**Success Stories During COVID-19**

The COVID-19 pandemic spread across the world and Ontario communities so quickly, it left many with little time to prepare and adapt to the changes. We want to acknowledge and thank all the Friendship Centres and workers who have shown great strength, courage and innovation in facing the challenges head on and providing vital support to their community members when they needed it most. Miigwetch

**N'Swakamok Native Friendship Centre Cedar Tea in Mason Jars**

The N'Swakamok Life Long Care program worker prepares a large batch of Cedar Tea, pours it into individual mason jars, and drops these off at community members’ homes with a note on how to heat up the tea and some of the benefits of cedar tea. N'Swakamok Life Long Care Recipe for Cedar Tea

- **Step One:** Collect two cups of fresh cedar leaves. Do not use the bark.
- **Step Two:** In a medium pot bring 4 cups of water to a boil. Add the cedar leaves to the water and simmer for 10-15 minutes.
- **Step Three:** Strain the cedar leaves out of the water. The water will now be a beautiful gold colour.
- **Step Four:** Pour the tea into a mug and enjoy!

*For a sweeter taste, add maple syrup and/or lemon.*

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**What is Wiisinadaa?**

It is a Friendship Centre newsletter sharing information and highlighting successes around food.

**What is the OFIFC Food Collective?**

Food is an important part of almost all Friendship Centre activities and the OFIFC Food Collective is a collaborative group dedicated to supporting Friendship Centres on food issues, such as nutrition, food security and traditional/cultural knowledge. The Collective is made up of OFIFC staff from Programs, Research, Policy and Training.

For more information, please contact Melissa Deleary, Health Policy Analyst, at mdeleary@ofifc.org

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Wiisinadaa Is brought to you by the OFIFC Food Collective and the Aboriginal Diabetes Education Program.
United Native Friendship Centre – Personalized Food & Care Packages

The Indigenous Healthy Babies Healthy Children Worker puts together and drops off personalized food hampers for families in the program. The contents of each package are geared toward the preferences, abilities and ages of the children and families. All families received an assortment of dry, non-perishable and frozen food items with recipe ideas specific to the food provided. In addition, the worker puts together age-appropriate activities for families to do together. Examples include beads and sinew, cake and cookie mixes, books, board games, and supplies needed to make homemade playdoh.

Hamilton Regional Indian Centre - Hot Meal Delivery

The Friendship Centre delivers approximately 40 hot meals to isolated seniors and youth living alone each week. The Friendship Centre Cook prepares the meals, which are then packaged in to-go containers and delivered to community members’ homes. In addition, food hampers are being prepared and dropped off to families in need.

Ininew Friendship Centre – Homemade Masks

The Friendship Centre Life Long Care program has been making masks for community members. The masks are added to a community package that includes COVID-19 information and tip sheets from Health Canada, food baskets, gloves, puzzles, games and crafts (small bird house to paint). A package is provided to each Life Long Care community member. Additionally, they regularly check in with each client to check in and see how they are coping.
Thunder Bay Indigenous Friendship Centre – “Stay Safe At Home” Packages

The Friendship Centre prepares “Stay Safe At Home” packages for community members with activities (games, cards, art supplies) and food (non-perishable and perishable). These also included a traditional medicines kit with cedar and sage staff harvested, and instructions for how to use the medicines. The Friendship Centre has also contacted nearby farms and local grocery stores to facilitate delivery to community members.

Winner of the Recipe Contest

The winner of the recipe contest for a $100 pre-loaded card to their local grocery store is:

Ingredients

- Duck bones
- 2 carrots
- 2 potatoes
- 4 cups of squash cubes
- 3-4 Garlic cloves
- 2-3 onions
- Water
- Seasoning spices to taste

Winter Squash Soup with Duck Stock
- Make duck stock using left over duck bones.
- Bring water to a boil and let simmer for 2-3 hours.
- Cover duck carcass with water in a large stock pot and add garlic cloves, onions, and spices/herbs.
- Strain stock and use as a base for squash soup.
- Sauté 3-4 onions and 3-4 garlic cloves in 2 tablespoons of Olive Oil.
- Add to soup stock with cubes potatoes, carrots and squash.
- Cook for 20 minutes until potatoes and squash are soft.
- Puree the soup until smooth. Serve with scone. Enjoy!

To enter the next recipe contest, please send your recipe (with photos!) to Melissa Deleary at mdeleary@ofifc.org. All submissions will be entered into a draw for a $100 pre-loaded card to a local store of your choice to use in your program.

