions.

Attachments

Harmful Effects of Tobacco Use – SMP

References

<https://www.durham.ca/departments/health/idt/sfOutdoorPublicPlacesReport.pdf>
<http://saskatoon.ctvnews.ca/saskatoon-extends-smoking-bylaw-to-include-parks-other-city-run-outdoor-facilities-1.2628291>

NWT HEALTHY COMMUNITIES Toolkit

Deadly Tobacco Use

Many of the original stories spoke of the illness, suffering and death that would result if people misused tobacco.

Did you know tobacco misuse is the leading cause of preventable illness and premature death in Canada?

FACT: Commercial tobacco use kills four times more people than motor vehicle accidents, suicide, homicide, and AIDS combined.

Did you know your smoking can hurt the people you love the most?

FACT: Second hand smoke is the third major cause of preventable death.

Culturally Safe

COUNSELLING SERVICES FOR PEOPLE QUITTING SMOKING



Community Goal:

To engage the community in the creation of health promotion strategies to decrease and prevent the misuse of tobacco.

How can communities reach this goal:

Programs, policies and bylaws all have a role to play in ensuring youth do not start to smoke, helping smokers to quit and protecting people from exposure to second-hand smoke.

Communities can offer culturally appropriate stop smoking support programs. Activities offered through this program may include weekly support groups, Elder support, cultural teachings, one-on-one support, physical activities, as well as teachings and managing the stop smoking program through arts and crafts.

Aboriginal health, addiction and recovery needs to be addressed in a holistic way. Incorporating aboriginal perspectives and teachings. Acknowledge the history of tobacco use and the differences between sacred and commercial tobacco use.

“.....And then he talked about how tobacco has a spirit and that if you want to change the relationship with the spirit of tobacco ask it for help. He said to me, that one must go into the bush in the silence and make an offering to the tobacco spirit and ask for help to quit using tobacco in a non- traditional way. Offerings are good and they do help” – Elder Elsie Sanderson



Did you know that the First Nations youth smoking rate is three times higher than the average Canadian youth?

FACT: First Nations girls, 15-17 years old, have a smoking rate of 61%. The rate for Canadian girls in the same age range is 15%.

FACT: First Nations boys, 15-17 years old have a smoking rate of 47%. The rate for Canadian boys in the same age range is 13%.

Never underestimate the power you have to make changes for your health and the future of your community!



Sacred Tobacco Use:

Traditional or Sacred Tobacco is a gift that was given to Aboriginal people by the Creator. It has a spiritual place within many of our communities. There are several stories and teachings of how the Creator taught Aboriginal people to grow, prepare and use the plant for spiritual purposes.

Some Traditional Uses:

- The smoke from tobacco burned on sacred fires rises to the sky, carrying prayers to the spirit world.
- When traditional medicines are picked, tobacco is put down as an offering of thanks to Mother Earth.
- Tobacco is given as an offering when guidance is requested from the Elders.

The Seven Teachings...

to help guide you towards a healthy, tobacco wise future:

- 1. Honesty: Being truthful with yourself.** Be truthful with yourself about the risk you are taking with your health by smoking. Recognize that you have the power to protect your family and friends from second-hand smoke.
- 2. Humility: Consider the needs of other people.** If you are currently smoking, consider your loved ones who want you to lead a long, healthy life. They also need your help to protect them from second-hand smoke.
- 3. Truth: Using your strength to do the right thing.** If you know the difference between Traditional Tobacco and commercial tobacco, share your knowledge with someone. It could change their life.
- 4. Wisdom: Knowing what is true and right combined with good action.** If you are currently smoking and would like to quit, identify the strengths or supports in your life that you can rely on to help keep you strong. You do not have to be alone on your journey.
- 5. Love: Treating yourself and others with respect and kindness.** Love yourself, your health and the health of your family and community – choose to quit smoking.
- 6. Respect: Honouring yourself and others.** The Elders tell us that Traditional Tobacco has honour and purpose. It is intended to be used for prayer and to give thanks – respect the original purpose of tobacco.
- 7. Bravery: Doing what needs to be done, even when it is really hard.** Recognize the destructive effect smoking has on your body and the health of others who are exposed to it. Be brave and take a stand against the harmful effects of commercial tobacco.

Quitting is Easier if you Have Help! The NWT Quitline is a toll-free confidential help line for people who want to quit smoking. Services offered are:

- trained cessation counsellors;
- personalized call back programs;
- quit smoking reading materials;
- translation services for all NWT languages;
- telephone service 24/7.

For more information on the NWT Quit Line please contact:

Phone: 1-866-286-5099

Website: www.hss.gov.nt.ca/health/tobacco-and-your-health/nwt-quitline/

Section/Number: Tobacco Cessation – 02	Approval Date: (DD/MM/YY)
Subject: Culturally Safe Counselling Service for People Quitting Smoking	Amendment Dates:
<p><u>Policy</u></p> <p>Local community governments can improve the health of residents by taking a number of actions that reduce the harmful impact of tobacco use in their communities. Programs, policies and bylaws all have a role to play in ensuring youth do not start to smoke, assisting smokers to quit and protecting people from exposure to second-hand smoke.</p> <p>Sixty percent of Aboriginal people in Canada are smokers. The <u>Community Government Name</u> goal is to engage residents to decrease and prevent the misuse of tobacco.</p> <p>Therefore, the <u>Community Government Name</u> will offer culturally appropriate stop smoking support programs. Activities offered through this program may include weekly support groups, Elder support, cultural teachings, one-on-one support, physical activities, as well as teachings and managing the stop smoking program through arts and crafts.</p>	
Definitions	

Guidelines:

1. Observe the diversity of participants and recognize their different interests: First Nations, Dene, Metis, and Inuit.
2. Understand and identify the various client supports needed respecting individual situations. (i.e.: income, employment level, education, etc.)
3. Incorporating aboriginal perspectives and teachings. Acknowledge the history of tobacco use and where appropriate the differences between sacred and commercial tobacco use.
4. Aboriginal health, addiction and recovery needs to be addressed in a holistic way. An example of a holistic approach can be seen in the teachings of the Medicine Wheel that stress good health as a balance between the mental, spiritual, emotional and physical aspects of the person, family, community and Nation.
5. Family and community-centred over individual-centred healing: Individual commitment to changing commercial tobacco use is essential; however, true healing may involve a whole community.
6. Factual knowledge about addiction and the process of change is essential. Participants and community members need to be informed about, and have access to, culturally-safe information on the risks of commercial tobacco use and various treatment options (including traditional medicines). Commercial tobacco use should be framed as an addiction and people who smoke need information and treatment that is culturally relevant, appropriate and effective.
7. Work toward implementing policy/by-law of more smoke-free spaces in the community.
8. Focusing on and sharing strengths: A community- and individual-strengths approach is more empowering and highlights self-determination. (i.e.: The sharing of stories and storytelling can also be done in a circle to establish trust, to encourage sharing of personal experiences and wisdom and to promote equality between program members.)
9. Keep classes informal and ensuring all participants have the opportunity to speak.
10. Elder teachings about the traditional uses of tobacco, giving thanks and respecting and caring for the body are important to those who practice traditional Aboriginal culture.

Attachments

Harmful Effects of Tobacco Use – SMP

Smoke Free Outdoor Public Spaces Policy

Culturally Safe Counselling Services for People Quitting Smoking SMP

References

<http://www.tobacowise.com/common/pages/UserFile.aspx?fileId=76661>

http://www.naho.ca/jah/english/jah05_02/V5_I2_Cultural_01.pdf

<https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Special-Populations/>

[Indigenous%20Resources%20for%20Commercial%20Tobacco%20Cessation.pdf](https://www.nicotinedependenceclinic.com/English/teach/SiteAssets/Pages/Special-Populations/Indigenous%20Resources%20for%20Commercial%20Tobacco%20Cessation.pdf)

Alcohol Moderation

Best Management Practices & Policies

Dry Grads
Prohibited Use of Drugs and Alcohol & Treatment for Employees
Display Health Warning Signs at Places that Serve or Sell Alcohol
Alcohol at Events

NWT HEALTHY COMMUNITIES Toolkit



Dry Grad Events

SMART MANAGEMENT PRACTICES



What is a Dry Grad?

A Dry Grad is an event which provides students with a safe, drug and alcohol-free environment to celebrate their graduation. It is a fully supervised fun event where the grads can celebrate their graduation with their friends in a safe environment.

Dry Grads take place after the prom. Typically the students are transported directly from their prom dinner and dance to the Dry grad venue. The Dry grad party typically offers an exciting and entertaining variety of activities as well as music, food and lots of photo opportunities.

The concept of Dry Grads started in the 1980s to address the issues of drinking and driving at graduation parties. Schools started to work with parents to organize safe grads.

These parties eventually evolved to a "Dry Grad" concept that is celebrated today. The goal of a Dry Grad is to keep the students entertained, busy and having a wonderful time with their friends.

A successful Dry Grad is one where students have a wonderful celebration and a fun, entertaining and memorable night with their friends without alcohol.



Why have a dry grad?

- Acknowledges graduates achievements
- Encourages a (new) tradition of drug and alcohol free celebration
- Reduces risk of harm to graduates
- Reduces risk of harm to the community

How does a dry grad work?

- Immediately follows formal ceremonies, dinner/dance
- Runs until 5:00 or 6:00 am
- No in-and-out privileges (once the students arrive at the event they will not be permitted outside the event to ensure no alcohol or drugs are used or brought into event)
- Tickets sold to grads, escorts and guests – pre-registration is required
- Bags with change of clothing are dropped off prior to event



Who organizes a dry grad?

- Parents are the primary organizers
- Community Volunteers
- Students
- In some communities the school and teaching staff take a role of organizing dry grad events. However, dry grad is considered an extracurricular activity that happens outside of school hours.

Where do dry grads take place?

- Self-contained and easily monitored
- Large enough for a variety of activities and entertainment
- Recreation Centre
- Schools
- Sports arena, etc



Entertainment Ideas:

- Live Band/DJ Music
- Photo Booth
- Inflatable Fun (bungee run, sumo suits, etc.)
- Magicians, hypnotists, comedians
- Ice skating, swimming, bowling
- Funny money casino

How can your community support a dry grad?

- Waive or reduce rental fees from the facility hosting the event.
- Provide any equipment (i.e.: speakers, sound system, DJ, inflatables, etc.)
- Celebrate the grads and the event organizers at the Dry Grad.
- Staff & Council can volunteer for Safe Grad preparation and event.
- Community Government donate prizes (i.e. pool passes, skate passes, exercise class passes, pool party, etc)

Important to Remember:

Dry grads will take planning. Allow your dry grad committee enough time to properly plan the event with student engagement, arrange for fundraising to cover costs for the event and book the venue for the Dry Grad.

Dry grad is more than just a party. Dry grad values a young person's life and can be a milestone for the whole community!

Section/Number: Alcohol Moderation 01	Approval Date: (DD/MM/YY)
Subject: Prohibited Use of Drugs and Alcohol and treatment for employees.	Amendment Dates:
<p>Policy</p> <p>The <u>Community Government Name</u> does not permit the use of alcohol or non-prescribed drugs during working hours and will take appropriate action if performance is impaired by the use of alcohol and/or drugs outside of the workplace.</p> <p>It is essential that the <u>Community Government Name</u> understand addiction, the prevalence of substance abuse among working adults, and the costs related to substance abuse. Substance abuse is treatable, particularly when it is addressed as a chronic disease. Reducing employee substance abuse can help employers improve productivity, reduce workplace injuries, and decrease health care costs.</p> <p>Therefore, the Community Government Name will support the treatment and return to work for employees that are receiving treatment for alcohol or non-prescribed drugs.</p>	
<p>Definitions</p> <p>Non-prescribed drugs include any drug that is not specifically prescribed by an authorized medical practitioner.</p>	
<p>Guidelines</p> <ol style="list-style-type: none"> 1. Employees who are proven to have used alcohol or non-prescription drugs during working hours will be subject to Corrective Action up to and including dismissal. 2. Employees whose performance is affected by the use of alcohol or drugs outside of the workplace will be subject to Corrective Action up to and including dismissal. 3. Employees may be given the opportunity to enter an in-patient alcohol and drug treatment program either through the use of annual leave, time-in-lieu and/or leave without pay. 4. Employees who complete an in-patient alcohol and drug treatment program and remain alcohol and drug free for a period of thirty (30) days following the program will be eligible to return to work and/or for rehire. 	

