

# Eat Right



and

# Save Money

**Tansi!**

**Welcome to  
Eat Right and Save Money**

A plain language guide to healthy eating  
(with a sprinkle of Cree).

Astum-i-tik eyako omu:

Kwayask Mitsowin mena Mawachi Kisoonyam

Plain Language Nutrition Project 1996  
Project Coordinator Lillis Lawrence

Reprinted 1998

Revised 2005

Revised 2009

You can get this book or more information about it from:

Prince Albert Literacy Network

Prince Albert, SK

Phone: (306) 922-6736

E-mail: [pafamilylit@sasktel.net](mailto:pafamilylit@sasktel.net)

© 2005 by Prince Albert Literacy Network

## **This booklet has:**

Canada's Food Guide .....	5
Mech-i-win Kiskinota Musinuhikun	
Feeding Your Unborn Baby .....	10
Kasamut Kichawasimis	
Snacks for Growth .....	12
Mechiwinsa Opikiwin Oche	
Feeding Baby .....	18
Awasis Kasumut	
Breastfeeding .....	19
Nohawasawin	
Bottle Feeding .....	21
Notwakun	
Solid Foods .....	22
Mechiwina	
Food Shopping .....	28
Mechiwin Atawewin	
Shopping Tips .....	29
Menu Ideas .....	30
Grocery List .....	31
End of Month Shopping .....	34

## Recipes

Apple Salad . . . . .	36
Banana Muffins . . . . .	38
Chili . . . . .	40
French Toast . . . . .	42
Fruit Fluff . . . . .	44
Shepherd's Pie . . . . .	46
Oatmeal Peanut Butter Cookies . . . . .	48
Oven Stew . . . . .	50
Peanut Butter Balls . . . . .	52
Pizza-Roni . . . . .	54
Potato Pie . . . . .	56
Fried Rice . . . . .	58
<b>See What You Know . . . . .</b>	<b>61</b>
<b>Where to Go for Help . . . . .</b>	<b>62</b>

# Eat Right and Save Money

## Kwasyask Mitsowin Menu Mawachi

### Kisooniyam

This book can help you to have healthy children.

Young families share their best, low cost recipes and ideas to help you "Eat Right and Save Money."

Please write in this book.

This book belongs to \_\_\_\_\_

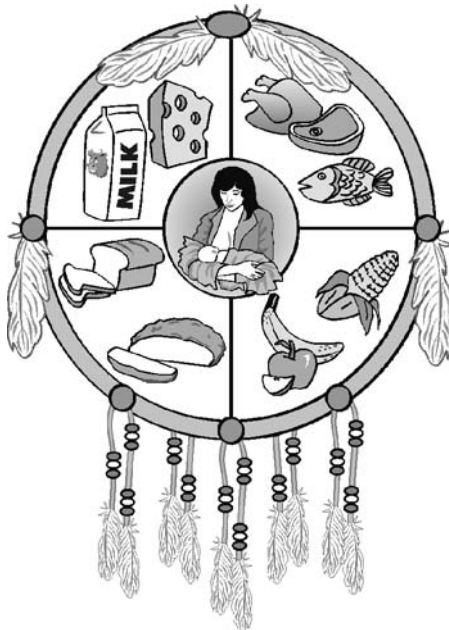
My baby names \_\_\_\_\_

Awasis Weyowina \_\_\_\_\_

---

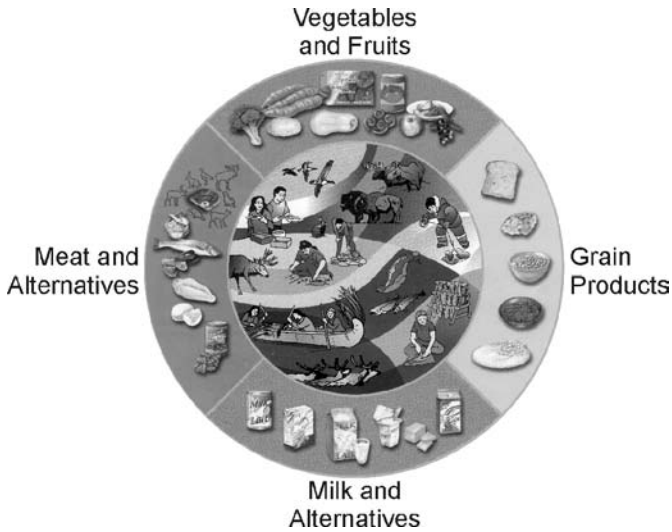
Everybody needs good food.

Kekeyow kintoweyitanow omiwasik mechiwin.



# Eating Well With Canada's Food Guide First Nations, Inuit, Métis Mech-i-win Kiskinota Musinuhikun

It is important to eat many different foods every day.



- Healthy food helps you to feel happy.
- Good food is important for health and growth.

Kamiyosik mechiwin kistapatun miyayawin mena opikiwin oche.



# Eating Well With Canada's Food Guide

## First Nations, Inuit, Métis

There are 4 groups of food in the healthy eating circle.

### Totosapwe Milk and Alternatives

The milk group gives you calcium. You need calcium every day. Milk helps your baby grow and keeps your bones strong. Have 3 to 4 servings every day.



When you are pregnant and breast-feeding, calcium is important to keep your body strong. Milk helps the baby's bones and teeth grow - even before he is born. If milk upsets your stomach, talk to your health care provider for other ways to get calcium and Vitamin D.

## Vegetables and Fruit Kistikana mena Mensu

This food group helps your body have good skin and eyes. The vitamins you get from vegetables and fruit work to fight sickness.

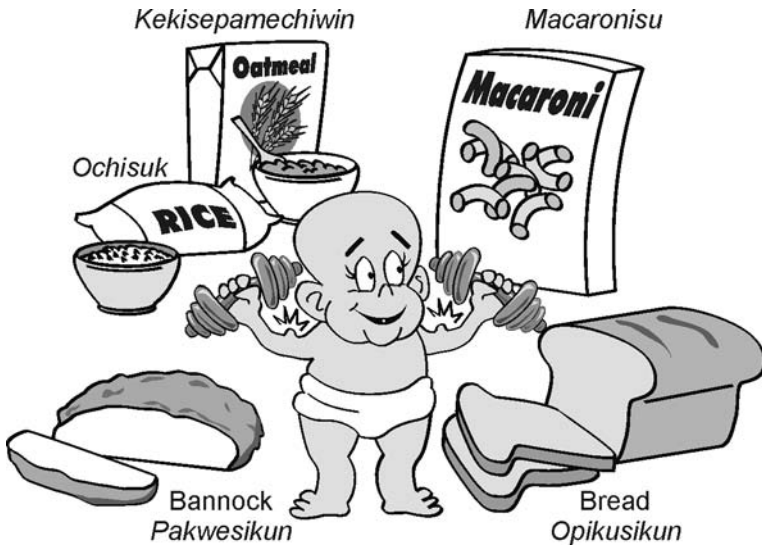
- ♥ You need more vegetables and fruit if you smoke or have a cold.
- ♥ Eat as many vegetables and fruits as you can. Have at least 7 to 8 servings every day.
- ♥ Pick many dark green and orange vegetables. Eat orange fruit often.
- ♥ Rosehips have lots of vitamins.  
Okiniyak ayawak mistahi meyomyu-chehoowin.





