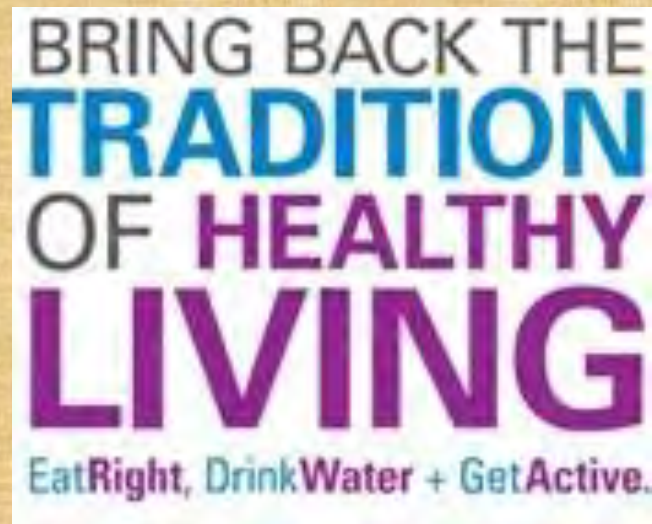


The Diabetes Prevention Strategy: **Community Kitchens and Good Food Boxes**



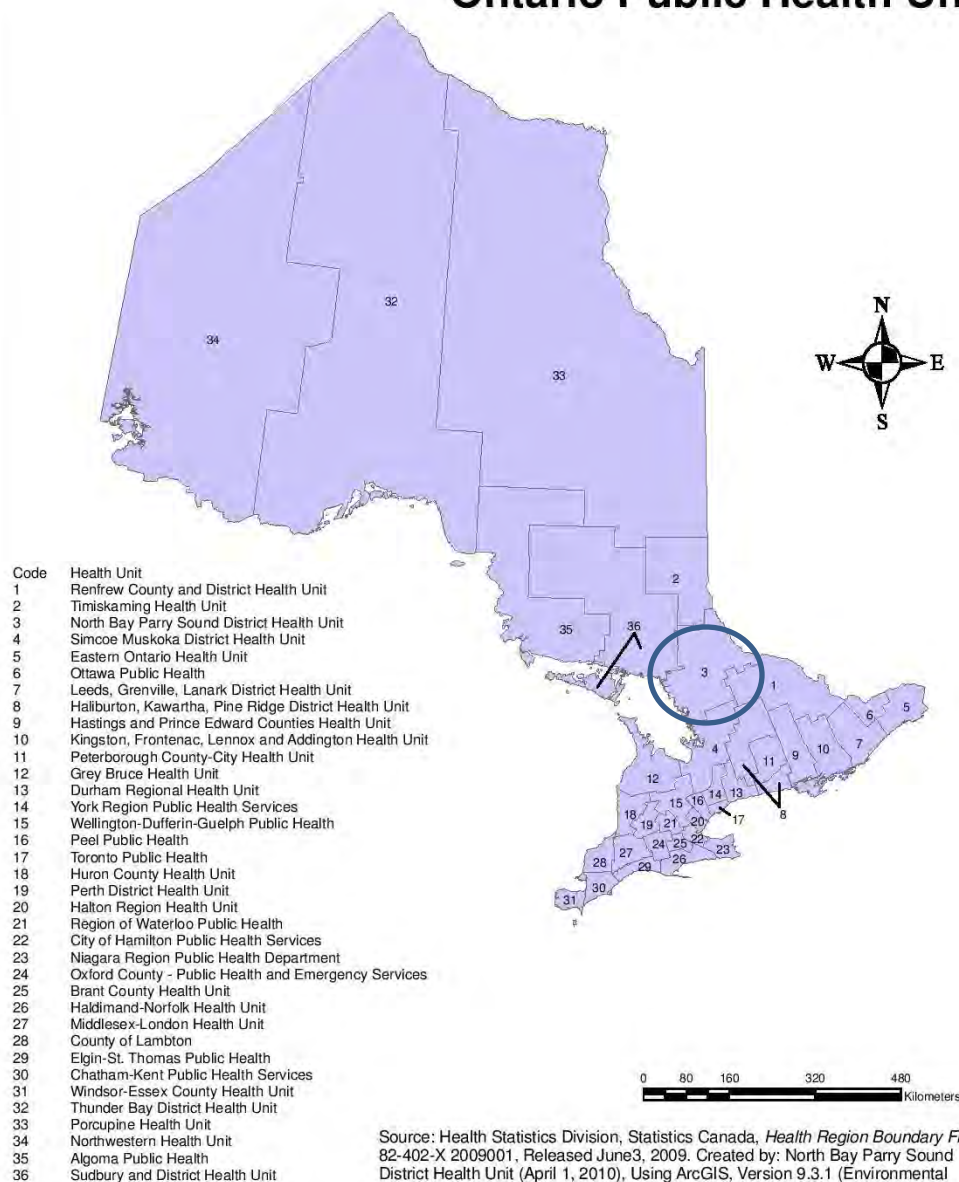
Jessica Love, RD on behalf of the North
Bay Parry Sound District Health Unit