Attachments

NWTAC Policy HR – Prohibited Use of Drugs and Alcohol

References:

Section/Number: Alcohol Moderation – 02	Approval Date: (DD/MM/YY)
Subject: Display health warning signs at places that serve or sell alcohol policy.	Amendment Dates:
<p>Policy:</p> <p>The community members have the right to obtain information on the health impact, and the risks and consequences related to harmful and hazardous consumption of alcohol. Alcohol warning signs are a prevention approach which can be effective for sharing information about alcohol related risks to specific populations.</p> <p>The <u>Community Government Name</u> protects, promotes and preserves the health of the community members. Therefore, the <u>Community Government Name</u> will support the increase awareness of having visible signage on the risks of consumption of alcohol in all places that serve or sell alcohol in the community.</p>	
<p>Definitions</p> <p>Fetal Alcohol Spectrum Disorder (FASD) is the term used to describe a continuum of birth defects and disabilities associate with prenatal alcohol exposure. The disabilities associated with FASD can include physical, mental and behavioral difficulties and learning disabilities.</p>	

Guidelines

1. Although there is no territorial law requiring posting signage of the health risks and effects of alcohol; Community governments can pass bylaws in order to protect, promote and preserve the health of the community residents.
2. The signage will be posted on all premises in the community that serve or sell alcohol. (i.e.: liquor stores, restaurants, bars, licensed events at arenas, recreation facilities, etc.)
3. The Public Health Agency of Canada now considers Fetal Alcohol Spectrum Disorder (FASD) to be the leading cause of preventable developmental disability among Canadian children. By increasing public awareness about FASD the community is:
 - Educating the public about the risks of prenatal drinking.
 - Building community support to assist all women of child bearing ages to have healthy pregnancies.
 - Reduce the challenges and stigma experienced by people living with FASD related conditions.
 - Requiring alcohol retailers to post FASD warning and prevention signs.
4. Healthy communities support women and their partners to avoid alcohol during pregnancy.
5. Signage should include contact information of where to receive support and/or services.
6. Attention is enhanced when the warning messages are larger in size, in easily readable text, in colour, containing graphics or images, and when they rotate to introduce variation in content.
7. Messaging to contain simple, clear and direct information. Literacy, language and cultural barriers should be taken into account in message design.
8. Warning signs with messaging designed to elicit guilt or shame are not generally effective for helping risky drinkers shift toward healthier choices involving alcohol.
9. Obvious location and placement of the message where target audience will notice the signage. (i.e.: bathroom stall located in places that serve or sell alcohol and cash register at liquor store, etc.)
10. Municipal By-Law Officers monitor the enforcement and compliance of the establishments in hanging the signage.
11. Partner with public health, community health centre and local hospitals to receive the latest signage and information on alcohol effects.

Attachments

Checklist and Guidelines for Alcohol Warning and Prevention Signage

No Alcohol During Pregnancy – GNWT – Health & Social Services Poster

Canada's Low Risk Alcohol Drinking Guidelines Poster – Canadian Centre of Substance Abuse

References:

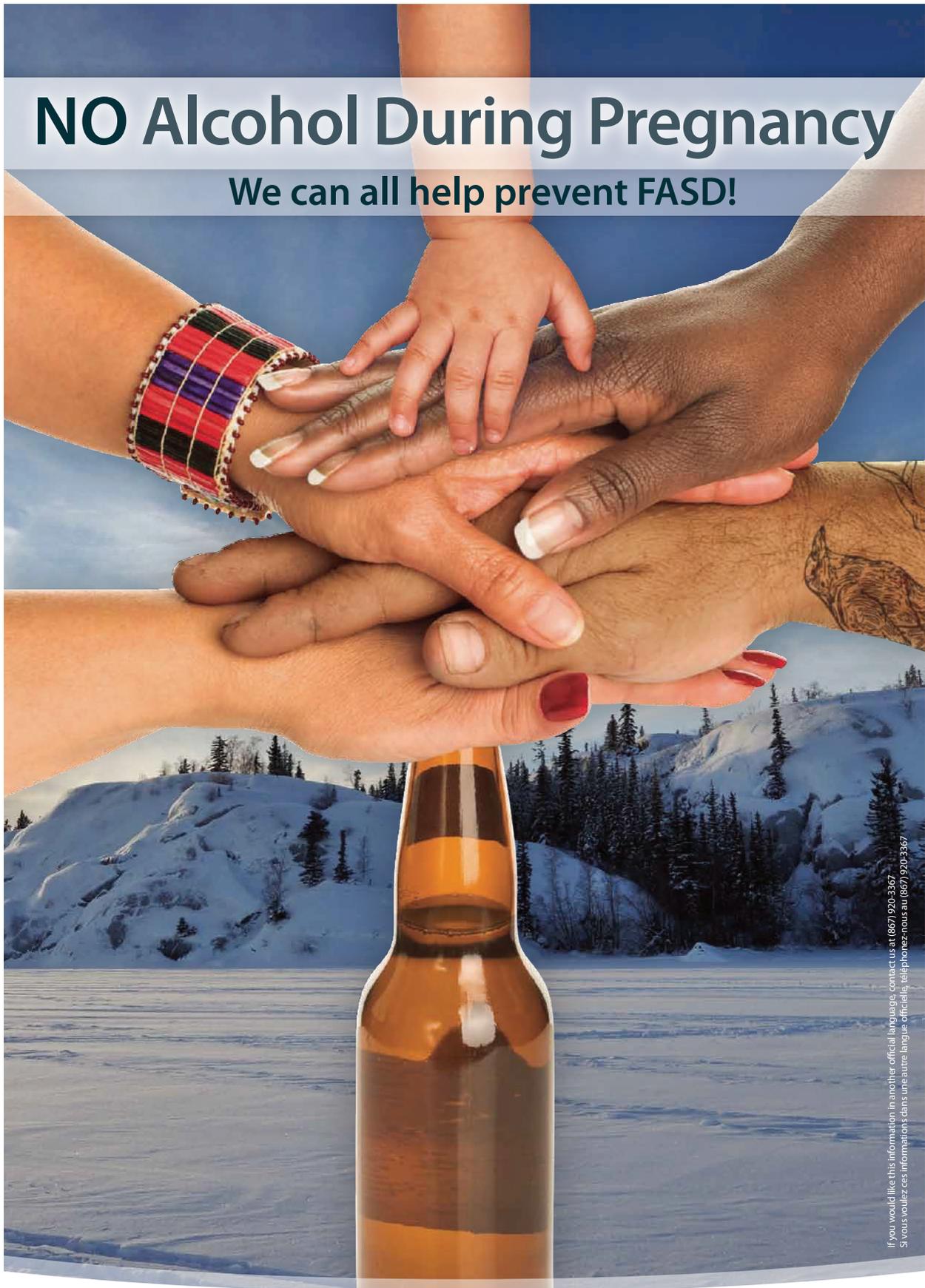
http://bccewh.bc.ca/wp-content/uploads/2014/09/FASD_WarningSignageInfoKit_Booklet_web.pdf

Checklist and Guideline for Alcohol Warning and Prevention Signage

<p>1. Does the content of the message align with the current public health guidelines and the latest scientific evidence?</p>
<p>2. Is the message easy to read and understand? (i.e.: large print, readable text) Has literacy and cultural barriers been considered?</p>
<p>3. Does the message include contact information on seeking more information or assistance? (i.e.: phone number, website or resources in the community)</p>
<p>4. Does the message contain simple, clear and direct information about the risks of alcohol or how to avoid them?</p>
<p>5. Is the message designed to attract attention? (i.e.: printed in colour, contains graphics or images)</p>
<p>6. Has the location and placement of the message been considered? Will the message be placed in places frequented by the target audience to make it noticeable? (i.e.: bathroom stalls of places that serve or sell alcohol, cash register at liquor stores, etc.)</p>
<p>7. Has the message been designed with a particular target audience in mind? (i.e.: FASD: young women, partners of young women of child bearing age)</p>
<p>8. Have enforcement, compliance and evaluation of the warning messages been incorporated into the strategy.</p>

NO Alcohol During Pregnancy

We can all help prevent FASD!



If you would like this information in another official language, contact us at (867) 920-3367.
Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au (867) 920-3367.



Canada's Low-Risk Alcohol Drinking Guidelines

Drinking is a personal choice. If you choose to drink, these guidelines can help you decide when, where, why and how.

For these guidelines, "a drink" means:



Your limits

Reduce your long-term health risks by drinking no more than:



- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

Plan non-drinking days every week to avoid developing a habit.

Special occasions

Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on any single occasion.

Plan to drink in a safe environment. Stay within the weekly limits outlined above in **Your limits**.

Safer drinking tips

- Set limits for yourself and stick to them.
- Drink slowly. Have no more than 2 drinks in any 3 hours.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.
- Always consider your age, body weight and health problems that might suggest lower limits.
- While drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits.

**Low-risk drinking helps to promote a culture of moderation.
Low-risk drinking supports healthy lifestyles.**

When zero's the limit

Do not drink when you are:

- driving a vehicle or using machinery and tools
- taking medicine or other drugs that interact with alcohol
- doing any kind of dangerous physical activity
- living with mental or physical health problems
- living with alcohol dependence
- pregnant or planning to be pregnant
- responsible for the safety of others
- making important decisions

Pregnant? Zero is safest

If you are pregnant or planning to become pregnant, or about to breastfeed, the safest choice is to drink no alcohol at all.



Delay your drinking

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than 1–2 drinks at a time, and never more than 1–2 times per week. They should plan ahead, follow local alcohol laws and consider the **Safer drinking tips** listed in this brochure.

Youth in their late teens to age 24 years should never exceed the daily and weekly limits outlined in **Your limits**.



Canadian Centre
on Substance Abuse
Centre canadien de lutte
contre les toxicomanies

Partnership. Knowledge. Change.
Collaboration. Connaissance. Changement.

The Canadian Centre on Substance Abuse changes lives by bringing people and knowledge together to reduce the harm of alcohol and other drugs on society. We partner with public, private and non-governmental organizations to improve the health and safety of Canadians.

CCSA wishes to thank the partners who supported development of Canada's Low-Risk Alcohol Drinking Guidelines. For a complete list of the organizations supporting the guidelines, please visit www.ccsa.ca/Eng/Priorities/Alcohol/Canada-Low-Risk-Alcohol-Drinking-Guidelines/Pages/default.aspx

Reference:
Butt, P., Birmess, D., Gliksmann, L., Paradis, C., & Stockwell, T. (2011). *Alcohol and health in Canada: A summary of evidence and guidelines for low-risk drinking*. Ottawa, ON: Canadian Centre on Substance Abuse.

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National Alcohol Strategy Advisory Committee
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Visit our website to find out more!

www.ccsa.ca

NWT HEALTHY COMMUNITIES Toolkit

Healthier Choices?

Please see **NWT Healthy Communities Toolkit** if you are interested on learning more about policies that do not authorize facilities to sell or serve Energy Drinks, Pop and Bottled Water and offering healthier choices at your next event!



Alcohol at Events

SMART MANAGEMENT PRACTICES



Reduce or Eliminate Rental Fees

No Alcohol = No Rental Fee or Reduced Cost for Booking Facility

Every community hosts social gatherings and events. In order to accommodate everyone on the guest list, party planners often book community facilities that have enough space for everyone to attend comfortably. Every event hosted is different in terms of reason for event, theme, etc. The Town of Inuvik offers their rental facility at a reduced rate for events that will not include alcohol. The Healthy Living Communities Toolkit would like to highlight this as a best practice for all Community Governments across the NWT.

Benefits to Hosting Dry (Non-Alcoholic) Events:

- Reduced concerns with event liability. Event planners do not require a liquor license or responsible bartenders at the event.
- No added concern with property damage due to alcohol.
- No additional fees for Liquor License at the event, bartenders and staff on site, and alcohol costs.
- All age groups are welcome to enjoy the event.



Safe Guidelines for Events that Serve or Sell Alcohol.

