



# NUU CHAH NULTH HEALTHY RECIPE CALENDAR 2021



in partnership with



National  
Indigenous  
Diabetes  
Association

Association  
Nationale  
Autochtone  
du  
Diabète

# 3 INGREDIENT BANANA OAT PANCAKES

by Rachel, dietitian

**PREP TIME:** 10min **READY IN:** 15min **SERVINGS:** 2  
makes 4 pancakes

## INGREDIENTS:

- 1 medium banana, mashed
- 2 eggs
- ½ cup traditional rolled oats
- 1 tablespoon olive oil

## DIRECTIONS:

1. Mix all ingredients together in a medium bowl.
2. Let the mixture sit for 5-10 minutes to thicken. If it looks too runny add more oats.
3. Heat the oil in frying pan over medium heat. Take 1/3 cup of the batter and add it to the pan, repeating with remaining batter. Cook the pancakes for 2 minutes each side.
4. These pancakes also taste great blended - before adding the batter to the frying pan blend the pancakes batter for smoother pancakes.

**TIP:** Top the pancakes with peanut butter (natural is best) and sweeten naturally with sliced banana or fresh berries.



## NUTRITION:

CAL:	200	FIBRE:	3.5G	POTASSIUM:	350MG
FAT:	6.5G	SUGAR:	8G	CALCIUM:	3.5%
S.FAT:	1.9G	PROTEIN:	9.5G	IRON:	9%
CARBS:	27G	SODIUM:	65MG	ZINC:	4.5%

# JANUARY 2021

DAILY BLOOD SUGARS B L D	28 B L D	29 B L D	30 B L D	31 B L D New Year's Eve	1 B L D New Year's Day	2 B L D Day After New Year's Day (QC)
3 B L D	4 B L D	5 B L D	6 B L D	7 B L D Orthodox Christmas	8 B L D	9 B L D
10 B L D	11 B L D	12 B L D ●	13 B L D	14 B L D Orthodox New Year	15 B L D	16 B L D
17 B L D	18 B L D Martin Luther King Day	19 B L D	20 B L D ☐ Weedless Wednesday	21 B L D	22 B L D	23 B L D
NATIONAL NON-SMOKING WEEK						
24/31 B L D	25 B L D	26 B L D	27 B L D Tu B'Shevat (Arbor Day) begins	28 B L D ○ Tu B'Shevat (Arbor Day) ends	29 B L D	30 B L D

TO DO:

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# MELODY'S HALIBUT CHOWDER

Recipe by Melody Charlie

PREP TIME: 10min COOK TIME: 50min SERVINGS: 2

## INGREDIENTS

- ½ cup butter
- 2 small onions, diced
- 2 large carrots, diced
- 2 stalks celery, diced
- 3 medium potato, diced
- 3 cups chicken broth
- ½ cup corn
- 1 tbsp dried basil
- 1 tbsp celery salt
- 2 tbsp smoked paprika
- ½ tsp pepper
- 3 dashes tabasco sauce
- 15 oz Halibut, cut into chunks
- 2 cups almond milk
- 1 small can coconut milk

## DIRECTIONS

1. Heat the butter over medium heat in a large soup pot. Add the onions, carrots and celery and fry for about 5 minutes. Cover with the lid and let cook for an additional 5 minutes.
2. Add the potato, stock and spices and cook for about 15 minutes or until the potato is almost cooked through.
3. Add the halibut chunks, corn, almond milk and coconut milk and cook for 3 to 5 minutes or until the halibut is cooked through. Taste and season as desired.
4. Use up any leftover vegetables you have at home. Try adding cauliflower and mushrooms. Use any leftovers in Fish Tacos (August).

## NUTRITION:

CAL:	395	FIBRE:	5G	POTASSIUM:	1100MG
FAT:	22G	SUGAR:	5G	CALCIUM:	25%
S.FAT:	12.5G	PROTEIN:	23G	IRON:	12%
CARBS:	26G	SODIUM:	680MG	ZINC:	6%





# K<sup>w</sup>AKMIS CHOP SUEY

Recipe by Grandma Marie (Tsimshian)

