

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

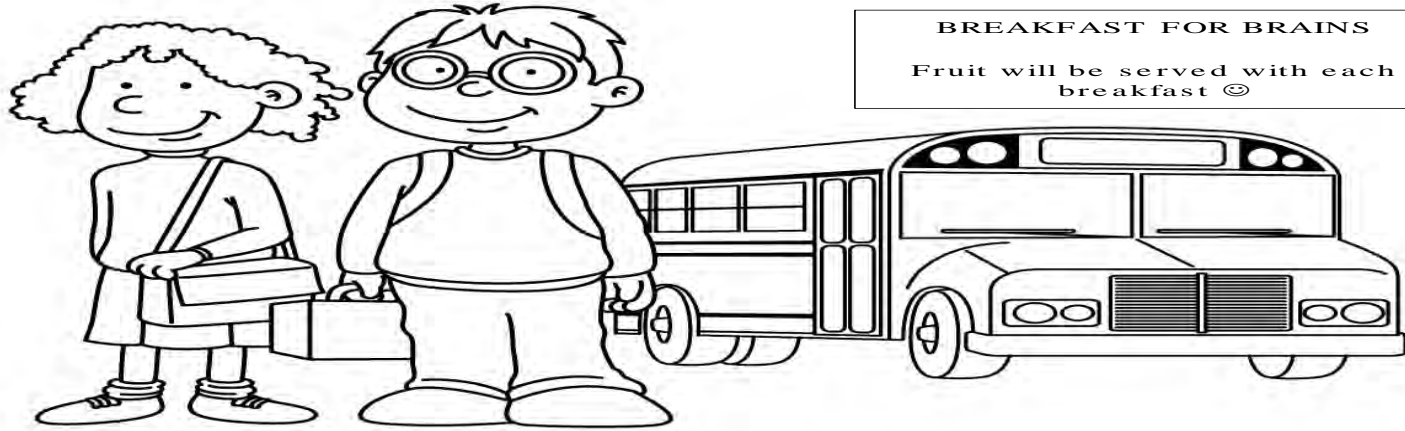
Food Security Temagami First Nation

2012 - 2013

Breakfast for Brains

- ▶ This program was provided for the month of September. This program services all children from the ages of 4 to 13 / Grades JK - Grade 8
- ▶ Every morning at 7:00 am the Health Promotion Worker (myself) NADAAP Worker (Carrie Landriault) as well as the Community Wellness Worker (Annette Polson) would fire up the kitchen oven and burners to get breakfast on the go for our little friends who would attend the program.
- ▶ Breakfast doors would open at 8:00 am and close at 8:30 am. The children really enjoyed this program as it was a chance for them to have a warm meal and socialize with their little buddies. I might add the parents also enjoyed this program as fresh coffee was on along with a snack for them as well.
- ▶ The population of our school is 31 children. We would see anywhere from 15 - 24 children on a daily basis. This program was well attended.
- ▶ Fresh fruit and orange juice was served at every breakfast along with their meal.

Breakfast for Brains Menu



MONTH of SEPTEMBER

1	2	3 Breakfast Burrito	4 Cereal	5 Eggs & Toast	6 Pancakes	7
8	9 Oatmeal	10 Egg McMuffin	11 Cereal	12 Eggs & Toast	13 French Toast	14
15	16 PD Day	17 Breakfast Pizza	18 Cereal	19 Eggs & Toast	20 Waffles	21
22	23 Oatmeal	24 Breakfast Burrito	25 Cereal	26 Eggs & Toast	27 Pancakes	28
29	30 Oatmeal	1 Egg McMuffin	2 Cereal	3 Eggs & Toast	4 French Toast	