- As the event host, you are responsible for taking reasonable steps to enforce and comply with regulations governing the use of alcohol.
- Be a good role model for others by modeling the behavior you expect of your guests. (Model legal, safe, and appropriate behaviors).
- Clearly identify individuals who are of legal age to drink alcohol. Ask for Photo Identification to be presented at the event.
- For a large events that may have the presence of minors, have an area designated as an alcoholic beverage service and consumption area. Have some type of physical barrier at which all access and egress is controlled. This may include a partition, a roped area, a separate room, etc. Only individuals of legal age should enter this area, and no alcohol should leave this area. Appropriate signage should be in place.
- Serve all drinks to guests rather than having a self-serve bar, especially for liquor. This allows you to observe the consumption of alcohol in the patrons.
- Consider making non-alcoholic beverages free or subsidized to encourage their consumption at the event.
- Make food available and accessible throughout the duration of the event. Always have food when alcohol is served, as it slows the absorption of alcohol.
- Serve foods high in protein (e.g., cheese or meats), which slow the absorption of alcohol.
- Create an environment that allows your guests to feel comfortable making low-risk drinking choices, including choosing not to drink.
- Appoint non-drinking drivers if your guests may need a ride home.
- If a guest is drinking too much, start a conversation to slow down consumption and offer a non-alcoholic drink or food.
- If someone becomes highly intoxicated, or arrives highly intoxicated, stay with the person and monitor breathing. If you have any concerns about the person's safety, call 911 immediately.

Sample Schedule of Fees for Rental Facilities

Hosting an Event in the Community Hall - For more information on the Town of Inuvik's Rental Fee Schedule for Events please see attached "Town of Inuvik Fees and Charges Policy" in NWT Healthy Communities Toolkit Appendices.

Event	Fee	GST	Total	Per
Licensed Event	\$900	\$45	\$945	Per Day
Non-Licensed Event	\$600	\$30	\$630	Per Day
Non-Profit Event (Non Licensed)	\$300	\$15	\$315	Per Day
Wedding (Non Licensed)	\$300	\$15	\$315	Per Day

Mental Health

Best Management Practices & Policies

Mental Health First Aid
Mental Health and Wellbeing in the Workplace

NWT HEALTHY COMMUNITIES Toolkit

Mental Health First Aid IN THE WORKPLACE



In the Workplace:

In a recent major Canadian study, 82% of responding organizations ranked mental health conditions in their top three causes of short term disability (72% for long-term).

30% of all short and long term disability claims are due to mental health problems and illnesses.



Workplace First Aid Includes Mental Health

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is provided until appropriate support is found or until the crisis is resolved.

Colleagues and managers are best placed to be the first to recognize the signs and symptoms of mental health issues in their co-workers, the public or visitors to the community government facility, provided they are properly trained in Mental Health First Aid.





Mental Health First Aid Northern Peoples

The Mental Health First Aid (MHFA) Canada for Northern Peoples course is guided by a number of important principles such as respect, cooperation, resilience, community, harmony, generosity and resourcefulness. Many of these values are used to guide Aboriginal ways of living. All of these values are considered important and many are interconnected with one another.

This course was designed to respect the importance of balance. That means that the whole person - mental, physical, social, emotional and spiritual parts of a person - must be considered when providing mental health first aid. It also means that for someone to be healthy, all of those parts must be in balance

Mental Health First Aid Northern Peoples is an 18-hour course that discusses the following mental disorders:

- Substance related disorders
- Mood related disorders
- Anxiety and trauma related disorders
- Psychotic disorders
- Deliberate self-injury

Crisis first aid skills for the following situations are learned:

- Substance overdose
- Suicidal behaviour
- Panic attack
- Acute stress reaction
- Psychotic episode

Mental Health First Aid trained employees will help equip your organization to:

- **Recognize** and **understand** the **symptoms** of mental health problems, including those related to substance abuse
- **Provide help** to prevent the mental health problem from developing into a more serious state
- **Promote the recovery** of good mental health by accommodating employees in distress or recovering from a crisis
- **Increase productivity** and reduce absenteeism and overall pressure on benefits

Evidence has shown that individuals who complete the 12-hour basic course have:

- Significantly **greater recognition** of the most common mental health illnesses and problems
- **Decreased social distance** from people with mental health illnesses or problems
- **Increased confidence** in providing help to others
- **Demonstrated increase** in helpful actions

Are these not skills you would hope to foster in your employees?





Mental Health First Aid Improves All Aspects of the Organization

Employers who set a strategic direction for improving mental health are rewarded with **dramatic cost and effectiveness benefits**, enjoying significant and sustainable enhancements in:

- **Productivity:** happy and psychologically healthy employees work harder and more efficiently
- **Recruitment and Retention:** today's top-quality employees expect a workplace that supports their personal and professional growth
- **Cost Savings due to Disability and Absenteeism:** there is a strong link between mental health, physical well-being and injury prevention
- **Conflict Reduction:** better mental health among employees means fewer grievances and complaints and a stronger corporate reputation
- **Operational Success:** mentally healthy workplaces are characterized by higher levels of employee motivation, commitment, innovation and creativity, as well as fewer errors, better decision making and improved planning
- **Customer Service:** Having trained employees with the ability to provide the best customer service and diffuse situations that may occur with the public. (i.e.: important for front line staff dealing with visitors or the public on daily basis).



For more information on **Mental Health First Aid** and the next program offered in your community : **MENTAL HEALTH FIRST AID CANADA** [HTTP://WWW.MENTALHEALTHFIRSTAID.CA/EN/PAGES/DEFAULT.ASPX](http://www.mentalhealthfirstaid.ca/en/pages/default.aspx)

Section/Number: Mental Health – 01	Approval Date: (DD/MM/YY)
Subject: Mental Health and Wellbeing in the Workplace Policy	Amendment Dates:
<p>Policy</p> <p>The <u>Community Government Name</u> believes that the mental health and wellbeing of our staff is key to success and sustainability.</p> <p>It is essential for the <u>Community Government Name</u> to establish, promote and maintain the mental health and wellbeing of all staff through workplace practices, and encourages staff to take responsibility for their own mental health and wellbeing.</p> <p>Therefore, the <u>Community Government Name</u> will provide support through employee programs, accommodations and return to work actions plans for employees that require a leave from regular work duties.</p>	
<p>Definitions</p>	

Guidelines

1. To build and maintain a workplace environment and culture that supports mental health and wellbeing and prevents discrimination (include bullying and harassment).
2. To increase employee knowledge and awareness of mental health and wellbeing issues and behaviours.
3. Provide opportunities for employees to look after their mental wellbeing. (i.e.: through physical activity, stress buster activities, and social events.)
4. To reduce stigma around depression and anxiety in the workplace.
5. This policy applies to all employees, including contractors and casual staff.
6. All employees have a responsibility to:
 - Take reasonable care of their own mental health and wellbeing, including physical health.
 - Take reasonable care that their actions do not affect the health and safety of other people in the workplace.
7. Managers have a responsibility to:
 - Ensure that all workers are made aware of this policy.
 - Actively support and contribute to the implementation of this policy, including its goals.
 - Manage the implementation of Employee Assistance Programs and training of Mental Health First Aid in the workplace.
 - Provide any known accommodations in the workplace for the employee.
 - Follow and create a realistic return to work action plan.
 - Continuous support for employee that discloses mental health disability.
8. Manage conflict effectively and ensure the workplace is free from bullying and harassment, discrimination and racism.
9. Establish good two-way communication to ensure staff involvement.

Attachments

Mental Health First Aid SMP

Employee Wellness – Free Access to Recreation Facilities SMP

Physical Activity and the Benefits of Doing it Regular SMP

References:

Appendices

Additional Documents and Attachments

Eating Well with Canada's Food Guide: First Nations, Inuit, and Metis
Canada's Food Guide
Traditional Food Fact Sheets



Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with Canada's Food Guide

First Nations, Inuit and Métis



How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

	Recommended Number of Food Guide Servings per day		
	Children 2-3 years old	Children 4-13 years old	Teens and Adults (Males/Females)
Vegetables and Fruit Fresh, frozen and canned.	4	5-6	7-8 7-10
Grain Products	3	4-6	6-7 7-8
Milk and Alternatives	2	2-4	Teens 3-4 Adults (19-50 years) 2 Adults (51+ years) 3
Meat and Alternatives	1	1-2	2 3

1. Find your age and sex group in the chart below.

2. Follow down the column to the number of servings you need for each of the four food groups every day.

3. Look at the examples of the amount of food that counts as one serving. For instance, 125 mL (1/2 cup) of carrots is one serving in the Vegetables and Fruit food group.

What is one Food Guide Serving?

Look at the examples below.

1. **Vegetables and Fruit**

Dark green and orange vegetables 125 mL (1/2 cup)

Leafy vegetables and wild plants cooked 125 mL (1/2 cup) raw 250 mL (1 cup)

Other vegetables 125 mL (1/2 cup)

Berries 125 mL (1/2 cup)

Fruit 1 fruit or 125 mL (1/2 cup)

100% Juice 125 mL (1/2 cup)

2. **Grain Products**

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

Bread 1 slice (35 g)

Bannock 35 g (2" x 2" x 1")

Cold cereal 30 g (see food package)

Hot cereal 175 mL (3/4 cup)

Cooked pasta 125 mL (1/2 cup)

Cooked rice White, brown, wild 125 mL (1/2 cup)

3. **Milk and Alternatives**

Drink 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.

Milk 250 mL (1 cup)

Powdered milk, mixed 250 mL (1 cup)

Fortified soy beverage 250 mL (1 cup)

Canned milk (evaporated) 125 mL (1/2 cup)

Yogurt 175 g (3/4 cup)

Cheese 50 g (1 1/2 oz.)

4. **Meat and Alternatives**

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week.* Select lean meat and alternatives prepared with little or no added fat or salt.

Traditional meats and wild game 75 g cooked (2 1/2 oz./125 mL (1/2 cup))

Fish and shellfish 75 g cooked (2 1/2 oz./125 mL (1/2 cup))

Lean meat and poultry 75 g cooked (2 1/2 oz./125 mL (1/2 cup))

Eggs 2 eggs

Beans - cooked 175 mL (3/4 cup)

Peanut butter 30 mL (2 Tbsp)

When cooking or adding fat to food:

- Most of the time, use vegetable oils with unsaturated fats. These include canola, olive and soybean oils.
- Aim for a small amount (2 to 3 tablespoons or about 30-45 mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.

- Traditional fats that are liquid at room temperature, such as seal and whale oil, or oiligan grease, also contain unsaturated fats. They can be used as all or part of the 2-3 tablespoons of unsaturated fats recommended per day.

- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, shortening and bacon fat.

Eating Well Every Day

Canada's Food Guide describes healthy eating for Canadians two years of age or older. Choosing the amount and type of food recommended in Canada's Food Guide will help:

- children and teens grow and thrive
- meet your needs for vitamins, minerals and other nutrients
- lower your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis (weak and brittle bones).

*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.

Respect your body... Your choices matter

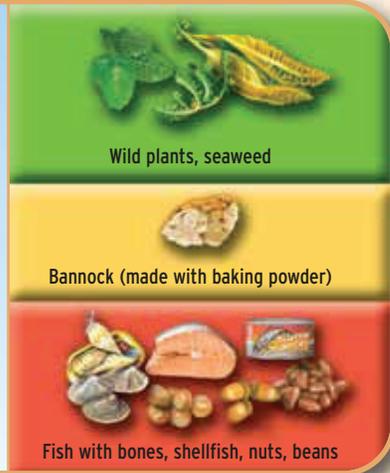
Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.

The traditional foods pictured here are examples of how people got, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.

People who do not eat or drink milk products need more individual advice from a health care provider.



Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with folic acid every day. Pregnant women should make sure that their multivitamin also contains iron. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings from any of the food groups each day.

For example:

- have dry meat or fish and a small piece of bannock for a snack, or
- have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

Women and men over the age of 50

The need for vitamin D increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

For strong body, mind and spirit, be active every day.



This guide is based on *Eating Well with Canada's Food Guide*.

For more information, interactive tools or additional copies visit Canada's Food Guide at: www.healthcanada.gc.ca/foodguide

or contact: Publications • Health Canada • Ottawa, Ontario K1A 0K9 • E-Mail: publications@hc-sc.gc.ca • Tel.: 1-866-225-0709 • TTY: 1-800-267-1245 • Fax: (613) 941-5366

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien - Premières Nations, Inuit et Métis

This publication can be made available on request on diskette, large print, audio-cassette and braille.



