



For more information about the Northern Nutrition Association, please contact us at [nwttnna@gmail.com](mailto:nwttnna@gmail.com)



For more information about Nutrition Month, please visit the Dietitians of Canada website at [www.dietitians.ca/Your-Health/Nutrition-Month.aspx](http://www.dietitians.ca/Your-Health/Nutrition-Month.aspx)



Northwest Territories Health and Social Services

[www.hss.gov.nt.ca](http://www.hss.gov.nt.ca)

If you would like this information in another official language, contact us at 867-920-3367.

Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867-920-3367.

March 2013

# MARCH IS NUTRITION MONTH

## Contact Us

Email us at [nwttnna@gmail.com](mailto:nwttnna@gmail.com)



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Bringing home healthy foods is the first step in healthy eating! Having a menu plan when you go grocery shopping can save you time and money and make meals a snap. Once you've got your plan, stick to it and enjoy!

Watch for local activities that will come your way in March. You can email us questions or follow us on Facebook for daily nutrition tips.

## Best Food Forward: Plan, Shop, Cook, Enjoy!

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*March is Nutrition Month but nutrition is important all year long!*



Choose



# Best Food Forward: Plan, Shop, Cook...Enjoy!

## Plan

Before you head to the store, think about what meals you'll be making, check out any flyers for specials, check your kitchen's inventory and make a grocery list.



## TIPS

- Save time! A meal plan and grocery list make shopping simple. Use the meal planner in the flyer to plan your supper meals for the week.
- Choose a variety of foods for all family members to enjoy.
- Have children help planning meals and adding healthy foods to the grocery list.
- Buy what your family likes, what's available at the store or on special, and what you already have at home.
- Use a shopping list to keep track of what you need for the week.

For more tips:

[www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx](http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx)

## Shop/Harvest

Compare packaged foods by reading food labels to get the best options health wise. Canned, fresh or frozen vegetables and fruits, as well as whole grains, legumes (such as baked beans and lentils) and the leaner cuts of meats and fish are good nutrition buys. Skip the more expensive processed foods that are often high in sugar, fat and salt.



## TIPS

- Avoid going to the store hungry!
- Use the shopping list to stay on track—shop only for foods you need.
- Use the Nutrition Facts tables and compare serving sizes, and a little or a lot of vitamins and minerals in the foods you buy. For more tips on Daily Value %, check out [www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/info-eng.php](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/info-eng.php)
- Choose foods that have more vitamins, minerals and fiber and less fat, sodium and sugar.
- Skip the less healthy drinks and snacks.
- Make grocery shopping a family affair as it's a perfect time to teach kids how to shop for healthy foods.

For more tips:

[www.dietitians.ca/Your-Health/Plan-Shop-Cook/Shop-Smart.aspx](http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Shop-Smart.aspx)

## Cook

Make meals from scratch with *good-for-you* ingredients. Keep healthy eating simple with healthy recipes and cooking meals on the weekend to save time on weeknights. Sometimes frozen fruit and vegetables, ready-to-go salads and pre-chopped vegetables are shortcuts but can be harder on your budget.



## TIPS

- Skip processed and packaged meals.
- Simple meals are an easy way to save money on your grocery bill.
- Cook once, eat twice. Prepare a double batch of your meal to freeze for another time.
- Involve the kids—cooking teaches children real-life skills that will last a lifetime.

For more tips: [www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy/Apercu.aspx](http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy/Apercu.aspx)

## Enjoy

Enjoy the extra time you have and better nutrition for your family when you plan, shop and cook! Eating as a family has many benefits to your family such as these:

- Everyone eats healthier meals.
- Children who eat family meals eat more fruits and vegetables.
- Kids are less likely to become overweight or obese.
- Kids are more likely to stay away from cigarettes, drink alcohol or drugs.
- They're less likely to use illicit drugs.
- School grades will be better.
- You and your kids will talk more.

