

**Conseil Cri de la santé et des services sociaux de la Baie James**

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**Cree Board of Health and Social Services of James Bay**

# Nutrition Policy

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*To be used in establishments of the CBHSSSJB  
and during activities it organizes or funds*





# Foundations of the Nutrition Policy

## Objective 1: Offer a variety of meals and snacks of high nutritional quality

1. Provide meals and snacks based on *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*, with an emphasis on cultural food preferences
2. Provide meals and snacks that respect the principles of quantity and variety from *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*, according to age and gender
3. Promote the use of healthy fat (mono and polyunsaturated fats)
4. Provide foods that are low in saturated fat and limit trans fat to a minimum
5. Provide foods that are high in dietary fibre
6. Provide food and drinks that are low in sodium (salt)
7. Encourage water and milk consumption
8. Limit food and drinks with added sugars
9. Offer meals adapted to individual needs

## Objective 2: Reduce impact on the environment

1. Reduce the production of waste
2. Minimize environmental impact from food purchase to food service

## Objective 3: Provide foodservice settings that support healthy eating

1. Ensure dining areas promote healthy eating in a pleasant atmosphere
2. Ensure foodservice establishments are equipped to prepare and serve nutritious food

## Objective 4: Promote healthy eating habits

1. Promote healthy eating habits that respect cultural food preferences
2. Raise awareness about the importance of the Nutrition Policy

## Objective 5: Provide training to staff and managers

1. Ensure initial and ongoing training of staff and managers

## Objective 6: Ensure the overall quality of food and drinks offered

1. Consider the nutritional quality of food and drinks when ordering
  2. Monitor overall quality of foods from storage to meal service
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## **Means of application**

The procedures of the Policy are detailed in Annex A. They serve as guidelines for foodservice establishments, and may be adapted on special occasions. However, individual dietary needs and nutrition care plans must always be respected even if they differ from the Nutrition Policy.

## **Role and responsibilities**

A committee composed of staff, managers and nutritionists will be formed to develop an action plan and oversee the implementation of the Policy, and its evaluation. All staff and managers of the CBHSSJB will be responsible for its application and enforcement.

## **Evaluation**

There will be ongoing evaluation of the implementation of the Nutrition Policy.

## **Effective date**

The Nutrition Policy will come into effect upon its adoption by the Board of Directors.

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# Annexes

- Annex A: Procedures for the Nutrition Policy
  - Annex B: Fish Facts for Families
  - Annex C: MAPAQ Agreement
  - Annex D: Protocol Concerning Caribou Served to Beneficiaries
  - Annex E: Protocol Concerning Waterfowl and Land Birds Served to Beneficiaries
  - Annex F: Protocol Concerning Fur-bearing Animals Served to Beneficiaries
  - Annex G: Eating Well with Canada's Food Guide – First Nations, Inuit and Métis
  - Annex H: Plate Method placemat and information pamphlet
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## Annex A:

# **Procedures for the Nutrition Policy**

The procedures of the Nutrition Policy are detailed in this annex. They serve as guidelines for CBHSSJB foodservice establishments, and may be adapted to meet the needs of these establishments and the particularities of their clientele. Therefore, this is not an exhaustive list; additional procedures may be included in the future.

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<b>Objective 1: Offer a variety of meals and snacks of high nutritional quality</b>	
<b>Policy</b>	<b>Procedure</b>
<p>1. Provide meals and snacks based on <i>Eating Well with Canada's Food Guide - First Nations, Inuit and Métis</i>, with an emphasis on cultural food preferences</p>	<ul style="list-style-type: none"> <li>- Serve tasty and attractive meals that include foods from the 4 food groups (<i>Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives</i>)</li> <li>- Offer food choices that respect cultural food preferences               <ul style="list-style-type: none"> <li>o Use local non-predatory fish and berries (<b>See Annex B</b>)</li> <li>o Use traditional recipes and cooking methods</li> <li>o As per MAPAQ<sup>a</sup> agreement, caribou, waterfowl, land birds and fur bearing animals can be served to patients of the Chisasibi Hospital (<b>See Annexes C, D, E and F</b>)</li> </ul> </li> </ul>
<p>2. Provide meals and snacks that respect the principles of quantity and variety from <i>Eating Well with Canada's Food Guide - First Nations, Inuit and Métis</i>, according to age and gender</p>	<p><u>Quantity:</u></p> <ul style="list-style-type: none"> <li>- Provide adequate servings adapted to the clientele's age and gender, without encouraging over-consumption</li> <li>- Provide adequate number of servings from each food group, to meet Canada's Food Guide<sup>b</sup> recommendations:               <ul style="list-style-type: none"> <li>o 4 to 10 servings of vegetables and fruit a day</li> <li>o 3 to 8 servings of grain products a day</li> <li>o 2 to 4 servings of milk and alternatives a day</li> <li>o 1 to 3 servings of meat and alternatives a day</li> </ul> </li> <li>- Plan meals based on the Plate Method (<b>See Annex H</b>)</li> </ul> <p><u>Variety:</u></p> <ul style="list-style-type: none"> <li>- Offer a variety of vegetables and fruit               <ul style="list-style-type: none"> <li>o Include dark green or orange vegetables and fruit daily</li> <li>o Serve vegetables and fruit in a variety of forms (fresh, raw, cooked, pureed, etc.)</li> <li>o Use frozen or canned vegetables and fruit to provide variety year-round</li> <li>o Offer fresh, frozen or canned fruits as desserts and snacks</li> <li>o Offer vegetables and fruit more often than their juices</li> </ul> </li> <li>- Offer a variety of grain products, with emphasis on whole grains</li> <li>- Offer a variety of milk and alternatives, with emphasis on lower fat products</li> <li>- Offer a variety of lean meat and alternatives, including fish, legumes and eggs</li> </ul> <p><i>Due to potential allergic reactions, recipes containing sesame, nuts, peanuts, peanut butter, and nut or sesame oils should be clearly identified. Cross contamination with those products should also be avoided.</i></p>