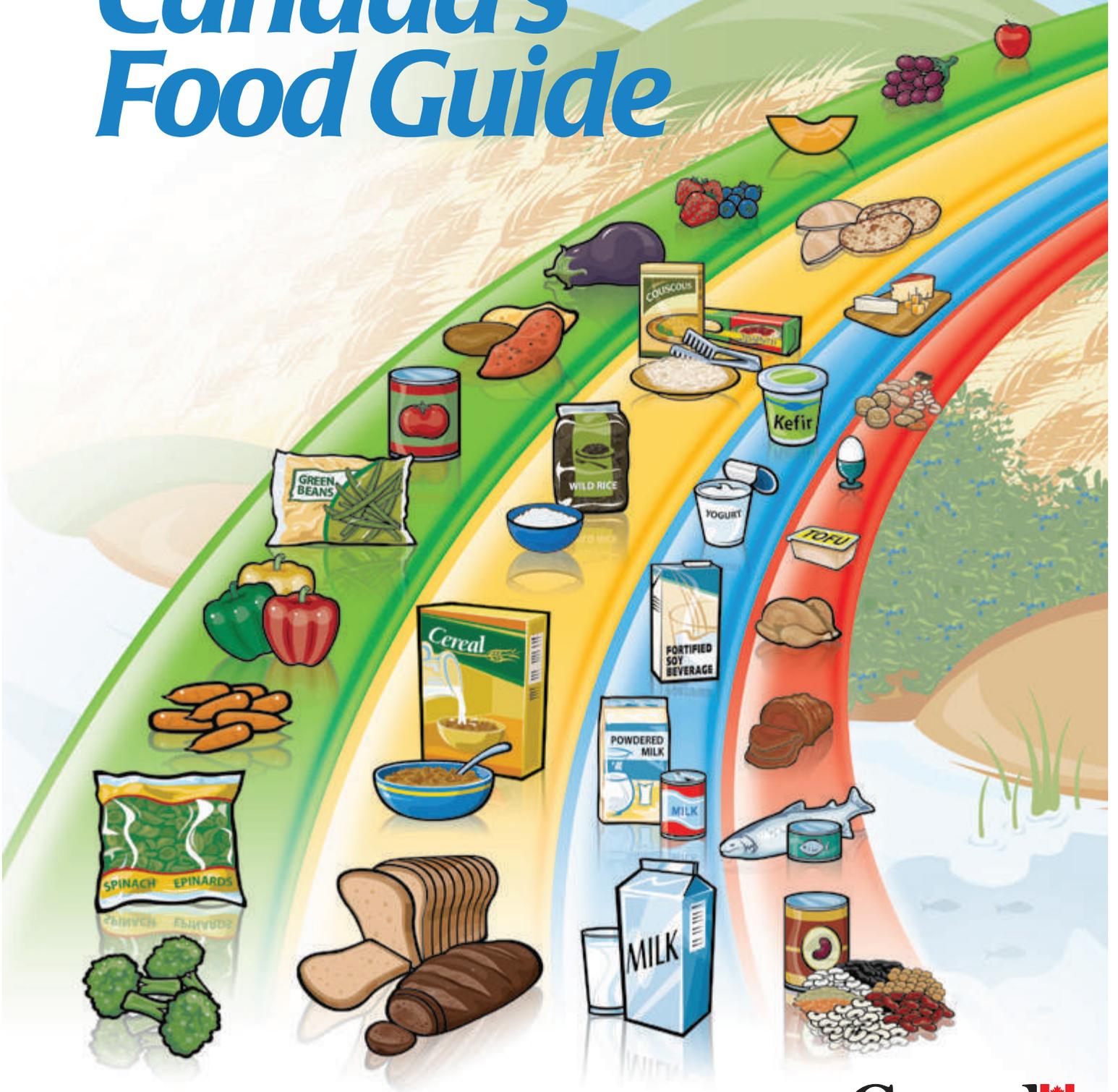
Health
Canada

Santé
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Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with Canada's Food Guide



Canada

Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.

 <p>Fresh, frozen or canned vegetables 125 mL (½ cup)</p>		 <p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>		 <p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p>		 <p>100% Juice 125 mL (½ cup)</p>					
 <p>Bread 1 slice (35g)</p>		 <p>Bagel ½ bagel (45 g)</p>		 <p>Flat breads ½ pita or ½ tortilla (35 g)</p>		 <p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p>		 <p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p>		 <p>Cooked pasta or couscous 125 mL (½ cup)</p>	
 <p>Milk or powdered milk (reconstituted) 250 mL (1 cup)</p>		 <p>Canned milk (evaporated) 125 mL (½ cup)</p>		 <p>Fortified soy beverage 250 mL (1 cup)</p>		 <p>Yogurt 175 g (¾ cup)</p>		 <p>Kefir 175 g (¾ cup)</p>		 <p>Cheese 50 g (1 ½ oz.)</p>	
 <p>Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)</p>		 <p>Cooked legumes 175 mL (¾ cup)</p>		 <p>Tofu 150 g or 175 mL (¾ cup)</p>		 <p>Eggs 2 eggs</p>		 <p>Peanut or nut butters 30 mL (2 Tbsp)</p>		 <p>Shelled nuts and seeds 60 mL (¼ cup)</p>	

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Make each Food Guide Serving count... *wherever you are – at home, at school, at work or when eating out!*

▶ **Eat at least one dark green and one orange vegetable each day.**

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

▶ **Have vegetables and fruit more often than juice.**

▶ **Make at least half of your grain products whole grain each day.**

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

▶ **Choose grain products that are lower in fat, sugar or salt.**

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

▶ **Drink skim, 1%, or 2% milk each day.**

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

▶ **Select lower fat milk alternatives.**

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

▶ **Have meat alternatives such as beans, lentils and tofu often.**

▶ **Eat at least two Food Guide Servings of fish each week.***

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages...

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **follic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).



How do I count Food Guide Servings in a meal?



Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	=	2 Vegetables and Fruit Food Guide Servings
75 g (2 ½ oz.) lean beef	=	1 Meat and Alternatives Food Guide Serving
250 mL (1 cup) brown rice	=	2 Grain Products Food Guide Servings
5 mL (1 tsp) canola oil	=	part of your Oils and Fats intake for the day
250 mL (1 cup) 1% milk	=	1 Milk and Alternatives Food Guide Serving
1 apple	=	1 Vegetables and Fruit Food Guide Serving

Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.



Be active

To be active every day is a step towards better health and a healthy body weight.

It is recommended that adults accumulate at least 2 ½ hours of moderate to vigorous physical activity each week and that children and youth accumulate at least 60 minutes per day. You don't have to do it all at once. Choose a variety of activities spread throughout the week.

Start slowly and build up.



Eat well

Another important step towards better health and a healthy body weight is to follow *Canada's Food Guide* by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Nutrition Facts			
Per 0 mL (0 g)			
Amount	% Daily Value		
Calories 0			
Fat 0 g			0 %
Saturated 0 g			0 %
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 0 mg			0 %
Carbohydrate 0 g			0 %
Fibre 0 g			0 %
Sugars 0 g			
Protein 0 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 0 %		

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!



For more information, interactive tools, or additional copies visit *Canada's Food Guide* on-line at: www.healthcanada.gc.ca/foodguide

or contact:

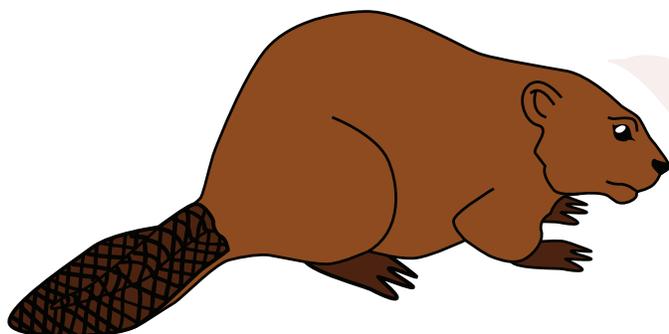
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Également disponible en français sous le titre :
Bien manger avec le Guide alimentaire canadien

This publication can be made available on request on diskette, large print, audio-cassette and braille.

BEAVER

NUTRITIONAL FACT SHEET SERIES



BEAVER IS GOOD FOR US!



The Beaver is valued because it has the gift of intelligence. “It is the Beaver who taught the Dene how to store and ration food,” said George Blondin in 1991. Beaver provides us with many important nutrients such as protein and iron. The hide and bones are used for footwear, mitts, jackets and traditional tools. The beaver is valued for medicinal purposes and used for bait.

WHAT DO WE KNOW ABOUT BEAVER?

Beaver meat from the shoulder is very tough because of the large logs the beaver carries. Tails are singed or smoked under dry willows and used for snacks, especially when travelling.

Smoking or drying helps preserve the meat and increases the amount of nutrients due to moisture loss during the drying process.

NUTRIENTS FOUND IN BEAVER



Nutrients Contents per Serving	Meat, roasted (35g)	Liver, raw (75g)	Tail, roasted (75g)	Feet, roasted (75g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein B Vitamins	Protein Iron Vitamin A		Protein
A good source supplies 15 - 24% of a nutrient per day	Iron		Protein	
A fair source supplies 5 - 14% of a nutrient per day	Potassium			Iron

- Reference Serving Sizes are from Canada’s Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

BEAVER

DID YOU KNOW?

Beaver meat is an excellent source of protein. We need protein to build and repair muscles, skin and blood. Protein keeps us healthy.

Beaver liver is an excellent source of vitamin A. One serving provides all of the vitamin A we need in a day to keep us healthy. Vitamin A is needed for healthy skin, bones and eyes.

Beaver liver is also an excellent source of iron and provides twice as much iron as we need in a day. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Beaver meat is very low in fat (10%) when compared to beef, pork and chicken (33 – 55% fat) but the feet and tail contain a lot of fat. Traditional fats are healthier for us.

Grams of fat in beaver parts per serving:

Meat = 1 gram of fat
 Feet = 20 grams of fat
 Tail = 32 grams of fat



PREPARE FOODS SAFELY

- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to cook traditional meats. Beaver tails have a lot of fat in them so they are usually dried and smoked to eat as snacks. Have water to drink with your meal or snack.



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

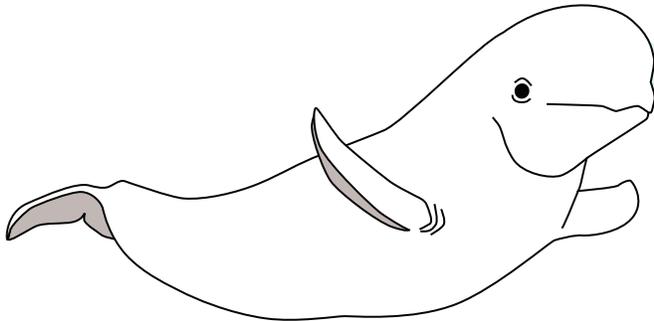
FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services:
<http://choosenwt.com>

BELUGA

NUTRITIONAL FACT SHEET SERIES

BELUGA IS GOOD FOR US!



In Northern cultures food is shared. When a whale is killed the community enjoys a bounty of healthy food from a single animal. Beluga meat, blubber and skin are prepared and eaten in many ways. Aging food is a traditional practice used to develop a desirable flavor. In the past, whale skin was used to cover boats and the oil from whale blubber was used for fueling lamps.

WHAT DO WE KNOW ABOUT BELUGA?

Beluga skin, meat, and blubber are eaten raw, aged, dried, cooked or boiled in soups and stews. Many people like the skin - maktaaq or muktuk - best. The skin can be eaten raw, aged or cooked and is also a favourite, as are the cartilage and bones near the flipper. A large beluga can provide up to 44 pounds of meat, 110 pounds of maktaaq and 66 gallons of oil.

NUTRIENTS IN BELUGA



Nutrients Contents per Serving	Meat, dried (35g)	Liver, raw (90g)	Skin, raw (90g)	Skin, boiled (75g)	Eyes, raw (90g)	Blubber, raw (100 g)	Blubber, boiled (100g)	Flipper, raw (90g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron	Protein Very high Vitamin A	Protein Vitamin A Vitamin C B Vitamins	Protein Vitamin A Niacin	Protein	Vitamin A Niacin	Vitamin A	Protein
A good source supplies 15 - 24% of a nutrient per day	Vitamin A			Vitamin C		Protein	Niacin	Iron
A fair source supplies 5 - 14% of a nutrient per day	Magnesium		Magnesium Potassium	Iron Potassium			Iron	

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



BELUGA

DID YOU KNOW?

Except for the blubber, beluga is an excellent source of protein. Protein keeps us healthy by building and repairing muscles, skin and blood.