## Grain Products Opikusikun

This food group gives you energy and iron. Pick brown bread and whole grain or cooked cereals often. Busy people need more bannock, breads, and cereals. Have at least 6 to 7 servings every day.

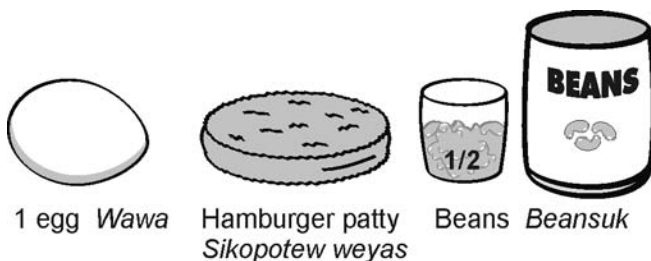


Bannock, breads, and cereals are your cheapest sources of energy. You can save money by eating cooked cereal.

## Meat and Meat Alternatives Wiyas

This food group has lots of protein and iron.  
Have at least 2 servings per day.

Protein helps your baby grow. Iron helps make strong blood (miko) for you and your baby. Eat an orange or drink juice with your meal. This helps your body use the iron in foods.



These foods give you enough protein for one day.







In the last 3 months of pregnancy you should eat red meat or eggs every day. This gives you more iron. Keep eating an orange or drinking juice with your meal. Your baby needs more iron when she is just about ready to be born.

**Do you eat a lot of fish?**

**Fish contain healthy fats that are important for your baby's brain. Some fish contain mercury. Talk to your health care provider if you eat a lot of fish.**

# Feeding Your Unborn Baby

## Kasamut Kichawasimis

Food Group	Examples of Serving Size	Healthy . . .
<b>Grains</b> 6 to 7 servings	1 slice of bread 1 small roll ½ bagel or big bun 4 to 6 crackers ½ cup cooked rice or pasta ¾ cup hot or cold cereal	 Growth
<b>Vegetables and Fruit</b> 7 to 8 servings	1 medium size vegetable or fruit ½ cup fresh, frozen, or canned vegetables/fruit 1 cup salad ½ cup vegetable or fruit juice	 Brain & Nerves
<b>Milk and Alternatives</b> 3 to 4 servings	1 cup milk 1 cup chocolate milk ¾ cup yogurt 50 grams cheese (size of your thumb) 2 slices of processed cheese	 Bones
<b>Meat and Alternatives</b> 2 to 3 servings	50 to 100 grams meat (size of a deck of cards) ½ to 1 cup beans or lentils 1 to 2 eggs ½ cup tofu 2 tablespoons peanut butter	 Muscles & Blood

Adapted from *Best Start and Nutrition Resource Centre*, Toronto ON, Nov. 2002.

Healthy eating is important for you and your baby. Eat foods from all 4 food groups.

There may be times though, that you need to take a vitamin or iron supplement.

- **Always** talk to your doctor or nurse before taking any supplement.
- **Don't** take more than one vitamin per day.
- Vitamins are **not** a replacement for food.

## How Much Weight Should You Gain?

Your weight before you became pregnant will help guide you in how much weight you need to gain during your pregnancy.

Talk to your health care provider about what is right for you.

How fast you gain weight during your pregnancy is important too.

- You should gain weight slowly during the first 3 months of your pregnancy.
- After this, because your baby begins to grow quickly, your weight gain should be more rapid but steady - about  $\frac{1}{2}$  kg ( $\frac{1}{2}$  - 1 pound) per week.

**Healthy eating and keeping active will help you not gain too much weight.**

### Diabetes that develops during pregnancy:

All women should be tested at 24 to 28 weeks of pregnancy. You will be given a sweet drink, then your blood sugars will be checked.

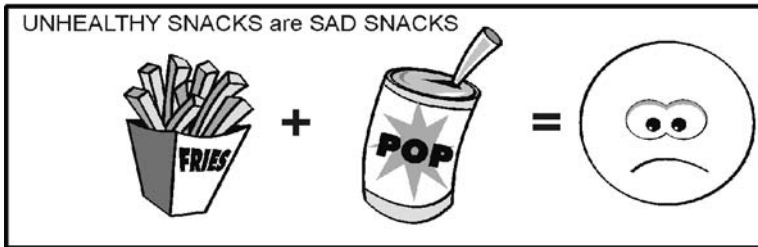
Talk to your health care provider.



### Snacks for Growth

## Mechiwinsa Opikiwin Oche

- ☺ Snacks should be good for you and your baby.
- ☺ Snacks should come from the 4 food groups.



- ☹ Sad snacks are high in sugar or fat. Many are very salty.
- ☹ Sad snacks can give you energy, but they do not help you to be healthy.



## When You Eat Out - Pick Good Snacks

Here are some good snacks for about \$2.



Taco



Oatmeal Date Square and Milk



Yogurt and Orange Juice



Muffin and Real Apple Juice



Tomato Juice and Peanuts



Banana and Chocolate Milk

## When You are Pregnant Kisskawaswoina

Do not drink alcohol, smoke, or take street drugs because it can harm your baby.

Check with your doctor before taking **any** medicine.



Drugs can damage your baby's brain.

# **Alcohol and Drugs Cause Big Problems**

## **Minikwewin Mena Muskikya Mistahi**

### **Namwach Meyosinwa**



**Alcohol can cause Fetal Alcohol Spectrum Defects (FASD). We used to call this Fetal Alcohol Syndrome (FAS).**

Your baby could

1. have a very small head,
2. look different than other children,
3. have heart problems,
4. have trouble learning,
5. be difficult to handle,
6. get sick a lot, and
7. cry a lot.

**Smoking is another big problem.**

Your baby will

- have more colds,
- have problems growing,
- need more Vitamin C, and
- have more ear infections.

Your baby could be born before he is ready to be born.

Smoking is not a tradition.

Petwawin namoya kipi oche kiskinwahamokaniwin.



**The first step to quit smoking is to say:**  
**"I am going to quit smoking."**  
**"Nivi poni petwan."**



**Your baby is growing all the time. Your baby needs you to take care of yourself.**

**Kichawasimik kintoweyimik takunachi-hisowin.**

These questions will help you know if you are taking good care of yourself.

