

Technical Advisor

NUNAVUT IMPACT REVIEW BOARD Cambridge Bay Career Opportunity

Subscribe to
Our Virtual Paper

MULTI-PAPER
BUYING
SERVICE
1 800-263-1452
ADVERTISING MADE EASY

NUNATSIAQ ONLINE

NEWS: Nunavut September 28, 2012 - 11:54 am

Nunavut promotes easy, healthy recipes

"There's been quite a positive response"

SAMANTHA DAWSON

Shopping for healthy store-bought food is easy.

That's the message the health and social services department of the Government of Nunavut sent out to all Nunavut communities, which have received 10 new recipes for healthy meals.

These include recipes for fish chowder, stir fries, baked omelette, meaty macaroni, barley soup, roast pork, pizza, caribou stew, baked Arctic char and chicken and rice or peas.

Every month, for the next 10 months, a new recipe will be featured in stores, including Arctic Ventures and North Mart in Iqaluit.

That means stores will put the recipes in flyers, put items on sale and let people taste test the foods.

"There's been quite a positive response," Nunavut's territorial nutritionist, Jennifer Wakegijig said of the fish chowder recipe released Sept. 20.

The goal: to teach people cooking skills and to help people find ways to cook confidently with store-bought foods.

"A variety of skills are included in here that people have told us they need," she said.

Nunavut residents want to learn how to roast meat, such as whole chickens.

So, there's a picture of every step of the recipe in step-by-step booklets "to try to really make people feel confident that they can do this."

The recipes include big colourful pictures, the amount of servings, how long the food takes to prepare and cook and food safety tips.

"Peas rich in fibre. Fibre helps us stay full longer," reads one tip.

There are also food safety tips indicating the importance of proper hand washing.

"Sometimes we learn that people aren't sure how to cut up certain vegetables or which parts you eat and which part you throw away. We're hoping that through seeing these recipes and trying them out, people will start to gain confidence in those skills," Wakegijig said.



Iqaluit Northmart store manager Rick McDougall, the Government of Nunavut's nutritionist Jennifer Wakegijig, and Arctic Co-operatives Ltd. regional manager Stephane Daigle unveil the recipe pamphlets for 10 new recipes being distributed to Nunavut communities. The goal of the recipes is to teach people how to make healthy choices at the checkout counter at grocery stores and co-ops. (PHOTO BY SAMANTHA DAWSON)



The recipes are offered in all official languages and are available from community health workers and online (PHOTO BY SAMANTHA DAWSON)

NEWS

FEATURES

EDITORIAL

LETTERS TO THE EDITOR

TAISSUMANI

COMMENTARY

NEWS TIPS

PRIVACY POLICY

SUBSCRIBE

THIS WEEK'S ADS

JOBS

TENDERS

NOTICES

ADVERTISING

RATE CARD/MEDIA KIT

EMAIL AD DEPARTMENT

WE HAVE YOUR PAPER IN NUNAVUT



Search

Google Custom

Ad fax: 1 800 417-2474
Ad voice: 1 800 263-1452
E-mail: ads@ayaya.ca



Advertising Made Easy!



Invitation for Applications Languages Commissioner of Nunavut

Applications are currently being invited for the position of Languages Commissioner of Nunavut.

The Languages Commissioner of Nunavut is an independent Officer of the Legislative Assembly. This is a four-year statutory appointment. The Languages Commissioner is appointed on the recommendation of the Legislative Assembly, pursuant to the Official Languages Act.

Applicants must clearly demonstrate how they meet the requirements and competencies set out in the position profile.

Applications will be accepted until 5:00pm (EST) on Friday, November 16, 2012.

More...

employment opportunity



NUNAVUT ARCTIC COLLEGE

Equipment Technician/Building Supervisor, Pliqqusllirivvk
Clyde River, NU – Competition #: 041-101212-ETBS-12637

If there is no successful NLEB, this position will be offered as a 3-year term. This position is included in the Nunavut Employees Union. The salary ranges from \$69,952-\$78,234 depending on experience. An annual merit increase of \$22,979 is also provided for this position. The incumbent may be eligible for a bilingual bonus of \$1,500 per annum.

Closing date: October 12, 2012

Suitability of Staff Remaining to be Available

More....