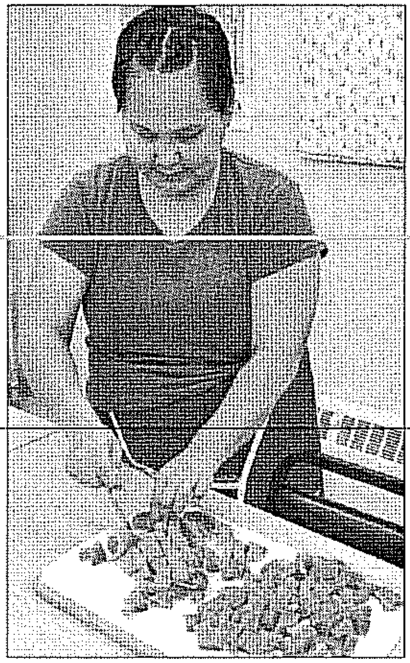
Healthy on the Lake

Northern News Services

The Baker Lake Prenatal Nutrition Project held a number of activities in the community to close out 2013 on a healthy note.

A Basic Shelf Workshop on cooking with nutritious ingredients, a table filled with nutritious snacks for people to try at the Northern store, and workshops on food safety and kitchen hygiene were among the activities hosted by the project.



ᐸᐅᕋ ᒪᓐᓂᒃ ᐊᒃᑐᐃᔪᖅ ᐃᖃᓗᖕᒥᒃ ᑐᓂᔭᐅᔪᒥᒃ ᑭᕙᓪᓕᕐᒥ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓂᕿᓕᕆᔨᓂᑦ ᖃᔪᓕᐅᕆᐊᕐᓂᐊᖅᖢᓂ ᖃᒪᓂᑦᑐᐊᕐᒥ ᓄᑦᑕᕐᓯᖃᖅᑐᑦ ᓂᕆᔪᓐᓂᒃ ᐱᓕᕆᐊᖑᓯᒪᔪᓂ ᖃᒪᓂᑦᑐᐊᕐᒥ ᑕᖅᑭᐅᓚᐅᖅᑐᒥ.

Barbara Mannik cubes *char donated by Kivalliq Arctic Foods for making char chowder at the Baker Lake Prenatal Nutrition Project in Baker this past month.*

ᑎᒥᒧᑦ ᐱᐅᓯᓂᒃ ᐱᓕᕆᐊᖃᖃᓂᖏᑦ ᖃᒪᓂᑦᑐᐊᕐᒥ

HEALTH Feature

by Laurel Kreuger

Baker Lake

Öœ«î

ᖃᒪᓂᑦᑐᐊᕐᒥ ᓄᑦᑕᕐᓯᖃᖅᑐᑦ ᓂᕿᑦᓯᐊᕋᓕᐅᕐᓂᖏᑦ ᐱᓇᓱᐊᒃ ᖃᓄᐃᓕᐅᕈᑎᖃᓚᐅᖅᐳᑦ ᑕᒪᓂ ᐊᕐᓂᒍᑎᖃᖅᖢᑎᒃ 2013-ᒥ ᐋᓐᓂᐊᖃᖏᑦᑐᓕᕆᓂᕐᒧᑦ ᐱᓇᓱᐊᖃᖅᖢᑎᒃ. ᑖᒃᑯᓂᖓ ᐃᓕᓐᓂᐊᕈᑎᖃᖅᖢᑎᒃ ᐃᖏᕐᓂᒃ ᐃᒃᐱᒋᓇᖏᓐᓂᖏᑦ ᓂᕿᓕᐅᕐᓗᓂ ᓂᕿᑦᓯᐊᕐᓂᒃ, ᐊᒥᓱᓄᑦ ᖃᐅᔨᒪᔭᐅᖅᖢᑎᒃ ᑕᒫᓂ ᐃᓄᖕᓄᑦ ᓂᕿᑦᓯᐊᕈᑎᒃ ᑕᐃᑲᓂ ᓂᐅᕕᕐᕕᖕᒥ, ᐊᒻᒪ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᖃᑦᑕᖅᖢᓂ ᓂᕿᑦ ᖃᓄᖅ ᐅᓗᕆᐊᓇᖏᓐᓂᖏᑦ ᐊᒻᒪ ᐃᒡᓗᕋᓛᒥ ᐊᐅᓚᓂᐊᖃᖏᑦᑐᓂᒃ ᑕᒪᒃᑯᐊ ᐱᓕᕆᐊᖃᖅᖢᑎᒃ.

ᓱᓵᓐ ᓂᐅᖅᑐᖅ ᐃᓕᓪᓚᐅᖅᐳᖅ ᐃᕿᓯᖕᒪᓂᒃ ᖃᑦᑐᓐᑦ ᐃᒐᓂᖏᑦ ᐃᓗᓕᖃᖅᑐᓂ ᐊᒻᒪ ᖃᔪᖃᖅᑐᓂ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᑎᓪᓗᒋᑦ ᖃᒪᓂᑦᑐᐊᕐᒥ ᓄᑦᑕᕐᓯᖃᖅᑐᑦ ᓂᕿᑦᓯᐊᕋᓕᐅᕐᓂᖏᑦ ᐱᓇᓱᐊᖓᑦ.