<sup>a</sup> Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec

<sup>b</sup> *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis* (**See Annex G**)

<b>Objective 1: Offer a variety of meals and snacks of high nutritional quality</b>	
<b>Policy</b>	<b>Procedure</b>
3. Promote the use of healthy fat (mono and polyunsaturated fats)	<ul style="list-style-type: none"> <li>- Use vegetable oils (canola, olive, soybean) and non-hydrogenated margarine in recipes</li> <li>- Serve non-hydrogenated margarine instead of butter at mealtimes</li> </ul>
4. Provide foods that are low in saturated fat and limit trans fat to a minimum	<ul style="list-style-type: none"> <li>- Use cooking methods that require little or no added fat (boil, poach, bake, roast, grill, steam, etc.)</li> <li>- Avoid fried foods</li> <li>- Avoid lard and shortening</li> <li>- Trim fat from meat and remove skin from poultry before cooking</li> <li>- Avoid processed meats (bologna, bacon, corned beef, hot dogs, pepperoni, sausages, etc.)</li> <li>- Limit commercial meals and snacks (fried chicken, French fries, chips, etc.)</li> <li>- Limit quantities of dressings (salad dressing, mayonnaise, etc.)</li> <li>- Avoid commercial pastries and mixes (donuts, danish, commercial muffins, cookies and cakes, etc.)</li> </ul>
5. Provide foods that are high in dietary fibre	<p>For individuals presenting gastrointestinal disease or problems:</p> <ul style="list-style-type: none"> <li>- Follow nutrition care plan</li> </ul> <p>For the general population:</p> <ul style="list-style-type: none"> <li>- Offer whole grain products instead of refined grains (such as whole grain bread instead of white)</li> <li>- Offer a variety of whole grain products (pastas, rice, breads, cereals, etc.)</li> <li>- Favour grain products that provide at least 2 g of fibre per serving</li> <li>- Favour high fibre breakfast cereals that provide at least 4 g of fibre per serving</li> <li>- In recipes, substitute part (1/3 or more) of the white flour by whole wheat flour</li> <li>- Favour a variety of vegetables and fruit over juice (which contain little fibre)</li> <li>- Provide adequate hydration</li> </ul>
6. Provide food and drinks that are low in sodium (salt)	<ul style="list-style-type: none"> <li>- Choose lower sodium varieties of products (crackers, vegetable juice, soup and sauce bases, soy sauce, carbonated water, etc.)</li> <li>- Favour fresh and frozen vegetables over canned, when possible</li> <li>- Drain and rinse canned vegetables</li> <li>- Avoid commercial meals and snacks (fried chicken, French fries, potato chips, canned soup, powdered soup mix, hot-dogs, bologna, canned meats such as Klik™, etc.)</li> <li>- Favour the use of herbs and spices to add flavour</li> <li>- Add little or no salt when cooking</li> <li>- Limit salty seasonings or sauces (soy sauce, etc.)</li> </ul>

**Objective 1: Offer a variety of meals and snacks of high nutritional quality**

<b>Policy</b>	<b>Procedure</b>
7. Encourage water and milk consumption	<p>Water:</p> <ul style="list-style-type: none"><li>- Encourage water consumption at all times</li><li>- Ensure availability of water fountains or pitchers at all times</li><li>- Encourage use of tap water instead of bottled water (unless contra-indicated by local water operator (Band Council))</li></ul> <p>Milk:</p> <ul style="list-style-type: none"><li>- Encourage consumption of lower fat plain milk (skim, 1% or 2%)</li><li>- Offer lactose-free milk and soy-fortified beverages upon need of individuals (lactose intolerance, allergies or preference)</li></ul> <p>Infants and toddlers:</p> <ul style="list-style-type: none"><li>- Encourage exclusive breastfeeding until 6 months</li><li>- Encourage breastfeeding until 2 years old or more</li><li>- Encourage introduction of complementary foods at 6 months</li><li>- Offer iron-fortified formula to partially or non breastfed children under 1 year old</li><li>- Offer 3.25% milk to children between 1 to 2 years old</li><li>- Offer 2% milk to children over 2 years old</li><li>- It is not necessary to offer water or milk to breastfed children, unless parents desire.</li></ul>
8. Limit food and drinks with added sugars	<p>Food:</p> <ul style="list-style-type: none"><li>- Favour healthy desserts and snacks that contain fruit or dairy products</li><li>- Favour canned fruit in juice or water, avoid those in syrup (if in syrup, drain off liquid and rinse under water)</li><li>- Favour unsweetened frozen fruits</li><li>- Favour homemade recipes with little added sugar</li><li>- Avoid commercial pastries (donuts, danish, muffins, cookies, cakes, etc.)</li></ul> <p>Drinks:</p> <ul style="list-style-type: none"><li>- Encourage water consumption at all times</li><li>- Favour plain milk over flavoured ones</li><li>- Avoid fruit flavour drinks, fruit punch or cocktail, soft drinks, commercial iced tea, sports drinks, energy drinks and hot sweetened beverages</li><li>- If 100% pure unsweetened fruit juice is served, favour small servings (½ cup or a 200 ml juice container)</li></ul>

