

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:

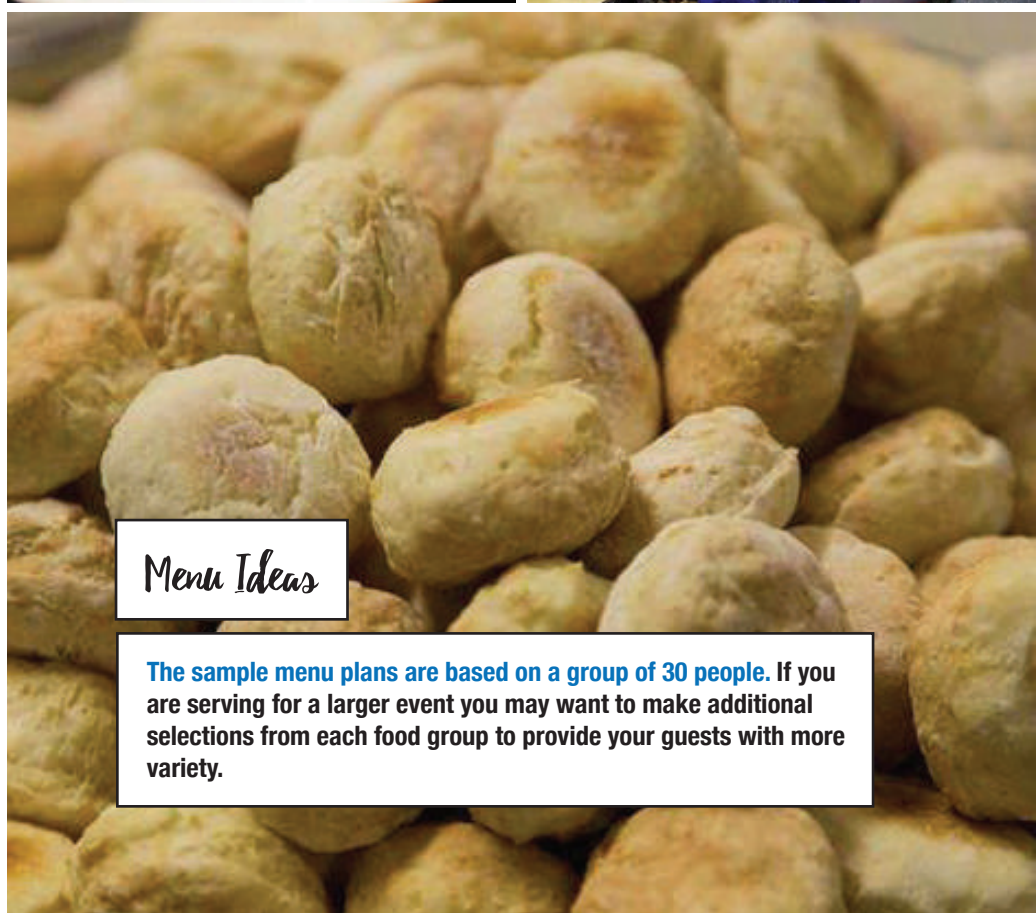
- Vegetables and Fruit more often
- Offer a variety of whole grain products
- Offer skim, 1% or 2% milk
- Offer lower fat milk alternatives (yogurt/cheese)
- Provide smaller portion sizes
- Offer plain water in pitchers or water coolers
- Buy or use local products when they are available (i.e.: traditional 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)

- Bannock
- Whole wheat dinner roll/bread
- Macaroni salad
- Rice pilaf
- Steamed corn
- Baked potato

Vegetable (choose 2)

Cold

- Caesar Salad
- Garden Salad

*serve w/ low fat dressings on the side

Hot

- Vegetable soup
- Vegetable stir-fry
- Steamed mixed vegetables

Meat & Alternatives (choose 1-2)

- Lean meat/fish
- Moose stew
- Hamburger soup
- Chili
- Sandwich filling: salmon, chicken, lean meats, egg salad, tuna salad

Fruit (choose 1)

- Fresh fruit salad
- Apple/fruit cobbler
- Fresh whole fruit
- Fruit cocktail

Dairy (choose 1 if desired)

- Pudding made with skim/1% milk
- Fresh vanilla yogurt for dipping sauce

Dinner Menu



Grains & Starches (choose 1-2)

- 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

Vegetable (choose 2)

Cold

- Caesar Salad
- Garden Salad
- Coleslaw
- Marinated Vegetable Slaw

*serve w/ low fat dressings on the side

Hot

- Traditional plants & greens
- Vegetable soup
- Steamed mixed vegetables
- Oven roasted vegetables
- Baked spaghetti squash
- Broccoli & cauliflower medley
- Carrot & parsnip mash
- Bean & vegetable soups

Meat & Alternatives (choose 1-2)

- Roasted lean meat
- Wild birds – goose, duck, geese
- Salmon
- Halibut/fish
- Baked trout
- Salmon/clam chowder
- Stew
- Beans

Fruit (choose 1)

- 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

Dairy (choose 1 if desired)

- 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