



# Eat Well

SASKATCHEWAN



**“I wanted to provide a book about traditional foods in the languages I grew up with.”**

**Calyn Stange, member of the Métis Nation - Saskatchewan**

Calyn has drawn on her culture and knowledge as a dietitian to create a children’s book that supports a sense of familiarity and belonging for Indigenous youth. Her book, Are you Hungry? is available in Cree, Dene, Michif and English and aims to teach kids about traditional food practices in Northern Saskatchewan.

As part of the Northern Healthy Communities Partnership, the baby board book is provided for free to children at their 18 month immunization clinics throughout the north.

**QUESTIONS?**

**Call us at 1-833-966-5541 to talk to a dietitian for free.**



# JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 NEW YEAR'S DAY
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## DID YOU KNOW?

Reading about nutrition on a food label can help you make healthier food choices.



# EATING WELL HELPS ME GROW

miyo-mīcisowin  
Tanyaŋ Woŋa

Danyaŋ Woda  
Mino Wesinin

Kwaayesh Mittsho  
Hotiye Shinetj

Ask a Dietitian 1-833-966-5541



Eat Well  
SASKATCHEWAN

**“Brody likes to participate in making his own meals and snacks including his favorite smoothies.”**

Brandi Funk (mother) on behalf of Brodi Funk, grade 7 student from Onion Lake Cree Nation

Good nutrition is important for children. Consuming a variety of nutritious foods can help them grow, fuel their bodies for sports and activities and nourish their brains to perform better at school. Caregivers can help develop healthy nutrition habits by encouraging daily breakfast, involving children in meal planning, enjoying meals together and by setting a good example. One of Brodi’s favorite family meals includes ‘make your own pizza’ night where him and his family enjoy making their own pizzas and eating them together as a family.

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Eat Well  
SASKATCHEWAN

# FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	VALENTINE'S DAY	FAMILY DAY				
	21	22	23	24	25	26
		FIRST NATIONS GOVERNMENT DAY				
27	28					

## DID YOU KNOW?

Involving kids in planning and preparing meals can help them to learn important food skills.



**“Healthy eating is important for keeping your immune system strong and lowering your risk of illness and chronic disease.”**

**Joel Pedersen, member of the Fond Du Lac First Nation, Founder of Fitness 2J2**

As a leader, mentor and coach in the area of health and wellness, Joel advocates for the importance of healthy eating, keeping active, getting enough sleep and managing stress to help stay healthy, especially during the pandemic. “It is important to have a variety of fruits and vegetables, whole grains, proteins and fluids, which includes having a plan in place for basic healthy eating”, said Pedersen. Fitness 2J2 provides professional fitness programming, instruction and consulting services with Indigenous communities across Saskatchewan.

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# MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	ST. PATRICK'S DAY	25	26
27	28	29	30	31		

## DID YOU KNOW?

Eating brightly coloured fruits and vegetables can help support a healthy immune system.



**“For better dental health, aim for healthy snacks such as plain milk, hard boiled eggs, nuts and seeds and fruits and veggies.”**

**Dr. Glenda Orr, Licensed Dentist and member of the Flying Dust First Nation**

A healthy diet is important for your oral health. According to Dr. Orr, dental cavities are often caused by eating sugary snacks and soft sticky sweets that get stuck in the mouth such as toffee. She also talked about how pop and juice should never be put in a bottle. According to Canada’s Food Guide, drinking sugar drinks may lead to an increased risk of cavities in children. Although unsweetened fruit juice may have no added sugar, it still contains natural sugars that have the same effect on teeth. Aiming to consume more whole foods based on Canada’s Food Guide can help to build strong teeth and promote better dental health.

**EATING WELL IS IMPORTANT FOR A HEALTHY SMILE**

miyo-micisowin  
Tanya Wofa

Danya Woda  
Mino Wesinin

Kwaayesh Mittsho  
Hotiye Shinetj

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**Eat Well**  
SASKATCHEWAN

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# APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	GOOD FRIDAY	23
EASTER SUNDAY	25	26	27	28	29	30

## DID YOU KNOW?

**Sugar is one of the main causes of dental problems. The average Canadian eats the equivalent of 40 kg of sugar each year!**



**“I feel physically and mentally stronger and ultimately just feel happier.”**

**Gary Mitsuing, member of the Makwa Sahgaiehcan First Nation**

As a student Gary finds it expensive to eat healthy while on a budget and found himself constantly snacking on convenience foods such as chips, pop and chocolate bars as well as eating fast food regularly that was cheap, easy and quick. “I was always hungry, felt bloated and could never focus,” said Mitsuing, as he talked about how the taste was addicting and would never make him feel satisfied. As a result, he became depressed about the way he felt both physically and mentally.