Source: [www.webmd.com/a-to-z-guides/features/family-dinners-are-important](http://www.webmd.com/a-to-z-guides/features/family-dinners-are-important)

**Remember that foods from the land are nutritious, and dry fish and dry meat are healthy snacks.**

# “WHAT’S FOR DINNER?” SAMPLE MENU PLAN

Before you shop, use the menu planner (overleaf) to write down your supper meals for the week. Consider what’s on sale at the grocery store, family favorites, new recipes you want to try and using what you already have in your fridge, freezer and cupboard.

Choose the main dish first (usually a source of protein, such as meat, fish, lentils). Next, choose your side dish (whole grains or starchy vegetables), followed by a variety of vegetables then fruit for dessert. You can use this sample meal plan as a guide, but it’s your menu!

Need ideas? [Check out this sample meal plan:](#)

	Main	Side Dish	Vegetable	Fruit/ Dessert
Mon.	Pork chops	Brown rice	Frozen peas	Frozen yogurt or sherbet
Tues.	Fish cakes	Baked fries (potato or sweet potato)	Green salad	Frozen berries and yogurt
Wed.	Chili	Bannock, biscuit or bread	Green salad	Canned fruit
Thurs.	Leftover night!			
Fri.	Pizza		Veggies and dip	Fresh fruit
Sat.	Easy Egg and Veggie Pie	Bannock, biscuit or bread	Coleslaw	Sliced bananas and yogurt
Sun.	Roasted chicken, beef, caribou or moose	Roasted vegetables (potatoes, carrots, parsnip, turnip)		Homemade apple crisp

# “WHAT’S FOR DINNER?”

**Sound familiar?** Today’s busy families can save time and money, reduce stress and improve nutrition by planning their supper meals.

Before you shop, use this menu planner to write down your supper meals for the week. Consider what’s on sale at the grocery store, family favourites, new recipes you want to try and using what you already have in your fridge, freezer and cupboard.

Choose the main dish first, next choose a side dish, followed by a vegetable and a fruit/dessert.

	Main	Side Dish	Vegetable	Fruit/ Dessert
Mon.				
Tues.				
Wed.				
Thurs.				
Fri.				
Sat.				
Sun.				



# EASY EGG AND VEGGIE PIE

Ingredients	For 4 servings	For 8 servings (Family Size)
Eggs	4 large	8 large
Skimmed milk	¼ cup	½ cup
Cooked fish or meat (moose, ham, chicken)	½ cup	1 cup
Potato	1 small	2 small
Oil	1 teaspoon	2 teaspoons
Frozen vegetables like spinach, broccoli, mixed vegetables or sliced tomatoes	½ cup vegetables, thawed or 1 tomato	1 cup, thawed or 2 tomatoes
Green onion	1 stalk	2 stalks
Oregano or Italian seasoning (optional)	¼ teaspoon	½ teaspoon
Grated cheddar cheese (low fat if available)	½ cup (about 40g)	1 cup (about 80g)

1. Using a fork, beat eggs with milk. Set aside. Chop the meat or fish and green onion.
2. Peel and grate the potato. If you do not have a grater, chop the potato into very small pieces. If using spinach, squeeze the liquid off the thawed spinach.
3. In a medium sized non-stick fry pan, heat oil over medium-high heat, fry the potato, meat/fish and green onion for about 5 minutes. Add the vegetables and oregano (or Italian seasonings). Pour eggs over the potatoes. Use a large fry pan for 8 eggs.
4. Turn the heat to medium and cover fry pan with a lid or foil. Cook about 5 minutes. Sprinkle on grated cheese and cook another 5-10 minutes until egg looks dry on top and the cheese is melted.

See the suggested meal ideas to go with this recipe!

Excellent source of protein.

## Per serving:

Calories: 198 Fat: 7g Protein: 16g Sugar: 0 Fiber 1.5g

*Northern Nutrition Association, NWT. 2013*

*Nutrition analysis: eaTracker, Dietitians of Canada*

## SHOPPING LIST

## What do you have? What will you need to buy?

Now work on your shopping list:

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