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RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

News Release

FOR IMMEDIATE RELEASE

SIMPLE AND TASTY RECIPES

Kuujjuaq, November 25, 2015 – Following up on our partners' and *Nunavimmiut* suggestions is always a must for the Nunavik Regional Board of Health and Social Services (NRBHSS), which is pleased to launch its new nutrition tool, a series of eight easy-to-make recipes, across the region. Available in all three languages, the recipes are simple and include store-bought and traditional ingredients; at the end, there is a comparison showing the amount of a store-bought dish and how much more you can make at home for the same price.

"When we meet with local workers who lead cooking or nutrition activities in their community, they often ask for recipes that are quick, easy and nutritious. We responded to that need with a first set of eight recipe cards for distribution during various community occasions," announced Dr. Serge Déry, Director of Public Health of the NRBHSS. "Eating healthy is often a challenge; it's hard to plan what to make day after day, so we hope that this will help *Nunavimmiut* in meal planning."

The set of recipes was distributed to various partners such as community liaison wellness workers, community kitchens, family houses and schools. The NRBHSS will also promote them at nutrition booths in stores everywhere in Nunavik throughout the year. The recipes are as follows:

- Shepherd's pie
- Macaroni salad
- Egg-salad sandwich
- Ham-and-cheese sandwich
- Chili
- Chinese noodles with chicken
- Hot meat sandwich
- Chicken pizza.

The NRBHSS is a public agency created in 1978 under the James Bay and Northern Québec Agreement. *It is responsible for nearly the entire Québec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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Source: Nunavik Regional Board of Health and Social Services
Department of Public Health

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