

March 2024 Newsletter



March 1, 2024

Innisfail & Area Family Day Home Society

March is Nutrition Month: “We Are Dietitians”

For decades, the value of healthy nutrition awareness has been recognized in Canada annually during March. Dietitians from all over our country develop & share up-to-date resources focusing on food education & guidance on several topics including meal planning, food journals, eating healthy on a budget & the overall benefits of eating healthy as a family.

This year, the theme for Nutrition Month is “We Are Dietitians”.

Dietitians at Alberta Health Services (AHS) & across Canada help translate the science of nutrition into everyday actions & help bring natural balance to your families nutrition. To learn about accessing the supports Dietitians provide as well as additional resources on professional development & promoting healthy eating- check out the link below.

<https://www.dietitians.ca/Advocacy/Nutrition-Month/Nutrition-Month-2024>

Dietitians work with you to find solutions that factor in your:

- Taste
- Culture
- Budget
- Lifestyle

They can support you in the following areas:

- Infant feeding
- Pregnancy
- Digestive issues
- Diabetes
- Malnutrition
- Picky eating
- Food allergies
- Heart health
- Menu planning
- And more!

Finding reliable nutrition information

Get inspired and find recipes that align with your personal goals at www.ahs.ca/Recipes

Visit www.healthyeatingstartshere.ca for resources that support healthy eating environments in schools, childcare centers and early learning, workplaces and your community

How to access a dietitian

Public health group classes

Learn about healthy eating during pregnancy, feeding babies, or managing mealtime struggles. Register for these free classes at 1-403-356-6387 or AHS_Nutrition_Classes

Alberta Healthy Living Program

Are you looking for ways to:

- Manage a chronic health condition or disease.
- Get on top of meal planning.
- Wake up rested after a great night's sleep.
- Reduce stress.
- And so much more.

Adults living in Alberta can self-refer to any workshops or classes. Check out our education guide to find a class that fits your learning interests. Visit the following website to learn more and register: www.ahs.ca/AHS/Workshops

Nutrition questions?

Visit ahs.ca/811 or call 811 and ask to speak to a dietitian!

Eating Healthy on a Budget: Alberta Health Services

Many families likely have been noticing an increasing costs on their typical grocery bills recently. Here are some tips from *Alberta Health Services* to help save money while “unlocking the potential of food” when menu planning:

Protein Foods

Consider replacing half of the meat in a recipe with legumes. Legumes such as beans, dried peas & lentils are typically low cost protein. Lower cost animal-based products such as eggs are also cost effective.

Fruits & Vegetables

Choose frozen & canned, they're just as healthy as fresh! When selecting canned fruit, look for kinds that are in fruit juice, not syrup.

Whole Grains

Consider purchasing “plain” foods that you can cook yourself. The more packaged or “ready to eat” items are, the more expensive they usually are (ie: baking your own muffins).



Resources: www.albertahealthservices.ca/nutrition/page2914.aspx

Society News



**Advisory Board
Meeting
March 18, 2024
7pm**

We are seeking a new
community rep for
September!

Download an
[Application](#) and send to
us by email at
innisfailfdh@shawbiz.ca

Happy Anniversary!

Katrina Peake
12 Years!

Natasha Caissie
11 Years!

Angela Cody
1 Year!

Airene Loresco
1 Year!

Arlene Merrill
1 Year!

Thank you for all you do!

Responsibilities of Our Advisory Board

Determine the Agency Mission and Vision

It is the Advisory Boards responsibility to support the creation of the mission and vision statement and review it periodically for accuracy and validity. Each individual member should fully understand and support it.

Organizational Planning

Advisory Board members support the strategic planning process and set the direction for the Innisfail Family Day Home Society. It shall assist in the development of services and advise on issues related to the operation of the Innisfail Family Day Home Society.

Review Policies

The Advisory Board monitors and reviews policies, procedures, and job profiles for the Innisfail Family Day Home Society.

Coordinator Support

The Advisory Board should ensure that the Coordinator has the moral and professional support he or she needs to further the goals of the Innisfail Family Day Home Society. It will participate as an advisory body to the general membership and the Coordinator.

Ensure Resources

The Advisory Boards foremost responsibility is budgetary. Two selected Advisory Board Members

work with the Coordinator to ensure adequate funding and budgetary restraints are in place so that the Innisfail Family Day Home Society can fulfill its obligations and mission. The Advisory Board, in order to remain accountable to the Government of Alberta, the parents, contracted day home educators, and to safeguard its tax-exempt status, must assist in developing the annual budget and ensuring that proper financial controls are in place.

Monitor the Organization's Programs and Services

The Advisory Boards role in this area is to review,

monitor, and evaluate the quality of the services provided by the Innisfail Family Day Home Society and its Contracted Family Day Home Educators to ensure the needs of the children, parents, contracted family day home educators, and staff are recognized and met.

