



Sioux Lookout
First Nations
Health Authority

Radio Script 1: Nutrition During Times of Crisis

Written in collaboration with: Kanina Terry

Developed: June 2020

Updated: April 2021

Boozhoo! Miigwech for tuning in today! This is _____.

Today we will share some information with you from Kanina Terry. She is Anishinaabe from Obishikokaang, Lac Seul First Nation. Kanina is a trained chef. She is passionate about reclamation and working with foods that nourish her body. She was asked by Approaches to Community Wellbeing at SLFNHA to share some information and education on food. Today, we will talk about some strategies that you can use during the COVID-19 pandemic. And that you can use in the future.

TRANSLATION

Meal planning is something you already do. You do it when you think what to make for dinner tomorrow. You do it when you make a grocery list. And you do it when you package up food from the land. So, this is a skill you already have. And one that you need to use now more than ever as we all try to stay home as much as possible.

At this time, you want to avoid going to the store often. Plan to do your grocery shopping once a week if you can. Or even every two weeks if possible. Here are some strategies that can help you with this.

TRANSLATION

Try this step before you go shopping. Sit down with your family and plan your meals for the week on a calendar. Check what ingredients you already have at home. Plan to use the ones you already have first. And think about stretching your ingredients. Use some ingredients for more than one meal. With favourite meals, you could prepare double the amount needed for your family. Half to eat



Sioux Lookout
First Nations
Health Authority

on that day and half to freeze for another day. Once you finish your meal plan, build your shopping list around what you'll need for those meals. It is good to give our bodies a variety of healthy foods. Keep this in mind as you create your meal plan. In 2019, an updated copy of Canada's Food Guide was shared. The new guide highlights the importance of fruits and vegetables, protein, and whole grains. Dairy is no longer its own food group. It is now included in the guide as a source of protein.

TRANSLATION

When we plan our shopping, we need to think about the shelf-life of foods. After we buy something, how long will it be good for? Non-perishable foods are great to stock up on. Canned fruits, vegetables, beans, and fish are good examples. As are oats, powdered milk, and peanut butter. This is because these items have a long shelf life. Buying frozen fruit and vegetables, and meat or fish, is another great option. It is also possible to increase the shelf life of some foods. For instance, you can try freezing fresh vegetables and fruit, meat, or fish. Just remember that when you thaw any meat to eat that you do so within three days, and you do not re-freeze it. There are also traditional practices for preserving food that can help increase shelf-life. For example, smoking and curing fish and meat.

TRANSLATION

When you plan a snack or meal, it is great to have a base. And fruit and vegetables are great nutritious bases for any snack or meal. They work well whether they are canned, frozen, or fresh. If you choose to purchase canned vegetables, try rinsing the vegetables first. This will reduce the amount of salt you eat. When you pick canned fruits like peaches and pears, try to pick those packed in juice rather than syrup. Do you enjoy fresh fruits and vegetables? Apples, oranges, carrots, potatoes, and onions are great options. This is because they tend to have a longer shelf-life.

TRANSLATION



Protein is another important group. And there are a couple ways you can have proteins that will last a little longer. You can buy frozen meat or fish, canned fish like salmon or tuna. You can also freeze fresh meats and fish. Canned beans, nuts, seeds, and nut butters are also protein-rich sources. You can enjoy these on their own or by adding them to salads, soups, and stews.

TRANSLATION

Our final food group is grains. Barley, oats, rice, and wild rice are great options. They all have a long shelf-life. And you can buy them in bulk. Grains are an important source of food energy. But whole grains can give our bodies extra nutrients, like fiber. Where possible, think about adding whole grain options into your diet. For instance, choosing brown rice or making bannock from whole wheat flour. Kanina shares that she often bakes using whole-wheat flour. She has found that substituting 1/3 to 1/2 the amount of flour with whole-wheat flour works well. Wild rice (manoomin) is a food that was a staple for the ancestors. Specifically, the Ojibwe of Lac Seul, and the Indigenous people living around the Great Lakes. Even those living as far north as Mishkeegogamang. You can eat manoomin like rice. Or you can add it to soups, salads, and baking.

