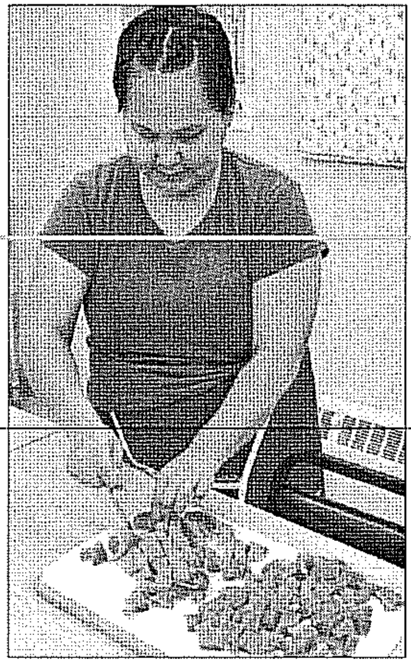
Healthy on the Lake

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.



ᐹᐳᕋ ᒪᓐᓂᒃ ᐊᒡᒍᐃᔭᖅ ᐃᖃᓗᒻᒥᒃ ᑐᓂᔭᐅᔪᒥᒃ ᑭᕙᓪᓕᕐᒥ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓂᕿᓕᕆᔨᓂᑦ ᖃᔪᓕᐅᕆᑎᑦᓯᐅᓂᐊᖅᖢᓂ ᖃᒪᓂᑐᐊᒥ ᓄᑦᑕᖅᓴᖃᖅᑐᑦ ᓂᕆᓯᐊᓂᒃ ᐱᓕᕆᑎᑦᑎᕙᓪᓕᓂ ᖃᒪᓂᑐᐊᒥ 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 ᐱᓕᕆᐊᖃᕋᓂᕐᒥᑦ ᖃᒪᓂ'ᑐᐊᒥ

HEALTH Feature

by Laurel Kreuger

Baker Lake

Öœ«î

ᖃᒪᓂᑐᐊᒥ ᓄᑦᑕᖅᓴᖃᖅᑐᑦ ᓂᕿᓯᐊᕆᓕᕐᓂᕐᒧᑦ ᐱᓕᕆᕖᑦ ᖃᓄᐃᓕᐅᕆᑎᖃᓚᐅᖅᑐᑦ ᑕᐃᒃᑯᓇ ᐱᐊᓂᒍᕐᑎᖃᖅᖢᑎᒃ 2013-ᒥᒃ ᐋᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᓂᕐᒧᑦ ᐱᓕᕆᐊᖃᖅᖢᑎᒃ. ᑖᒃᑯᓇᖓᑦ ᐃᓕᓐᓂᐊᕈᑎᖃᖅᖢᑎᒃ ᐃᖏᕐᓂᒃ ᐃᑯᐊᓪᓚᖅᑕᕐᓂᕐᒧᑦ ᓂᕿᓕᐅᕐᓗᓂ ᓂᕿᑦᓯᐊᕙᓂᒃ, ᐊᑐᕐᓯᔭᖅᑲᓚᐅᖅᖢᑎᒡᓗ ᑕᕝᕙᓂ ᐃᓄᖕᓄᑦ ᓂᕿᑦᓯᐊᑦᑕᐅᖅᖢᑎᒃ ᑕᐃᑲᓂ ᓂᐅᕕᕐᕕᖕᒥ, ᐊᒻᒪ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓚᐅᖅᖢᓂ ᓂᕿᑦ ᖃᓄᖅ ᐅᓗᕆᐊᓇᖏᑦᑐᒃᑯᑦ ᑲᒪᒋᔭᐅᑦᑎᐊᖅᑲᓂᖏᓐᓄᑦ ᓴᓗᒪᒋᐊᖅᓯᓂᖏᓐᓄ ᑕᒪᓐᓇ ᐱᓕᕆᐊᖃᓚᐅᖅᖢᑎᒃ.

ᓱᓴᓐ ᓂᐅᖅᑐᖅ ᐃᓕᓚᐅᖅᑐᖅ ᐃᖏᕆᓪᓗᓂ ᖃᖏᓐᓇᑦ ᐃᑲᓂᕐᒥᒃ ᐃᓗᓕᖃᖅᖢᓂ ᐊᒻᒪ ᖃᓴᖃᖅᖢᓂ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᑎᓪᓗᒋᑦ ᖃᒪᓂᑐᐊᒥ ᓄᑦᑕᖅᓴᖃᖅᑐᑦ ᓂᕿᓯᐊᕆᓕᐅᕐᓂᕐᒧᑦ ᐱᓕᕆᕝᕕᖕᒥ.

