



WELCOME TO THE NEWEST MEMBER OF THE HEALTHY WEIGHTS CONNECTION TEAM

Shekoli, my name is Rochelle Cornelius; I am wolf clan from Oneida Nation of the Thames. I am very excited to join the Healthy Weights Connection team as the London Site Coordinator. With two very active teenagers that have me in arenas, soccer fields and ball fields it became way too easy to eat from a drive through window. However, over the past year I have come to realize the value of healthy eating and regular physical activity in my day to day life. All too often in our busy lives it becomes so easy to forget that we only have one body and that it is so important that we maintain and treat it well.

As part of the Healthy Weight Connection Team I will ensure that our goals are reached; to improve and coordinate existing community resources, and access new resources, to achieve and maintain healthy weights among Aboriginal children and youth. "Eat healthy, feel healthy and be healthy."

ABORIGINAL TEAM ONTARIO

Aboriginal Team Ontario is looking for athletes to compete in the North American Indigenous Games 2014!



Follow the link to find out the sports youth can compete in, the age categories, and local tryout dates.

North American Indigenous Games 2014,
Regina Saskatchewan
July 20-27, 2014
<http://regina2014naig.com/home/>

UPCOMING EVENT

JOIN US FOR A FREE YOUTH SYMPOSIUM

Calling all youth ages 13-18 years old!

Please join Healthy Weights Connection for a fun day and celebrate our youth! **Bossy Ducharme** will share his inspirational story about his experience committing to a completely traditional diet and hip hop performing artists **Reztore Pride** will lead interactive workshops!

WHEN: March 11, 2014

WHERE: Royal Botanical Gardens,
680 Plains Rd W, Burlington, ON

TIME: 10:00 am - 3:30 pm (lunch provided)

Garden exhibits open for youth to explore after the symposium Savage Gardens & Nature's Ninjas.

Free workshop for the service providers
Transportation costs covered (contact for details).

PLEASE R.S.V.P. FOR THIS FREE EVENT AS SPACE IS LIMITED!

For Midland:

Jodi Blue
705.526.6335 ext. 223
jodib@metisnation.org

For London:

Tasha Shields
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Check out the HWC Website for grants and funding opportunities!

HWC can support your organization in writing and applying. Connect with us for more information!

FEELING SOCIAL?



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Check us out on Facebook!



Follow us on twitter
@ HealthWeightCon

FEBRUARY IS HEART MONTH

Heart disease is a very preventable condition! The best thing you can do is to control the risk factors that could lead to heart disease. Risk factors include high blood pressure, high cholesterol, diabetes, smoking, excessive alcohol consumption, being physically inactive and overweight.



Recommendations to prevent heart disease:

- Be smoke-free, physically active at least 3x per week, control your blood pressure, eat a healthy diet low in saturated and trans fats, maintain a healthy weight and manage your diabetes.
- Increase your fiber intake; soluble fiber binds to the cholesterol and removes it from your body!

What you need to know about cholesterol:

- Cholesterol is one of the fats found in the blood, when too much fat accumulates in the arteries it can disrupt the blood going to the heart, this can increase your risk of heart disease and stroke.

The good and the bad cholesterol - HDL and LDL:

- HDL (the good) helps 'sweep' out the bad cholesterol that builds up in the arteries.
- LDL (the bad) blocks the arteries with plaque and narrows the arteries making it difficult for the blood to make it to the heart.

For Better Cholesterol Levels:

Have More: Monounsaturated and polyunsaturated fats like olive, canola and corn oil, avocado, fish and peanut butter.

Have Less: Saturated and trans fats like lard, butter, cheese, red meats and processed foods.

Lowering your blood pressure is also a great way to reduce your risk of developing heart disease and stroke. Some ways to reduce your risks include exercising regularly, losing excess weight, reducing your sodium intake to less than 2300 mg a day and keeping a healthy blood pressure of 120/80. Consult with your health care professional to learn what is right for you!

YOUTH IN THE KITCHEN

In November several programs from N'Amerind (London) Friendship Centre came together to host a youth cooking class at At'lohosa Native Family Healing Services.

The youth made Three Sisters Soup, baked squash, and strawberry drink - all of which were delicious! The open space at At'lohosa gave each youth enough room to work on their own tasks, while still being engaged in the process.

In teams, the youth purchased the ingredients for the soup at the Convent Garden Market, making use of the Harvest Bucks provided to them. While at the market they picked out some fruits and vegetables they had never tried to sample while their soup cooked. The skills they gained from this class will carry over into their next kitchen endeavour.



Harvest Bucks

Harvest Bucks are now available for sponsorship. Application due March 1, 2014.

Visit www.healthunit.com/harvest-bucks for more information!