Dried beluga meat is an excellent source of iron, providing all of the iron we need in one day from one serving. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

Beluga liver, skin and blubber are excellent sources of vitamin A. One serving provides more than seven times the amount our bodies need. Vitamin A keeps our skin, bones and eyes healthy.

We can get important amounts of vitamins A, C, B and protein from the skin of maktaaq.

PREPARE FOODS SAFELY

- Botulism is a type of food poisoning. If food has botulism germs and is stored at warm temperatures in a container without air, these germs can grow into poison.
- To prevent botulism poisoning, beluga should be aged in a very cool place. Store it in containers which allow air in. If the meat is being aged in oil, stir it often to let the meat contact the air.
- When preparing aged meat, follow the traditional ways to avoid poisoning from botulism.
- Botulism can make people very sick and can cause death in some cases. Botulism is not what creates the desirable flavor of aged food. Botulism bacteria produces no flavor or smell, so meat can be poisoned and you would not be able to tell.
- If you need more information, contact local elders, the local Hunters and Trappers Association or the Health Centre.

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt.

CONTAMINANTS

Mercury and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

FOR MORE INFORMATION CONTACT:

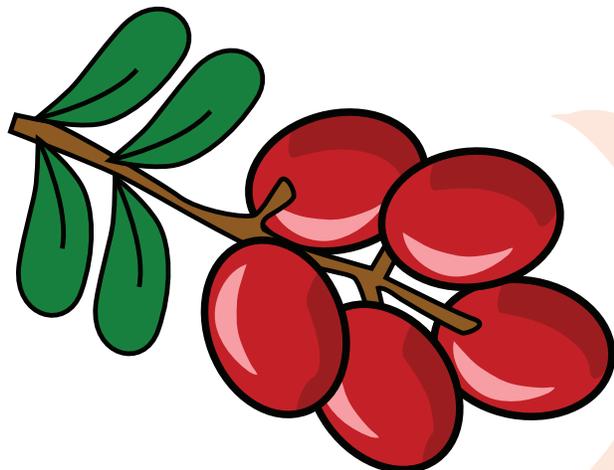
- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE 

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods help keep us healthy.

BERRIES

NUTRITIONAL FACT SHEET SERIES



BERRIES ARE GOOD FOR US!



Berries provide many nutrients that we need each day to stay healthy, such as fiber, vitamin C, iron and B vitamins. Fiber helps protect us against some diseases such as cancer.

Berries provide us with a source of energy in the form of carbohydrates. Carbohydrates are needed for energy to work and play and should be part of a healthy meal or snack.

NUTRIENTS IN BERRIES



Nutrients per Serving	Raspberries, wild, raw 125 mL (65g)	Blueberries, wild, raw 125 mL (76g)	Strawberries, wild, raw 125 mL (88g)	Saskatoons, wild, raw 125 mL (75g)	Cranberries, raw, 125 mL (46g)	Cloud Berries, wild, raw 125 mL (63g)
An excellent food source means it supplies 25% or more of a nutrient per day		Beta Carotene Riboflavin	Vitamin C	Riboflavin (B vitamin)		Vitamin C
A good source supplies 15 - 24% of a nutrient per day	Fibre Vitamin C	Vitamin C		Fibre		
A fair source supplies 5 - 14% of a nutrient per day	Beta Carotene Niacin Riboflavin, B6	Folate Fibre	Beta Carotene Fibre Folate	Magnesium Iron	Fibre Vitamin C	Niacin Magnesium

- Reference Serving Sizes are from Canada's Food Guide (1/2 cup = 125ml for most fruits and vegetables; weights are individual).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



BERRIES

DID YOU KNOW?

Wild northern berries provide a variety of nutrients and are naturally low in fat and salt.

Wild berries provide vitamin C in different amounts. For example, cloudberry is an excellent source, meaning they provide the most vitamin C whereas blueberries are a good source and cranberries are a fair source.

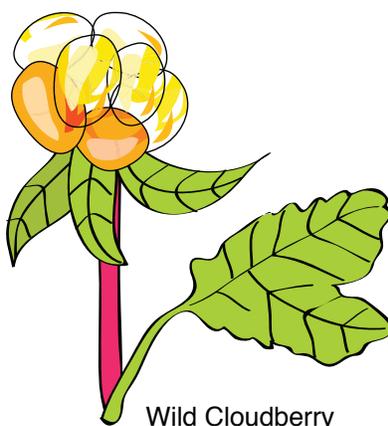
The vitamin C in fresh wild berries is higher than store bought berries. Freezing destroys very little vitamin C so many people freeze berries to use in the winter. Most berries can also be dried.

Blackberries or cloudberry may be eaten in a mixture of seal oil and chewed caribou tallow which had been beaten to be like whipped cream and is often referred to as "ice cream."

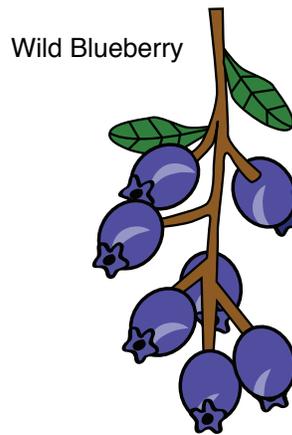
GATHERING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods will help keep us healthy.



Wild Cloudberry



Wild Blueberry

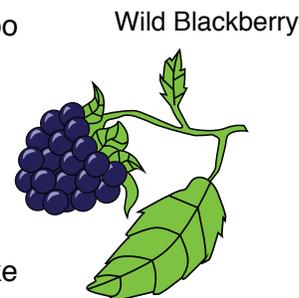
WHAT DO WE KNOW ABOUT BERRIES?

Picking berries is a great outdoor activity that anyone can enjoy from summer to late fall throughout the north. Our long days produce a wide variety of berries: cranberries, crowberries, blueberries, currants, cloudberry, gooseberries, raspberries, strawberries and Saskatoons.

Berries can be eaten fresh or can be frozen or dried for use all winter. Using berries in baking, bannock, or jam is very tasty. The amount of nutrients in berries varies, as can be seen in the Table (see reverse page).

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. There are many ways to enjoy the taste of northern berries. Add berries to bannock or muffins for a great taste and healthy snacks. Mix berries with other fruit as a salad. Top with unsweetened yogurt for a great snack or dessert. Cooked berries make a tasty fruit jam to put on bannock, bread or toast.



Wild Blackberry

CONTAMINANTS

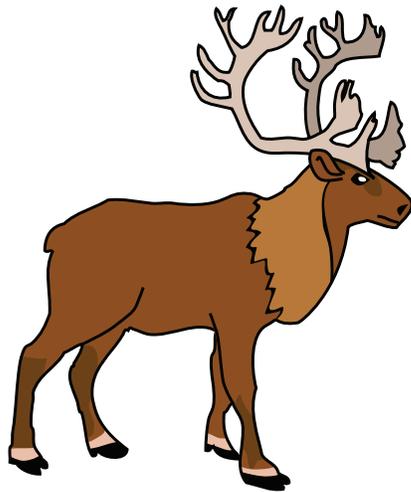
Contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
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CARIBOU

NUTRITIONAL FACT SHEET SERIES



CARIBOU IS GOOD FOR US!



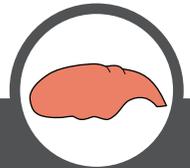
Caribou is an important part of our Northern diet and culture and has been for generations. Most parts of the caribou are eaten, providing us with a rich source of nutrients we need to help build and repair body tissues as well as giving us energy.

A single animal, the caribou, provides a remarkable array of materials used to provide tools, clothing, shelter and crafts, as well as food. There is no waste of the caribou.

In some areas, caribou hunting is managed to help herds continue to recover and increase in size. For that reason, caribou may not be as available to all northerners as in the past. Check with your Local Renewable Resources Offices regarding hunting restrictions in your area.

WHAT DO WE KNOW ABOUT CARIBOU?

Northerners have traditionally relied on caribou as a major food source. Caribou can be eaten raw, frozen, aged, roasted, dried or made into jerky, sausage, roasts and steaks. Smoking or drying helps preserve the meat and increases the amount of nutrients due to moisture loss during the drying process.



NUTRIENTS FOUND IN CARIBOU

Most parts of the caribou are eaten, providing us with a rich source of nutrients needed for health.

Nutrients per Serving	Meat, dried (35 g)	Liver, baked (75g)	Bone Marrow, cooked (75g)	Stomach Contents (75g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron	Protein Iron Vitamin A	Iron	Iron B Vitamins
A good source supplies 15 - 24% of a nutrient per day			Vitamin A	Vitamin A
A fair source supplies 5 - 14% of a nutrient per day		Magnesium Potassium	Protein	Protein Calcium

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

DID YOU KNOW?

Caribou eaten raw, frozen, boiled or dried, is an excellent source of protein. Protein keeps us healthy by building and repairing muscles, skin and blood.

Caribou liver and stomach contents supply vitamin A. Vitamin A is needed for healthy skin, bones and teeth as well as to help fight sickness.

Most caribou parts are excellent sources of iron. Iron keeps us from getting tired by making healthy blood that flows through our bodies, giving us energy to be active and grow strong.

Elders tell us that caribou kidneys are healthy for us. They may have about the same nutrient values as liver.

Caribou stomach meat is low in fat (14%) compared to store-bought meats, such as beef, pork and chicken (35 – 55%). The types of fats found in traditional animals are also healthier for us as they are usually lower in saturated fat.

Caribou an excellent source of B vitamins, which help our bodies use the energy from foods. B vitamins are also important for healthy skin, hair, nerves, muscles and healthy growth and development.

PREPARE FOODS SAFELY

Brucellosis is a naturally occurring disease found in caribou. Infected animals may show signs of swollen joints or body parts. The chances of getting Brucellosis are low, but it does happen. If you are handling an infected animal, be sure to follow these steps:

- wear gloves - do not touch diseased parts
- wash hands well with soap and water after handling
- boil knives and other tools after butchering
- do not eat diseased parts
- make sure meat is well cooked, dried or aged
- do not feed diseased parts to dogs
- use clean containers made only for FOOD or meat storage
- meat eaten raw should be harvested by an experienced hunter

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to prepare meat. Try roasted caribou with potatoes, peas and fruit for desert (frozen or canned when fresh are not in season). Have water to drink.

CONTAMINANTS

Cadmium and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers

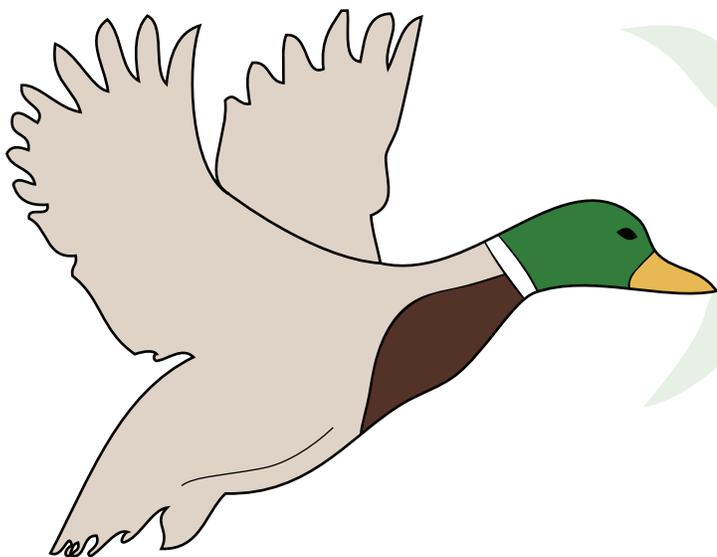
DUCK

NUTRITIONAL FACT SHEET SERIES

DUCK IS GOOD FOR US!



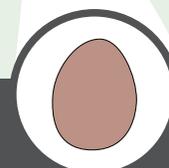
The duck is a migratory bird found in the North from about May to September. Duck meat and eggs are an important food source and provide important nutrients for health and growth. Common eiders are year round residents in some arctic locations but most ducks are only available from spring to fall. Northerners freeze ducks for use during the winter months.



WHAT DO WE KNOW ABOUT DUCK?

Duck meat is eaten raw, cooked or dried and is lower in fat (23%) compared to store bought chicken (40%). People enjoy duck meat for its juicy texture and taste. The liver, gizzard, heart and eggs are also eaten.