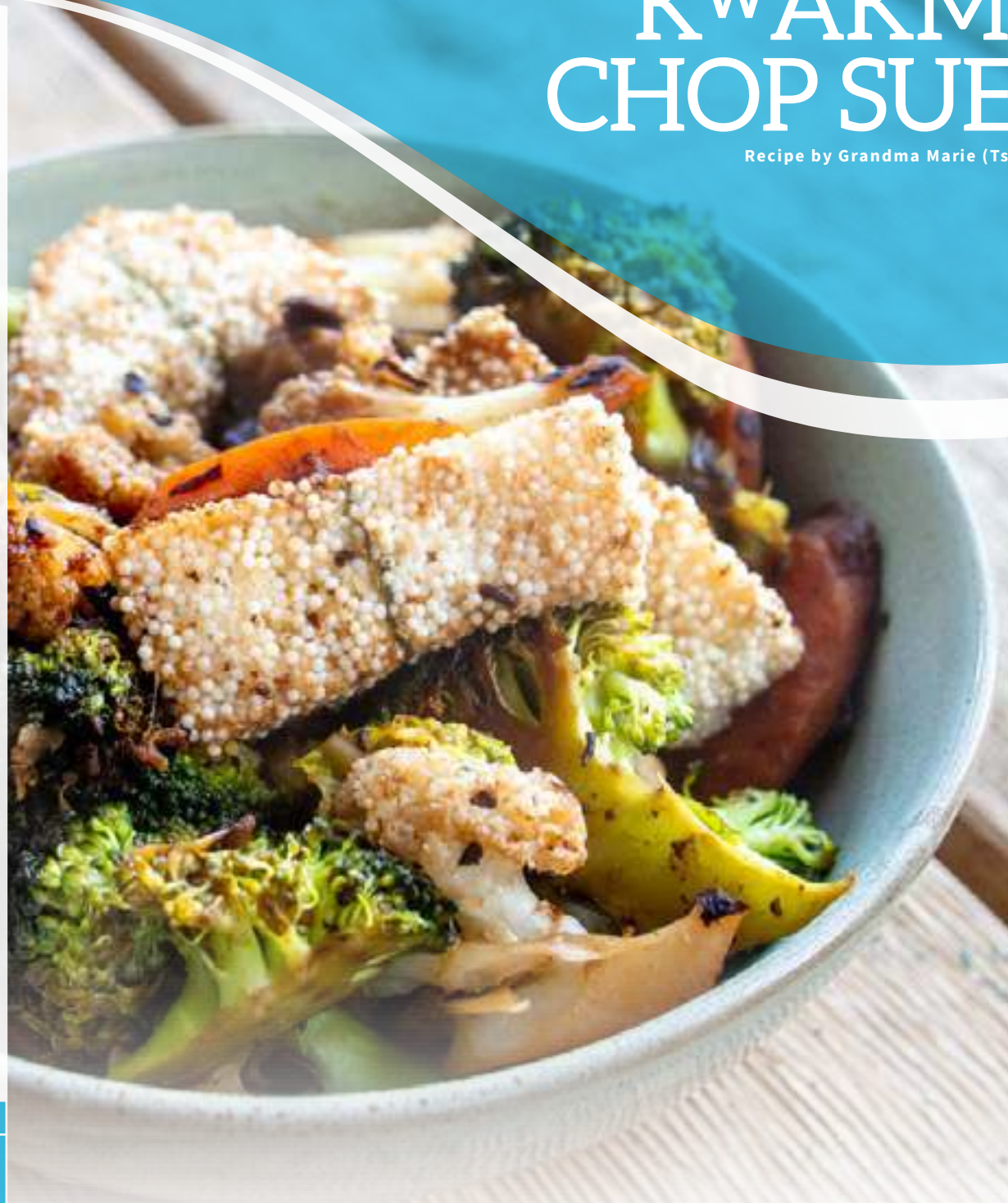
PREP TIME: 15min COOK TIME: 20min SERVINGS: 4

## INGREDIENTS

- 1 tbsp oil
- 1 onion, sliced
- 1 tbsp garlic, minced (optional)
- 1 tbsp ginger, minced (optional)
- 6 cups of vegetables, chopped (carrot, broccoli, cauliflower, mushroom, zucchini, green beans, peppers, snow peas)
- 2 tbsp soy sauce
- 15 oz (500g) herring roe (k<sup>w</sup>akmis)

## DIRECTIONS

1. Slice the herring roe into 1 inch pieces. Run it under cold water. Add to a saucepan and cover with water and bring to a boil. Let boil for a few minutes, then turn off the heat and let it sit in the water while you prepare the chop suey.
2. Heat the oil in a large frying pan. Saute the onion for about 3 minutes. Add the garlic and ginger if using and cook for 30 seconds.
3. Add the remaining vegetables and cook until soft. Option to start with the harder vegetables (carrot, cauliflower) and cook these for a few minutes first, as they will need longer, and finish with the snow peas, beans and peppers as these need less time to cook.
4. Season with soy sauce. Drain the herring roe and stir into the chop suey. Option to serve with rice.