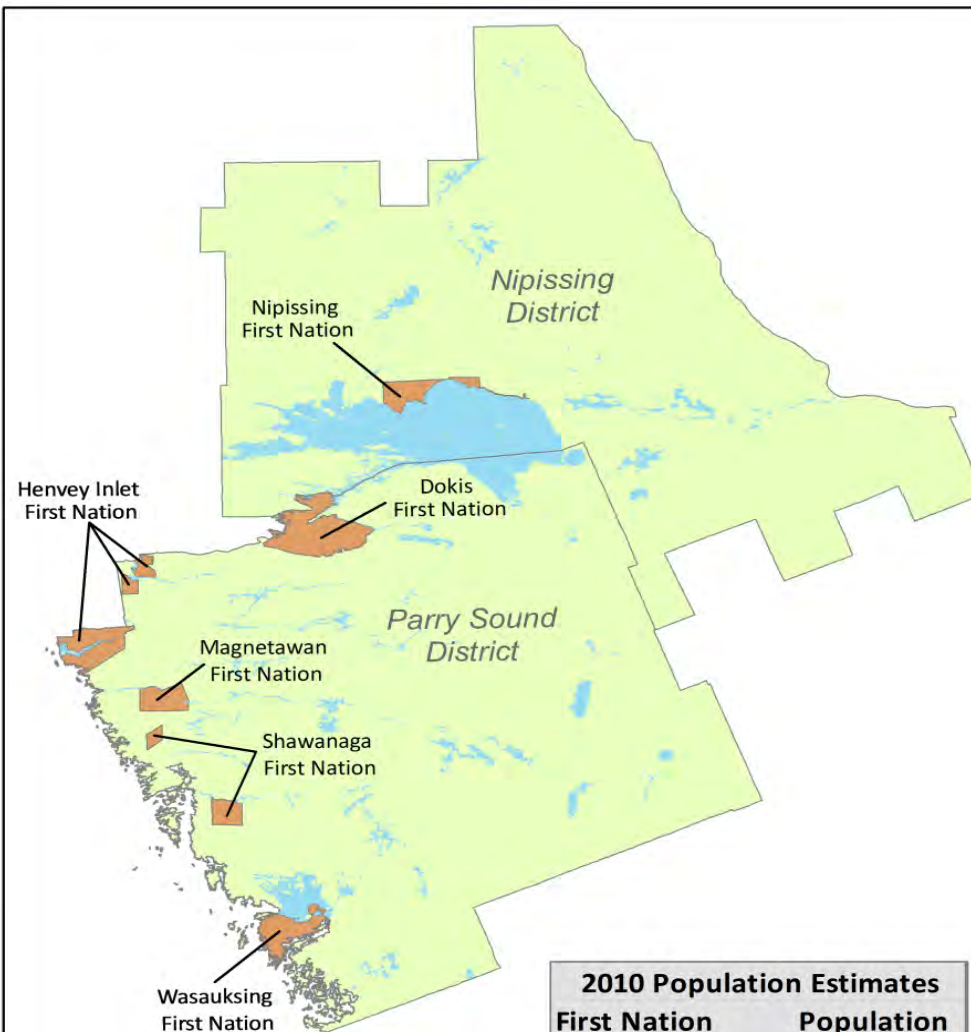
Outline

- Background on the North Bay Parry Sound district
- Background on the Diabetes Prevention Strategy
- Good Food Box
- Community Kitchens
- Social Marketing Campaign



