



# RECIPE CONTEST

During the 2025 edition of the Nutrition Month and Traditional Food Day, the NRBHSS' Food Security and Nutrition Team is organizing a recipe contest. We encourage Nunavimmiut to participate by sending their favorite original recipes on the theme *Cooking from the land and sea*.

Local organizations are also invited to promote the recipe contest in their community.

Three winners will be chosen randomly. Everybody who sent a recipe will be included in the draw. With all your recipes, we will create an original Nunavik recipe book!

## HOW TO PARTICIPATE?

You have to send your original recipe by March 31st.

There are two ways to participate:



1. Send your original recipe by scanning the QR Code.



2. Fill the participation form available on the next page or contact the local food project in place in your community to get your participation form. Send the complete document by fax or email:

- Fax Number: 819 964-2711
- Email: [FoodSecurity.Nrbhss@ssss.gouv.qc.ca](mailto:FoodSecurity.Nrbhss@ssss.gouv.qc.ca)



# Nutrition Month Recipe Contest

**Recipe Name:**

NUMBER OF SERVING:

NAME:

E-MAIL:

PHONE:

Do you authorize the NRBHSS to use your recipe in publications:

Yes

No

INGREDIENTS

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DIRECTIONS

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**Send your completed document by:**

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To be eligible for the contest your recipe needs to be original content and come from you or your family.

# IDEAS FOR ACTIVITIES OR EVENTS

## **Cook Together and Share foods**

- Set up a community cooking workshop for children, families, elders, pregnant women, etc. Encourage people to participate to the **recipe contest** organized during Nutrition Month and Traditional Food Day.
- Set up a workshop on country food. Prepare and cook foods and share knowledge on how to gut and skin an animal, dry meat, prepare suvalik, etc. You could invite an elder to share their knowledge.
- Organize a community meal focused on the pleasure of eating on Traditional Food Day (March 27).

## **Go on the land**

- Organize a group activity on the land to do things like ptarmigan hunting, gather mussels and go ice fishing.

## **Share Information**

- Hold a radio show or an information session on foods and nutrition, facilitated by a knowledgeable community member or a health professional.
- Organize an educational activity on nutrition using the educator's tool kit from the Nunavik Food Guide.
- Hold a nutrition quiz or a live recipe cooking activity over radio. You can hold a draw for a healthy food basket.
- Organize a rally at the grocery store where participants search for foods to make a recipe.

## **Get Ideas in the Community**

- Hold a sharing circle where community members of all ages can share stories and discuss various topics related to food and nutrition.
- Organize a community challenge. Encourage community members to try and include a fruit in their breakfast every day for one week or to have one vegetable with their lunch and supper. You could use radio to encourage participants and discuss healthy lifestyles.
- Set up a community group on Facebook for exchanging and sharing recipes.



# MESSAGES TO PROMOTE NUTRITION ON LOCAL RADIO

During 2025 Nutrition Month (March), take the opportunity to go on local radio to share messages on nutrition and encourage discussion in your community around the theme *Cooking from the Land and Sea*. Below are some suggestions for messages:

## **Cook and Enjoy food from the land and sea**

- In March, you are encouraged to put the food from the land and the sea on your table more often and to take time to enjoy cooking and eating with family and friends.
- Share recipes and meal ideas with your friends; you could discover delicious foods and gather ideas for meals. What is your favourite meal ?
- Eat as a family as often as possible. Make mealtime a pleasant time by interacting with your children. Remove all distractions such as electronic devices and toys, so everyone can concentrate on the food and being together.

## **Involve all the family in cooking at home**

- Help your children discover the pleasure of contributing to meal preparation. Simple activities such as cutting vegetables or mixing ingredients are ways to get them to discover foods. Kids are much more likely to eat what they make, so cooking at home is a great tip if you have picky eaters. It's fun for them to eat their art creation! Cooking with kids helps reduce mealtime battles and boost their willingness to try new foods. Here are some useful tips:
  - Pick the recipe together: Children like to be part of the plan from the beginning, and it helps if they prepare something that they love to eat. Shop for groceries together too!
  - Incorporate learning: Cooking together can be a good opportunity for children to practice learnings such as measuring, counting, reading a recipe or developing motor skills.
  - Keep it fun! Imaginative play helps children get deeply involved.
  - Be a role model: If you're excited, they will be too. Try a new food and describe the flavour to inspire your children to do the same. Get other members of the family involved.
  - Be cool about the mess: Spills and accidental messes happen. Keep towels handy for cleaning up spills.
- Preparing meals at home doesn't have to take a lot of time. Some recipes can be quick, for example: ham and cheese sandwiches, chinese macaroni, caribou or frozen fish. Cooking at home has another advantage, you know everything that went into the dish.