## NUTRITION:

CAL:	360	CARBS:	29G	PROTEIN:	33G
FAT:	11.5G	FIBRE:	5G	SODIUM:	480-770MG
S.FAT:	1.3G	SUGAR:	11G		

# MARCH 2021 KIDNEY HEALTH NUTRITION MONTH

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# VEGETABLE OMELETTE

by Rachel, dietitian



PREP TIME: 5min COOK TIME: 10min SERVINGS: 2

## INGREDIENTS

- 1 tsp olive oil
- ½ cup mixed vegetable (onion, peppers, mushrooms)
- 4 eggs
- 2 tablespoons of milk or milk alternative
- Optional: grated cheese, oregano, basil, salt and pepper to taste

## DIRECTIONS

1. Heat olive oil in frying pan over medium heat and sauté assorted vegetables.
2. Beat together egg, milk, herbs and seasoning in a separate bowl and pour over vegetables.
3. Reduce heat to low. Cover and cook for a few minutes until eggs are fluffy and no longer runny.
4. Top with grated cheese if using, cover the frying pan for 1 minute before serving.

TIP: This is a good way to use leftover vegetables, just dice them up small. Try adding baby spinach to it, or leftover smoked salmon and dill. Serve the omelette with whole-grain bread.

## NUTRITION:

CAL: 170  
FAT: 12G  
S.FAT: 3.5G  
CARBS: 1G

FIBRE: 0.2G  
SUGAR: 0.7G  
PROTEIN: 13G  
SODIUM: 143MG

POTASSIUM: 193MG  
CALCIUM: 4%  
IRON: 9%  
ZINC: 9%



# APRIL 2021

DAILY BLOOD SUGARS	29	30	31	1	2	3
4 ☉ Easter Sunday	5 Easter Monday	6	7 World Health Day	8	9 Vimy Ridge Day	10
11 ●	12 Ramadan begins	13	14	15	16	17
18	19	20 ☾	21	22 Earth Day	23	24
25	26 ○ St. George's Day (NF & LAB)	27	28	29	30	1

TO DO:

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# SALMON & POTATO CAKES

Recipe by Melody Charlie

PREP TIME: 10min READY IN: 30min SERVINGS: 4

## INGREDIENTS

- 1 250mL jar (1 cup) of salmon, drained
- ½ cup finely chopped red onion, green onion, or yellow onion
- 2 large eggs, lightly beaten
- 1 tbsp whole-grain mustard (or regular)
- 2 tbsp chopped fresh dill or 2 tsp dried (or any other herb)
- ½ tsp ground pepper
- ¼ tsp salt
- 4 cups frozen hash-brown, shredded potatoes or shred your own (about 3 medium potato)
- 2 tablespoons olive oil, divided

## DIRECTIONS

1. Combine salmon, onion, eggs, mustard, dill, pepper and salt in a large bowl. Add potatoes and stir to combine. If you are grating your own potato, squeeze some of the excess water out before adding it to the bowl. Option to leave the skin on.
2. Heat 1 tbsp oil in a large frying pan over medium heat until shimmering. Put about ½ - ¾ cup of patty mixture in your hand. Form a compact patty with the palms of your hands. Start with 4 patties in the frying pan.
3. Cover and cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more.
4. Wipe out the frying pan and cook 4 more cakes with the remaining 1 tablespoon oil and the remaining salmon potato cake mixture.



## NUTRITION: PER 2 PATTIES MADE WITH 3 POSTATOS

CAL: 280  
FAT: 11G  
S.FAT: 2G  
CARBS: 26G

FIBRE: 4G  
SUGAR: 1.5G  
PROTEIN: 18G  
SODIUM: 55MG

POTASSIUM: 920MG  
CALCIUM: 5%  
IRON: 10%  
ZINC: 5%



# MAY 2021 VISION HEALTH MONTH

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1 <sup>ST</sup> INTERNATIONAL INDIGENOUS HIP HOP AWARDS SHOW (23 <sup>RD</sup> )								
THE 2021 DIETITIANS OF CANADA NATIONAL CONFERENCE								

TO DO:

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# BAKED SALMON EGGS

by John Sam, Ahousaht



**PREP TIME:** 5min **COOK TIME:** 35min **SERVINGS:** 2-4

## INGREDIENTS

- Salmon roe
- Oil for greasing pan
- Salt to taste

## DIRECTIONS

1. Preheat oven to 350°F
2. Oil a baking tray with oil or line it with parchment paper.
3. Lay sack of roe in the membrane on baking tray
4. and bake in the preheated oven for 35 minutes.
5. Sprinkle with salt (optional) before serving.

Tip: Salmon eggs are exceptionally high in a special form of omega-3 fatty acid DHA that is important during pregnancy and breastfeeding for fetal and infant brain development.

