



A Healthy Alternate Lifestyle

We have been very busy these past months, with the many different programs and objectives to be met. The very first thing on our agenda was to gather the needs and concerns of the population, this was done through a survey which was sent to each home on the Lower North Shore, as well as one to store owners in each municipality. We are currently compiling the survey information and the information gathered at the focus group meetings, which will be placed in a report. We are also organizing a transportation consultation. This consultation will bring major players together to discuss the high cost of food transportation. It was to be held in September, due to the unavailability of some key players, it has been postponed to early winter.

We traveled the Lower North Shore to hold focus group meetings and to do a presentation on Weight Management and Canada's Food Guide. At this time we had the opportunity to meet with the businesses and to gather information and prices to put together a food basket. It was an amazing trip and we met some wonderful people.

We participated in many meetings with our partners, our consultant and with government organizations to discuss different aspects of the project. Research on different initiatives is on-going, for long term development undertakings (ie: gardens, composting, recycling, exercise programs, nutritional information, senior programs, home and school programs, etc..).

We are in the process of creating a Lower North Shore Food Guide which will include local foods and their nutritional content, as well as healthy recipes made with foods produced specifically on the Lower North Shore. These recipes will be gathered from the population through a contest. (see nutritional contest on page 2). Other contests will be put in place soon, so keep a look-out for them. We are also working on initiatives such as the *Meals-on-Wheels* program. At the present time, we are working with Darlene Rowsell, in the community of Chevery, where there is already has a *Meals-on-Wheels* program in place, to conduct a study to survey needs in neighbouring communities. Community kitchen, school nutrition and cooking courses and information on the results of the food basket can also be found in this newsletter.

Should anyone require further information, please feel free to contact the office; Priscilla Fequet Griffin, coordinator at (418) 379-2006 or 2356, or Jocelyne Jones, nutritionist at (418) 461-3560, we would be pleased to assist you.



Priscilla Fequet Griffin, Coordinator, Nutrition Project

Community Kitchen Formation



From left to Right: Priscilla Griffin, Trisha Nash, Diane Roberge, Sylvie Lemay, Réjeanne Marcoux, Lee-Ann Anderson, Mildred Shattler, Melody Weller, Lynn Berwicke, Jocelyne Jones, Janice Letemplier, Karen Morency

What is a community kitchen?

A community kitchen is a group of three to six (3-6) people who get together to cook different meals once or twice a month or more depending on their needs.

While visiting communities on the Lower North Shore, focus group meetings were conducted in order to obtain the needs of the population. From the information received, four (4) villages were chosen to have a community kitchen implemented with help from this project. The villages were chosen according to the interest of the population, the issues addressed and needs identified at the focus group meetings, as well as the responses received from the population survey. The following villages were chosen: *Kegaska & Harrington (West) - St. Augustine (Middle) - Blanc Sablon (East)*

Therefore, in these communities groups were formed and a person was assigned as leader for each group. There can only be one group of three to six (3-6) people for each of the four (4) villages, and the deadline to submit a group was September 30th, 2005.

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NUTRITIONAL CONTEST

In September of 2005 a *contest* was addressed to preschool, elementary and high school students, as well as their parents, grandparents and/or guardian.

We are in the process of creating a Lower North Shore Food Guide which will include recipes made with foods found specifically on the Lower North Shore. Therefore, for this contest, the students were asked to *create a healthy recipe* with their parents, grandparents and/or guardian and forward the recipe to the Coasters Association.

While visiting each community on the Lower North Shore, the people who attended our focus group meetings were asked which food best represented their village. After obtaining the information, a list of foods was assigned to specific communities. Therefore, the *healthy recipes* were to be made with the food that corresponded to the student's village. For example, if the village of Old Fort Bay had rhubarb assigned to them, the children from this village was to create *healthy recipes* that had rhubarb as the main ingredient.

There will be a winner from each community, and they will be chosen by the nutritionist of the CSBCN and the Nutritionist hired by the Coasters Association.

The winners will have their picture and recipe placed in the "Coastar" Newspaper and their recipe will also be included in the Lower North Shore Food Guide. Finally the winners will win a school bag, full of promotional material.

List of food assigned to each Community

Blanc-Sablon: Cod Fish, **Lourdes-de-Blanc-Sablon:** Bakeapple
Brador: Redberry, **Middle Bay:** Meshberry, **St. Paul's River:** Salmon, **Old Fort Bay:** Rhubarb, **St-Augustine:** Lobster, **La Tabatière:** Shrimp, **Mutton Bay:** Duck, **Harrington Harbour:** Scallops, **Chevery:** Rabbitt, **Tête-à-la-Baleine:** Blueberry, **La Romaine:** Moose, **Kegaska:** Crab



Jocelyne Jones, nutritionist

Priscilla Griffin, coordinator

Look for the winning recipes in the next edition

Nutrition Courses and Cooking Classes

During the week of November 14th, 2005, five (5) nutrition courses and five (5) cooking classes were given to Secondary IV and V students of Netagamiou School in Chevery.