Acts as an Appeal Panel

The Advisory Board may review and participate in the conflict resolution process and attempt to resolve complaints with respect to the Innisfail Family Day Home Society or one of its Contracted Family Day Home Educators.

Traditional Easter Food from Around the World

Krashanky, Ukraine.

These brightly coloured eggs are made to be blessed and eaten, but can be involved in games on Easter.

Paçoca de Amendoim, Brazil. Made from peanuts, sugar and cassava flour, this Brazilian treat is served in honour of the Easter festival.

Pinca, Eastern Europe.

Pinca is a sweet bread marked with the sign of the cross that is eaten to celebrate the end of Lent in Slovenia and Croatia.

Mona de Pascua, Spain. A popular Easter cake traditionally cooked during Semana Santa (holy week). It resembles a large doughnut topped with a hardboiled egg.

Chervil soup, Germany.

Maundy Thursday is known as Gründonnerstag or "Green Thursday" in Germany, when Germans traditionally eat green-coloured foods.

Colomba di Pasqua, Italy. Colomba di Pasqua is a candied peel-stuffed cake that is often shaped like a dove.

Pulla, Finland. Pulla is a braided, cardamom-spiced bread that is a common Easter treat in Finland.



A 'Green' St. Patrick Day

Did you Know the color that people originally associated with St. Patrick was blue!? Green was finally introduced to St. Patrick's Day festivities in the 18th century, when the shamrock became a national symbol. Because of the shamrock's popularity and Ireland's landscape, the color stuck to the holiday.

Green is also the color that mythical fairies called leprechauns like to dress in—today. Tales about leprechauns date back to *before* green was the colour associated with them: These ticky fairies were first described as wearing red! Leprechauns are actually one of the reason you are supposed to wear green on

St. Patrick's Day—or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.

We hope you remember to wear **green** on March 17!



Traditional Ramadan Food from Around the World

Ramazan Pidesi,

Türkiye. The fluffy flatbread, adorned with sesame and black seeds, is ideally served fresh — and still hot — from the local bakery.

Haleem, Indian

Subcontinent. Dating back to the 10th century,

the thick spiced dish is a staple in Ramadan and is made with wheat, or barley, meat and lentils, mixed with dried fruits and nuts and topped with lime, onions and fresh coriander.

Qatayef, Levant and Egypt. A pancake-like

dough is stuffed with cream, nuts or cheese, fried until it's golden, then soaked with a sugar syrup perfumed with rose water or orange blossom to prepare this treat.

Zoolbia, Iran. This Persian dessert is a doughnut made with deep

-fried dough rich in sweet syrup and is typically served with a cup of tea for iftar.



Making a difference in the lives of children and families since 1983!

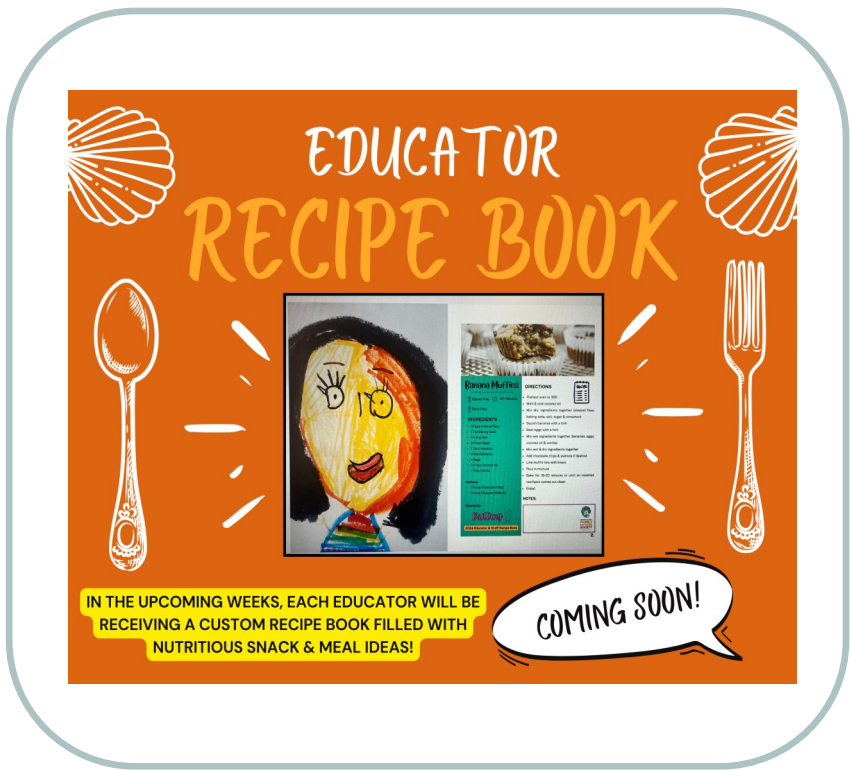


**INNISFAIL & AREA
FAMILY
DAY HOME
SOCIETY**

— Established in 1983 —



**Alberta
Approved
Family
Day Homes**



IN THE UPCOMING WEEKS, EACH EDUCATOR WILL BE RECEIVING A CUSTOM RECIPE BOOK FILLED WITH NUTRITIOUS SNACK & MEAL IDEAS!