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

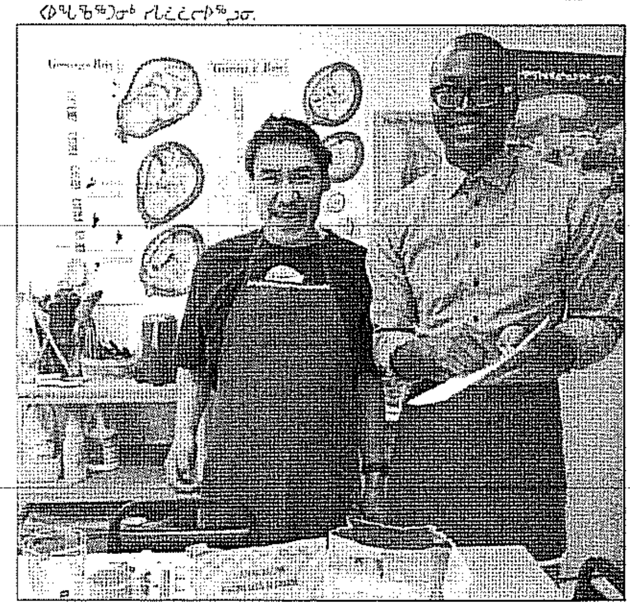
ᐃᒥ ᐊᕙᑎᑐᖅ, ᓴᐅᒥᐊᓂ ᓘᓯ ᖁᐃᓇᖕᓇᖅ, ᓗᐃᓴ ᐳᑦᓇᒃ, ᔅᑎᓐ ᓯᑳᑎ ᐊᒻᒪ ᔨᓯᐱᓪ ᐋᓯᕙᐃᔭᒃ ᑕᑯᓂᐊᖅᑕᖅᖢᑎᒃ ᖃᐅᔨᒋᐊᖅᑐᑦ ᑖᒃᑯᓂᖓ ᓂᕿᓕᐅᕆᓂᕐᒧᑦ Basic Shelf Cookbook ᐃᓕᓐᓂᐊᕐᑎᑕᐅᑎᓪᓗᒋᑦ ᖃᒪᓂᑐᐊᒥ.

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 ᐅᑭᐅᖅᑎᖅᐸᖅᑐᖅ ᒪᒪᖅᑐᓂᒃ, ᐋᓐᓂᐊᕐᓇᖏᑦᑐᓂᒃ ᑕᒫᓂᙶᖅ ᐋᓂ ᐊᓇᐅᑕᓕᖕᒥᑦ ᓴᐅᒥᐊᓂ, ᐊᒻᒪ ᓗᕈᓪ ᑯᕈᒍ ᐊᓯᓕᖅᓯᒥ ᓂᕿᓂᒃ ᑕᒪᓂᓐᓂ ᐅᑦᑐᖃᑦᑕᕐᕕᐅᓯᒪᔪᒥᒃ ᓂᐅᕕᕐᕕᖕᒥ ᖃᒪᓂᑐᐊᒥ ᓄᑦᑕᖅᓴᖃᖅᑐᑦ ᓂᕿᓯᐊᕆᓂᒃ ᓴᖅᑭᔮᖅᑎᑦᓯᑎᑦᑐᒥᑦ ᓂᕿᓯᐊᕆᓕᕆᔨᑯᓐᓄᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᓂᖓᓂ.

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.

ᑐᓂ ᐊᖑᕼᐊᓗᒃ, ᓴᐅᒥᐊᓂ, ᐊᒻᒪ ᓄᓇᓕᖕᓂ ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᓂᕐᒧᑦ ᐱᕙᓪᓕᐊᑎᑦᓯᔨ ᒪᐅᕕᓐ ᕋᐃᑦ ᐊᑐᖅᑐᖅ ᓂᕿᓕᐅᕆᓂᕐᒧᑦ Basic Shelf Cookbook ᒪᒪᖅᑐᓂᒃ ᐅᐸᓗᒐᖅᑐᓂᒃ ᓯᓚᓖᓕᐅᖅᖢᓂ.



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