## NUTRITION: APPROXIMATE VALUE FOR 270G (9OZ) BASED ON 2 SERVINGS:

CAL: 310  
FAT: 21G  
CARBS: 2G

FIBRE: 0G  
SUGAR: 0G

PROTEIN: 35G  
SODIUM: 170MG



# JUNE 2021 STROKE MONTH

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# EASY FRUIT CRISP

by Rachel, Dietitian

PREP TIME: 10min READY IN: 40min SERVINGS: 6

## INGREDIENTS

- 3 cups of any fruit
  - such as:
    - 1 cup of berries and 2 medium apples
    - 4 peaches or pears
    - 3 cups of berries
    - 2 cups rhubarb, 1 apple
- Topping
  - 1 cup traditional oats
  - ¼ cup oat flour (or ⅓ cup of traditional oats for making flour)
  - ¼ cup honey
  - 2 tbsp butter or coconut oil
  - 1/4 cup coconut flakes (optional)

## DIRECTIONS

1. If you are using harder fruit such as rhubarb or apples you may wish to bake or stew them first. You can either bake them for 15 minutes at 350 F or stew them for 15 minutes on medium heat.
2. To make the crisp topping - first, if you are making the oat flour at home add ⅓ cup of whole oats to a small blender and blend until a fine flour is formed. If you are purchasing oat flour you can skip this step.
3. Melt the butter or coconut oil on the stovetop. Add this to the 1 cup of oats, ¼ cup of oat flour, coconut flakes (if using) and honey and mix until well combined.
4. Place the fruit onto a baking tray and add the crisp topping evenly over the fruit. Bake for 30 minutes or until it is golden on top. Let cool slightly before serving.
5. Serve with plain yogurt in place of ice cream.

## NUTRITION: PER 1 CUP BERRIES AND 2 MEDIUM APPLES

CAL: 220  
FAT: 5G  
S.FAT: 2.5G  
CARBS: 44G

FIBRE: 4G  
SUGAR: 30G  
PROTEIN: 2G  
SODIUM: 10MG

POTASSIUM: 92MG  
CALCIUM: 1%  
IRON: 6%  
ZINC: 1%





# JULY 2021

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# FISH TACOS

Recipe by Rachel, Dietitian



PREP TIME: 15min COOK TIME: 10min SERVINGS: 6-8

## INGREDIENTS

- Halibut or other white fish
- Mexican spice mix/Taco seasoning
- Oil
- Corn or whole-wheat wraps
- Salsa
- Greek yogurt, plain
- Cabbage, shredded
- Avocado
- Lime
- Cilantro

## DIRECTIONS

1. Chop the halibut into 1 inch cubes. Mix in the Mexican spice mix - how much you use will depend on how much halibut you have. A good estimate is 1 teaspoon per 2 oz halibut.
2. Heat the oil in a heavy bottom frying pan and cook the seasoned halibut. You will know it is cooked when it is completely white, about 5 minutes.
3. Option to warm the wraps on a heavy bottom frying pan. No oil needed, simply lay 2 wraps on the frying pan and let them heat for about 1 minute each side.
4. To serve the tacos, fill the tortilla wraps with fish and top with desired toppings such as shredded cabbage or coleslaw, salsa, avocado and plain Greek yogurt (in place of sour cream).

**NUTRITION** : PER: 2 WRAPS, 3 OZ HALIBUT, 1 CUP CABBAGE, 2 TBSP SALSA, 1/2 AVOCADO, LIME

CAL: 405  
FAT: 20G  
S.FAT: 2,2G  
CARBS: 40G

FIBRE: 25G  
SUGAR: 5G  
PROTEIN: 3.6G  
SODIUM: 580MG

POTASSIUM: 1200MG  
CALCIUM: 12%  
IRON: 14%  
ZINC: 9%



# AUGUST 2021

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# SMOKED FISH & RICE CASSEROLE

by Rachel, Dietitian, Moms Recipe

PREP TIME: 10min READY IN: 55min SERVINGS: 4

## INGREDIENTS

- 2 cups of basmati rice
- 1 cup of wild rice
- 5 cups of water or stock
- 2 cups of vegetables, cut into small pieces (carrots, onion, celery, mushroom), or peas
- 400g Smoked fish for 6 people (smoked black cod or salmon)
- Seaweed (optional), crumbled into small pieces.

## DIRECTIONS

1. Soak wild rice for at least 4 hours in water.
2. Preheat oven to 400°F.
3. Drain the wild rice and add to a 13 x 9 " casserole dish, along with the other rice, water or vegetable stock and vegetables.
4. Place the smoked fish on top. If there is skin on the smoked fish put the skin side up. Press down slightly so the fish is halfway submerged in the water. Add optional seaweed, crumbled on top.
5. Bake in the oven covered with tin foil for about 45 minutes. Check to see if the rice is fully cooked before serving.