- Do you eat healthy food every 2-3 hours? \_\_\_\_\_
- Do you have less than 3 small cups of coffee a day? \_\_\_\_\_
- Do you stay away from cola and energy drinks? \_\_\_\_\_
- Do you drink milk at least 3 times a day? \_\_\_\_\_
- Do you eat vegetables and fruit every day? \_\_\_\_\_
- Do you stay away from booze and drugs? \_\_\_\_\_
- Do you stay away from smokes? \_\_\_\_\_
- Do you see your doctor regularly? \_\_\_\_\_

Your score: \_\_\_\_\_ Yes

**You can make a strong, healthy baby if you keep saying yes to all 8 questions.**

## After the Baby is Born

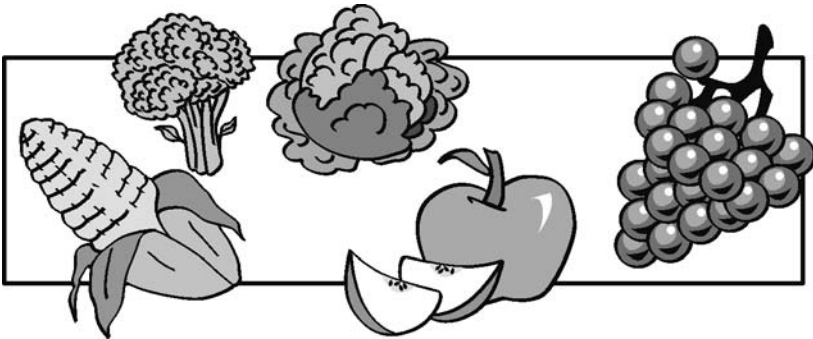
Keep eating foods from all 4 food groups.



- Good food helps you get back into shape.
- It takes 3 to 6 months or longer to get back into shape.
- Exercise will help.

Sisaweyini kika wechihikon.

**Eat vegetables and fruits every day.**




## Feeding Baby Awasis Kasumut


Hands spread the most germs.  
Wash your hands with soap before  
feeding the baby.




- Babies must eat often.
- New babies eat every 2 to 3 hours.
- A baby's tummy (awasis watay) is very small.

Your baby's tummy can hold:

60 mL  
(1/4 cup)  when he/she is a one week old baby  
*peyak ispyew*

125 mL  
(1/2 cup)  when he/she is a one month old baby  
*peyak pesim*

250 mL  
(1 cup)  when he/she is a one year old baby  
*peyak askiy*

# Breastfeeding Nohawasowin

Your first milk helps the baby fight sickness.

Your next milk is blue and watery, but very good for babies.

**Breast milk is the only food your baby needs for the first 6 months.**

Breast fed babies need Vitamin D drops (400 IU) every day.

**Breast-fed babies are not sick as often as other babies.  
They have fewer allergies.**

Breast feeding is:

easier  
wichasin



No bottle

quicker  
tutastupemukun



No boiling

cheaper  
witakitew



No formula  
Less medicine

best for your baby  
nawuch meyasin



Happy baby

**Breast feeding is not a birth control method. Talk to your health care provider to learn about the best method for you.**

## Breastfeeding Nohawasowin

You need to eat a little more than you did just before the baby was born. Milk and substitutes are important so you get enough calcium. You also need to drink lots of water.



Do not drink more than 3 very small (250 mL/8 oz.) cups of coffee, tea, or colas per day.



Caffeine may make your baby cry more. It is best not to smoke while breast feeding. If you can't quit, **smoke after feeding the baby.**

You could have a snack when you sit down to breast feed.



Breast feeding may be hard for the first few weeks. Don't give up. It will get better.

If you are tired - don't stop. Call for help.

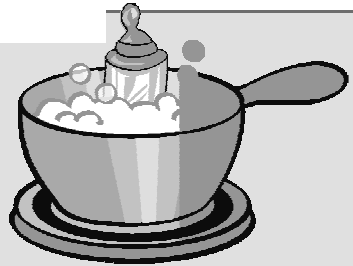
**Call: Public Health Nurse - Prince Albert 765-6500  
Maternity Visiting Program  
Victoria Hospital, Prince Albert 765-6034**

## Bottle Feeding Notwakun

If you need to use formula, have questions about what kind, or need to know how to get it ready, talk to your nurse or doctor.



- **Germs are everywhere.**
- **To make the formula you need, boil the water for 2 minutes.**
- **Sterilize the bottles until your baby is 4 months old.**
- **Boiling kills germs that may make your baby sick.**
- **Always wash your hands before feeding your baby.**



### Tooth Tips:

- You should not put pop or sweet drinks in the bottle.
- Sweets will make baby teeth hurt and go rotten.
- Only milk goes in the bottle!



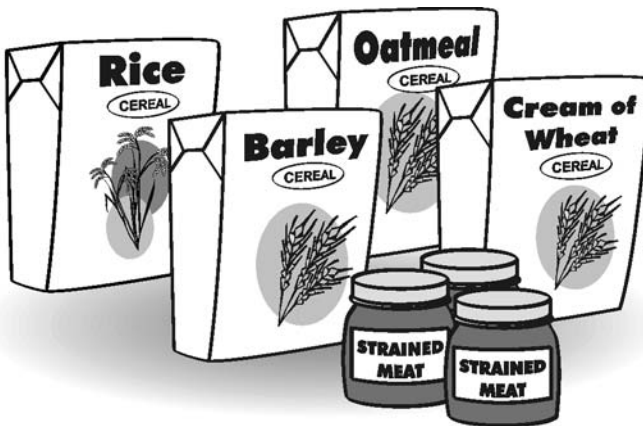
## Solid Foods Mehiwina

Your baby may be ready for solids at about 6 months old.

- **Do not feed cereal in the baby bottle.**
- **The cereal will not make the baby sleep.**
- **If you give cereal too soon, your baby may get more food allergies.**

Your baby is ready for solids when

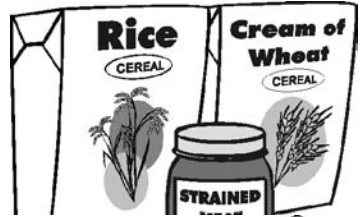
- he can turn his head to keep food away,
- he sits with support, and
- he reaches for food.



## Food for 6 to 9 Month Old Babies

**Keep breastfeeding while you start solids!**

1. At 6 months, start with iron-rich foods like infant cereals, pureed meats, or mashed beans. You can give egg yolk but no egg white until 12 months.



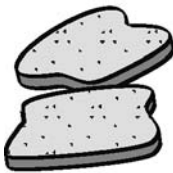
2. Next, try vegetables and fruit. Use a fork to mash cooked vegetables and soft fruit.