TRANSLATION

Calcium is an important mineral for our bodies. We can get it from milk, whether fresh, evaporated or powdered and, milk alternatives. We can also get calcium from hard cheeses, and yogurt. All of these are great sources of calcium that have a longer shelf life. If your household drinks a lot of milk, you can freeze bags of milk to extend their shelf-life.

Milk and other dairy products are quick and accessible sources of vitamin D and calcium. But they are not essential for good health. Some bodies have a hard time digesting dairy. So, you can choose to get calcium from other foods. Other sources of calcium are fish, fish broth and dark green vegetables like frozen spinach, and broccoli.

TRANSLATION



Sioux Lookout
First Nations
Health Authority

Before we go, we must talk about nibi - water! Safe drinking water is super important for our health for many reasons. One reason is that water helps our immune system function well. It is generally recommended that adults drink 2 L of water a day. That means we should aim to drink 4 regular sized water bottles or eight 250 ml glasses of water every day. If you find plain water a little boring, there are healthy ways to spruce it up. You can try adding some frozen or fresh berries. You could also try adding slices of fresh fruit or a splash of concentrated lemon juice.

We hope you will find these tips helpful. For more ideas, you can also turn to your local knowledge keepers. And for more resources on how to stay safe during COVID-19, visit www.sfnha.com/covid/. Gichi-miigwech.

TRANSLATION



Sioux Lookout
First Nations
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Radio Script 2: Ways to Use Food to Care for Ourselves

Developed: June 2020

Updated: April 2021

Boozhoo! Miigwech for tuning in today! This is _____.

Today we will speak on 5 ways we can use food to care for ourselves and our communities during the COVID-19 pandemic.

TRANSLATION

The first thing we can do is cook and eat together. This can take many forms. Look at your meal plan and share the cooking duties with the people in your home. Younger children can help measure out ingredients or read the recipe. Older children or youth can help chop up vegetables, cut meat, or cook.

It is hard not being able to eat with our extended family right now. But you can have family dinners with friends and family over video chat. You can send out a simple recipe for everyone to follow and then call each other and have a virtual gathering.

TRANSLATION

Second, we can do land-based activities together. Sometimes the messages to “stay home” are a bit confusing. If you’re able to be at least 2m or a moose-length apart from people not in your home, being out on the land is a safe place to be. With other members of your household, you can hunt, fish and berry-pick. These activities are great for our health. And they allow us to bring home healthy foods to share and enjoy. Remember, food from the land has nourished you and your ancestors for generations.

TRANSLATION

Third, we can plan our meals together. For snacks, try starting with a fruit or vegetable of your choice. Then add a protein, or a grain of your choosing. Meals



Sioux Lookout
First Nations
Health Authority

should try and include all food groups. That is, have a fruit or vegetable, grain, and protein for a balanced and nutritious dish.

TRANSLATION

The fourth thing we can do together is reduce food waste. Buying foods in bulk, especially if you can split it with family or friends can help cut food costs. But check your storage space before making bulk purchases to cut food waste. Try and think of creative ways you can use leftovers. You can add soon-to-spoil vegetables into soups, stews and stir-frys. You could add soft fruit to smoothies. Or you could try boiling fish bones to make fish broth for a soup or stew.

TRANSLATION

Finally, we can care together. This past year has been challenging. It has affected members of our communities in different ways. If you can, reach out to loved ones who are older or who are living with chronic conditions. See if they would like help with their groceries. If you can cook extra food, think about dropping off meals to others in need.

By doing these kinds of activities 'together', we can continue on this journey to better health and make it through this challenging time. For more ideas, you can also turn to your local knowledge keepers. And for more resources on how to stay safe during COVID-19, visit www.sfnha.com/covid/. Gichi-miigwech.

TRANSLATION
