





**Workshops on preparing and cooking country food** for youths or all ages (e.g., how to prepare less used parts of the animals, like caribou heads). You can invite an elder or any experienced person to prepare country food and share their knowledge.

**Invite community members to share stories** and discuss different topics related to **food and nutrition**. **Storytelling** on traditional lifestyles and foods.

**Radio messages and nutrition quiz** to inform the population and encourage participation by testing nutrition knowledge.

**Healthy challenge at the school or community wide** to encourage people to change one eating habit over a one-to four-week period (e.g., try to include one fruit at breakfast every day, reduce or stop consumption of pop and sweet beverages, cook homemade meals every night for five days, etc.).



**For schools:**

**Special cooking activity to involve a group of students in the creation of a balanced breakfast, lunch or healthy snacks** to eat and distribute to other students in schools.

**Educational activities on nutrition** using the *Nunavik Food Guide's* educator toolkit (see picture).