Ontario Public Health Units





2010 Population Estimates	
First Nation	Population
Dokis	198
Henvey Inlet	118
Magnetawan	81
Nipissing	1,427
Shawanaga	197
Wasauksing	363

Source: Adapted from Statistics Canada *Census Subdivision Boundary File 92-162-XWE 2009001*, Census year 2006, Released May 25, 2009; Statistics Canada *Boundary Files 92-160-XWE 2006001*, Census year 2006, Released October 18, 2006; and *2010 Population Estimates*, Ontario Ministry of Health and Long-Term Care, IntelliHEALTH ONTARIO. Date data last refreshed (January 2012).

North Bay Parry Sound District Statistics

- Total Aboriginal population of 9,230 or about 7.6 % of district population
- 66% of the total Aboriginal population live off-reserve
- Diabetes rates are 3 - 5 times higher in First Nation population¹



Background on the Diabetes Prevention Strategy

- Funded by the MOHLTC.
- It is now in its 5th of 6 years of funding
- Purpose: To implement community-based primary prevention initiatives to address modifiable risk factors (healthy eating & physical activity) associated with type 2 diabetes

Recommendations

- Prioritize food access programming (good food box programs, gardening)
- Use social media to engage target population
- Promote programming without labeling as diabetes or chronic disease prevention
- Work with local establishments to increase access to healthy food choices
- Increase participation in physical activity programming

The Good Food Box

- To promote healthy eating, a Good Food Box program is currently running at **5** sites across the district
- This monthly programs increases access to nutritious vegetables and fruits to over 200 people across the district



Getting started

- One year to move from an idea to an operation
- Start-up supplies: packing boxes, weigh scales, bags, calculators



Local Needs, Local Solutions

- Parry Sound
- North Bay
- Sudbury



EatRight, DrinkWater + GetActive

Onions

Onions- Veggies with lots of flavour, few calories and plenty of uses.

Begin by choosing onions that are dry on the outside and firm to the touch. The outer skin should be paper-like. One of the easiest ways to keep onions fresh is to store them in the mesh bags they're sold in. The mesh bag allows air circulation. If kept cool, dry and in the dark, onions should last for one month. There are many different colours of onions including yellow (cooking), red, white and green.



Uses for Onions- it's all about flavour! So add yellow, red or white onions to:

- Salads (pasta, bean or greens), sandwich fillings, sandwiches, grilled sandwiches/paninis and burger toppings
- Soups, stews, stir fries, slow cooked casseroles
- Slow roasted beef, pork or moose cooked with sliced or quartered onions
- **Sautéed onions** in side dishes of veggies: potatoes & onions, cabbage & onions, green beans & onions
- Spaghetti sauces, tomato salsas, relishes and scrambled eggs
- **Caramelized onions** in soups, dips, quiches/egg dishes and as a pizza topping

stir to lightly coat in the oil. Continue to cook on a medium heat stirring occasionally. They will soften and change colour to become a dark golden. If they begin to stick to the pan add a little water and keep stirring. This may take 30 minutes to 45 minutes. These slow cooked golden onions add colour and a sweet but savory flavour to foods. Store refrigerated in an air tight container, use within several days.

How to Cut Onions - those natural layers make chopping and dicing easy, once you have got the cutting method.

Peel away the papery layers then slice off the top end. Slice in half from the top end to the root end. Place flat side down, hold at root end and make a series of parallel cuts from the top end to just above the root end using a small, sharp knife (1). Turn 90 degrees and make several close cross cuts to produce finely chopped onion (2, 3, 4).



1



2



3



4

Packing the Good Food Box



Packing Day at the North Bay Friendship Centre
with Health Promoter, Shannon Gesualdo, from
the North Bay Parry Sound District Health Unit

Next Steps...

- GFB manual and workbook
- Transfer the ordering component over
- Evaluation



Community Kitchens

- June 2013 survey helped to choose the focus of the workshop
- Community kitchen sessions were facilitated at eight different sites in the fall of 2013
- Nutritious take-home meals were prepared, a community meal was prepared together, and each participant received a slow cooker, recipe book and food thermometer

In action...