3. By 9 months, offer milk and cheese.

**Do not give new foods every day.  
Try one new food every 4-5 days.**

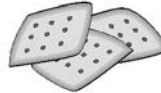
When your baby starts to get teeth, you can give your baby:



Dry toast



Bread crusts



Plain no-salt  
crackers

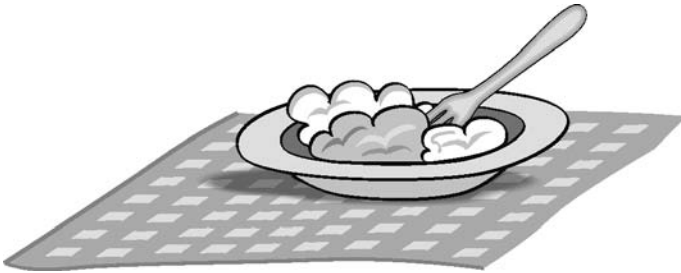


# Food for 9 to 12 Month Old Babies

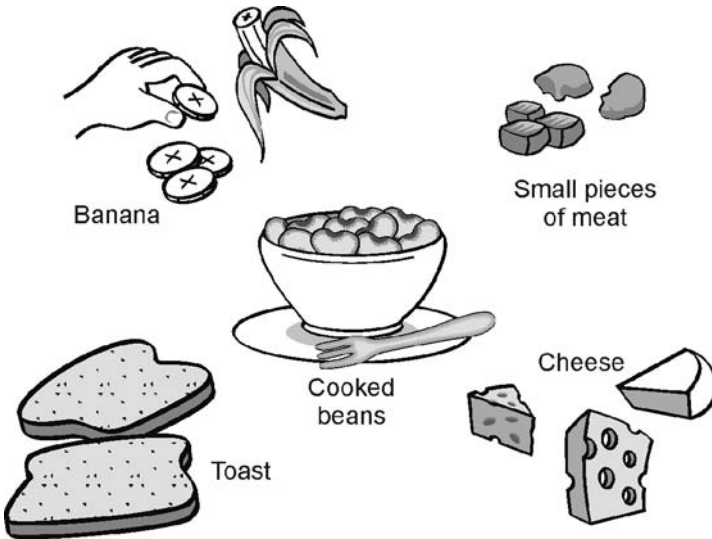
## Keep breastfeeding!

Try whole milk or formula or breast milk from a cup.  
Meki totosapwi oyakunsik oche.

Mashed table foods can be started.



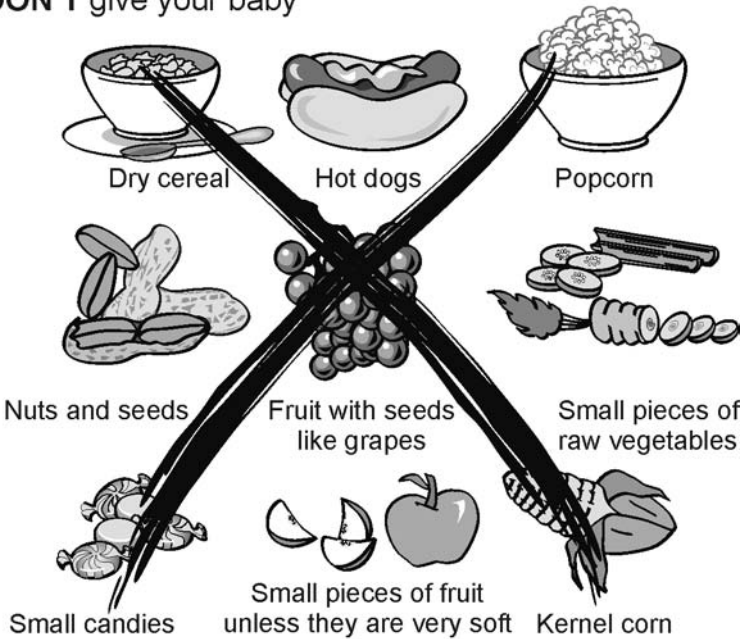
Give some finger foods like



## 9 to 12 Months Old

Some foods may make your baby choke. Watch your child while he eats.

**DON'T** give your baby



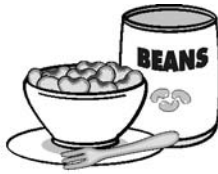
## Food for Babies Over 1 Year Old

**Keep breastfeeding until your baby is 2 years or older!**

After your baby is 1 year old, you can give your baby soft foods. Some soft foods to try are



Spaghetti and  
meat sauce



Baked beans



French toast



Pancakes



Whole cooked eggs



Give whole milk (not 2%)  
until your baby is 2 years old

**Give your baby many different foods.  
This helps them to be healthy.**

If you have questions about feeding your baby, call your public health nurse, doctor, or 24-hour HealthLine at 1-877-800-0002.

## Food "Find a Word" Puzzle

Hint: Words may be printed backwards.

Y	R	E	L	E	C	U	C	U	M	B	E	R	T	M	E	F
N	I	F	F	U	M	E	A	L	T	D	P	O	T	A	T	O
M	I	L	K	E	W	C	P	Y	U	K	Q	A	O	S	T	S
R	A	D	I	S	H	H	P	B	R	E	A	D	T	T	E	A
B	P	I	N	E	W	E	L	S	N	E	M	P	O	R	E	Y
L	T	A	O	A	F	E	E	R	I	C	E	N	S	A	B	E
U	R	E	S	G	A	S	O	U	P	A	H	B	A	W	A	W
E	R	M	E	R	E	E	T	A	O	R	S	A	P	B	N	C
B	O	O	W	A	P	O	O	S	R	R	Q	N	W	E	A	C
E	S	O	J	I	E	N	M	O	P	O	U	N	E	R	N	A
R	E	S	K	N	A	I	A	U	L	T	A	O	M	R	A	B
R	H	E	J	S	M	O	T	P	E	A	S	C	E	Y	E	B
Y	I	W	M	A	Y	N	O	C	T	F	H	K	N	O	S	A
M	P	A	M	E	C	H	I	W	I	N	O	C	I	L	O	G
D	E	E	R	O	Z	U	C	C	H	I	N	I	S	M	O	E
L	A	A	P	I	S	I	M	O	S	O	O	S	I	K	M	S
S	A	S	K	A	T	O	O	N	X	A	R	O	S	K	O	N

Note: Letters may be used more than once.

apple  
apisimosoos  
banana  
bannock  
bean  
beet  
blueberry  
bread  
cabbage  
carrot  
cheese

cucumber  
grains  
mens  
meal  
meat  
milk  
moose  
mooswa  
menisis  
muffin  
oat

oskon  
orange  
onion  
pea  
pear  
pinew  
potato  
radish  
rosehip  
rice  
saskatoon

soup  
strawberry  
squash  
tomato  
turnip  
wapoos  
wawa  
weyas  
yam  
zucchini

# Food Shopping Mehiwin Atawewin

Healthy food does not have to cost a lot of money.