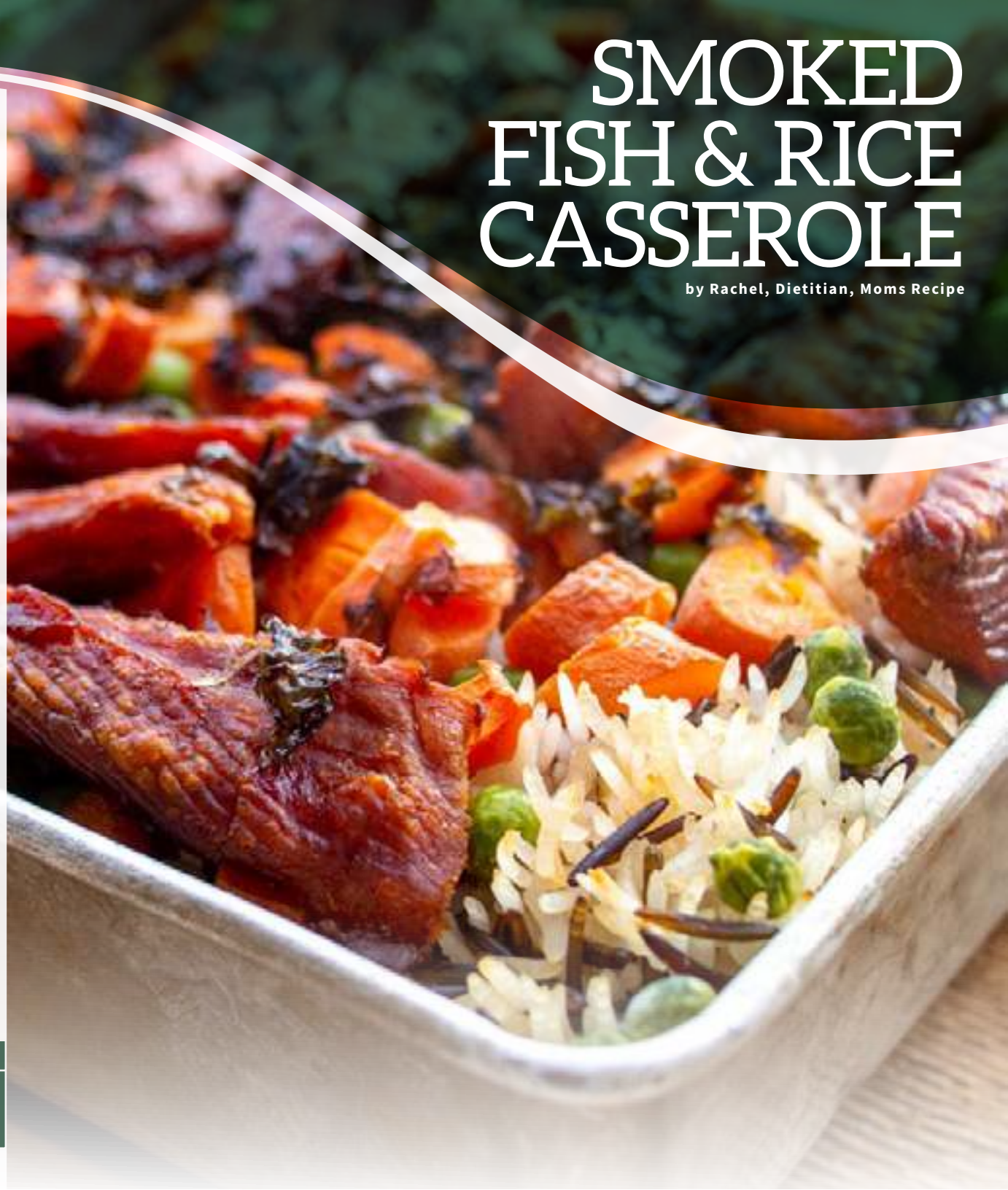
Tip: This dish is originally done with smoked black cod. The saltiness of the fish flavours the rice.

**NUTRITION :** DONE WITH BLACK COD, PEPPE SAND MUSHROOMS.

CAL: 427  
FAT: 16G  
S.FAT: 3.5G  
CARBS: 38G

FIBRE: 5G  
SUGAR: 5G  
PROTEIN: 27G  
SODIUM: 670MG

POTASSIUM: 870MG  
CALCIUM: 48%  
IRON: 12%  
ZINC: 10%





# SEPTEMBER 2021

DAILY BLOOD SUGARS			30	31	1	2	3	4																			
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						KWE MEET WITH INDIGENOUS PEOPLES QC																					
5	B	L	D	6	B	L	D	7	B	L	D	8	B	L	D	9	B	L	D	10	B	L	D	11	B	L	D
			●	Labour Day Rosh Hashanah begins																							
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19	B	L	D	20	B	L	D	21	B	L	D	22	B	L	D	23	B	L	D	24	B	L	D	25	B	L	D
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TO DO:

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# LENTIL & MEAT SHEPHERD'S PIE

Recipe by Matilda Atleo



**PREP TIME:** 10min  
**COOK TIME:** 40min **SERVINGS:** 4

## INGREDIENTS

- 1 tbsp oil
- 2 cloves of garlic, minced
- 1 onion, finely diced
- 1 - 2 lb ground venison (or moose, bison, or lean beef)
- 1 cup brown lentils, dry (optional)
- 2 ½ lb potato (or 5 lb if not using cauliflower)
- 1 large head of cauliflower
- 2 carrots, diced
- 2 cups beef broth or water
- 2 tbsp cornstarch
- 1 cup frozen peas

## DIRECTIONS

1. To prepare the topping, boil the potato and cauliflower together until tender and then mash. Or option to just boil and mash potatoes (5lbs total). Add the dry lentils to 2 cups of water and bring to a boil. Turn down heat and let simmer for 30 min. Option to not use lentils and double the meat.
2. Heat the oil in a saucepan and add the onion and garlic and cook on medium heat. Add the ground meat and cook until brown and no longer pink.
3. Add the diced carrots and broth and let cook for about 10 minutes. Next add the frozen peas and cooked lentils, and let cook for a further 5 minutes. Season with herbs as desired.
4. Mix the cornflour with 2 tbsp water in bowl and then add to the meat. Place the meat and lentils in a casserole dish and top with potato mixture.
5. Bake in a preheated 375°F oven for 20 minutes.

## NUTRITION : BASED ON CAULIFLOWER POTATO MASH, LENTILS AND 1LB BEEF:

CAL: 480  
FAT: 14G  
S.FAT: 5G  
CARBS: 62G

FIBRE: 14G  
SUGAR: 6G  
PROTEIN: 34G  
SODIUM: 237MG

POTASSIUM: 1700MG  
CALCIUM: 7%  
IRON: 36%  
ZINC: 27%



# OCTOBER 2021

DAILY BLOOD SUGARS	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11 Thanksgiving	12	13	14	15	16
17	18 Healthcare Aide Day (BC, MB)	19	20	21	22	23
24/31 31 <sup>st</sup> Halloween	25	26	27	28	29	30

TO DO:

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# HEALTHY WILD MEAT & BEAN CHILI

Recipe Adapted From Setting The Table Cookbook

PREP TIME: 10min READY IN: 30min SERVINGS: 4

## INGREDIENTS

- 1 lb ground meat (bison, beef, venison or moose)
- 1 onion, diced
- 1 stalk celery, chopped
- 1 cup of vegetables (pepper, or carrot diced, or frozen peas)
- 2 cloves garlic, minced
- 2 tbspc chili powder
- 1 tbspc cumin powder
- 1 can (540 ml) kidney beans
- 1 can (540 ml) black beans
- 1 large can (796 ml) diced tomatoes
- 1 cup frozen corn (or canned)

## DIRECTIONS

1. Heat oil in a large soup pot. Add the meat and cook meat over medium-high heat. Cook until browned and no longer pink. Drain off any excess fat.
2. Add onion, celery and pepper or carrot if using.
3. Cook until onion is translucent. Add garlic, cumin and chilli powder and cook for 30 seconds.
4. Drain and rinse the kidney beans and black beans. Add kidney beans, black beans, diced tomatoes, corn and peas if using to the meat and onion mixture. Mix well and reduce heat to medium. Simmer for 20 min. Season before serving.

TIP: This is a great way to use up leftover vegetables - try adding mushrooms, zucchini, sweet potato.



## NUTRITION:

CAL: 540  
FAT: 23G  
S.FAT: 9G  
CARBS: 55G

FIBRE: 18G  
SUGAR: 15G  
PROTEIN: 33.5G  
SODIUM: 522MG

POTASSIUM: 1100MG  
CALCIUM: 7%  
IRON: 27%  
ZINC: 37%



# NOVEMBER 2021 DIABETES AWARENESS MONTH

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7 Daylight Savings Time Ends	8	9	10	11 Remembrance Day	12	13
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INDIGENOUS DISABILITY AND WELLNESS GATHERING						
14 World Diabetes Day	15	16	17	18	19	20
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28 First Day of Hanukkah	29	30	1	2	3	4
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# ELK MEATBALLS

Recipe From Well For Culture



PREP TIME: 10min COOK TIME: 25min SERVINGS: 4

## INGREDIENTS

- ½ lb of ground elk meat (or any other wild game)
- 1 cup of cooked wild rice
- 1 egg
- 3 cloves garlic, minced
- ½ small red or yellow onion, diced
- ½ tsp black pepper, ground
- ⅛ tsp salt
- ½ cup dry for this recipe

## DIRECTIONS:

1. Preheat oven to 400°F and coat baking sheet with oil or line it with baking paper.
2. In a large bowl mix all the ingredients together and shape into 1 ½ inch meatballs. The mixture should make 8 meatballs.
3. Place them about 1 inch apart and bake for 18-25 mins or until they are no longer pink in the middle.