COMING SOON!

Curriculum Corner: Exploring Nutrition with Children

As children grow, Dietitians express its important for them to consume foods that contain key nutrients to help them stay healthy & strong. Eating a nutritious & balanced diet aids in supporting a healthy mind & body! Check out the calendar below for ideas on how your family can explore the benefits of nutrition over the month of March. For print out your own copy, click here: https://drive.google.com/file/d/1IsQ3h-GTnE5KpInsdUvuNdqBH7UwOi_E/view?usp=sharing




NUTRITION MONTH
Ideas Calendar

Sustainable Sunday	Make it Fun Monday	Trivia Time Tuesday	Words Matter Wednesday	Take it Home Thursday	Find Flavour Friday	Supportive Saturday
Scan here or visit: https://bit.ly/nm2024	Registered dietitians are essential partners in health. Celebrate Nutrition Month with a calendar full of nutrition tips, take-homes, and fun for you and the kids! Click the coloured links for more information.	Alberta has more cows than people!	Your words matter! Use neutral language when talking about food.	Alberta Health Services Created by public health dietitians.	Discover new flavours! Try a new yummy recipe each week. Explore our favourites list .	Dietitians are here for you this month and beyond! Check out how they can help you list .
3 Sustainability can start here! Reuse vegetable scraps to make vegetable stock.	4 Make food fun! Use recycled yogurt cups to grow beans . Wait for them to sprout later this month.	5 Alberta has more cows than people!	6 Your words matter! Use neutral language when talking about food.	7 Explore Canada's Food Guide and send copies home! Make a mural with everyone's favorite foods.	8 These funny sauce mix-ins are out of this world - and kid approved!	9 Struggling with picky eaters? Watch these videos for some tips.
10 Partner with your freezer! Freeze your meals and reduce waste.	11 Play Food BINGO using these printable cards!	12 Indigenous peoples use 500 plant species in their diets. See their traditional ingredients .	13 Explore what's for lunch. Talk about how it tastes, looks, feels, smells and sounds!	14 Read about Mama Panya's pancakes. Send an award-winning pancake recipe home!	15 From soups to casseroles, check out these recipes that use only 2-3 ingredients!	16 Want to learn more about nutrition? Join one of our online group classes for some tips.
17 Use leftover bread to make breadcrumbs.	18 Have kids try to guess invisible food taped to their back.	19 Peaches were the first fruit eaten on the moon! What's your favourite fruit?	20 Connect while eating with these conversation cards .	21 Need some lunchbox inspiration? Send home some ideas list .	22 Build your own flatbread pizzas .	23 Need kid-friendly nutrition tips? Browse our resources on Healthy Eating Diets lists for more ideas.
24 Grow an indoor herb garden with your food waste.	25 Food fun is limitless! See this list for more activities to get kids	26 Carrots taste sweeter in the winter! Have you	27 What foods do you eat all winter? Describe and share stories about	28 Have the seeds sprouted? Take them home and keep watching.	29 Looking for even more funny kid-friendly recipes? Check out	30 Questions about nutrition? Phone 811 to speak to a registered



March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 <i>Office closed at 3pm</i>	7	8	9
10  <i>Daylight Savings</i>	11 <i>First Day of Ramadan</i>	12 <i>Virtual Session with Inspired Minds 6:30pm</i>	13 <i>Office closed at 3pm</i>	14	15	16
17  <i>St Patrick's Day</i>	18	19	20 <i>Office closed at 3pm</i>	21 <i>First day of Spring</i>	22	23
24	25 <i>Month End Paperwork Due by 8:30 am</i>	26	27 <i>Office closed at 3pm</i>	28	29 <i>Office Closed</i>	30 <i>Good Friday</i>
31 <i>Easter Sunday</i>					Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com 	

April 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Office Closed</i> <i>Easter Monday</i>	2	3 <i>Office closed at 3pm</i>	4	5	6
7	8	9	10 <i>Office closed at 3pm</i>	11	12	13
14	15	16	17 <i>Office closed at 3pm</i>	18	19	20
21	22	23	24 <i>Office closed at 3pm</i>	25 <i>Month End Paperwork Due by 8:30 am</i>	26	27
28	29	30			<div data-bbox="1465 1352 1948 1521" data-label="Complex-Block"> <p>Innisfail & Area Family Day Home Society 5713—51 Avenue Innisfail, AB T4G 1R4 403-227-2767 innisfaifdh@shawbiz.ca www.ifdhs.com</p>  </div>	