Before you go shopping:

1. Look at the flyers that come in the mail.



2. Check what you have in your cupboards.



3. Make a plan. Write it down. What will you eat?  
Check this book for ideas.



# Shopping Tips

1. Put your food money in an envelope.  
Do not buy smokes or candy with food money.



2. Do not shop when you are hungry.



3. Shop when you have lots of time to look at prices.

**Look high and low.  
Middle rows have higher  
prices.**



4. Buy foods in bulk.



## Menu Ideas

<b>Meals</b>	<b>Kim (three months pregnant)</b>	<b>Bruce (age 4)</b>	<b>Joanne (breastfeeding)</b>
<b>Breakfast</b>	crackers cheese orange	brown toast peanut butter applesauce milk	rice raisins milk grapefruit
<b>Snack</b>	popcorn tomato juice	broccoli yogurt dip	muffin cheese water
<b>Lunch</b>	pancakes apple salad berries water	tomato soup made with milk bannock water	egg salad sandwich baked beans broccoli water
<b>Snack</b>	peanut butter balls (page 52) water	graham wafer orange juice	strawberry fluff (page 44) crackers water
<b>Supper</b>	hamburger soup bread yogurt	chili (page 40) boiled potato carrot	oven stew (page 50) bannock tomato juice apple crisp water
<b>Snack</b>	hot chocolate carrot sticks	½ banana crackers water	milk oatmeal peanut butter cookies (page 48)
<b>Grains</b>	6 to 8	5	10 to 12
<b>Vegetables and Fruit</b>	7	8	7 to 8
<b>Milk</b>	3	2	4
<b>Meat</b>	2	2	3

# Grocery List for Everything in Menu Ideas

---

## Dry Foods



\_\_\_\_\_ oatmeal  
\_\_\_\_\_ flour  
\_\_\_\_\_ pancake mix  
\_\_\_\_\_ baking powder  
\_\_\_\_\_ sugar  
\_\_\_\_\_ raisins

\_\_\_\_\_ powdered milk  
\_\_\_\_\_ hot chocolate  
\_\_\_\_\_ graham wafers  
\_\_\_\_\_ crackers  
\_\_\_\_\_ popcorn  
\_\_\_\_\_ rice

---

## Canned Foods



\_\_\_\_\_ tomato soup  
\_\_\_\_\_ kidney beans  
\_\_\_\_\_ baked beans  
\_\_\_\_\_ tomato paste  
or whole tomatoes  
(check price)

\_\_\_\_\_ tomato juice  
\_\_\_\_\_ apple juice  
\_\_\_\_\_ applesauce  
\_\_\_\_\_ peanut butter

---

## Frozen



\_\_\_\_\_ orange juice  
\_\_\_\_\_ moose, deer

\_\_\_\_\_ strawberries  
(use orange juice if berries  
are expensive)

---

## Fresh Food



\_\_\_\_\_ apples  
\_\_\_\_\_ bananas  
\_\_\_\_\_ grapefruit  
\_\_\_\_\_ oranges  
\_\_\_\_\_ broccoli  
\_\_\_\_\_ celery  
\_\_\_\_\_ cabbage  
\_\_\_\_\_ carrots  
\_\_\_\_\_ onion

\_\_\_\_\_ potatoes  
\_\_\_\_\_ eggs  
\_\_\_\_\_ margarine  
\_\_\_\_\_ milk  
\_\_\_\_\_ yogurt  
\_\_\_\_\_ cheese  
\_\_\_\_\_ bread (whole wheat)  
\_\_\_\_\_ ground beef  
\_\_\_\_\_ bran muffins



# Low Cost Healthy Foods

## Grain Products

- bannock
- brown bread
- cooked cereal
- macaroni
- spaghetti
- long grain rice
- rolled oats



## Milk and Alternatives

- canned, evaporated milk
- cheese
- skim, 1%, or 2% milk
- skim milk powder



# Low Cost Healthy Foods

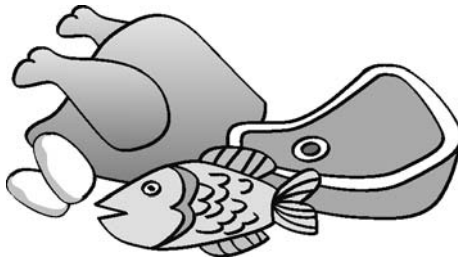
## Vegetables and Fruit

- beets
- apples
- cabbage
- bananas
- carrots
- oranges
- potatoes
- real fruit juice (no sugar)
- squash
- turnip
- tomato sauce
- canned tomatoes



## Meat and Meat Alternatives

- ground beef
- baked beans
- peanut butter
- tuna
- eggs
- wild meat



## End of the Month Shopping

What to buy if you have

**\$22 for 3 people for 2 days**

If you have oatmeal, pancake mix, or flour, buy

1 dozen eggs . . . . .	\$2.50
2 litres of milk . . . . .	3.00
1 tin frozen orange juice . . . . .	2.00
6 - 8 potatoes or loaf of day-old bread . . . . .	2.50
2 cans of tomato paste . . . . .	2.00
2 cans of brown beans . . . . .	3.00
1 kg (2 lb) ground beef (lean) . . . . .	<u>7.00</u>
Total	\$22.00

If you have extra money, buy apples, cheese, and carrots.

Menu	Day 1	Day 2
Breakfast	pancakes orange juice	oatmeal orange juice
Lunch	*chili bannock	*french toast or fried potatoes eggs and milk
Supper	*shepherd's pie or pizza bread (if you bought bread)	*chili

\*Recipes start on page 36.

## End of Month Shopping

You have

**\$18 for 2 people for 2 days**

If you don't have flour, then buy:

1 kg bag (2 lb) bag of oatmeal . . . . .	\$5.00
1 dozen eggs . . . . .	2.50
2 cans of milk . . . . .	4.00
1 tin frozen orange juice or 1 carton real apple juice . . . . .	2.00
1 small bag of carrots . . . . .	2.00
6 potatoes . . . . .	<u>2.50</u>
Total	\$18.00

Menu	Day 1	Day 2
Breakfast	oatmeal pancakes apple juice	oatmeal orange juice
Lunch	fried potatoes eggs carrots	pancake mix carrots
Supper	*potato pie *fruit fluff (nice treat!)	vegetable soup eggnog

\*Recipes are on the next pages.

# Recipes

Home cooking saves money.

---

---

## Apple Salad Mensi Salad

Serves 6

\*This salad is good with the meal, as a snack or dessert.

---

---

1. Wash your hands.



2. Take out the things you need:

**You need:**

**3 apples**

**mayonnaise**

**lemon or orange juice**

**6 sticks of celery or lettuce**

**bowl, cup, cutting knife, cutting board, spoon**

3. Wash the apples and celery.  
Trim only the brown off the celery.

4. Cut apples into small pieces.

**3 apples**



5. Put apple pieces in a bowl.

**30 mL (2 tablespoons)  
lemon or orange juice**

Sprinkle juice on the cut apples to stop them from turning brown.

6. Chop:

**6 celery stalks  
or 250 mL (1 cup) lettuce**

7. Add chopped celery or lettuce to the bowl of apples.

8. Stir in:

**30 mL (2 tablespoons)  
mayonnaise**

9. Top with walnuts, raisins, or dates if you have them.

**\* Always put left-over mayonnaise foods in the fridge.**

### **Health Tip**

- **Apple and celery help you have good skin and gums.**
- **Nuts and dried fruit help make strong blood.**
- **When you have a cold, eat more vegetables and fruit.**

---

---

**Banana Muffins**  
**Banan Sewskusikunak**

**Makes 24**

Buy mushy bananas on sale.  
They're great for muffins!