TIPS: Try serving these with a dark leafy green salad. Use any additional seasonings that you like.

Try 1 tbsp fresh rosemary

Instead of fresh onion and garlic use 1 tsp of garlic powder and 1 tbsp onion powder

Add any leftover fresh herbs you have at home like parsley, oregano or thyme.

Try adding grated carrots for more fibre.

## NUTRITION: BASED ON 2 MEATBALLS:

CAL: 130  
FAT: 3.4G  
S.FAT: 1.2G  
CARBS: 10G

FIBRE: 1G  
SUGAR: 1G  
PROTEIN: 16G  
SODIUM: 83MG

POTASSIUM: 80MG  
CALCIUM: 2%  
IRON: 10%  
ZINC: 5%



# DECEMBER 2021

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# MOOSE MEAT LOAF

Recipe Adapted from Traditional Foods & Recipes on the Wild Side by Native Women's Association of Canada

PREP TIME: 10min COOK TIME: 1¼ hr SERVINGS: 6

## INGREDIENTS

- 1 ½ lb ground venison or moose or elk
- ½ onion, minced
- 1 cup milk or milk alternative
- 1 egg
- 1 tsp salt
- 1 cup oatmeal
- 1 cup mixed vegetables, optional (diced celery, diced carrots, frozen peas, sliced mushroom)