Each day from November 14th to November 18th, nineteen (19) students attended a fifty minute nutrition course and a two hour cooking class.

The following are the many important topics discussed during the nutrition courses, Food Safety and Hygiene, Meal Planning, Introduction to Canada's Food Guide, Nutritional Labelling and basic nutritional needs.

During each cooking session, the students were placed in four groups and had to prepare and cook a soup or salad, main meals and desserts, all of them healthy of course. (A cookbook with the recipes they prepared was given to each student.) Once the food was prepared, everyone ate together and assisted with the cleaning.

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Health and Social Services Networking and Partnership Initiative

It has been an exciting year for the Health and Social Service Networking and Partnership Initiative (HSSNPI) and with the help of the partners on the Lower North Shore Coalition for Health (LNSCH) we have started to put in place many new initiatives that follow the five priorities (Youth and Children, Wait times and Post Care, Women's Issues, Transportation and Lodging, and Drug and Alcohol Abuse) established by the population in the first phase of the project.

In regards to the Youth and Children a great program was discovered through Health Canada called Voices and Choices. This program helps the schools to assess their student needs through an on-line survey and provides support material to develop a School Health Plan that answer the needs of the student population. This program was piloted in St. Paul's School with tremendous results. St. Paul's School has established a school health committee composed of the school administration, teachers, students, parents, CSBCN and community organizations, that have led to the completion of the student survey and the creation and implementation of their School Health Plan. This program has now been started in MGR Scheffer School in Lourdes de Blanc Sablon and will be introduced to the rest of the Lower North Shore in the New Year, due in thanks to the approval of a project through the RAP measure that will support the travel to communities throughout the Lower North Shore. We were also able to get a student from the Human Resource and Skills Development (HRSD) to work on the development of a "Survival Pack for Parents". This initiative was requested at a focus group session, that parents of teens could receive a packet of information like web sites, help line telephone numbers and documentation that would help them become better informed of the issues their children are facing. To date the report is completed and we are looking at possible ways of funding this package of information for parents.

Another area of concern for the population was wait times and post care. To date, we have been working with the CSBCN, LNSCH and McGill University to introduce Telehealth. Telehealth is an initiative whereby a specialist can talk about specific health subjects and the population throughout the Lower North Shore can connect by video conference. A pilot of this program was tested in La Tabatière, Chevery, St. Paul's River and Lourdes de Blanc Sablon on the topic of nutrition and it was well received by the participants. We are now planning to hold more sessions in the New Year on different topics and in more locations. If you have a topic that you would like more information on we would be glad to receive your input at the Coasters office.

In the area of Women's Issues, we were able to obtain funding from Canadian Heritage to hire Melody Weller to further work on this dossier by conducting a needs assessment. Through this project we will also see the formation of a Coalition for Women. We are anxious to see the results and hope all the women of the Lower North Shore express their concerns. We have also been working in partnership with the CSBCN to support a group of ladies in the Municipality of Blanc Sablon to begin activities for seniors. They have presently sent out a survey to the population in their Municipality and we hope they receive a good response.

After the focus group sessions in the communities we had many conference calls with our Anglophone Community Organization Partners on the subject of transportation and lodging. We realized that not only the Lower North Shore was having trouble receiving services in their own language outside of their territory (i.e. in hospitals in Quebec City, Sept Iles, Harve St. Pierre, etc...) but also many other Anglophone communities. Through conference calls held and research conducted we were able to develop a project with six (6) Provincial Anglophone Community Organizations and have submitted this request to Canadian Heritage to conduct a needs assessment on access to English H & SS available to people that have to leave their territory for care. We are anxious to know if this proposal is accepted and hope it will provide proof of the problems that the population of the Lower North Shore must face they have to leave the territory for care.

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On October 15th and 16th, Diane Roberge of the *Regroupement des Cuisines Collectives du Québec (RCCQ)* provided the group with a two day formation on how to operate and maintain a community kitchen.

Leaders, Mildred Shattler, Kegaska, Lee Ann Anderson, Harrington and Janice Letemplier, Blanc Sablon, were able to attend this very important training. Unfortunately, the St. Augustine group was unable to participate at this time, thus the St. Augustine group will receive training after the holidays. Also taking part in the formation was Réjeanne Marcoux, Trisha Nash, Karen Morency, Sylvie Lemay, Melody Weller, Lynn Berwicke. On the second day of the formation, the group cooked, cleaned and shared a delicious meal together.