---

---

1. Wash your hands.
2. Get out the things you need:



**You need:**

**125 mL (½ cup) oil**

**3 ripe bananas**

**3 eggs**

**500 mL (2 cups) flour**

**2 mL (½ tsp) salt**

**375 mL (1½ cups) oatmeal**

**20 mL (4 teaspoons) baking powder**

**125 mL (½ cup) sugar**

**250 mL (1 cup) water**

**large bowl, spoon, plate, fork, cup, measuring spoons,  
muffin tin or cake pan**

**If you have: 125 mL (½ cup) raisins or chocolate chips**

**250 mL (1 cup) milk powder**

3. Mash:

**3 bananas**



4. Beat: **3 eggs**
5. Add:  
**125 mL (½ cup) oil**  
**2 mL (½ teaspoon) salt**  
**250 mL (1 cup) powdered milk**  
**(this can be left out)**  
**250 mL (1 cup) water**
6. Mix in:  
**500 mL (2 cups) flour**  
**375 mL (1½ cups oatmeal)**  
**125 mL (½ cup) sugar**  
**20 mL (4 teaspoons) baking powder**  
**125 mL (½ cup) raisins and chocolate chips (if you have them)**
7. Stir 5 times only.
8. Spoon into muffin tins or a large cake pan.
9. Bake at 180°C (350°F)     muffins - 20 minutes  
    cake - 40 minutes

They are done when a toothpick comes out clean.

### **Health Tip**

- **Muffins are healthier if you put whole wheat flour, oatmeal, raisins, or powdered milk in them.**
- **Raisins come from the vegetable and fruit group. Raisins add iron to muffins or cookies.**
- **Bananas are healthy for you even when they are very mushy.**



1. Wash your hands.



2. Get out the things you need.

**You need:**

**2 - 398 mL (15 oz) cans kidney or brown beans**  
**2 - 156 mL (5.5 fluid oz) cans tomato paste**  
**.650 kg (1 lb) ground beef (if you have some)**  
**2 onions (if you have them)**  
**15 mL (1 tablespoon) chili powder**  
**pepper and salt to taste**  
**frying pan, spoon, cutting knife, can opener**



3. Cut up ground beef in frying pan.

**.650 kg ground beef**

4. Chop and fry the onions.

**2 onions**

5. Stir until brown.

6. Spoon meat fat into a can.

7. Add:

**beans  
tomato paste  
2 cans water  
chili powder  
salt**

8. Stir over medium heat until hot.

Chili and rice is very nice!

**Healthy meal deal: chili, carrots, bread, and milk.**

### **Money Saver**

- **Beans are cheap and give you good iron and protein.**
- **If you don't have hamburger, add 2 more cans of baked beans.**
- **Beans are high in fibre. Fibre is good for your stomach. Extra fibre is good if you have hard poop.**
- **You can get more fibre if you eat brown bread or brown rice.**

---

---

## French Toast

Makes 12 slices

---

---

1. Wash your hands.



2. Get out the things you need:

**You need:**

**4 eggs**

**175 mL ( $\frac{3}{4}$  cup) milk**

**12 bread slices**

**margarine**

**salt**

**vanilla**

**bowl, cup, spoon, frying pan, egg flipper**

3. Put in a bowl:

**4 eggs**

**5 mL (1 teaspoon) vanilla**

**175 mL ( $\frac{3}{4}$  cup) milk**

**1 mL ( $\frac{1}{4}$  teaspoon) salt**

4. Mix with a fork.

5. Put in a frying pan:

**15 mL (1 tablespoon)  
margarine or oil**

6. Heat pan until margarine is light brown.

7. Dip bread in egg mixture. Wet both sides of bread.
8. Fry on medium heat until brown.

Add more margarine if bread starts to stick.

Eat with berries, yogurt, or canned peaches.

**Healthy meal deal: french toast, berries, a carrot, and milk.**



### **Health Tip**

- **Eggs help make good blood and a strong body.**
- **3 slices of french toast would give you 1 meat and 3 bread servings.**

---

---

**Fruit Fluff**  
**Sewikusikuns**

Serves 4

Like a frozen jello dessert.

---

---

1. Wash your hands.



2. Get out the things you need.

**You need:**

**250 mL (1 cup) powdered skim milk and  
250 mL (1 cup) cold water or 1 can evaporated milk  
250 mL (1 cup) frozen fruit (strawberries or orange  
juice)  
30 mL (2 tablespoons) sugar  
bowl, cup, egg beater**

3. Put in a bowl:

**250 mL (1 cup) water**

4. Sprinkle on:

**250 mL (1 cup) powdered milk**

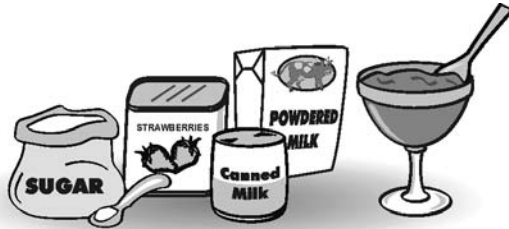
5. Beat milk until very fluffy.

6. Beat in:

**1 box frozen berries or  
125 mL (½ cup) frozen orange juice  
30 mL (2 tablespoons) sugar**

7. Freeze or serve as a shake.

**Fast meal deal: fruit fluff drink and a peanut butter sandwich.**



### **Health Tip**

- **Fruit fluff can be a body building drink.**
- **Milk and fruit help to build teeth.**
- **Your unborn baby's teeth are growing even before he is born.**
- **Fruit is the best treat.**
- **Say "No" to pop and sugar sweets.**
- **A bag of candy costs the same as 4 apples.**
- **Your kids will love fruit as a snack.**
- **Real fruit and real juice are much better for teeth and strong bodies.**

---

---

## Shepherd's Pie

Serves 4

A family favourite.

---

---

1. Wash your hands.



2. Get out the things you need.

**You need:**

**500 g (1 lb) ground beef**

**30 mL (2 tablespoons) oil**

**125 mL (½ cup) chopped celery**

**125 mL (½ cup) chopped onion**

**30 mL (2 tablespoons) flour**

**5 mL (1 teaspoon) salt**

**1 mL (¼ teaspoon) pepper**

**250 mL (1 cup) boiling water**

**1 beef bouillon cube**

**or 250 mL (1 cup) beef stock**

**750 mL (3 cups) mashed potatoes**

**bowl, frying pan, sharp knife, cup, spoon, oven pan**



3. Chop the celery and onion.  
Cook and mash the potatoes.

**125 mL (½ cup) chopped celery**

**125 mL (½ cup) chopped onion**

**750 mL (3 cups) mashed potatoes**

4. Mix the ground beef with the oil, celery, and onions.

**500 g (1 pound) ground beef  
30 mL (2 tablespoons) oil**

5. Add mixture to the frying pan and stir until brown.

6. Stir in the flour, salt, and pepper.

**30 mL (2 tablespoons) flour  
5 mL (1 teaspoon) salt  
1 mL (¼ teaspoon) pepper**

7. Pour boiling water over bouillon cube. Dissolve. Pour into meat mixture. Stir until boiling and thickened.

**250 mL (1 cup) boiling water  
1 beef bouillon cube  
(or 250 mL beef stock)**

8. Spread mixture into a 1.5 L (1½ quart) oven dish. Cover with the mashed potatoes.

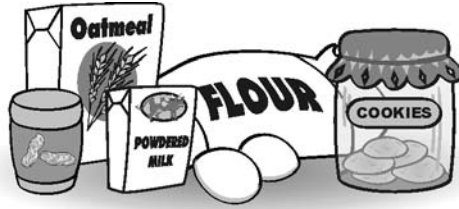
9. Bake, uncovered at 180°C (350°F) for 30 minutes until heated through and potatoes are browned.