<b>Objective 1: Offer a variety of meals and snacks of high nutritional quality</b>	
<b>Policy</b>	<b>Procedure</b>
9. Offer meals adapted to individual needs	<ul style="list-style-type: none"> <li>- Offer menus adapted to individual needs (diabetes, high blood pressure, high cholesterol, malnutrition, food allergies, etc.)</li> <li>- Carefully follow the nutrition care plan, when available</li> <li>- Adjust texture and consistency for chewing and swallowing abilities</li> </ul>

<b>Objective 2: Reduce impact on the environment</b>	
<b>Policy</b>	<b>Procedure</b>
1. Reduce the production of waste	<ul style="list-style-type: none"> <li>- Plan menus ahead and use standardized recipes</li> <li>- Prepare food according to needs, to avoid leftovers</li> <li>- Recycle packaging and compost, when possible</li> </ul>
2. Minimize environmental impact from food purchase to food service	<ul style="list-style-type: none"> <li>- Choose foods with less packaging</li> <li>- Favour products with biodegradable and recycled packaging</li> <li>- Purchase local products (from James Bay or Québec), as much as possible</li> <li>- Adjust menus according to seasonal availability</li> <li>- Limit use of disposable dishes and utensils</li> <li>- Encourage use of tap water instead of bottled water (unless contra-indicated by local water operator (Band Council))</li> </ul>

<b>Objective 3: Provide foodservice settings that support healthy eating</b>	
<b>Policy</b>	<b>Procedure</b>
1. Ensure dining areas promote healthy eating in a pleasant atmosphere	<ul style="list-style-type: none"> <li>- Ensure dining area layout provides easy access to nutritious foods</li> <li>- Ensure meal schedule is adapted to the clientele's needs</li> <li>- Allow enough time for meals and snacks</li> <li>- Ensure meals occur in a pleasant atmosphere</li> </ul>
2. Ensure foodservice establishments are equipped to prepare and serve nutritious food	<ul style="list-style-type: none"> <li>- Ensure equipment is available to: <ul style="list-style-type: none"> <li>o prepare a variety of nutritious foods</li> <li>o maintain and serve them at adequate temperature</li> </ul> </li> <li>- Ensure availability of adaptive eating utensils and dishes, according to care plan</li> </ul>

<b>Objective 4: Promote healthy eating habits</b>	
<b>Policy</b>	<b>Procedure</b>
1. Promote healthy eating habits that respect cultural food preferences	<ul style="list-style-type: none"> <li>- Offer food choices that respect cultural food preferences               <ul style="list-style-type: none"> <li>o Use local non-predatory fish and berries (<b>See Annex B</b>)</li> <li>o Use traditional recipes and cooking methods</li> <li>o As per MAPAQ agreement, caribou, waterfowl, land birds, and fur bearing animals can be served to patients of the Chisasibi Hospital (<b>See Annexes C, D, E and F</b>)</li> </ul> </li> <li>- Plan and post menus ahead of time, to make it accessible to clientele</li> </ul>
2. Raise awareness about the importance of the Nutrition Policy	<ul style="list-style-type: none"> <li>- Inform all CBHSSJB personnel of the existence of the Nutrition Policy</li> <li>- Inform staff and managers of the procedures related to the Nutrition Policy</li> </ul>

<b>Objective 5: Provide training to staff and managers</b>	
<b>Policy</b>	<b>Procedure</b>
1. Ensure initial and ongoing training of staff and managers	<ul style="list-style-type: none"> <li>- Provide initial and ongoing training on:               <ul style="list-style-type: none"> <li>o Safe handling of foods, including wild meats</li> <li>o Healthy eating, food allergies and individual needs of clientele</li> <li>o Procedures of the Nutrition Policy</li> </ul> </li> </ul>

<b>Objective 6: Ensure the overall quality of food and drinks offered</b>	
<b>Policy</b>	<b>Procedure</b>
1. Consider the nutritional quality of food and drinks when ordering	<ul style="list-style-type: none"> <li>- Establish purchasing standards that include nutritional criteria</li> <li>- Ensure ordering list includes adequate specifications</li> </ul>
2. Monitor overall quality of food and drinks from storage to meal service	<ul style="list-style-type: none"> <li>- Establish procedures to ensure food safety measures are followed<sup>c</sup></li> <li>- Establish quality-control measures for all food served, including wild meats</li> <li>- Measure clientele satisfaction and ensure follow-up</li> </ul>

<sup>c</sup> For more information about food safety measures, consult:

- Quebec Government, 2010, Guide for food handlers, [http://ville.montreal.qc.ca/pls/portal/docs/PAGE/ALIMENTS\\_FR/MEDIA/DOCUMENTS/GUIDE\\_MANIPULATION\\_A\\_17-05-10%5B1%5D.PDF](http://ville.montreal.qc.ca/pls/portal/docs/PAGE/ALIMENTS_FR/MEDIA/DOCUMENTS/GUIDE_MANIPULATION_A_17-05-10%5B1%5D.PDF)
- Fight Bac!, <http://www.fightbac.org/>

Annex B:  
**Fish Facts for Families**

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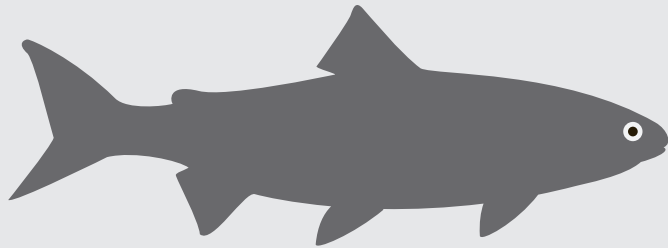






## FISH IS GOOD FOR YOUR HEALTH

- Fish is an excellent source of protein, vitamins and minerals.
- Fish is low in saturated fat and cholesterol.
- Fish is rich in omega-3 fatty acids.



