Tools 2 – Community health and wellness indicators reflecting daily life in Saskatchewan’s isolated far North: Implications for program planning and evaluation.

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The local barge docks for the winter.
This is a transporter of food for the community during the summer.
I just finished pounding dry meat. I have to soften it up so that I can eat it.
We are cooking wild meat over an open fire.

The barge has just arrived with community supplies.
I am boiling beaver meat. All of the beaver is eaten. Nothing is wasted.
I am cooking for the day at the same time I am smoking my meat.

The cost of fresh vegetables in our community is very expensive.
Wild cranberries drying on a traditional tool.

I am preparing calf meat for the community.
We sat down and ate a traditional meal.

The winter ice road provides the transportation of food during the winter months.

The cost of fresh produce is very expensive in our northern community.
Traditional food is always prepared and shared at community events.

The cost of a 4 L jug of fresh milk is very expensive in our northern community.

The winter ice road provides the transportation of food during the winter months.

We are cooking fish and caribou meat over the fire.
I am cooking for the day at the same time I am smoking my meat.
I am buying this small head of cauliflower, but look at the price!

Wild blueberries drying out in the blueberry patch.

I was going to buy this small head of cauliflower, but look at the price!

We are preserving calf meat for the community.

We pay at least three times more for fresh fruit.

Annual Community Christmas Supper.
Elder’s appreciation takes place and Elders share their words of wisdom.

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A good healthy nutritional snack!

I am going to take out caribou meat to prepare a traditional meal.

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