On November 19th, and 20th, Jocelyne Jones, nutritionist, traveled to Harrington to meet with the group and to assist them with their first group meeting. On the 21st and 22nd she also met with and assisted the group in Kegaska with their first meeting. The Nutritionist and the Coordinator will also be assisting the Blanc Sablon group by the end of November with their first gathering.

Both the formation and the meetings with the selected groups were very positive and constructive.

We would like to thank Ms. Diane Roberge of the *Regroupement des Cuisines Collectives du Québec (RCCQ)* for her kindness and for inspiring us to succeed in this wonderful program. A special thank you must also go to all those who participated in the training session, we enjoyed getting to know each of you. Thanks to Mgr. Scheffer school for letting us use their Kitchen, it was really appreciated.

Reminder: A community kitchen is managed, operated and owned by the people in the group. The nutritionist, coordinator and other resource people are only available to give them the tools needed to ensure its success. If you have any questions please contact Jocelyne Jones, Nutritionist or Priscilla Fequet Griffin, Coordinator, and we would be pleased to assist you.



Priscilla Fequet Griffin, Coordinator

Continued from page 2- Health & Social Services Networking & Partnership Initiative

Within the area of Drugs and Alcohol Abuse, we have submitted a project to Health Canada entitled Community against Drugs (CAD) to develop a program that follows the orientation of CSL, CSBCN and SQ. We are expecting that this program will start in the New Year in the Municipality of Saint Augustine.

We are excited and appreciative of all the support that the Health and Social Services Networking and Partnership Initiative has received in the communities of the Lower North Shore. Should you require any further information or have suggestions on any of the initiatives mentioned above, please don't hesitate to contact me at the coordinates below.

Kimberly Buffitt, H & SS Development Agent

Coasters Association Inc

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Food Baskets Results

During the spring of 2005, food baskets were calculated for the five (5) Municipalities on the Lower North Shore. Therefore, five (5) Healthy Food Baskets and five (5) Less Healthy Food Baskets were completed and the results analyzed.

The results illustrated that during the Summer of 2005, it was more expensive to buy a Less Healthy Food Basket than a Healthy Food Basket in all Municipalities on the Lower North Shore. The greatest difference in cost was for the Municipality of Gros Mecatina where the Less Healthy Food Basket was \$45,78 more expensive than the Healthy Food Basket. However, one of the stores visited in The Municipality of Blanc-Sablon had the least difference in cost, at \$17,28. This might come as a surprise, but many of the healthier products included in the Healthier Food Basket were less expensive than their less healthy counterpart.



For the grain products, we started by comparing cereals. On the market there are numerous types of cereal that are not very nutritious and their price is extremely high. A 425 gram box of Fruit-loops costs, \$5,49, compared to a 575 gram box of Multigrain Cheerios which costs, \$5,49. The price is the same, but the Multigrain Cheerios have less sugar and more fibre, and you can get more cereal for the same price. Instant oatmeal is often filled with added sugar and a 375 gram box is priced at 3,19\$ compared to a 1 kg bag of nutritious Rolled Oats for \$2,69. With regular Rolled Oats you have a healthier breakfast at a cheaper cost.

Then there is pasta and rice! Whole wheat pasta and rice do cost more than the white brands, but are filled with more fibre. On the other hand, many people buy different types of prepared foods that often cost more for less, and are filled with a lot of salt, sugar, fat and different additives. For example, bought food is more expensive than homemade food; a box of macaroni and cheese ready to prepare, costs about \$1,19 per portion, compare this to homemade macaroni and cheese, where one portion costs about, \$0,75. The homemade version is probably made with white macaroni, but by using whole wheat macaroni, you can still have a cheaper meal than the bought version.

Then different types of meat and alternatives were also compared. Meats are expensive, but you can serve more and have more than one meal with a whole chicken, than you could have with chicken wings or cold cuts. You are not only eating less salt, but also less fat, especially if you do not eat the skin on the chicken. For about the same price, you can buy a pork roast instead of bologna, which is filled with salt and much more fat than the piece of pork. Some people buy Nutella instead of Peanut Butter, but Peanut Butter is filled with protein and a great amount of good fat, and it can be cheaper than the chocolate spread, which is filled with sugar, fat and caffeine.