### **Health Tip:**

**Most Canadians eat too much fat. Plain potatoes, cooked rice, or macaroni have no fat. You could use raw potatoes and low fat cheese to cut down on fat.**

- **hash brown potatoes - 30 mL (6 teaspoons) fat**
- **potatoes or macaroni - no fat**





1. Wash your hands.



2. Get out the things you need:

**You need:**

**250 mL (1 cup) margarine**

**250 mL (1 cup) peanut butter**

**2 eggs**

**500 mL (2 cups) flour**

**125 mL (½ cup) powdered milk**

**15 mL (3 teaspoons) baking powder**

**375 mL (1½ cups) oatmeal**

**375 mL (1½ cups) sugar**

**bowl, cup, big spoon, measuring spoon, cookie sheet**

3. Mix in a bowl:

**250 mL (1 cup) margarine**

**250 mL (1 cup) peanut butter**

4. Add:

**375 mL (1½ cups) sugar**

**2 eggs**

Mix well.

## Health Tip

**Peanut butter, milk, and oatmeal help a child grow. These cookies are cheaper than cookies you buy at the store.**

5. Add:

**125 mL (½ cup) dry milk powder  
375 mL (1½ cups) oatmeal  
500 mL (2 cups) flour  
15 mL (3 teaspoons) baking powder**

6. After all the flour is mixed, roll into 1 inch balls.
7. Place on greased cookie sheet. Flatten balls with a fork.
8. Bake at 180° C (350°F) for 8 - 10 minutes.

Serve with milk. Yummy!

## Health Tip

- **Pregnant moms need lots of protein.**
- **Nuts and seeds are good snacks to give you protein.**

**When you snack:**

- **Drink water after snacking.**  
**This washes away some of the sugar from your snack.**  
**When sugar is left on your teeth they will soon need fillings.**

---

---

## Oven Stew Pukwesikunapwe

Serves 8

You can also cook this stew in a big pot on top of the stove.

---

---

1. Wash your hands.



2. Get out the things you need.



### You need:

**1 kg (2 pounds) tough meat**

**60 mL (¼ cup) flour**

**salt, pepper**

**3 large potatoes**

**125 mL (½ cup) celery or onion**

**4 carrots**

**500 mL (19 fluid oz.) can tomatoes**

**sharp knife, cutting board, oven pan with lid, can opener**

3. Cut the meat into small chunks.

4. Put meat into an oven pot. Sprinkle the meat with flour.

### Health Tip

**Wild meats (apisimosoos, wapoos) are low fat meats.**

**Wild meat is very high in iron.**

5. Wash the potatoes and carrots but do not peel them. The skin gives extra fibre.  
Peel and chop the onion.  
Cut other vegetables into large chunks.
6. Mix with the meat.
7. Stir in the tomatoes.
8. Put on a lid. Bake at 180°C (350°F) for 1½ hours.

**Healthy meal deal: stew, bread, and milk.**

### **Health Tip**

**Leave the skin on vegetables.  
You save good food and time too.**

## **Potato Wedges Mmm . . . Good!**



1. Wash the skins of 4 potatoes.
2. Cut potatoes in wedges.
3. Spread on a cookie sheet.
4. Sprinkle 30 mL (2 tablespoons) of Italian dressing on top.
5. Bake at 200°C (400°F) for 35 minutes.

---

---

## Peanut Butter Balls

Makes 20 Balls

An easy snack - no baking needed!

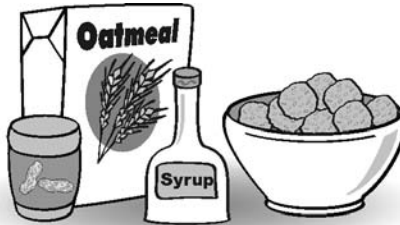
---

---

1. Wash your hands.



2. Get out the things you need.



**You need:**

**125 mL (½ cup) peanut butter**  
**125 mL (½ cup) powdered milk**  
**125 mL (½ cup) oatmeal or rice krispies**  
**60 mL (¼ cup) raisins**  
**45 mL (3 tablespoons) syrup**  
**bowl, spoon, cup**

\* You can change this recipe as long as you have enough peanut butter to make it stick together.

3. Stir together:

**125 mL (½ cup) peanut butter**  
**125 mL (½ cup) powdered milk**  
**125 mL (½ cup) oatmeal or rice krispies**  
**60 mL (¼ cup) raisins**  
**45 mL (3 tablespoons) syrup**

4. Roll into balls.
5. Roll balls in coconut or rice krispies.
6. Serve.

### **Health Tip**

- **All 4 food groups are in this quick, no-bake cookie**
- **Peanut butter balls are great snacks or an easy, quick meal.**
- **Serve with water, juice, or milk.**
- **Beans, peanuts, and dried peas have lots of protein.**

---

---

## Pizza-Roni

Serves 8

Kids love this quick, "macaroni-helper" meal.

---

---

1. Wash your hands.



2. Get out the things you need.

**You need:**

**750 mL (3 cups) dry macaroni**

**400 mL (19 fluid oz.) can tomatoes or**

**1 - 156 mL (5.5 fluid oz.) can tomato paste**

**salt**

**500 mL (2 cups) cooked ground beef or sliced smokies**

**250 mL (1 cup) cheese**

**cooking pot, cup, spoon, can opener**

**Other food you could add:**

**250 mL (1 cup) green sweet pepper**

**250 mL (1 cup) powdered milk**

**250 mL (1 cup) sliced carrots**

**250 mL (1 cup) pizza sauce**

3. Boil in a large pot:

**about 1½ litres (7 cups) of water**



4. Add:

**750 mL (3 cups) macaroni  
5 mL (1 teaspoon) salt**

5. Boil 8 minutes.

6. Drain off water.

7. Add to the pot:

**1 can tomatoes or tomato paste  
500 mL (2 cups) cooked ground  
beef or sliced smokies  
250 mL (1 cup) chopped cheese**

When you get a chance, try:

- 250 mL (1 cup) green pepper or carrots
- 250 mL (1 cup) pizza sauce
- 250 mL (1 cup) powdered skim milk (adds calcium for growth)

8. Stir until everything is mixed.

**Healthy meal deal: pizza-roni, bread, and canned pineapple**

### **Health Tip**

- **Powdered skim milk can be added to mixtures. You do not taste the milk and it gives lots of calcium.**
- **Carrots, broccoli, and pumpkin have lots of Vitamin A. It makes healthy skin and shiny hair.**
- **Tomato sauce has more Vitamin A than tomato soup.**



---

---

## Potato Pie Napatak Pie

Serves 5

A complete meal in one pan.