### How omega-3 fatty acids help you stay healthy:

- Protect against heart disease and stroke;
- Decrease fat levels in your blood;
- Can lower blood pressure (slightly);
- Needed for the development of a baby's brain, nervous system and eyes (from pregnancy through to the first two years of life).

*Health professionals recommend that men, women and children eat two meals of low-mercury fish every week.*



## HOW TO CHOOSE YOUR FISH

80	8
	18
<b>Hg</b>	32
	18
Mercury	2
200.59	2

### Mercury

**Mercury is a contaminant.**

Traces of mercury in people's bodies is not harmful, but larger amounts can affect the brain. The baby growing inside its mother's womb is more sensitive to the effects of mercury than children and adults.

*Eating fish remains excellent for one's health. However, some precautions should be followed.*

### Low-mercury fish are usually:

- Small fish
- Insect and plant-eating fish
- Coastal fish («fish caught in salt water»)

### EXAMPLES OF INSECT-EATING FISH ARE:



Lake Whitefish

ᐱᑎᑦᐱᑦ



Speckled Trout (Brook Trout)

ᑭᑦᑭᑦ



Cisco

ᐱᑎᑦᐱᑦ



Sucker

ᐱᑎᑦᐱᑦ



Lake Sturgeon

ᐱᑎᑦᐱᑦ

*Choose these fish more often.*

## HOW TO CHOOSE YOUR FISH

### High-mercury fish are usually:

- Fish from reservoirs or directly downstream from hydroelectric power plants;
- Predatory fish - ones that eat other fish;
- Large fish - more than one foot in length (50 cm) from hydroelectric power plants.

### EXAMPLES OF PREDATORY FISH ARE:



Walleye

ᐱᑎᑦᐱᑦ



Lake Trout

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Northern Pike

ᐱᑎᑦᐱᑦ

*While these fish are still good to eat, we recommend eating them less frequently (not more than once a week).*

### Parasites and sores in fish

You may sometimes catch fish with sores or growths on the skin or eyes. When cleaning fish, you may notice worms in or around the intestines of the fish or in the flesh.

*These parasites do not present a health hazard if the fish is thoroughly cooked.*

Annex C:  
**MAPAQ Agreement**

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Le 19 mai 2010

Monsieur Daniel St-Amour  
Directeur  
Hôpital de Chisasibi  
Conseil Cri de la santé et des services sociaux de la Baie James  
Chisasibi, Baie James (Nouveau-Québec) J0M 1E0

Monsieur le Directeur,

Le ministre de l'Agriculture, des Pêcheries et de l'Alimentation m'a transmis, pour réponse, votre demande de passer outre aux articles 6.5.2.28 et 6.5.2.29 du Règlement sur les aliments (P-29, r-1) afin de pouvoir servir des viandes de caribou, d'oiseaux aquatiques et terrestres et d'animaux à fourrure aux patients de l'Hôpital de Chisasibi bénéficiaires de la Convention de la Baie James et du Nord québécois.

J'ai le plaisir de vous annoncer que l'autorisation demandée vous a été accordée. Cette autorisation vous est consentie pour une période de trois ans à compter de la date de sa signature, en vertu de l'article 11.1 de la Loi sur les produits alimentaires (L.R.Q., c. P-29).

Durant cette période, votre établissement devra respecter toutes les autres dispositions législatives et réglementaires, dont celles du ministère des Ressources naturelles et de la Faune. Le Ministère suit avec intérêt l'évolution de votre projet.

Veuillez agréer, Monsieur le Directeur, l'expression de mes sentiments les meilleurs.

MARC DION

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Annex D:

**Protocol Concerning Caribou  
Served to Beneficiaries**

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**PROTOCOL CONCERNING CARIBOU  
MEAT SERVED TO ABORIGINAL PATIENTS  
AT CHISASIBI HOSPITAL**

NAME AND ADDRESS OF OPERATOR: Chisasibi Hospital  
Cree Board of Health and Social  
Services of James Bay  
Chisasibi, James Bay, New Québec  
J0M 1E0

ADDRESS WHERE GAME MEAT IS PREPARED  
AND PACKAGED: Community Centre  
Chisasibi, James Bay, New Québec  
J0M 1E0

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**It is hereby agreed that:**

**1. HUNTING**

The caribou shall be felled using a firearm, in its natural habitat, in accordance with the prescriptions of the *Act respecting hunting and fishing rights in the James Bay and New Québec territories* (R.S.Q. c. D-13.1):

- The hunter must be a member of the Cree Trappers Association of Chisasibi and have been trained in food hygiene and safety by the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ) or by a person accredited by MAPAQ.
- As soon as the animal is felled and unconscious, it shall immediately be bled according to standard practice.
- The animal shall be eviscerated on site. It is prohibited to keep the liver and kidneys for consumption because of the likelihood of their contamination with cadmium.

**2. TRANSPORT**

The caribou carcass shall be transported to the preparation site in a cargo van. The carcass shall be identified with a label indicating the name of the hunter and the date of felling.

### 3. PREPARATION

Preparation shall be carried out in premises equipped with the facilities required for preparing and holding meat and with sanitary facilities in compliance with the regulations governing commercial facilities. Carcass and meat preparation shall be carried out by:

A hunter who is a member of the Cree Trappers Association of Chisasibi trained in food hygiene and safety by MAPAQ or a person accredited by MAPAQ

or

A butcher of the Chisasibi Coop trained in food hygiene and safety by MAPAQ or a person accredited by MAPAQ.