Let's talk fats! There is no doubt that the healthier alternatives for oils, margarine, etc..., are much more expensive. Non hydrogenated margarine is more expensive than the hydrogenated margarine which is filled with Trans fats. Also, Canola oil, Olive oil, Sunflower oil, etc..., cost more than the cheap vegetable oil, which can be bought in big quantities.

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The Coasters Association

 and Coastal Publications would like to take this
 opportunity to wish you and your family
 a Very Merry Christmas
 and a Prosperous New Year.



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Health Matters

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Finally we have the extras, such as, caramel spreads, sweetened condensed milk, soft drinks, etc... These products are not essential, but if you really like something sweet like caramel spread or sweetened condensed milk, why not choose a natural healthier alternative like molasses or honey. Also, instead of buying a case of Pepsi, why not buy a case of water or packed fruit juice; it is cheaper than the Pepsi, which is filled with sugar and caffeine.

There were some products in the food baskets that were close in price. For example, when choosing canned fruits, it is better to choose ones that are unsweetened or in their own juice and their price is almost the same as the sweetened ones. Also, the price of breads, whether they are white or whole wheat: we found hardly any difference in price. Even the flours, whole wheat compared to white, have less than a dollar (\$1.00) in the difference for a bag of 3.15 kg. For less than a dollar, you can buy a food that is much more nutritious.

In conclusion, it may come as a surprise that the Less Healthy Food Baskets were more expensive than the Healthier Food Baskets, but think about it. A bag of frozen fries, a box of instant oatmeal, a box of Kraft Dinner, a box of Chicken wings, etc, are not only less healthy, but makes only one meal, which explains the higher cost when you compare them to a bag of potatoes, a bag of rolled oats and a whole chicken.

Tomatoes, celery, broccoli, cauliflower, grapes, etc, are expensive, especially on the Lower North Shore, but they were not included in the Food Baskets, except for the celery. There are other fruits and vegetables which can be bought and are less expensive and just has nutritious. The important thing is to vary the type of foods eaten and to try and consume as much fruits and vegetables as possible. Buying is a personal choice, but it is important to realize that a bag of apples at \$2.99 will get you a lot further in the week than a bag of Lay's chips which cost about \$3.29, for a 245 gram bag. The bag of apples is not only more nutritious, but it can be cheaper than a big bag of chips for the family.

Please note that the comments expressed are not aimed to insult nor discriminate the food choices people make. It is important to remember that the residents of the Lower North Shore have many nutritious foods at their fingertips at a very low cost, for example, the abundance of fresh fish, seafood, wild berries and wild meats. We can only imagine how much a resident from the Québec City region would give to have these wonderful treasures in their food baskets.

Jocelyne Jones, Nutritionist

Oatmeal and Raisin cookies

Jocelyne Jones, nutritionist

Ingredients

- Becel margarine, 125 ml (1 cup)
- Brown sugar 60 ml (¼ cup)
- Molasses 30 ml (2 tbsp)
- Large egg 1
- Vanilla extract 5 ml (1 tsp)
- Wholewheat flour 250 ml (1 cup)
- Rolled oats 250 ml (1 cup)
- Baking soda 5 ml (1 tsp)
- Cinnamon 5 ml (1 tsp)
- Dry raisins 125 ml (½ cup)

Yield:

- 18 Cookies
- 15 min of preparation
- 7-10 min of cooking
- 1 Portion (2 cookies):**
- 0 Meat and alternatives
- 0 Vegetables
- 1 Fat
- 1 Grain product
- 0 Fruit(s)

Preparation

1. Beat together the margarine, sugar, molasses, egg and vanilla extract
2. Add the flour, rolled oats, baking soda, cinnamon and raisins to the first mixture. Mix well.
3. Use a teaspoon to place cookie dough onto a lightly greased cookie sheet.
4. Cook in the oven at 325°F for about 7-10 minutes.
5. Serve with a glass of milk.



Continued from Page 2—Nutrition Courses and Cooking Courses

The students, teachers, school staff and some of the parents all seem very happy with the outcome of the nutrition courses and cooking classes. Their comments were nice and also encouraging.

On a personal note, I really enjoyed my week at Netagamiou School. I would like to thank the students for their participation and respect, and the teachers and school staff for their collaboration.

A special thank-you to the Community of Chevery for enabling us to use their community hall. It was all greatly appreciated.

I hope the students will benefit from what they have learnt and apply it when they go out to school and live on their own. Always remember that our health begins in our plates.

Jocelyne Jones, nutritionist
Coasters Association



Next Edition:

- **Update on Nutrition Program**
- **Update on HSSNPI Program**
- **Winners of Nutritional Contest**
- **Update on Community Kitchens**
- **Tele-Health Session**
- **Healthy Recipe, etc.....**