---

---

1. Wash your hands.



2. Get out the things you need.



**You need:**

**6 potatoes**

**oil**

**3 carrots**

**salt**

**1 small onion**

**3 eggs**

**60 mL (¼ cup) oatmeal**

**250 mL (1 cup) milk (canned or whole)**

**250 mL (1 cup) cheese (if you have some)**

**bowl, cup, spoon, cake pan, or pie plate**

3. Wash the potatoes and carrots.  
Peel the onion.

4. Chop the potatoes, carrots, and onion into very small pieces. You could also grate the vegetables. Then, put the vegetables in a large bowl.

5. Mix in:

**3 beaten eggs**  
**60 mL (¼ cup) oatmeal**  
**250 mL (1 cup) milk**  
**5 mL (1 teaspoon) salt**

6. Put oil in a large cake pan.

**30 mL (2 tablespoons) oil**

7. Spread the mix into a greased pan.

8. Bake at 180°C (350°F) for 65 minutes.

9. Remove potato dish from the oven.

10. If you have cheese:  
Put cheese slices or  
grated cheese on top.

**250 mL (1 cup) cheese**

11. Put in oven until cheese melts.

Tomato soup and apples taste great with napatak pie.

### **Health Tips**

- **Add 125 mL (½ cup) canned milk to any soup for added calcium.**
- **125 mL (½ cup) of real fruit juice is better for you than 750 mL (3 cups) of sweet drink or pop**

---

---

**Fried Rice**  
**Ochisuk (Kasapiskisochik)**

**Serves 6**

\*This is a good recipe to use up left-over meat, rice, and vegetables.

---

---

1. Wash your hands.
2. Take out the things you need.



**You need:**

**1250 mL (5 cups) cooked rice**

**salt**

**375 mL (1½ cups) meat**

**\*Use leftover meat or .450 kg (1 lb) ground beef**

**500 mL (2 cups) vegetables (try celery, peas, cabbage, onions, or carrots)**

**soya sauce**

**oil**

**frying pan, cutting knife, cutting board, pot and lid, spoon**



### **Money Saver**

- **A bag of rice is much cheaper than 5 Minute Rice.**
- **20 minute rice is healthier and tastes better than 5 Minute Rice**
- **Buy meat for protein.**
- **Hot dogs and bologna are low in protein so they do not make good choices for meat.**
- **You get the same protein in 5 hot dogs as 1 small hamburger or a small piece of turkey.**

### **To cook raw rice:**

Makes about 1250 mL (5 cups)

1. Boil water in a pot.

**750 mL (3 cups) water**

2. Stir rice and salt into the boiling water.

**375 mL (1½ cups) rice**  
**2 mL (½ teaspoon) salt**

3. Turn down to low heat.  
Put on a lid and cook for 20 minutes.

**\*Hint: Do not peek!**  
**Do not stir or it will clump together.**

- **If rice sticks together, try using converted rice or cook with 5 mL (1 teaspoon) oil.**
- **Rice is cooked when it is soft in the center. Some kids say: It's cooked when there is no bone in the middle!**

### **Be a smart cook:**

Make extra rice to use at a meal or for rice pudding.

## Fried Rice (continued)

As the rice is cooking:

1. Chop the meat and fresh vegetables.

**500 mL (2 cups) vegetables fresh vegetables such as: carrots, cabbage, beans, corn, peas, green pepper, broccoli, or zucchini, onions**

**Frozen vegetables can also be used.**

2. Put oil in large frying pan.

3. Fry raw meat or raw vegetables at medium heat.

**30 mL (2 tablespoons) oil  
raw food**

4. When meat is cooked, add chopped leftover foods and rice.

5. Stir in soya sauce.

**45 mL (3 tablespoons soya sauce  
pepper and garlic add flavour**

## See What You Know

What food is good for bones and teeth?

Kekway kamyosik oskuna menu wepita oche awayuk?

ice cream                      or                       fries

What food is good for blood?

Kekway kamyosik miko oche?

meat                                      or                                       colas

What drink is good for growth of your baby?

Kekway kamyosik kita oche opikit kichawas-simis?

coffee                                      or                                       milk

What food works with iron to make healthy blood?

Kekway katoskemakuk meyomu-chehoown-miko?

oranges                                      or                                       chips

What helps a baby to be smart?

Kekway awasis kawechikikot kita kakatey-itak awasis?

alcohol                                      or                                       eggs

What food will keep your eyes healthy?

Kekaw mechiwin kawechihikon meyomu-chehoowin?

carrots                                      or                                       pop

Who should you listen to?

Awena takinatotawat?

yourself: I'll do it for my baby    or     television ads

Answers:    The  answers are right.

Waweysinaha anihi kiteyitamun itapweymakuki.

## **Where to Go for Help**

Public Health Nurse

(306) 765-6500 - Prince Albert, SK

Breastfeeding Support - Lactation Consultant

(306) 765-6500 - Prince Albert, SK

Native Coordinating Council - Family Services

(306) 764-1652 - Prince Albert, SK

Nutritionist

(306) 765-6600 - Prince Albert, SK

Community Kitchens and Smart Families Food Co-Op

(306) 763-0242

Family Futures Inc.

(306) 763-0760 - Prince Albert, SK

Kids First

(306) 765-6656

YWCA

(306) 763-8571 - Prince Albert, SK

HealthLine (Saskatchewan)

1-877-800-0002

Stop Smoking

Canadian Cancer Society

(306) 764-4808 - Prince Albert, SK

Addiction Services

(306) 765-6565 - Prince Albert, SK

## **Thanks to:**

- The families in Prince Albert who tested all recipes and shared their experiences.
- West Flat Community Parents and Don Freed for Canada's Northern Food Guide Song
- Child Mother Futures staff and participants
- Heather McAvoy, Public Health Nutritionist
- Barb Roberts, Cree translator
- Bella Naskathey, cover artist
- The North West Company, Healthy Living Program, ©1994 for Northern Food Guide
- Nutrition Department of Public Health Services Saskatoon District Health

## **Project Partners:**

- Native Co-ordinating Council - Family Services
- West Flat Community Preschool
- Literacy Program, SLAST Woodland Campus
- YWCA of Prince Albert

## **2009 Revisions:**

### Prince Albert Parkland Health Region:

- Linda Gilmour Kessler - Mental Health Addictions Nutritionist
- Carrie Verishagen - Diabetes/Outpatient Dietitian
- Victoria Jurgens - Public Health Nutritionist
- Liz Thompson - Public Health Nurse
- Maryanne King - Lactation Consultant