NUTRIENTS IN DUCK



Nutrients Contents per Serving	Meat, cooked (75 g)	Egg, uncooked (1 egg)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron Omega-3 fat	B Vitamins
A good source supplies 15 - 24% of a nutrient per day	Omega-6 fats	Protein, Iron Vitamin A Folate Niacin, B6
A fair source supplies 5 - 14% of a nutrient per day	Magnesium	Omega-3 fat Vitamin D

- The leg and skin have higher amounts of fat. The breast meat has less fat.
- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g)
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



DUCK

DID YOU KNOW?

Duck meat is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Duck meat is an excellent source of iron, providing 50% of the iron we need in a day. Iron helps make healthy blood that flows through our bodies, giving us energy and making us grow. Healthy blood keeps us from getting tired.

Duck eggs are an excellent source of B vitamins such as riboflavin and B12. These B vitamins are important for growth and healthy hair, skin, nerves and muscles.

Duck eggs are a good source of other important nutrients such as protein, iron, vitamin A, and folate. They are fair sources of vitamin D and omega-3 fats.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

PREPARE FOODS SAFELY

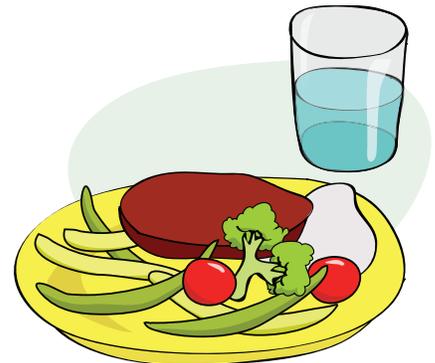
- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Try roasted duck with rice, green beans and fruit (frozen or canned when fresh is not in season) for a healthy meal. Have water with your meals.



FOR MORE INFORMATION CONTACT:

- Community Health Representatives
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- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

FISH

NUTRITIONAL FACT SHEET SERIES

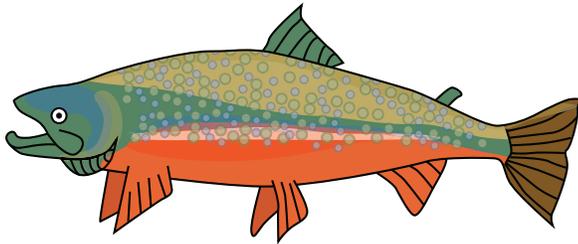
FISH ARE GOOD FOR US!



Fish are important and commonly eaten traditional food sources in the north. Many kinds of fish are available in our waters. Fish parts are used for decorative craft designs and medicinal purposes.

Northern fish include Walleye, Pickerel, Cisco, Tullibee, Loche, Burbot, Pike, Jackfish, Whitefish, Lake Trout, Inconnu, Grayling, Suckers, Coni, Cod, Herring, Sculpin, and Arctic Char.

Although there are slight differences in the nutrients found in fish, they all add important nutrients to our diet. They are excellent sources of protein, calcium and B Vitamins. Fish such as Trout and Arctic Char provide omega-3 fats.

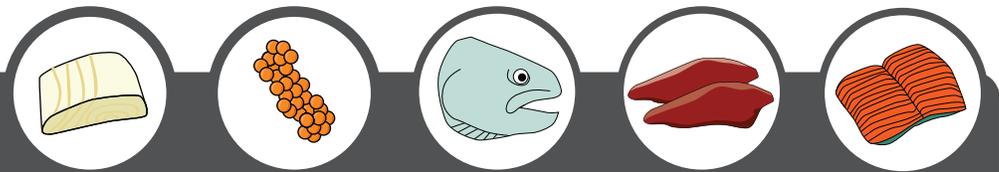


WHAT DO WE KNOW ABOUT FISH?

Northerners eat most parts of fish, including the flesh, heads, eggs, liver, stomach and bones. Fish eggs are enjoyed fresh and many say “they are eating a million fish”.

Fish eggs can be added to bannock. The flesh can be eaten raw, frozen, boiled, roasted and dried. Smoking or drying helps preserve fish and increases the amount of nutrients due to moisture loss during the drying process. It’s great to take for a snack.

NUTRIENTS FOUND IN FISH



Nutrient Content per Serving	Flesh, baked (75g)	Fish eggs, baked (75g)	Whitefish head, baked (75g)	Pike Liver, raw (90g)	Arctic Char, cooked (75g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Omega-3 fat B Vitamins Vitamin D	Protein	Protein Calcium Omega-3 fat	Protein Vitamin A B Vitamins (nicotinamide, riboflavin)	Protein Omega-3 fat
A good source supplies 15 - 24% of a nutrient per day			Iron		Vitamin D
A fair source supplies 5 - 14% of a nutrient per day	Iron Magnesium Potassium	Iron Magnesium		Iron	Vitamin A

- The table shows the nutrients found in most northern fish. Nutrients found in most northern fish are quite similar.
- The nutrient values for trout have been used as the reference fish.
- Reference Serving Sizes are from Canada’s Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

DID YOU KNOW?

Fish meat, heads, eggs, and liver are excellent sources of protein. Protein builds and repairs muscles, skin and blood, helping to keep us healthy.

Fish oils are excellent sources of healthy fats called omega-3 Fats which can help prevent heart disease and cancer. Arctic Char and Trout are excellent sources of omega-3 Fats.

Fish heads and bones are excellent sources of calcium. We need calcium for strong bones and teeth.

Fish liver is an excellent source of vitamin A. Vitamin A is needed for healthy skin, bones and eyes, keeping our bodies healthy.

Fish eggs are fair sources of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Arctic Char is a good source of vitamin D. Vitamin D helps us have healthy bones and teeth, keeping us strong and healthy and to help prevent diseases such as rickets and diabetes.

PREPARE FOODS SAFELY

- Use safe food handling practices – wash your hands and equipment.
- Eat fish only when properly handled, cooked, dried, or aged.
- To store, use only clean containers or bags made for FOOD storage.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Boil fish heads in broth and add rice, onions, carrots, and peas for a tasty chowder. For a healthy meal, serve with bannock and fruit (frozen or canned when fresh is not in season). Have water with your meal.

CONTAMINANTS

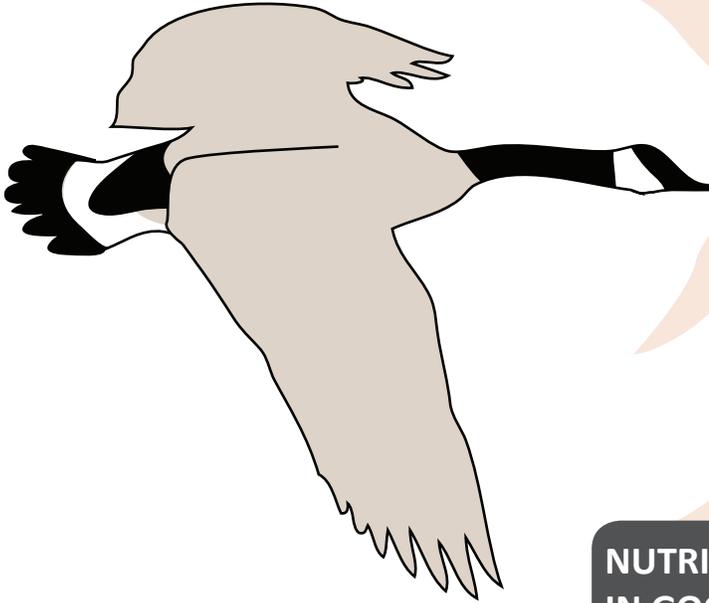
Mercury and other contaminants may be a concern when consuming certain traditional foods such as fish in specified regions. Check the Department of Health and Social Services website for health advisories.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
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- Environmental Health Officers

GOOSE

NUTRITIONAL FACT SHEET SERIES



**GOOSE IS
GOOD FOR US!**

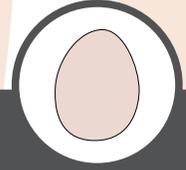
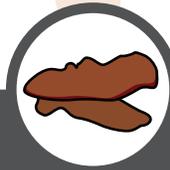


In early May geese arrive from the south with plenty of meat and fat on them and northerners enjoy going out on the land to hunt geese. Northerners freeze geese for year round use. They also collect goose fat and oil to use on dry skin. The fat's healing quality makes it an ideal salve for sores.

WHAT DO WE KNOW ABOUT GOOSE?

Northerners enjoy eating goose because it means the arrival of spring. They like the taste and juicy texture of goose meat, usually eaten boiled or roasted.

NUTRIENTS IN GOOSE



Nutrients Contents per Serving	Meat, cooked (75 g)	Egg, uncooked (1 egg)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein, Iron Omega-3 fat B Vitamins	Protein, Iron Omega-3 fat Vitamin A B Vitamins Folate
A good source supplies 15 - 24% of a nutrient per day		Vitamin D
A fair source supplies 5 - 14% of a nutrient per day	Omega-6 fats Magnesium Potassium	Calcium

- The leg and skin have higher amounts of fat. The breast meat has less fat.
- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g)
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

GOOSE

DID YOU KNOW?

Goose meat is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Goose meat is an excellent source of riboflavin and vitamin B-6. These vitamins help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves and muscles.

Goose meat is an excellent source of iron - more than beef, pork or chicken. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Goose eggs are excellent sources of many nutrients such as protein, iron, omega-3 fats and vitamins A, B and folate, good sources of vitamin D and fair sources of calcium.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

PREPARE FOODS SAFELY

- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. The legs and skin of geese have higher amounts of fat; however, traditional fats are healthier for us. Aging, drying, or roasting are healthy ways to prepare goose.

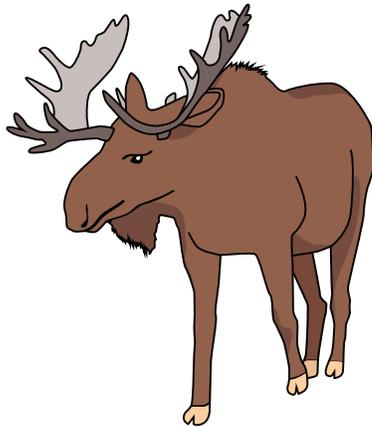
Have roasted goose for a meal with wild or brown rice, beans and fruit (frozen or canned when fresh is not in season). Or, eat with bannock and dried fruit for a healthy snack when travelling out on the land. Have water to drink with your meals and snacks.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://chosenwt.com>

MOOSE

NUTRITIONAL FACT SHEET SERIES



MOOSE IS GOOD FOR US!



Moose is an important food source in northern diets. Moose provides many nutrients which help build and repair body tissues in order to keep us healthy. The moose provides materials for clothing and crafts. With a single animal yielding as much as 300 kg of meat, moose continues to be a staple food source for many families.

WHAT DO WE KNOW ABOUT MOOSE?

Moose hair tufting is a traditional craft that is unique and highly valued. Moose hide tanning is the traditional way to prepare hides. Many people work together to complete the process. Brains and dahsha are important ingredients to successfully tan a moose hide.

Tanned moose hide is used to make footwear and clothing. Smoking or drying helps to preserve the animal parts and increases the nutrient content due to moisture loss during the drying process. Smoked or dried meat is great to take travelling and for snacks.

NUTRIENTS FOUND IN MOOSE



Nutrients per Serving	Meat, dried (35 g)	Meat, roasted (75 g)	Liver, raw (90 g)	Kidney, raw (90 g)	Bone Marrow, cooked (100g)	Blood, raw (90 g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron	Protein, Iron B Vitamins (B12 & Niacin)	Protein Iron Vitamin A Folate B Vitamins	Protein Iron		Protein Iron
A good source supplies 15 - 24% of a nutrient per day					Iron	
A fair source supplies 5 - 14% of a nutrient per day			Most parts of the moose are eaten, providing us with a rich source of nutrients needed for health.			

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



MOOSE

DID YOU KNOW?

Moose meat has the least amount of fat of all our local animals. The amount of fat in moose meat is low (1%) when compared to 35 - 55% for beef, pork or poultry.

Roasted moose meat is an excellent source of B vitamins, such as niacin and riboflavin. These vitamins help our bodies use energy from foods and are important for healthy skin, hair, nerves and muscles as well as healthy growth and development.

Roasted moose is also an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

PREPARE FOODS SAFELY



- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to prepare meat. Try roasted moose with potatoes, carrots and fruit (frozen or canned when fresh are not season). Have water to drink.

CONTAMINANTS

Cadmium and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

MUSKOX

NUTRITIONAL FACT SHEET SERIES



MUSKOX IS GOOD FOR US!



