

Nutrition News

FNIHB Alberta Nutrition: Volume 3, Issue 4 – March 2021



Celebrate Nutrition Month!

Webinars: Join Dietitian Maureen Elhatton for a session on **Easy Breakfast and Lunch Meals** on **March 17th from 10-11am**. Register here: <https://fntn.ca/Home/Register-VC?eid=17686>

Revisit some of the Nutrition Advisory Team's prior recordings: <https://fntn.ca/Series/Nutrition-Training> & <https://fntn.ca/Series/Diabetes-101>

Resources: Check out [this](#) recipe resource from the Dietitians Working with First Nations Working Group out of Saskatchewan.

For kids – check out Heart and Stroke's [Exploring Healthy Foods Handout](#). You could also consider hosting a coloring contest for kids in your Nation! You could create your own or use this sheet available from [Food and Health](#).

Share: The Alberta Nutrition Advisory Team would love to hear about your nutrition month activities/plans or help you with planning some COVID-19 friendly activities. Email us at laura.white@canada.ca

If you want to submit an article to share how you celebrated Nutrition Month for our June newsletter – please send a paragraph and some pictures (without faces) to Laura.

Food Security & Sovereignty Funding

Indigenous Peoples Resiliency Fund

Community Foundations of Canada has re-opened their [Indigenous Peoples Resilience Fund](#) and is accepting further proposals. Funds range from \$5,000 to \$30,000. Applications should be urgent and COVID related such as sustainable access to food and strengthened local food systems (ex: purchasing food to distribute or cook and distribute to vulnerable groups, and purchasing gardening needs). There is currently no deadline to apply (disregard any mentioned).



Canada Post Community Foundation

Canada Post gives grants to communities to support children and youth initiatives. They focus on supporting projects that support the health and physical activity of children from vulnerable communities. Grants up to \$25,000 are awarded. [The Canada Post Community Foundation](#) has funded previous projects like expansion of student nutrition programs to provide healthy foods to students throughout the summer months, cooking programs and school gardens. Applications open March 8th & close April 1st

Good Food Box Program at Little Red River Cree Nation

2020 was probably one of the most difficult years that the residents and members of Little Red River Cree Nation have experienced. With multiple episodes of community-wide lock down, grocery shopping became a huge challenge for our communities of Fox Lake, John D'Or Prairie and Garden River. Travel to towns like High Level was not possible and the grocery stores on the reserve had limited choices on healthy foods.

As the Dietitian for LRRCN I was able to apply for some food security funding to start a Good Food Box Program in the communities. Luckily, we received some funding to start in mid-October. After a few weeks of trial and error, we were able to order foods from the Fifth Meridian stores in John D'Or Prairie and Garden River. A few students were hired to help sort out the food and pack them into boxes. A package of recipes is also included in the boxes for the community members to try new foods such as oats, bean soup mixes and brown rice.

Once all the boxes are assembled and ready to leave the Health Centre, the staff at the Health Centre would deliver them to some of their clients who would benefit from the food boxes. There are a variety of different foods in the food boxes. There are vegetables and fruits including celery, potatoes, tomatoes, onions, canned corns etc., grain products including pasta noodles, white and brown rice, all purpose flour and granola... protein foods including regular 2% milk as well as lactose-free milk, cheese, yoghurt and chicken. To make the food boxes more interesting, we would include something new each week, like Greek yoghurt, bean soup mix, tortillas, etc...

So far 24 food boxes are given out free each week in the communities, and we are looking at increasing the number when we are able to find more reliable vehicles to transport the food to the three communities.

Article and image submitted by Ann Zhang – Registered Dietitian with LRRCN

If you are looking for support in running a successful Good Food Box program in your Nation check out the **Good Food Box Manual** under the Food Security section of the Nutrition OneHealth page. The manual offers step-by-step advice from four Alberta First Nations communities who have started a Good Food Box (GFB) program in their community. If you can't find it or don't have OneHealth email laura.white@canada.ca for a copy.