Parry Sound Friendship Center

Dokis First Nation

Take Home Meal Stations



Slow Cooker Basics

Slow cookers are great for cooking recipes that need a long time to cook at low heat. They can make tough meat tender or cook dried peas and beans. You can put the ingredients in the slow cooker in the morning and come home from work to a well cooked meal. Slow cookers are great for making big batches of food that you can freeze for later or share with family and friends.



- ✓ They are usually two main pieces, plus the lid:
 - 1) The metal outside casing/base
 - 2) The ceramic container that fits inside of the metal casing
- ✓ The metal outside casing has the electrical coils inside of it that heat up and cook our food. Slow cookers come in many sizes and are usually round or oval shaped. They use a very small amount of energy, so you can safely leave them on when you are away from home.
- ✓ The slow cooker has 2 temperature settings:
 - 1) 'Low' setting: usually 200°F (90°C)
 - 2) 'High' setting: usually 300°F (150°C)

One hour on the 'high' setting is equal to about two hours on the 'low' setting.

Turkey and Wild Rice Soup

Cooking for 4	Cooking for 8	Cooking for 16	Ingredients
1 tsp	2 tsp	4 tsp	Vegetable oil
½ lb	1lb (500g)	2 lbs	Lean ground turkey
½	1	2	Medium onion, coarsely chopped
½	1	2	Celery stalks, coarsely chopped
½	1	2	Medium carrot, coarsely chopped
1	1	2	Clove of garlic, minced
¼ cup	½ cup	1 cup	Wild rice, uncooked
2 cups (500mL)	4 cups (1L)	8 cups (2L)	Low sodium turkey or chicken broth
2 cups (500mL)	4 cups (1L)	8 cups (2L)	Water
¼ tsp	½ tsp	1 tsp	Each of the following: sage, savory, thyme, marjoram, parsley pepper

1. In a frying pan, heat the vegetable oil over medium heat. Brown the turkey and break up with a spoon, for about 8 minutes or until no longer pink. Drain off excess fat.
2. Transfer turkey to slow cooker and stir in all remaining ingredients.
3. Cover and cook on high for 4-5 hours or until rice and vegetables are tender.

Follow-up Surveys



Results:

All respondents reported using their slow cooker with **89%** using it more than 4 times since the workshop

Participants from Henvey Inlet
First Nation

Next Steps...

- 2014-2015 year will focus on designing modules that health educators can facilitate themselves
 - Making Soups
 - Healthy Eating on a Budget
 - Quick and easy Meals
- Based on feedback from the Fall 2013 workshops
- Topics are chosen and the Diabetes Prevention Strategy working group is working on them



Social Marketing/Health Messaging Campaign

BRING BACK THE **TRADITION** OF **HEALTHY** **LIVING**

Drinking water instead of sugary drinks can help reduce our risk of developing **diabetes**.

Diabetes is not part of our traditions but neither are sugary drinks. A can of pop has about 10 teaspoons of sugar. An energy drink has about 15 teaspoons of sugar. Reducing our intake of sugary drinks can help keep us healthy and diabetes free.

EatRight, DrinkWater + GetActive.



BRING BACK THE **TRADITION** OF **HEALTHY** **LIVING**

Healthy eating can help reduce our risk of developing **diabetes**.

Diabetes is not part of our traditions but a healthy balanced diet is. Eating vegetables, fruits, and lean meats can help keep us healthy and diabetes free.

EatRight, DrinkWater + GetActive.



BRING BACK THE **TRADITION** OF **HEALTHY** **LIVING**

Being active can help
reduce our risk of
developing **diabetes**.

Diabetes is not part of our traditions, but today
Aboriginal people are 3 times more likely to get diabetes
than non-Aboriginals. Being active can help keep us
healthy and diabetes free .

EatRight, DrinkWater + GetActive.



BRING BACK THE **TRADITION** OF **HEALTHY** **LIVING**

Walking regularly can help reduce our risk of developing **diabetes**.

Diabetes is not part of our traditions but leading an active life is. Our ancestors walked long distances, hunted, fished, and enjoyed the outdoors. Being active can help keep us healthy and diabetes free.

EatRight, DrinkWater + GetActive.



BRING BACK THE **TRADITION** OF **HEALTHY** **LIVING**

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