Suzanne Niuqtuq learns how to roast a chicken with homemade stuffing and gravy.

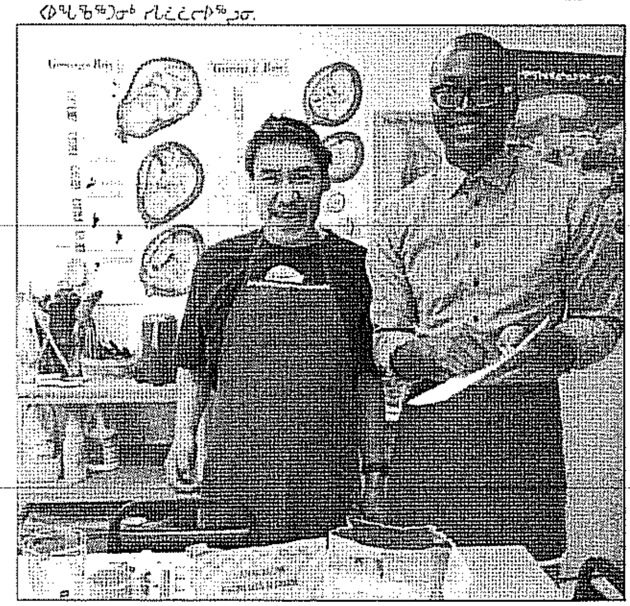
ᐁᒥ ᐊᕙᑎᑐᖅ, ᓘᓯ ᑯᐃᓇᖕᓇᖅ, ᓗᐃᓴ ᐳᑦᓇᖅ, ᔅᑎᓐ ᓯᑲᑎ ᐊᒻᒪ ᔨᓯᐱᐅ ᐋᓯᕙᐊᔪᒃ ᓯᓇᓂᒃ ᐃᓕᓴᖃᑦᑕᕐᓂᖏᑦ ᖃᐅᔨᒋᐊᖅᐳᑦ ᑖᑉᓱᓂ ᓂᕿᓕᐅᕆᓂᕈᓂᑦ Basic Shelf Cookbook ᐃᓕᓐᓂᐊᖅᑎᑕᐅᑎᓪᓗᒋᑦ ᖃᒪᓂᑦᑐᐊᕐᒥ.

Amy Avatituq, from left, *Lucy Quinangnaq, Louisa Pudnak, Justine Scottie and Jezebel Aasivaaryuk check out some of the basic ingredients used in the Basic Shelf Cookbook during a workshop in Baker Lake.*

ᓛᔅ ᖃᖅᑲᖅ ᐅᑯᓇᐊᖅᑐᖅᑐᖅ ᒪᒪᖅᑐᓂᒃ, ᐋᓐᓂᐊᖃᖏᑦᑐᓂᒃ ᑕᒪᓐᓇᓂᒃ ᓂᐅ ᐊᓇᐅᑕᓕᖕᒥᑦ ᓴᐅᒥᐊᓂ, ᐊᒻᒪ ᓗᕋᓪ ᑰᕆᒡᒍ ᐊᓪᓚᕐᕕᖕᒥ ᓂᕿᓂᒃ ᑕᒪᓐᓇᓂᒃ ᐅᑦᑐᖃᑦᑕᖅᑕᐅᓪᓗᑎᒃ ᓂᐅᕕᕐᕕᖕᒥ ᖃᒪᓂᑦᑐᐊᕐᒥ ᓄᑦᑕᕐᓯᖃᖅᑐᑦ ᓂᕆᔪᓐᓂᒃ ᓴᖅᑭᑦᑎᕆᔨᒋᓪᓗᒋᑦ ᓂᕿᑦᓯᐊᕋᓕᐅᕐᓂᖏᑦ ᐋᖅᑭᒃᓱᖅᑕᐅᓯᒪᓪᓗᓂ.

Lars Qaqqaq stops by *to try a delicious, healthy snack from Annie Anautalik, left, and Laurel Kreuger at a table set up at the Northern store by the Baker Lake Prenatal Nutrition Project.*

ᑑᓂ ᐊᖑᐦᕼᐊᓗᒃ, ᓴᐅᒥᐊᓂ, ᐊᒻᒪ ᓄᓇᓕᖕᓂ ᐋᓐᓂᐊᖃᖏᑦᑐᓕᕆᓂᕐᒧᑦ ᐱᕙᓪᓕᐊᑎᑦᑎᔨ ᐅᓚᕕᓐ ᕌᐃᑦ ᐊᑐᖅᑐᖅ ᓂᕿᓕᐅᕆᓂᕐᒥ Basic Shelf Cookbook ᒪᒪᖅᑐᓂᒃ ᐅᐊᑦᒥᐅᖅᑐᓂᒃ ᓯᕙᑖᓕᐅᕐᓗᓂ.



Tony Anguhalluq, left, *and community health development co-ordinator Malvin Wright use the Basic Shelf Cookbook to make a batch of oatmeal raisin cookies.*