In January, 2021 Gary set out on a journey to improve his overall health. He began consuming more traditional meats, vegetables, and wild rice from his home community. He replaced all slush, Big Gulps and sweet coffees with water, green tea and protein shakes following his workouts. He also now spends at least an hour at the gym every day, runs 6-8 km daily and plays volleyball 3 nights per week.

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# MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
MOTHER'S DAY 15	16	17	18	19	20	21
22	23	24	25	26	27	28
	VICTORIA DAY 30	31	<b>DID YOU KNOW?</b> Eating more fibre can help reduce symptoms of anxiety and depression.			
29						



**“If you take care of your health and wellbeing emotionally, spiritually, physically and mentally you better position yourself to succeed in life.”**

**Guy Lonechild, President and CEO of First Nations Power Authority and former Chief of the Federation of Saskatchewan Indian Nations.**

As President and CEO of FNPA, Guy recognizes the importance of eating well, exercising and getting enough sleep to promote a healthy workplace. Prior to COVID-19, FNPA’s team had implemented a wellness program to promote physical well-being by providing opportunities for staff to exercise together. Team members were also encouraged to bring healthy foods to work and would take turns bringing a crock-pot meal rather than going out to restaurants. He states, “by sitting down to have a healthy meal together, in turn, helps to create a fun and supportive work environment which helps to build collaboration and teamwork.”

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# JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
FATHER'S DAY		NATIONAL DAY FOR INDIGENOUS PEOPLE				
26	27	28	29	30		

## DID YOU KNOW?

Eating healthy foods helps fuel your brain to perform better at work and school.





**“When you are able to care for all aspects of self, you are better able to care for your family, your community and all relations.”**

**Newo Wellness – Indigenous, women-owned and operated wellness brand**

By using the medicine wheel as their guide, Newo Wellness has created a variety of wellness initiatives that strive to help individuals grow physically, emotionally, intellectually, and spiritually. This has included school workshops on the medicine wheel teachings, various fitness and corporate wellness challenges and youth fitness camps.

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# JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					CANADA DAY	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## DID YOU KNOW?

The First Nations Health Authority recommends eating foods that are close to nature which includes whole fruit, rather than fruit juices.





**“I started eating better, stopped drinking, started eating less junk food and got a trainer to start exercising regularly.”**

**Tyler Moosehunter, member of the Sturgeon Lake First Nation**

**On June 28, 2014, Tyler fell out of the back of a moving truck at a campsite on his way to a ball game. As a result of what was defined as a freak accident, he suffered a serious brain injury and spent 17 days in a coma in ICU. Tyler was tube fed while in hospital and talked about how the nutrition support he received while in care aided in saving his life and how nutrition played a big role in his recovery. Since his recovery, he has made a significant number of lifestyle changes to better his health both mentally, physically, emotionally and spiritually.**

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# AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	SASKATCHEWAN DAY					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**DID YOU KNOW?**  
While you are healing your body needs more calories, protein, fluid, vitamin A, vitamin C and zinc. The best source of these nutrients is food.



**“Food and water are the foundations of a healthy person and the foundation to live a healthy life.”**

**Milton Greyeyes, member of the Muskeg Lake Cree Nation,  
Senior Relationship Manager FCC**

Having access to healthy foods can play an important role in the prevention and management of chronic conditions as well as mental health. Milton talked about the importance of getting back to traditional food practices and producing more foods close to home to become more food secure. “On the reserve my dad grows a big garden that is much more than he needs and he shares it with anyone who it might help out,” he said. He also likes to hunt in the fall and winter months which provides him with enough traditional wild meat for his immediate and extended family for the year. Other ways to access more healthy food include taking advantage of more community initiatives such as community gardens, community kitchens or by accessing programs such as the Good Food Box.

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# SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 LABOUR DAY	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 NATIONAL DAY FOR TRUTH AND RECONCILIATION	

**DID YOU KNOW?** Buying staple items in bulk when they are on sale can save you money.



**“It is important to know what you are putting in your body.”**

**Elizabeth Duret and Jill Aussant, members of the Métis Nation - Saskatchewan, cancer survivors**

Diet and lifestyle can play an important role in the prevention of cancer. As a survivor of breast cancer, Elizabeth shared how her diet choices have now shifted as a result of her illness. Prior to her diagnosis, she admittedly consumed a high amount of red meat, sugar and caffeine. After successful treatment, she now takes a proactive approach by following a healthy diet, limiting foods and substances linked to cancer and by participating in regular exercise to remain cancer free. Jill also talked about the importance of good nutrition in her recovery journey. “I try to choose more whole and less processed foods,” she said as she talked about consuming more fruits and vegetables, fibre and plant based proteins.