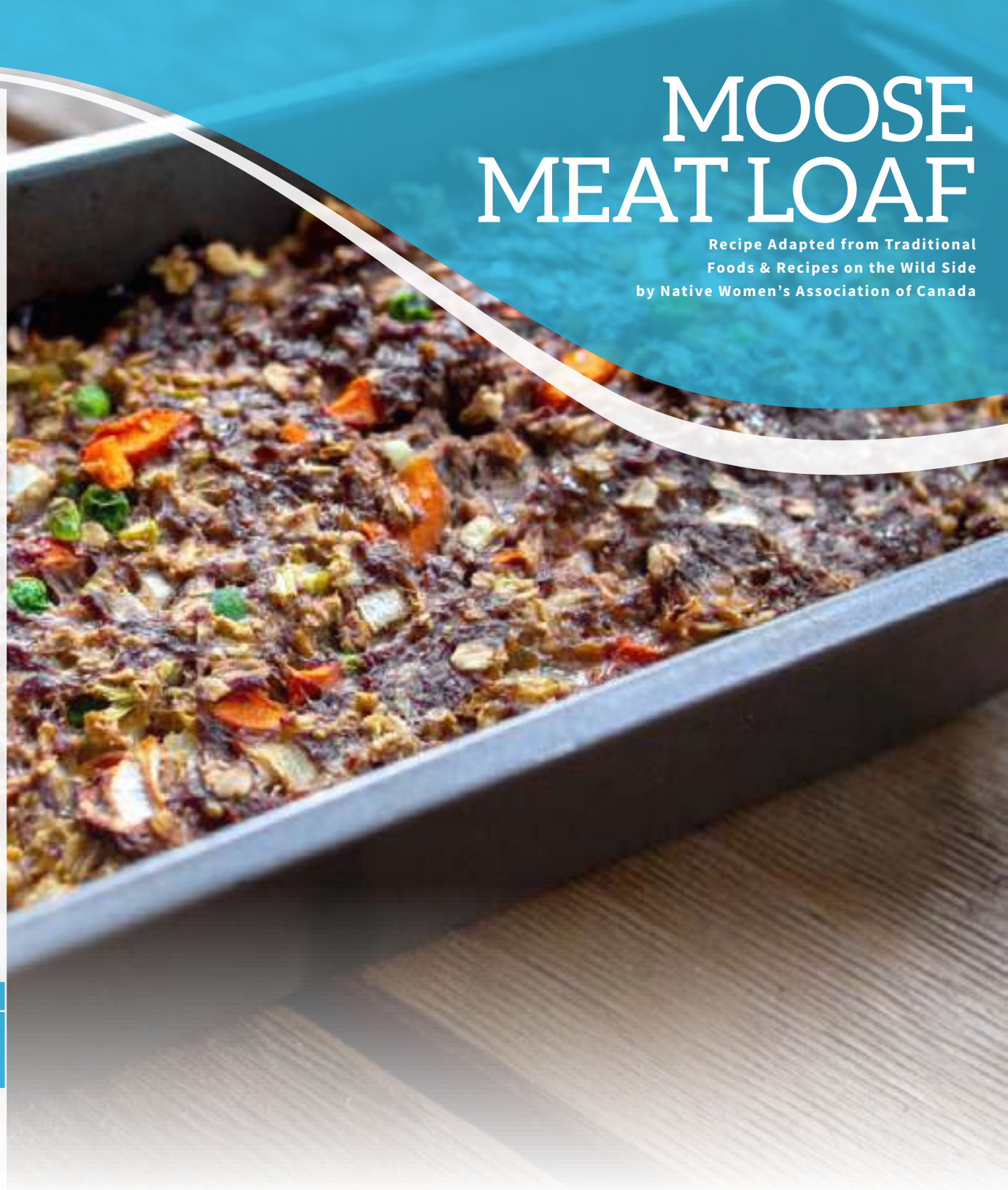
## DIRECTIONS

1. Preheat oven to 350°F.
2. Mix all ingredients together in a large bowl.
3. Grease a 9 x 5 x 3 inch loaf pan and add all ingredients.
4. Bake for 1 hour and 15 minutes.

**NOTE:** Recipe was adapted to contain less salt (original recipe 1 ½ tsp). Also adapted to contain more onion (original recipe had 1 tsp onion) and included the option of adding vegetables (original recipe had no added vegetables).

## NUTRITION:

CAL:	250	FIBRE:	2.6G	POTASSIUM:	260MG
FAT:	3.4G	SUGAR:	4.2G	CALCIUM:	7%
S.FAT:	1G	PROTEIN:	39G	IRON:	32%
CARBS:	16G	SODIUM:	255MG	ZINC:	32%





# JANUARY 2022

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2 ● Day After New Years Day (QC)	3	4	5	6	7	8
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# NUUCHAHNULTH TRIBAL COUNCIL

Nuuchahnulth Tribal Council (NTC) is a not-for-profit society that provides a wide variety of services and supports to fourteen Nuuchahnulth First Nations with approximately 10,000 members.

## THE 14 NUUCHAHNULTH FIRST NATIONS ARE DIVIDED INTO THREE REGIONS:

- Southern Region: Ditidaht, Huu-ay-aht, Hupacasath, Tse-shaht, and Uchucklesaht
- Central Region: Ahousaht, Hesquiaht, Tla-o-qui-aht, Toquaht, and Yuu-cluth-aht
- Northern Region: Ehattesaht, Kyuquot/Cheklesah, Mowachaht/Muchalaht, and Nuchatlaht

## THE NUUCHAHNULTH TRIBAL COUNCIL STRIVES TO:

- Advance and protect the ha-ha-hoolthee (territories) of the Nuuchahnulth Ha'wiih (Hereditary Chiefs)
- Pursue self-determination
- Promote the betterment, prosperity and well-being of the Nuuchahnulth people
- Advance Nuuchahnulth culture, language, beliefs and way of life

## PROGRAMS AND SERVICES FOR MEMBERS, INCLUDE:

- Health care\*
- Education (funding and support)
- Child and family services
- Employment readiness
- Economic development
- Services to strengthen and support families

\*Within healthcare NTC employs Registered Nurses, Registered Dietitian, Certified Diabetes Educator, Licenced Practical Nurses, Health Promotion Worker, Counsellors, Doulas, Child and Youth Workers, and Cultural Workers.



National  
Indigenous  
Diabetes  
Association

Association  
Nationale  
Autochtone  
du  
Diabète

The National Indigenous Diabetes Association (NIDA) envisions diabetes-free communities. Our mission is to lead the promotion of healthy environments, and to prevent and manage diabetes by working together with people, communities, and organizations.

NIDA would like to acknowledge Nuuchahnulth First Nations and community members whom contributed recipes for this calendar.

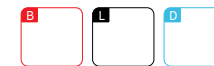
These recipes were taken from the *NTC Healthy Budget Eating for Diabetes Cookbook* and were compiled to share healthy recipes that are helpful for managing or preventing diabetes. The recipes also work to address the increased cost that is often associated with healthy eating, offering lower cost ingredients and substitutions.

Recipes are borrowed from some favourite Indigenous cookbooks, resources and websites. Some recipes are also shared by Nuuchahnulth community members and their Dietitian.

## ADDITIONAL RESOURCES:

<https://www.wellforculture.com/recipes>

<https://www.nwac.ca/wp-content/uploads/2015/05/2012-Diabetes-Traditional-Foods-and-Recipes.pdf>



This calendar provides space on each day for recording your blood glucose sugar levels if you are living with diabetes, as well as "notes" space to write down and keep track of activity for the month.

## PHASES OF THE MOON LEGEND

NEW MOON    1ST QUARTER    FULL MOON    3RD QUARTER