### 4. PACKAGING AND LABELING

Each meat package shall have a label indicating the following:

Name of hunter who felled the animal  
 Animal species  
 Date of felling  
 Meat cut or part, where applicable  
 Date of packaging  
 Name of butcher who prepared and packaged the meat

### 5. DELIVERY TO CHISASIBI HOSPITAL

Packaged meat shall be delivered to Chisasibi Hospital for storage. The person assigned to accept food deliveries shall complete the form entitled **SPECIAL PROJECT - CHISASIBI HOSPITAL - REGISTER OF WILD GAME MEAT** (appended). A form shall be completed for every hunter. The following information shall be indicated:

Date of reception  
 Name of hunter  
 Animal species  
 Date of felling  
 Date of packaging  
 Name of butcher who prepared and packaged the meat  
 Quantity

### 6. FOOD PREPARATION

When using caribou meat, the cook shall be particularly careful in preventing any cross-contamination. He/she shall complete the section of the form concerning cooked meat in order to keep the inventory up to date and shall enter the following information:

- o Date
- o Name of cook
- o Quantity of meat used (number of packages and weight)

If any abnormal meat is detected, he/she shall report it to Management and indicate it on the form.

## 7. CONTROLS

In the absence of MAPAQ inspection staff in the region:

- o The persons concerned (hunters, butchers or cooks) shall discard any meat of abnormal appearance.
- o The Management of Chvaisalbi Hospital shall be responsible for ensuring hunters', trappers', and butchers' compliance with rules of hygiene and safety when transporting and preparing game (**REGULATION FOR MEAT RETAIL SALE ACTIVITIES**, appended).

MAPAQ, 2006-02-16



Annex E:

**Protocol Concerning Waterfowl and Land  
Birds Served to Beneficiaries**

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**PROTOCOL CONCERNING WATERFOWL AND LAND BIRDS  
SERVED TO BENEFICIARIES**

October 22, 2008

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It is hereby agreed that:

1. HUNTING

The bird (Waterfowl: Ducks, Geese, Land Birds: Ptarmigan, Grouse) shall be harvested using traditional hunting methods, in its natural habitat, in accordance with the prescriptions of the *Act respecting hunting and fishing rights in the James Bay and New Quebec territories* (R.S.Q, c. D-13):

- If using a firearm, the use of non-lead shot is preferred.
- The hunter must be a member of the Cree Trappers Association and have been trained in food hygiene and safety by the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ) or by a person accredited by MAPAQ.
- As soon as the bird is felled, it shall be plucked and eviscerated on site on the same day according to standard traditional practices.

2. TRANSPORT

The carcass shall be identified with a label indicating the name of the hunter and the date of felling:

- In hot weather, place Waterfowl and Land Birds individually in plastic bags and put on ice when available.
- Store Waterfowl and Land Birds in a cool place out of the sun.

3. PACKAGING AND LABELING

Plucked and cleaned birds shall be properly packaged in freezer bags. Each meat package shall have a label indicating the following:

Name of hunter who felled the birds  
Birds species  
Date of felling  
Date of packaging

#### 4. DELIVERY

The person assigned to accept food deliveries shall complete the form entitled REGISTER OF WATERFOWL AND LAND BIRDS (appended). A form shall be completed for every hunter and every package. The following information shall be indicated:

Date of reception  
Name of hunter  
Animal species  
Date of felling  
Date of packaging  
Quantity

#### 5. FOOD PREPARATION

When using waterfowl and land birds meat, the cook shall be particularly careful in preventing any cross contamination. He or she will check meat for the presence of shot and remove all shot, and cut away meat that was in contact with the shot. He/she shall complete the section of the form concerning cooked meat in order to keep the inventory up to date and shall enter the following information:

- Date
- Name of Cook
- Quantity of meat used (number of packages and weight)

If any abnormal meat is detected, he/she shall report it to Management and indicate it on the form.

#### 6. CONTROLS

In the absence of MAPAQ inspection staff in the region:

- The persons concerned (hunters, butchers and cooks) shall discard any meat of abnormal appearance.
- The Management of the establishment shall be responsible for ensuring hunters', trappers', and butchers' compliance with rules of hygiene and safety when transporting and preparing game (REGULATION FOR MEAT RETAIL SALE ACTIVITIES, appended).



# Wild Meat Chisasibi Hospital

Note: Complete one form for each animal and/or for each hunter.

## MEAT RECEIVED

Meat received by: \_\_\_\_\_ Date received: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Name of cook) (d) (m) (y)

Name of hunter or trapper: \_\_\_\_\_

Animal species: \_\_\_\_\_

Date felled or trapped: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Date of packaging: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Packaged by: \_\_\_\_\_  
(Name of butcher, where applicable)

Number of packages & cuts of meat:

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Total weight: \_\_\_\_\_

State:      Fresh: \_\_\_\_\_

              Frozen: \_\_\_\_\_

**Wild Meat  
Chisasibi Hospital**

Frozen Meat

Package #: \_\_\_\_\_

Name of hunter: \_\_\_\_\_

Date of felling: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Animal species: \_\_\_\_\_

Cut of meat: \_\_\_\_\_

Name of butcher: \_\_\_\_\_

Date of packaging: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Weight: \_\_\_\_\_

Cooking

Date thawed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Appearance of meat: \_\_\_\_\_

Date cooked: : \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Meal: lunch supper