Project Thichachan with the Stoney Nakoda

Thichachan, meaning ‘chicken’ in Stoney, is a familiar livestock animal with the Stoney Nakoda First Nation in Morley, Alberta. Many elders remember raising chickens in the past and voiced their desire to teach their grandchildren these valuable life skills.

After seeing this need in the community, Mayra Regan and Lindsay MacCharles, Registered Dietitians working for Stoney Health Services and Renfrew Educational Services, advocated to implement a food sovereignty project. Raising chickens would cultivate not only nutritious fresh eggs, but also an educational opportunity for children to know more about how their food is produced and build a deeper connection to their food.

After approval of the project, posters were developed and advertised around the community. Participants were selected on a first-come-first-serve basis. The interested community members attended an information session to learn more about the project and its objectives. In 2020, 15 families were chosen, of which 13 completed their training.

Three-monthly training sessions were offered at Stoney Health Centre. Stoney Health collaborated with a knowledgeable community elder, Eldra Snow, who was successfully caring for her chickens that she received from the band several years ago. Eldra and her husband acted as community mentors for the project where participants

gathered and shared questions about how to raise chickens.

Stoney Health dietitian, Paige Thomsen, and Renfrew dietitian, Lindsay MacCharles, were also able to provide teaching on the nutrition of eggs, as well as how the digestive system of a chicken differs from humans. Alberta Farm Animal Care (AFAC) also created an Urban Chicken/Small Flock Care Manual and resources for current and potential chicken owners. We partnered with Egg farmers of Alberta for consultation regarding Provincial regulations.

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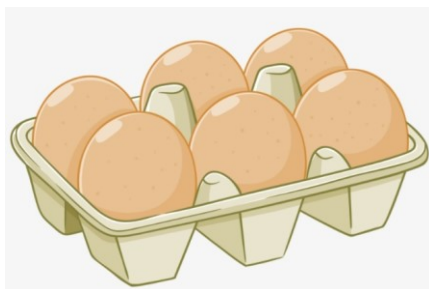
If you are interested in knowing more about Project Thichachan and the learnings Stoney Health has from their first year implementing the project – please contact Dietitian Paige Thomsen with Stoney Health Services at pthomsen@stoneyhealth.com.

Project Thichachan with the Stoney Nakoda – Pt 2

Funding was provided by Jordan's Principle, where \$30,000.00 was allocated to the food sovereignty initiative. The chicken coops were made by United Farmers of Alberta and cost ~\$1,000 each. Local Cochrane companies supplied 5 chickens to each participant for \$60, and we budgeted \$325 for feed for the first year.

The SHS nutrition team had a number of learning opportunities throughout the first year of the project. From coop construction, delivery and of course Covid-19 a number of unexpected items came up with this project. SHS Nutrition would gladly share these learning opportunities if you are interested in implementing a similar project.

The project has been very successful thus far. An elder in the community voiced her appreciation for having the chickens. It is a great hobby for her and her grandchildren. She has widespread knowledge of caring for animals in her past and enjoys sharing stories with her grandchildren about her experience.



When delivering the chickens, children were very excited to care for the chickens. They had fun finding the eggs and taking them inside to show their parents. Parents found it was a great activity to get the kids outside.

Kiana Daniels, one of our Health Promoters, received chickens as well. She says

"I really found how much it taught my son how to be responsible and take care of animals, and even teach me how to care for animals as well".

Registered Dietitian, Paige Thomsen, reaches out to participants every 2-3 months to check on success. Majority of the chickens have survived the extreme Alberta cold and many participants are eager to expand the number of chickens they care for. Our hope is to order more chickens for these families so they can produce more eggs and eventually sell them at the Morley food market to grow food systems in the Stoney Nakoda community.

Article and images submitted by the Stoney Dietitian team: Mayra Regan, Paige Thomsen and Lindsay MacCharles