Muskox are found on Arctic coasts and islands with sightings in the Sahtu and Mackenzie Delta regions. Muskox are harvested by a quota system to protect the number of animals. People hunt muskox for food and use the thick hides for blankets and rugs. The inner wool or qiviut of the muskox is used for weaving and knitting. These woven goods bring high prices because the wool is very soft and warm.

WHAT DO WE KNOW ABOUT MUSKOX?

Muskox is an important food source for communities who rely on this traditional food. Muskox provides important nutrients for health, such as protein and iron. The parts of the muskox eaten most are the meat, fat, bone marrow, tongue and heart.

NUTRIENTS FOUND IN MUSKOX



Nutrients Contents per Serving	Meat, raw (90 g)	Fat, raw (90 g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron B Vitamins	
A good source supplies 15 - 24% of a nutrient per day	Vitamin A	Vitamin D
A fair source supplies 5 - 14% of a nutrient per day		Vitamin A

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

MUSKOX

DID YOU KNOW?

MUSKOX MEAT...

...is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

...is an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

...is an excellent source of B vitamins. B vitamins are important for growth and healthy skin, hair, nerves and muscles.

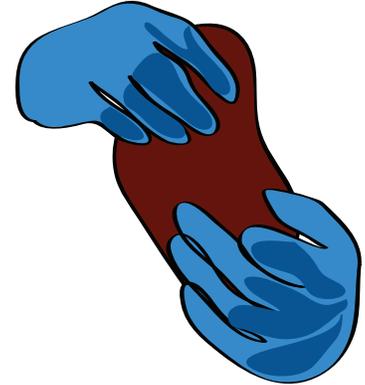
Muskox meat is low in fat (17%) compared to beef, pork or chicken (35 - 55%). Traditional animal fats are healthier for us.

Muskox fat is a good source of vitamin D. Vitamin D helps keep our bones and teeth healthy.

PREPARE FOODS SAFELY

Brucellosis is a naturally occurring disease caused by bacteria. It is found in caribou, muskox and reindeer. Infected animals may show signs of swollen joints or body parts. The chances of getting brucellosis from an infected animal are low, but can occur. Follow these steps if you are handling a muskox that might be infected with brucellosis:

- wear gloves
- do not touch diseased parts
- wash your hands with soap and water after handling the animal
- boil your knife and other tools after butchering
- do not eat any diseased parts of the muskox
- make sure the meat is well cooked
- do not feed diseased parts to dogs



HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Ground muskox meat makes great burgers and sausage. Try a meal of muskox, potatoes, cabbage, fruit (frozen or canned when fresh is not in season) and a glass of water.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers

MUSKRAT

NUTRITIONAL FACT SHEET SERIES



MUSKRAT IS GOOD FOR US!



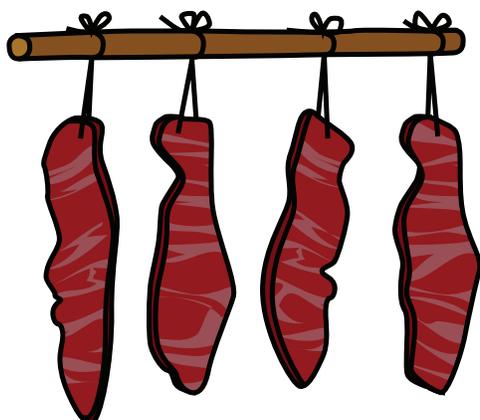
The muskrat is appreciated as an animal that restores the land after a flood and keeps the rivers and lakes flowing. It is important to pass down knowledge and skills needed to hunt, trap and cook muskrat. The hide is used for clothing and the fur trim for slippers and mitts.

The muskrat provides many important nutrients, such as B vitamins. The muskrat has a lot of body fat so it can keep warm during the cold winter months.

WHAT DO WE KNOW ABOUT MUSKRAT?

Muskrat can be boiled, baked, roasted or smoked. Muskrat tail is smoked to singe off the outer skin. The tender meat found inside is considered a delicacy.

Smoking or drying helps preserve meat and increases the amount of nutrients due to moisture loss during the drying process. Smoked or dried meat is good to take travelling and for snacks.



NUTRIENTS FOUND IN MUSKRAT



Nutrient Content per Serving	Meat, roasted (75 g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron Very high in B Vitamins
A good source supplies 15 - 24% of a nutrient per day	
A fair source supplies 5 - 14% of a nutrient per day	Vitamin C

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



MUSKRAT

DID YOU KNOW?

Muskrat meat is an excellent source of B vitamins. B vitamins, such as niacin, riboflavin and thiamine, help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves, and muscles.

Muskrat meat is an excellent source of protein. We need protein to build and repair our muscles, skin and blood. Protein keeps us healthy.

Muskrat is an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

Muskrat is a fair source of vitamin C, which keeps our gums, teeth and skin healthy.

The total amount of fat in muskrat meat is low (17%) compared to beef, pork and chicken (35 – 55%). Traditional animal fats are healthier for us.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

PREPARE FOODS SAFELY



- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

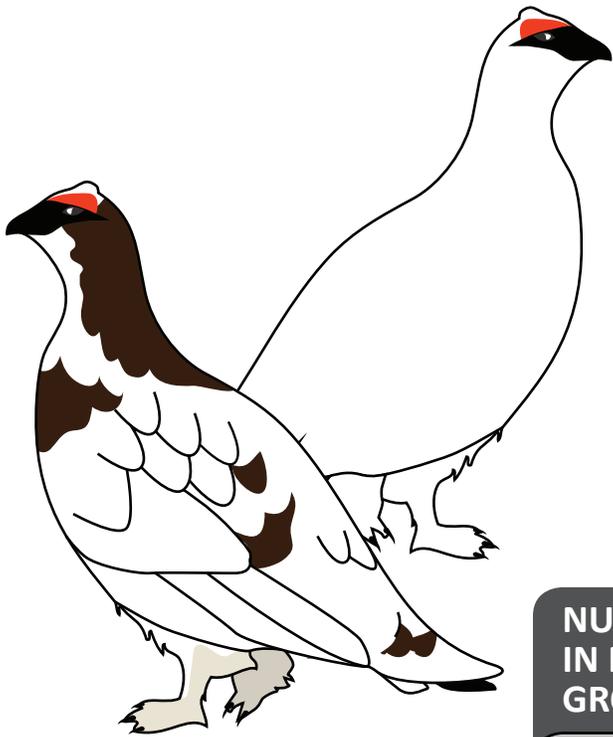
Prepare foods in traditional ways to avoid too much added sugar, store-bought fats and salt. Muskrat can be eaten many ways but is usually boiled to remove some of the fat. The tail is considered a treat and can be eaten as a snack. Muskrat is made into stews and in ground meat dishes. As a meal, have with potatoes, corn and fruit (frozen or canned when fresh is not in season). Have a glass of water to drink.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

PTARMIGAN AND GROUSE

NUTRITIONAL FACT SHEET SERIES



PTARMIGAN AND GROUSE ARE GOOD FOR US!



Ptarmigan live year round in the North. Their feathers change with the season – white when there is snow and darker in the summer. Ptarmigan are generally an easy bird to hunt and provide nutrient-rich meat. Northerners like to store them in the freezer for year round use.

WHAT DO WE KNOW ABOUT PTARMIGAN AND GROUSE?

Ptarmigan meat is rich and dark and has much more iron than chicken meat. Ptarmigan is usually eaten baked, fried, boiled, or in soups. The parts of the ptarmigan that are eaten most are the meat, heart, gizzards and liver.

NUTRIENTS FOUND IN PTARMIGAN AND GROUSE



Nutrients Contents per Serving	Ptarmigan meat, cooked (75 g)	Grouse meat, cooked (75 g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Very high Iron Niacin	Protein
A good source supplies 15 - 24% of a nutrient per day		Iron
A fair source supplies 5 - 14% of a nutrient per day	Omega-6 fats Vitamin A	

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



PTARMIGAN AND GROUSE

DID YOU KNOW?

Ptarmigan and grouse meat are excellent sources of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood as well as helping us fight sickness.

Ptarmigan meat is an excellent source of iron. One serving provides 50% of the iron we need in a day. Grouse meat has less iron than ptarmigan but is still a good source. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow and keeps us from getting tired.

Ptarmigan meat is fair source of vitamin A. Vitamin A is needed for healthy skin, bones and eyes. It also helps keeps our bodies healthy.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

PREPARE FOODS SAFELY

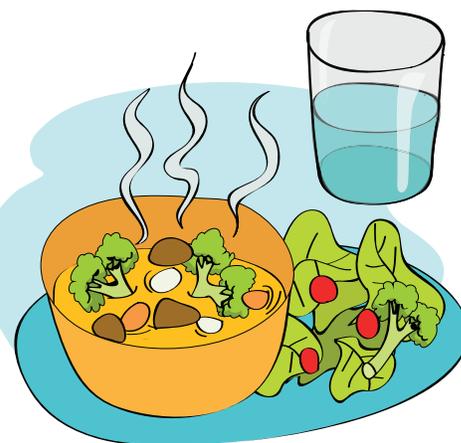
- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.
- To prevent the spread of bacteria such as Salmonella, wash hands after working with raw meat and before handling cooked meat. The bacteria Salmonella is often found in birds.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to prepare wild birds. For a healthy meal, try ptarmigan soup with rice and carrots. Have fruit (frozen or canned when fresh is not in season) and water with your meal.

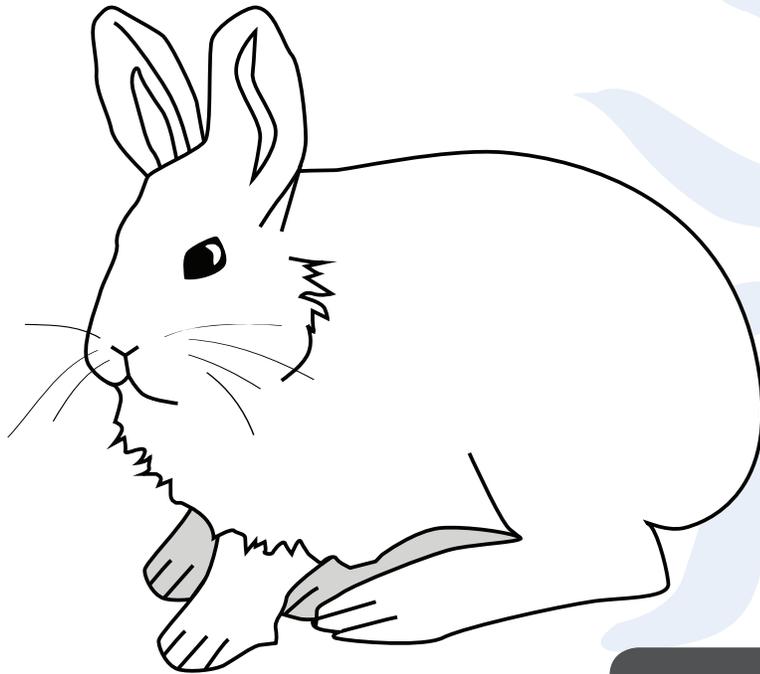


FOR MORE INFORMATION CONTACT:

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- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

RABBIT AND HARE

NUTRITIONAL FACT SHEET SERIES



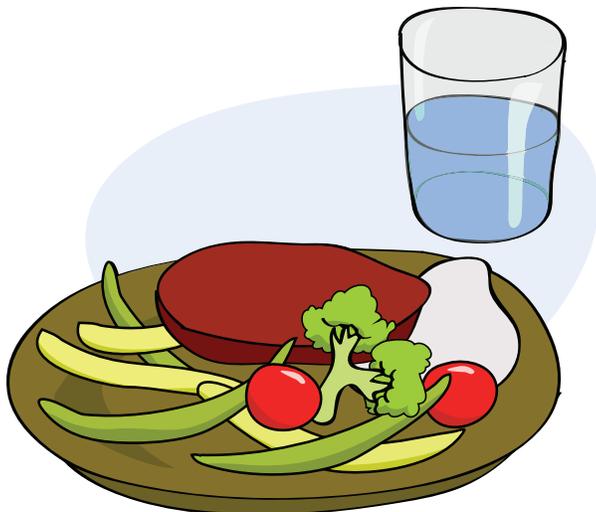
RABBITS AND HARES ARE GOOD FOR US!