Recipe: \_\_\_\_\_

Leftovers: yes no

If leftovers, what was done with them: \_\_\_\_\_

Frozen Meat

Package #: \_\_\_\_\_

Name of hunter: \_\_\_\_\_

Date of felling: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Animal species: \_\_\_\_\_

Cut of meat: \_\_\_\_\_

Name of butcher: \_\_\_\_\_

Date of packaging: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Weight: \_\_\_\_\_

Cooking

Date thawed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Appearance of meat: \_\_\_\_\_

Date cooked: : \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Meal: lunch supper

Recipe: \_\_\_\_\_

Leftovers: yes no

If leftovers, what was done with them: \_\_\_\_\_

Annex F:

**Protocol Concerning Fur-bearing Animals  
Served to Beneficiaries**

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**PROTOCOL CONCERNING FUR-BEARING ANIMALS SERVED TO  
BENEFICIARIES**

October 22, 2008

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It is hereby agreed that:

1. HUNTING

The fur-bearing animals (*Beaver, Rabbit (Snow Shoe Hare), Muskrat, Porcupine*) shall be felled, in its natural habitat, in accordance with the prescriptions of the *Act respecting hunting and fishing rights in the James Bay and New Quebec territories* (R.S.Q, c. D-13):

- If using a firearm, the use of non-lead shot is preferred.
- The hunter must be a member of the Cree Trappers Association and have been trained in food hygiene and safety by the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ) or by a person accredited by MAPAQ.
- As soon as the animal is felled and dead, it shall be bled and eviscerated the same day according to standard traditional practice.
- The fur-bearing animals shall be skinned according to standard traditional practice.

2. TRANSPORT

The carcass shall be identified with a label indicating the name of the hunter and the date of felling.

- In hot weather, place the animal in a cool place out of the sun, if possible on ice or in a refrigerator.

3. PACKAGING AND LABELING

Skinned and cleaned animals shall be properly packaged in freezer bags. Each meat package shall have a label indicating the following:

Name of hunter who felled the animal  
Animal species  
Date of felling (harvesting)  
Date of packaging

#### 4. DELIVERY

The person assigned to accept food deliveries shall complete the form entitled REGISTER OF FURBEARING ANIMALS (appended). A form shall be completed for each hunter and each animal delivered. The following information shall be indicated:

- Date of reception
- Name of hunter
- Animal species
- Date of felling
- Date of packaging
- Quantity

#### 5. FOOD PREPARATION

When using fur bearing animals' meat, the cook shall be particularly careful in preventing any cross contamination. He or she will check meat for the presence of shot and remove all shot, and cut away meat that was in contact with the shot. He/she shall complete the section of the form concerning cooked meat in order to keep the inventory up to date and shall enter the following information:

- Date
- Name of Cook
- Quantity of meat used (number of packages and weight)

If any abnormal meat is detected, he/she shall report it to Management and indicate it on the form.

#### 6. CONTROLS

In the absence of MAPAQ inspection staff in the region:

- The persons concerned (hunters, butchers and cooks) shall discard any meat of abnormal appearance.
- The management of the establishment shall be responsible for ensuring hunters', trappers', and butchers' compliance with rules of hygiene and safety when transporting and preparing game (REGULATION FOR MEAT RETAIL SALE ACTIVITIES, appended).

**Wild Meat  
Chisasibi Hospital**

Note: Complete one form for each animal and/or for each hunter.

MEAT RECEIVED

Meat received by: \_\_\_\_\_ Date received: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Name of cook) (d) (m) (y)

Name of hunter or trapper: \_\_\_\_\_

Animal species: \_\_\_\_\_

Date felled or trapped: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Date of packaging: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Packaged by: \_\_\_\_\_  
(Name of butcher, where applicable)

Number of packages & cuts of meat:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Total weight: \_\_\_\_\_

State: Fresh: \_\_\_\_\_

Frozen: \_\_\_\_\_

## Wild Meat Chisasibi Hospital

### Frozen Meat

Package #: \_\_\_\_\_

Name of hunter: \_\_\_\_\_

Date of felling: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Animal species: \_\_\_\_\_

Cut of meat: \_\_\_\_\_

Name of butcher: \_\_\_\_\_

Date of packaging: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Weight: \_\_\_\_\_

### Cooking

Date thawed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Appearance of meat: \_\_\_\_\_

Date cooked: : \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Meal: lunch          supper

Recipe: \_\_\_\_\_

Leftovers: yes      no

If leftovers, what was done with them:

\_\_\_\_\_

### Frozen Meat

Package #: \_\_\_\_\_

Name of hunter: \_\_\_\_\_

Date of felling: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Animal species: \_\_\_\_\_

Cut of meat: \_\_\_\_\_

Name of butcher: \_\_\_\_\_

Date of packaging: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Weight: \_\_\_\_\_

### Cooking

Date thawed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Appearance of meat: \_\_\_\_\_

Date cooked: : \_\_\_\_/\_\_\_\_/\_\_\_\_  
(d) (m) (y)

Meal: lunch          supper

Recipe: \_\_\_\_\_

Leftovers: yes      no

If leftovers, what was done with them:

\_\_\_\_\_



Annex G:

**Eating Well with Canada's Food Guide –  
First Nations, Inuit and Métis**

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Health  
Canada

Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Eating Well with Canada's Food Guide

## First Nations, Inuit and Métis



## How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

	Recommended Number of Food Guide Servings per day			
	Children 2-3 years old	Children 4-13 years old	Teens and Adults (Females)	Teens and Adults (Males)
<b>Vegetables and Fruit</b> Fresh, frozen and canned.	4	5-6	7-8	7-10
<b>Grain Products</b>	3	4-6	6-7	7-8
<b>Milk and Alternatives</b>	2	2-4	Teens (19-50 years) 3-4 Adults (51+ years) 2 3	Teens (19-50 years) 3-4 Adults (51+ years) 2 3
<b>Meat and Alternatives</b>	1	1-2	2	3

1. Find your age and sex group in the chart below.
2. Follow down the column to the number of servings you need for each of the four food groups every day.
3. Look at the examples of the amount of food that counts as one serving. For instance, 125 mL (1/2 cup) of carrots is one serving in the Vegetables and Fruit food group.

