



# IDEAS FOR ACTIVITIES OR EVENTS

## **Cook Together and Share foods**

- Set up a community cooking workshop for children, families, elders, pregnant women, etc. Include recipes from the new cookbook *Cooking from the land and Sea* during your Nutrition Month and Traditional Food Day cooking activities.
- 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 26).
- Organize a meal distribution or country food sharing activity for the people in need of your community.

## **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 updated version of 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.



# GOT A FOOD PROJECT IDEA FOR YOUR COMMUNITY?



## SUPPORT AND FUNDS CAN BE AVAILABLE FOR LOCAL ORGANIZATIONS

Community kitchen, gardening, preparation of traditional foods, distribution of healthy meals to elders and people in need, etc.

The NRBHSS' Food Security and Nutrition Team can support local organizations working to strengthen food security, health and wellbeing. The team offers in-person support, funding, training, and resources such as toolkits and recipes.

Eligible projects may include community kitchens, meal distribution for those in need, knowledge-sharing activities around country food, or small gardening initiatives.

Email [FoodSecurity.Nrbhss@sss.gov.qc.ca](mailto:FoodSecurity.Nrbhss@sss.gov.qc.ca) to learn about support options in your community.

# 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>