# MESSAGES TO PROMOTE NUTRITION ON LOCAL RADIO

## **Plan Your Meals**

- If you cook large quantities, you'll have leftovers for your next meal and you can freeze extra portions. It's a great way to save time and have healthy meals readily available. Cooking with friends can also be a pleasant social activity. The food can be shared and that helps reduce costs.
- Before buying groceries, check what you have at home, in the refrigerator, the freezer and the pantry. What do you have on hand? Which foods will turn bad soon? Are there foods you could use to prepare meals for next week? Think about the meals you would like to make for the next few days and make a list of ingredients to buy to complete what you have at home.

## **Advice on Choosing Healthier Foods**

- At the grocery store, you often find transformed foods that contain a lot of salt, sugar and fat. A quick way to recognize them is to read the list of ingredients. If it's long or contains artificial ingredients or items that are difficult to pronounce, that could mean that the food has been heavily transformed. Instead, choose natural foods, such as country foods, vegetables, fruits, meat and eggs. Foods that have seen little transformation, such as milk, yogurt, bread, frozen and canned vegetables and fruits are also good options.

## **Traditional Food Day (March 27th)**

- Foods play a vital role in maintaining physical, emotional, intellectual and spiritual health. Eating country food is at the heart of Nunavimmiut life and that's why March 27th is devoted to country foods.
- Country foods have important health benefits. They are completely natural and contain no unhealthy fats, preservatives or added sugar, unlike many store-bought foods. For example:
  - Wild meat contains more iron than store-bought meat. Seal meat is the best source of iron, it contains 10 times more iron than beef.
  - Berries are rich in vitamin C and antioxidants, they help protect the body, keep skin healthy and fight disease.
  - Fish, seal and whale blubber contain omega-3 fatty acids, a type of fat that is good for the heart.

# Sushi Cups

for 12 sushis

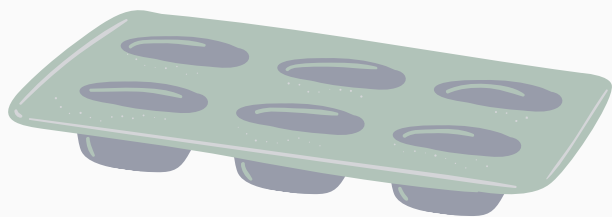


## Ingredients

- 1 ½ cups (375 ml) of cooked rice
- 1 teaspoon (5 ml) of rice vinegar
- 1 ½ cups (about 1 pound) of arctic char (or salmon), skinless and in cubes
- ¼ teaspoon (1 ml) of salt
- 2 tablespoons (30 ml) of soy sauce
- 1 teaspoon (5 ml) of sesame seed oil
- 2 teaspoons (10 ml) of garlic, minced
- ½ teaspoon (2,5 ml) of chili flakes
- 1 tablespoon (15 ml) of mayonnaise
- 3 nori seaweed sheets (cut in 4 squares each)
- ¼ cup (60 ml) panko breadcrumbs

## Method

1. Pre-heat oven at 400°F.
2. Mix the cooked rice with rice vinegar.
3. Remove skin and cut the fish into small bites sized pieces (about ½ inch) and place in a bowl.
4. Add in the salt, soy sauce, sesame oil, garlic, chili flakes and mayo. Mix well and set aside.
5. Cut the 3 nori sheets into squares, divide each nori sheet into 4 squares.
6. Assemble to sushi cups by placing the nori strip over the cupcake cavity, adding in a scoop of rice and then finishing it off with the marinated salmon cubes.
7. Sprinkle with panko breadcrumbs and bake for 15 minutes.
8. Allow salmon cups to cool for 5 minutes, then remove from the cupcake tin and add on the toppings. You can use more mayo, green onions, sesame seeds. Enjoy!



# Suvalik

By Annie Kudluk

## Ingredients

- Fish roe/eggs, preferably salmon
- Oil
- Water
- Berries (blackberries, blueberries and aqpik)

## Method

1. In a large bowl, start by mixing a small amount of oil with fish roe, it can help if you use a small spoon. Mix it very well.
2. Continue adding oil slowly until it feels not slippery anymore.
3. Add small amount of water, it will get more slippery, but continue adding small amount of oil. Stir with hand continuously while adding oil and a bit of water.
4. Repeat this process until you have about more than a cup of whipped mixture.
5. Add your berries to the mix and enjoy your suvalik.





# NEED SUPPORT ?

Contact us !

Food security & nutrition team  
email : [FoodSecurity.Nrbhss@ssss.gouv.qc.ca](mailto:FoodSecurity.Nrbhss@ssss.gouv.qc.ca)

For more information about food and nutrition, visit:  
<https://padlet.com/foodsecuritynrbhss>

