

The need for the recipes is based on results from the Inuit health survey, which found that Nunavummiut make poor choices when buying food at the store.

"It's the choices that people are making at the store that are sometimes causing health problems," Wakegijig said.

This includes drinking two to four cans of pop a day and eating "quite a bit of highly refined processed foods."

Nunavummiut also eat a lot of prepared foods, Wakegijig said.

If one thing is clear, it's that people in Nunavut also want access to more country food.

"Several of [the recipes] feature country food prominently or they say you could make this recipe with beef or caribou," Wakegijig said.

These were developed "in Nunavut kitchens," she said.

A DVD, "Cooking Healthy Food" by Rebecca Veevee has also been sent to community health representatives. It details each recipe and shows how to make them.

Stores may decide to offer discounts, but, in any event, the recipes will be promoted.

However, a single serving of one of these recipes is under five dollars which would cost less than a prepared sandwich, "which we know people consume a lot of."

The project also attempts to teach people about food budgeting.

"We're trying to encourage people to see both the health benefits and some of the cost savings that can be achieved by nutritious foods and preparing them at home," Wakegijig said.

Rick McDougall of the North West Co., the Northmart store manager in Iqaluit, who has tried the fish chowder, said the recipes are simple and should be a success.

"What I really like about the recipes is that they're so simplified, some of the people have already tried them and say they could not believe something simple could taste so good," said McDougall, adding that targeting the youth is important.

So far, the fish chowder recipe has been popular.

"[The response] been overwhelming so far, every month we're going to feature [a recipe], and there'll be somebody there when each new recipe comes out to explain it," he said.

Regional manager of Arctic Co-operatives Limited, Stephane Daigle agrees.

"This will definitely help us relate better to the communities," he said.

The recipes are available [online](#).

Copies of the "Cooking Healthy Food" DVD will be sent to community libraries though the project, funded by Health Canada and Nutrition North Canada.

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(24) Comments:

#1. Posted by Intellectual Bum on September 28, 2012

"Stores may decide to offer discounts, but, in any event, the recipes will be promoted."

May = won't.

#2. Posted by Nothing on September 28, 2012

The picture says it all. GN hand in hand with the two big businesses that have profited the most through so called "Nutrition" North.


The small communities have not benefited one bit. Right now you can go into our Co-op and be asked to pay full price for expired cans of Carnation Milk, Tomato Soup etc. Make it yourself you say? The ingredients can't be found!

#3. Posted by Jamisie on September 28, 2012

I don't think growth hormone-fed live-stock such as poultry, cattle and pork products are healthy alternative to arctic wildlife hunted food. As well, those animals are regularly injected with antibiotics even if they may or may not require them. The animals that are grown for food are more medicated than most humans are. Isn't it any wonder that there is an increase in immune deficiency of people as well as obesity, who are regularly fed the animal products that are injected with antibiotics and growth hormones? Do the math, before and after growth hormones and antibiotics. One thing for certain. Natural selection of these animals insured the health and balanced healthy eating for those that fed on them. Natural selection meaning, the unhealthy animals that were unsafe for human consumption died. And the healthy ones that survived insured good healthy eating for the humans without fear of becoming obese caused by growth hormones.

#4. Posted by Nunavummiut on September 28, 2012

City Council is looking for residents interested in serving as Members-at-Large in 2012/2013 on the following Committees:
 Standing Committees (meet on a regular basis):
 • Audit (3 positions), • Recreation (3 positions), • Public Safety (5 positions)
 • Economic Development (3 positions)
 Ad hoc (meet on an as-needed basis or as prescribed by legislation or by law)
 • Board of Revision (4 positions)
 • Tax Review Board (3 positions, 3 year term) (**Please note, there are eligibility criteria for this committee, please contact Valerie Collin at the information below for particulars)
 • Tax Advisory and Compliance Committee (5 positions, 3 year term)

Iqaluit

 For further information please contact:
 Valerie Collin,
 Executive Secretary at 979-5667 or
 by email to vcollin@city.iqaluit.nu.ca

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NWMB CHAIRPERSON

The Nunavut Wildlife Management Board (NWMB) is seeking a dynamic individual to serve as its Chairperson. The federal government (Government in Council) appoints the NWMB Chairperson - a part-time appointment - for a five-year term, four re-nominations provided by the Board.

The NWMB is the main instrument of wildlife management and the main regulator of access to wildlife in the Nunavut Settlement Area. Its mandate is to ensure the protection and wise use of wildlife and wildlife habitat for the long-term benefit of Inuit and the public of Nunavut and Canada. The Board adheres to ILM's mandate by carrying out its various functions - as set out in the Nunavut Land Claims Agreement (NLCA) - in cooperation with Inuit and Government co-management partners.

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Request for Proposals (RFP)
Wildlife Conservation Colouring Book

The Nunavut Wildlife Management Board (NWMB) is requesting proposals to provide a design, including a storyline and illustrations, for a colouring book (approximately 30 pages) which will increase awareness of wildlife and habitat conservation, and support the vision of the NWMB.

The NWMB's vision is "preserving wildlife through the application of Inuit Qajaqsat, qajaqsat and scientific knowledge."

The colouring book will target children ages 4 to 8 and will be translated into three languages: English, Inuktitut and Inunnaqtun.

The deadline for proposals is 5:00 pm (Eastern Standard Time) on October 31st 2012. Late proposals will not be considered.

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