Healthy Snack Program

- ▶ This program runs from September - June for the length of the school year.
- ▶ The school children are provided a Healthy Snack each day in the morning five days a week. This services the entire school which is 31 children.
- ▶ This ensures that all children are receiving a Healthy Snack as some families are on fixed incomes and don't have the means of travel or finances to provide snack for their children on a daily basis.
- ▶ Travel can pose to be an obstacle for families here as we are approximately a 20 - 30 minute boat ride to the main land and about 1.5 - 2 hour drive to the closest grocery store.
- ▶ An example of a week menu for Healthy Snack is as follows:
- ▶ Monday: Yogurt Tuesday: Baked Good (Muffins, Banana Bread etc) Wednesday: Fresh Fruit Trays Thursday: Fresh Vegetable Trays Friday: Smoothies

Healthy Snack Program

Everyone pitches in with this program even the Health Services Manager - Lydia McKenzie has rolled up her sleeves on occasion ▫



Halloween Pizza Madness

- ▶ It's Halloween everyone is in a rush, what to make for supper ??
- ▶ To ensure that all families are having a healthy supper before they head out on the Trick or Treating Trail and not being saturated by sugar, sugar and more sugar.
- ▶ The Workers from the Doreen Potts Health Centre, Family Healing & Wellness Centre as well as parents come together to form an assembly line of Pizzas, Pizzas and more Pizzas !!!!!
- ▶ Each family with toddlers up to the age of high school students go home with a ready made pizza with instructions of what temperature to cook it at along with the time it will take.
- ▶ Not only do they get to take home a pizza but they also get the recipe to make their own dough as well as ideas for different toppings.
- ▶ Hidden bonus is they are eating whole wheat pizza dough...who says they don't eat whole wheat !!

Halloween Pizza Madness

Here is some of our chefs at work. You would never guess that 38 pizzas were made from scratch that day...phewww what a workout !! I am not in the picture as I am up to my arms in dough in dough □



Christmas Bins

- ▶ Well if you thought we were busy with the Breakfast for Brains, Healthy Snack Program or Halloween Pizza Madness you haven't seen anything until you've seen the Christmas Bins.
- ▶ Christmas Bins are distributed to each household in our Community. Which is approximately 80 - 90 Bins.
- ▶ We start gathering / shopping for these bins usually at the beginning of November. Each Health & Social Program contributes to these bins whether it is HBHC, Health Promotion, CHR or OW...etc.
- ▶ We have family bins and we also have singles / couples bins for those who's children are already grown up and moved out. The family bins consist of a turkey / fixings as well as crafts / present for the family along with hot chocolate, orange juice, marshmallows and cookies. The singles / couples bins are either breakfast or dinner bins depending on what the individual decides.
- ▶ The shopping for this event is mass !!! We usually do approximately 3 trips and have our Savannah (fun bus) filled to the roof. You definitely can't be afraid of work or doing a lot of lifting for these trips. From the grocery store into the van out of the van into the boat out of the boat into a vehicle and unloaded and put away at the Clinic. Wowzers definitely need a rest after this, Christmas Holidays here we come !!
- ▶ Community residents look forward to the Bins each year and actually get quite excited. I've even been called Santa ☐

Christmas Bins

This is part of our assembly line of bins, there is another line that didn't quite make it in the picture. As you can see the bins on the bottom are for the families and the bins on the tables are for the singles / couples. This is quite an exciting event and we are usually working well into the night to get these done and delivered.



In conclusion

- ▶ The intent for these projects was to educate our people in regards to healthy eating as well as provide the means for healthy foods as some of our families are on fixed incomes and have no transportation to get to a grocery store. Which can prove to be tricky as we are approximately 2 hours away from the closest one.
- ▶ A lot of hours and heart felt moments were put into these programs and I couldn't have done it without the help from my co workers and other frontline workers as well as parents.
- ▶ Change does not happen over night but I have seen significant changes within our community. We are still working on introducing different foods / healthier foods and reducing the sugars in our meals offered. Sometimes this can prove to be a challenge especially when children are not used to this. This is where we have to be one step ahead and very creative ▫
- ▶ I hope you have enjoyed my slide show and I look forward to hearing from you or any suggestions you might want to add.

Sincerely,

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