LONDON: SHARING THE KNOWLEDGE

On December 5th 2013, the Child and Youth Network (CYN), in partnership with Healthy Weights Connection (HWC), hosted Dan and Mary Lou Smoke to share their extensive knowledge of First Nations culture and traditions. The motivation for this presentation was to initiate collaboration between different organizations and programs, as well as to create awareness of cultural competency between London service providers and the First Nations community.

As part of their introduction, Dan and Mary Lou gave a thank you address to thank all living things and acknowledged their importance to the world. This set the mood and direction of showing appreciation and gratitude, which resonated with attendees in that we are all valued as advocates for public health and to keep campaigning towards a better, healthier community. The response from Dan and Mary Lou's talk was encouraging and the benefits of this type of sharing would be well received in future meetings. One response from an attendee was "it was great educational presentation - I learned so much. I did not have a good understanding of this prior". Much of the feedback had similar responses to Dan and Mary Lou's presentation. HWC wanted to thank the CYN, its members and partners, as well as Dan and Mary Lou for a wonderful meeting. The CYN and HWC are looking forward to continuing to create valuable partnerships within our communities - please watch for updates to be involved!



Congratulations to **Cindy Barrett** from the Museum of Ontario Archaeology, London! Cindy was the winner of the iPod Nano from the HWC Fall Newsletter!

UPCOMING EVENT: BOSSY DUCHARME

Midland is inviting the Health Unit and other health professionals in the community to attend a presentation on the traditional Aboriginal diet. Bossy Ducharme tells his story about reaching 223 pounds and how his outlook on culture influenced him to change. Bossy managed to drop to 145 pounds and has increasingly more energy and a clearer mind.

Bossy and Healthy Weights Connection would like to share this journey and invite you all out for a healthy, traditional lunch.

WHEN: March 27, 2014

WHERE: Midland Cultural Centre,
Rotary Room, 333 King St., Midland, ON

TIME: 11:00 am - 1:30 pm (lunch provided)

PLEASE REGISTER TO ENSURE A SEAT

Jodi Blue

705.526.6335 ext. 223

jodib@metisnation.org

Feel like you're in a midday slump?

Choose snacks that have both fiber and protein. This will keep you satisfied until dinner.

Aim for 200 calories when snacking.

MIDLAND/PENTANGUISHENE: NORTH SIMCOE GOOD FOOD BOX

Every month, a group of volunteers wake up early and make their way to the North Simcoe Sports and Recreation Centre to begin their day making a difference. The Good Food Box, coordinated by Erin Chappelle and The Karma Project in Penetanguishene, is a monthly box of local Ontario fruits and vegetables. Two sizes are available. The small box is \$10.00 and the large box is \$15.00.

As the Healthy Weights Connection (HWC) coordinator in Midland I get asked a lot of questions about the Good Food Box. I thought I would take this opportunity to share information about its benefits, cost, and pick-up information since it aligns well with the goal of the HWC project to increase access to healthy, nutritious foods for Aboriginal families and to ensure that it is affordable and accessible.

Each month, your large Good Food Box could look something like this:

- 10lb bag of potatoes
- Large bag of apples
- Bag of carrots
- Bag of onions
- Head of romaine lettuce
- Bundle of celery
- 2 bunches of broccoli
- Green peppers
- Cucumber
- Oranges
- Kiwis

Go ahead and tally up each item as you would purchase it in the grocery store. The cost benefits are clear and the more the community buys, the more you will receive in your food box for that month. The selection of the produce will vary depending on the season, so you will never know what it is that you are getting, but you can always be certain that it is fresh, healthy, and affordable.

For those of you thinking this is a Food Bank or charity, it is not. When ordering you do not need to give out any personal information other than your first and last name and phone number for pick-up. There are no questions about your income or how you spend your money. Orders need to be placed and paid for by the 7th of each month and pick-up always falls on the third Wednesday of the month.

There are multiple pick-up locations in the area: Waubauskene, Victoria Harbour, and Elmvale libraries, the North Simcoe Sports and Recreation Centre in Midland, Clé de l'emploi Employment Services in Penetanguishene, and the Christian Island Beausoleil Family Health Centre. Additionally, there are other locations to pick up your box and multiple locations to place your order like the CSC CHIGAMIK Community Health Centre.

Here are some other ways to make the most of the Good Food Box. Purchase a Good Food Box:

- when your groceries have almost run out, saving you from having to spend large amounts of money a second or third time in the month.
- to become more involved in your community.
- for your coworkers, students or friends to pass along the benefits.
- see how many meals you can prepare on \$10.00 or \$15.00 worth of produce.
- donate it to a local Food Bank or shelter.
- when you are holding an event or gathering to decrease costs.
- around Christmas time when funds are devoted to gifts and sharing.
- when you are penny pinching to buy your first house or on a tight budget.
- to stay healthy.

Sharing these ideas with others will help the community to use it more often.

For more information on the North Simcoe Good Food Box or how you can get involved visit www.thekarmaprojectinc.com or contact Laurel at 705-549-5999.