Rabbit is an important traditional food that can be hunted all year round. Numbers of rabbits change over a ten year cycle. People snare and freeze rabbits when there are many available. Rabbit/hare is usually baked, boiled or cooked in stews. The fur is used for clothing, trim for moccasins, mitts and for crafts.

WHAT DO WE KNOW ABOUT RABBIT AND HARE?

These animals provide a good source of meat. Rabbit/hare is usually baked, boiled or cooked in stews.



NUTRIENTS FOUND IN RABBIT AND HARE



Nutrients Contents per Serving	Meat, cooked (75 g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron B Vitamins
A good source supplies 15 - 24% of a nutrient per day	
A fair source supplies 5 - 14% of a nutrient per day	Omega-3 fats

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

RABBIT AND HARE

DID YOU KNOW?

Rabbit and hare meat are excellent sources of protein. Protein also keeps us healthy by building and repairing our muscles, skin and blood.

Rabbit and hare meat are excellent sources of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Rabbit and hare meat are excellent sources of the B vitamins B12 and niacin. These vitamins help our bodies use energy from food, and are important for growth, healthy skin, hair, nerves, and muscles.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.



PREPARE FOODS SAFELY

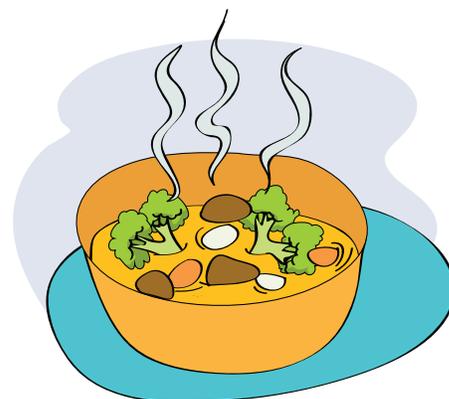
- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Try rabbit or hare stew with carrots, onions and potatoes for a tasty meal. Add fresh fruit (frozen or canned when fresh is not in season). Have water to drink.

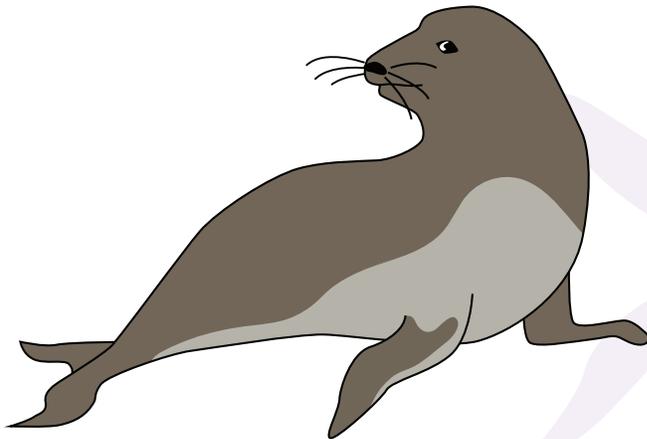


FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>

SEAL

NUTRITIONAL FACT SHEET SERIES



SEAL IS GOOD FOR US!

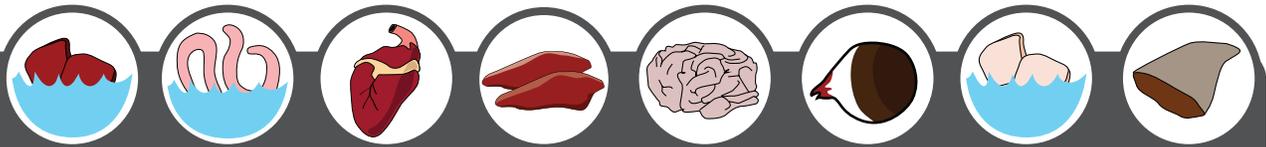


Seal is a major food source of Arctic peoples. Hunting seal is part of a healthy, traditional way of life. Seal oil can be used as a medicine for wounds or other infected areas. The skin and other parts are used to make clothing and footwear such as kamiks. Traditionally, parts of the seal are also used for crafts and fuel oil.

WHAT DO WE KNOW ABOUT SEAL?

Inuit and Inuvialuit Elders tell us that the seal is a “special food” because seal keeps us healthy and warm. Almost all seal parts are eaten such as the liver, flippers, blubber, meat and eyes. These parts are eaten raw, frozen, boiled, dried, aged or fermented.

NUTRIENTS IN SEAL



Nutrients Contents per Serving	Ringed & Bearded Seal Meat, boiled (75g)	Bearded Seal Intestine, boiled (75 g)	Ringed Seal Heart, raw (90g)	Ringed Seal Liver, raw (90g)	Ringed Seal Brains, raw (90g)	Ringed Seal Eyes, raw (90g)	Ringed Seal Blubber, boiled (100g)	Ringed Seal Flipper, aged (75g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Very high Iron	Protein B Vitamins	Protein Iron	Protein Iron Vitamin A B Vitamins Folate Vitamin D	Protein Iron B Vitamins	Iron	Vitamin A Riboflavin	Protein
A good source supplies 15 - 24% of a nutrient per day	B Vitamins	Iron				Protein Vitamin D		Iron
A fair source supplies 5 - 14% of a nutrient per day	Vitamin D	Folate Vitamin C		Vitamin C	Vitamin D	Vitamin A	Protein	

- Reference Serving Sizes are from Canada’s Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

SEAL

DID YOU KNOW?

Most parts of the seal are excellent sources of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Seal meat, liver, brains and eyes provide vitamin D although the amounts vary. Vitamin D helps us have healthy bones and teeth, keeps us strong and healthy and for the prevention of diseases such as rickets and diabetes.

Seal liver provides a variety of nutrients in high quantity and is considered a very valuable food source. Seal liver provides us with five times the vitamin A, two times the iron and folate, and half of the vitamin D we need daily.

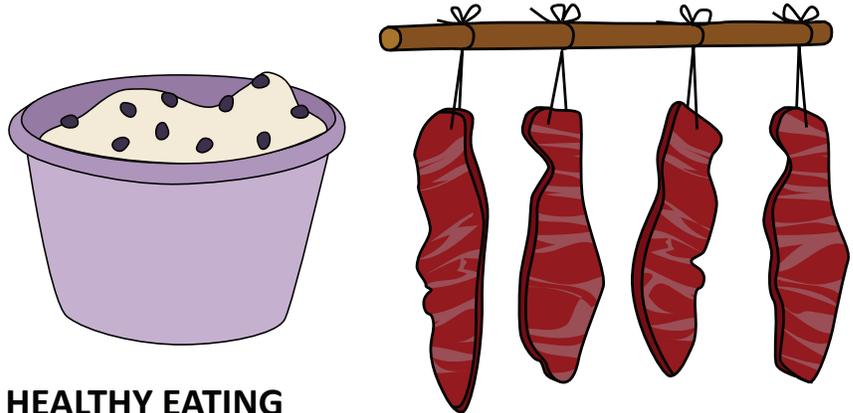
Seal intestines and liver are fair sources of vitamin C, which keeps our gums, teeth and skin healthy.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

PREPARE FOODS SAFELY

- Botulism is a type of food poisoning. If a food with botulism germs is stored at warm temperatures in a container without air, these germs can grow into poison.
- To prevent botulism poisoning, seal should be prepared in traditional ways and aged in a very cool place that allows air in. If aged in oil, stir often to let the meat contact the air.
- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly handled, cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage only.
- Note that botulism bacteria produce no flavor or smell, so meat can be poisoned and you would not be able to tell.



HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Seal oil or fat can be used as a dip with seaweed, fish or dried meat. Seal fat can be mixed with berries to make “ice cream” and can also be a way to preserve the berries.

CONTAMINANTS

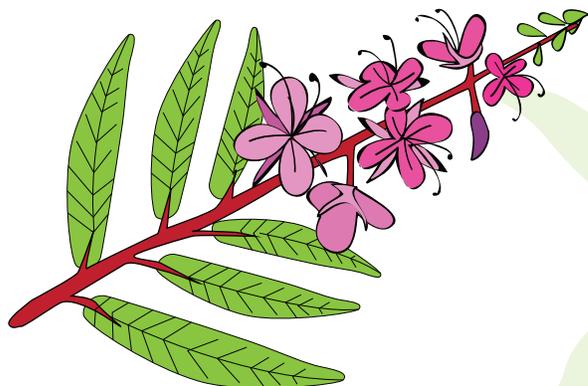
Mercury and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

FOR MORE INFORMATION CONTACT:

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- Registered Dietitians
- Band Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers

WILD PLANTS

NUTRITIONAL FACT SHEET SERIES



WILD PLANTS ARE GOOD FOR US!



Wild greens are gathered during the warm months of the year. Greens from the willow, mountain sorrel and fireweed provide nutrients such as vitamin A, iron, calcium, magnesium and fiber. These nutrients are important for healthy skin, bones, teeth and blood as well as to prevent infection.

WHAT DO WE KNOW ABOUT WILD PLANTS?

Wild plant greens are eaten raw, cooked, or added to soups. Some leaves and flowering stems are used in soups as potherbs.

When Mountain Sorrel is boiled, it adds a tart flavour to cooking. When eaten raw, Sorrel leaves have a refreshing flavour and are eaten either rolled into a ball or as a salad.

NUTRIENTS IN WILD PLANTS



Nutrients per Serving	Arctic Willow Leaves, raw 250 mL	Mountain Sorrel Leaves, raw 250 mL	Netted Willow Leaves, raw 250 mL	Fireweed Leaves, raw 250 mL
An excellent food source means it supplies 25% or more of a nutrient per day	Vitamin C			Vitamin C (young leaves)
A good source supplies 15 - 24% of a nutrient per day		Vitamin C		
A fair source supplies 5 - 14% of a nutrient per day	B Vitamins Magnesium	Iron Magnesium	Iron Calcium Magnesium	Fibre, Calcium Magnesium, Folate Vitamin A B Vitamins

- Reference Serving Sizes are from Canada's Food Guide (raw, 250ml = 24.3g = about 1 plant)
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.

WILD PLANTS

DID YOU KNOW?

Wild plant greens are excellent sources of vitamin C. This vitamin keeps our gums, teeth and skin healthy. They also help wounds heal and help our bodies fight sickness.

Young, raw Fireweed leaves provide more vitamin C and vitamin A than the amounts in more mature plants.

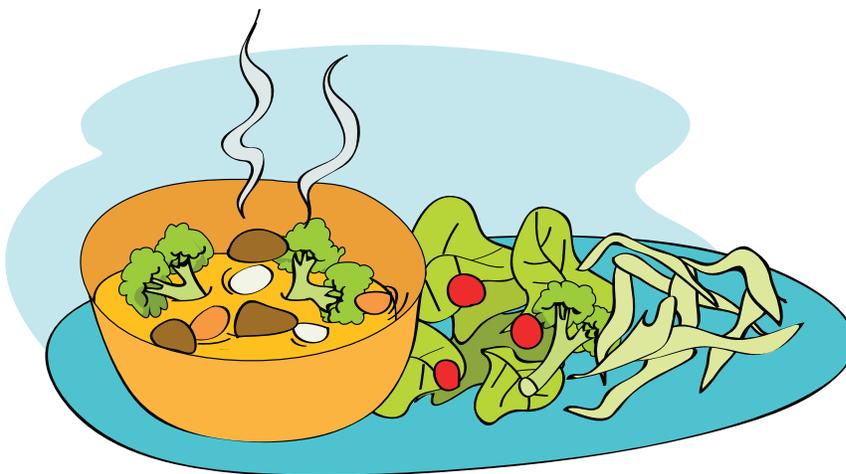
Vitamin C is lost when heated or soaked in water. Eat wild greens fresh, steam them or cook them in small amounts of water to get as much vitamin C as possible.

GATHERING FOR A HEALTHY LIFESTYLE

Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods will help keep us healthy.

EATING A VARIETY OF WILD PLANTS

- Fireweed leaves are often eaten raw with seal blubber or cooked and eaten like spinach. The flowers can also be eaten raw.
- Seabeach Sandwort is added to boiling seal meat. Because of its high salt content, it adds flavor to boiled meat.
- Plants, such as Labrador Tea, are brewed and steeped for tea and provide a source of vitamins.
- Purple Saxifrage flowers are eaten where berries are not available.



HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Pick young green leaves of willows or fireweed and eat them raw or add them to a salad. They also taste great cooked as a vegetable or added to soups and stews.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>