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# OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	THANKSGIVING	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	HALLOWEEN					

## DID YOU KNOW?

Eating processed meats has been linked to a higher risk of colorectal cancer.



**“We need to lead by example by encouraging and supporting healthy eating habits at a young age”**

**Mark Arcand, Tribal Chief of the Saskatoon Tribal Council**

Type 2 diabetes is a disease in which the pancreas does not produce enough insulin, or the body does not properly use the insulin it makes. As a result, glucose (sugar) builds up in the blood instead of being used for energy. Although once a condition that occurred only in adults, Type 2 diabetes in children has increased over the past 20 years. Chief Arcand talked about the importance of taking action to help curb or delay the onset of Type 2 diabetes in Indigenous peoples and communities, particularly the youth. He emphasized exposing youth to more traditional foods, limiting processed foods and engaging youth in organized sport and physical activity. Overall his take home message was clear, “eating healthy and being active will lead to healthier people and better mental health.”

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# NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
					REMEMBRANCE DAY	FIRST NATIONS UNITY DAY
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	<b>DID YOU KNOW?</b> Children and youth should aim for 60 minutes of moderate to vigorous physical activity per day.		



**“I feel healthier when I live off the land and eat wild food.”**

**Veronique Clarke, member of Southend, Saskatchewan, Knowledge Keeper of traditional foods**

According to the 2018 Cost of Healthy Eating in Saskatchewan report, residents of Northern Saskatchewan have the highest food costs in the province, which has the potential to influence food choices and impact health. A major benefit to living up north is the wide abundance of and access to wild food. Veronique is able to regularly access wild meat such as moose, caribou, beaver, muskrat and rabbit. In the summer, she regularly eats geese and duck and enjoys fish all year round out of the lake. Veronique can also often be seen baking bannock or cooking it outside over an open fire and eating it with jam she makes from wild cranberries and blueberries. She actively shares her knowledge on how to prepare fish, wild meat and make bannock with her children, grandchildren and the community.

**EATING WELL IS IMPORTANT TO EAT MY TRADITIONAL FOODS**

miyo-micisowin  
Tanyaŋ Woŋa

Danyaŋ Woda  
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SASKATCHEWAN



# DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 CHRISTMAS DAY	26 BOXING DAY	27	28	29	30	31

## DID YOU KNOW?

Wild berries are a good source of fibre, vitamin C, iron, and B vitamins.

## JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## **Additional Resources:**

### **CANADIAN 24-HOUR MOVEMENT GUIDELINES**

[csepguidelines.ca](https://csepguidelines.ca)

### **CANADA FOOD GUIDE**

[food-guide.canada.ca/en/](https://food-guide.canada.ca/en/)

### **CANADIAN DENTAL ASSOCIATION**

[cda-adc.ca](https://cda-adc.ca)

### **CANADIAN DIGESTIVE HEALTH FOUNDATION**

[cdhf.ca/health-lifestyle/mental-health-and-nutrition/](https://cdhf.ca/health-lifestyle/mental-health-and-nutrition/)

### **DIABETES CANADA**

[diabetes.ca](https://diabetes.ca)

### **GOVERNMENT OF CANADA**

[canada.ca/en/health-canada/services/food-nutrition/  
food-labelling/nutrition-labelling](https://canada.ca/en/health-canada/services/food-nutrition/food-labelling/nutrition-labelling)

### **EATING WELL FOR WOUND HEALING**

[albertahealthservices.ca/assets/info/nutrition/  
if-nfs-eating-well-for-wound-healing.pdf](https://albertahealthservices.ca/assets/info/nutrition/if-nfs-eating-well-for-wound-healing.pdf)

### **FIRST NATIONS HEALTH AUTHORITY**

[fnha.ca/wellness/wellness-for-first-nations/  
wellness-streams/eating-healthy](https://fnha.ca/wellness/wellness-for-first-nations/wellness-streams/eating-healthy)

### **NUTRITION FOOD FACT SHEETS**

[hss.gov.nt.ca/en/services/nutritional-food-  
fact-sheet-series/berries](https://hss.gov.nt.ca/en/services/nutritional-food-fact-sheet-series/berries)

### **THE ACADEMY OF NUTRITION AND DIETETICS**

[eatright.org/health/wellness/preventing-illness/  
support-your-health-with-nutrition](https://eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition)

### **WELLNESS WORKS CANADA:**

**FUELING PRODUCTIVITY THROUGH NUTRITION**  
[wellnessworkscanada.ca](https://wellnessworkscanada.ca)