### What is one Food Guide Serving?

Look at the examples below.

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.



Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.



Drink 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.



Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week.\* Select lean meat and alternatives prepared with little or no added fat or salt.



### When cooking or adding fat to food:

- Most of the time, use vegetable oils with unsaturated fats. These include canola, olive and soybean oils.
- Aim for a small amount (2 to 3 tablespoons or about 30-45 mL) each day. This amount includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Traditional fats that are liquid at room temperature, such as seal and whale oil, or ooligan grease, also contain unsaturated fats. They can be used as all or part of the 2-3 tablespoons of unsaturated fats recommended per day.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, shortening and bacon fat.



\*Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to [www.healthcanada.gc.ca](http://www.healthcanada.gc.ca) for the latest information. Consult local, provincial or territorial governments for information about eating locally caught fish.

## Respect your body... Your choices matter

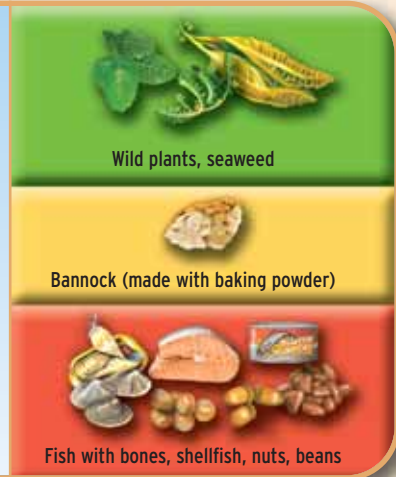
Following Canada's Food Guide and limiting foods and drinks which contain a lot of calories, fat, sugar or salt are important ways to respect your body. Examples of foods and drinks to limit are:

- pop
- fruit flavoured drinks
- sweet drinks made from crystals
- sports and energy drinks
- candy and chocolate
- cakes, pastries, doughnuts and muffins
- granola bars and cookies
- ice cream and frozen desserts
- potato chips
- nachos and other salty snacks
- french fries
- alcohol

## People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients.

The traditional foods pictured here are examples of how people got, and continue to get, nutrients found in milk products. Since traditional foods are not eaten as much as in the past, people may not get these nutrients in the amounts needed for health.

People who do not eat or drink milk products need more individual advice from a health care provider.



## Women of childbearing age

All women who could become pregnant, and pregnant and breastfeeding women, need a multivitamin with folic acid every day. Pregnant women should make sure that their multivitamin also contains iron. A health care provider can help you find the multivitamin that is right for you.

When pregnant and breastfeeding, women need to eat a little more. They should include an extra 2 to 3 Food Guide Servings from any of the food groups each day.

For example:

- have dry meat or fish and a small piece of bannock for a snack, or
- have an extra slice of toast at breakfast and an extra piece of cheese at lunch.

## Women and men over the age of 50

The need for vitamin D increases after the age of 50.

In addition to following Canada's Food Guide, men and women over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).

For strong body, mind and spirit, be active every day.



This guide is based on *Eating Well with Canada's Food Guide*.

For more information, interactive tools or additional copies visit Canada's Food Guide at: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

or contact: Publications • Health Canada • Ottawa, Ontario K1A 0K9 • E-Mail: [publications@hc-sc.gc.ca](mailto:publications@hc-sc.gc.ca) • Tel.: 1-866-225-0709 • TTY: 1-800-267-1245 • Fax: (613) 941-5366

Également disponible en français sous le titre : Bien manger avec le Guide alimentaire canadien - Premières Nations, Inuit et Métis

This publication can be made available on request on diskette, large print, audio-cassette and braille.



Annex H:

**Plate Method Placemat and  
Information Pamphlet**

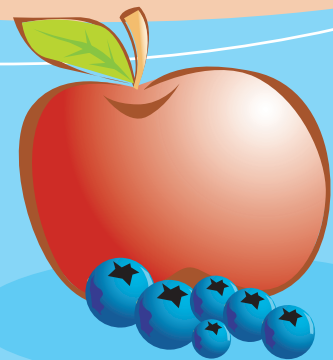
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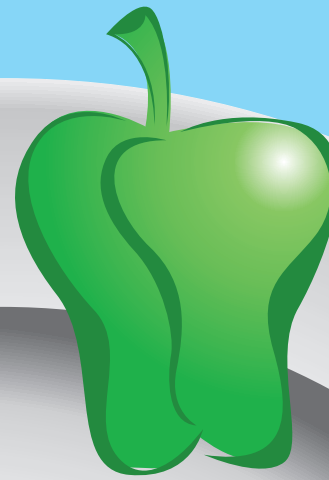
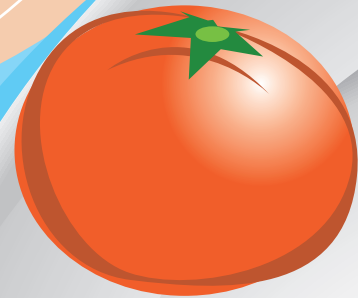


*Eat healthy!  
Live healthy!*

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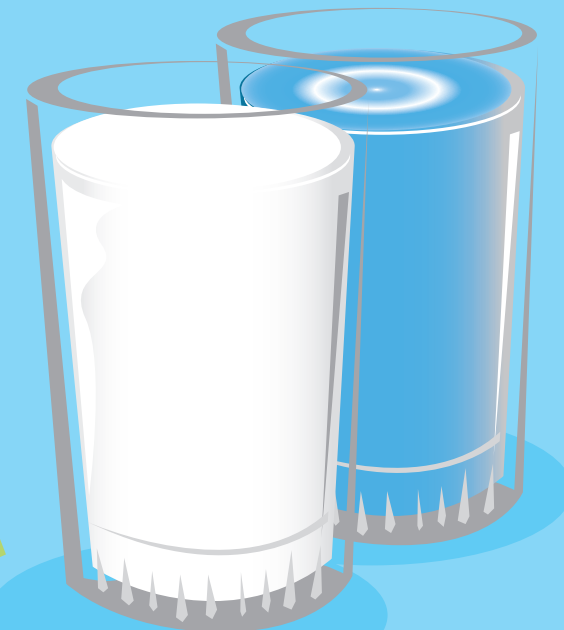


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*1 fruit or berries*

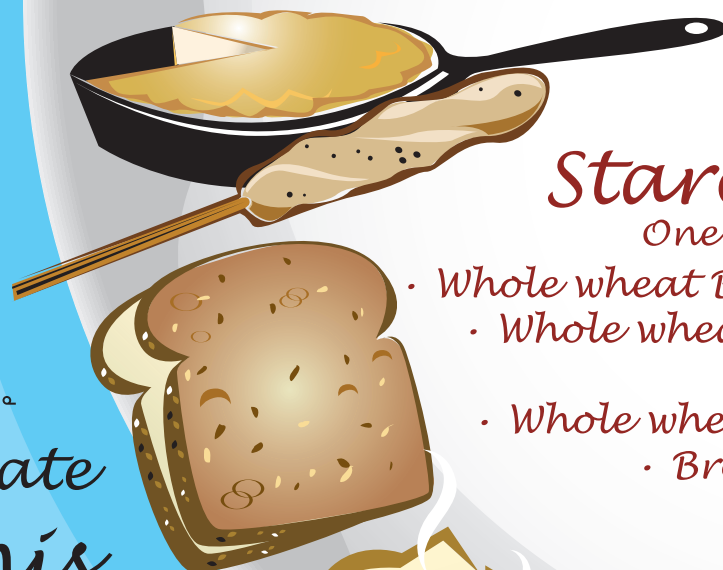


*Vegetables*

- 2 or more different kinds
- Fill half your plate with vegetables



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*Milk or water*

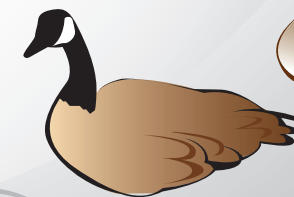
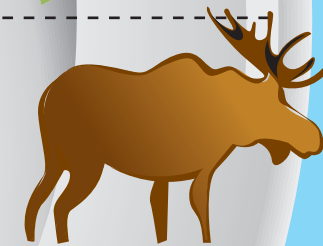


*Starch*

- One of these:
- Whole wheat Bannock
  - Whole wheat bread
  - Potato
  - Whole wheat pasta
  - Brown rice

*Protein*

- One of these:
- Traditional meat
  - Fish
  - Skinless chicken
  - Peanut butter
  - Eggs



ᑕᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ  
*Make your plate look like this...*

ᑕᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ

*Let's try it!*

ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ



Conseil Cri de la santé et des services sociaux de la Baie James  
ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ ᑕᑦᑭᑦᑭᑦᑭᑦ  
Cree Board of Health and Social Services of James Bay





Imagine that your plate as four equal parts

**Step 1** Use 1 part for starch



## Take a regular\* size plate

\*About 9 inches (23 cm)

Let's look at each part of the plate

### Starch

- Prefer whole grain breads and cereals, brown rice, whole grain noodles, regular oats, barley.
- By choosing whole grain products you are adding fibre\* to your meal.

**Step 2** Use 1 part for meat, fish or meat substitutes



### Protein

- Proteins are found in traditional meat, store-bought meat and poultry, fish and substitutes like eggs, tofu, beans and peanut butter.
- Cook your meat and fish using low-fat methods: boil, bake, smoke, broil and roast.

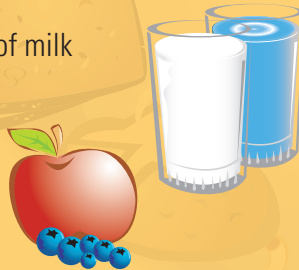
**Step 3** Use 2 parts for vegetables



### Vegetables

- 2 parts of veggies in your plate may be more vegetables than you are used to, but that's o.k. By eating more vegetables you are adding fibre\*, vitamins, minerals and colors to your meal.
- A variety of vegetables are available all year around, fresh and frozen.

**Step 4** You can have a glass of milk or water and a fruit to complete your meal



### Milk or Water

- Choose milk or water with your meal.
- A glass of milk will bring many nutrients, including calcium and vitamin D that are good for bones.
- Water ... is life!

### Fruit

- Choose a fresh, frozen or a canned fruit... Fruit make excellent dessert.

**Note** \*Foods high in fibre help to keep our bowels regular and makes us feel full. Eating regularly a variety of high-fibre foods may also help you to control your blood sugar and your cholesterol levels.

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