How to Design an Online Cooking Class

Learning from home offers many benefits to the learner. Programming is cost effective, do-it-at your own pace, and can be recorded for future learnings. To set up an online cooking class, here is a basic guideline to consider:

- Think about what you are offering and who your audience is.
- Consider how to create and prepare a cooking class lesson plan.
- Outline the steps to follow and offer demonstrations.
- Offer opportunities for questions and answers.

There are many online resources from basic to more complex methods, however, the lesson plan linked here offers some moderate level learning that is easy to understand and offers some helpful advice: https://www.superprof.ca/blog/preparing-cookery-tutorials/.

Ask yourself the following questions:
- What recipes could I make better?
- Am I better at making, mains or desserts?
- Have I got the technical ability for teaching cooking classes?
- Once you have decided exactly what you can and will teach, you can start planning your classes.
Cooking for your friends and family is not the same as teaching a cooking classes. The latter requires much more planning and organisation. Becoming well-versed in an aspect or style of cooking will help you when it comes to teaching cooking classes. Focus on what your lessons are about: teaching a beginner how to cook is not the same as teaching an experienced pastry chef advanced technique.

Be organised and methodical: Create a handout summarising your class, where it takes place, the lesson objectives, the materials students should bring, and the recipe they are going to be working on. Be just as organised and methodical when preparing, cooking, and plating the dishes.

Finally, do not forget to adapt your classes to your students. That is why they are getting a private tutor, after all.

“No one is born a great cook; one learns by doing.” - Julia Child

Raised Garden Beds:
As we move into spring and many are starting up their gardens, raised garden beds can have many advantages over planting food and other medicines directly into the ground. The purpose of building raised garden beds is to be able to grow in a custom soil mix (usually because the available natural soil is poor in quality). The raised bed soil is usually lighter, fluffier, holds more water and has more nutrients. It's more of a potting soil. Another purpose of building a garden bed is for overall accessibility and comfort, you can literally save your back!
"Gardening is the art that uses flowers & plants as paint and the soil and sky as the canvas"
Elizabeth Murray

Spring Foraging for Food and Medicine

Mnookming (spring) is great time to forage for plants for food and mishkiki (medicine). There are many plants growing in urban forests that can be used for food and medicine. The green shoots can be spotted poking up through the last year's leaves and underbrush. It is important to know what to look for and to not take any plants the grow next to polluted waters sources, roadways, or paths used by dogs and people.

Protocols:
- Always ask permission to take the plant.
- Leave a gift as a way of saying thank you.
- Never take it all. Always leave some to grow next year.
- Never over forage a plot. Pick from as many different sites as possible.

Spring Plants
Maanzaat (Poplar)
The poplar tree provides an abundant supply of sunscreen. Run your hands along the bark. A white powder will come off quite easily. Wipe this powder on any bare skin and it will act like a sunscreen.

How-to-guide resource, including materials needed/recommended:
- [https://www.youtube.com/watch?v=eMQ1G4hTS1w](https://www.youtube.com/watch?v=eMQ1G4hTS1w)
- [https://www.youtube.com/watch?v=yohbdEtuMXY](https://www.youtube.com/watch?v=yohbdEtuMXY)
Giine’biwuck (Plantain)
The plantain leaves can be used as a poultice for bug bites and burns. The juice of a broken leaf acts as an anti-itching medication for mosquito bites. The plant has haemostatic properties, meaning it can help stop the flow of external bleeding. Gather them from early spring until early June before they become thick and leathery. Young leaves also make a great

Giizhig (Cedar)
Cedar leaves are full of Vitamin C and can be used to make tea. Cedar Tea helps to purify the blood, but don’t let it boil or steep for too long, as it can upset the stomach and it is a diuretic. It can also help with dry skin, itches, and burns.

Mindimooyenh (Dandelion)
Dandelion is the only source of plant based, absorbable copper. We do not need much, but we do need it. Three or four helpings of greens or flowers is all you need for the year. The leaves early on make a great salad, but beware that as the leaves age, they become bitter. But boiling the leaves in water removes the bitter taste and they become spinach like in taste and texture. Try adding butter and salt.

Resources & Links
Make your own sourdough bread:
For ingredients and a day-by-day guide on how to care for your starter culture and become a bread baker extraordinaire, check out:
https://slice.seriouseats.com/2010/11/how-to-make-sourdough-starter-day-0.html

Creator’s Garden Blog:
For teachings, information on sustainable gardening practices and more.
https://creatorsgarden.blogspot.com/

“Ziibaatogeng” - Maple Syrup Making:
A beautiful film by Aamjiwnaag First Nation sharing the traditions and teachings of the sugar bush.
https://www.youtube.com/watch?v=Oy7Jl7_v7Hs&feature=youtu.be&fbclid=IwAR0AHmbPQsqj1bOh-KSSIEhQSr9oz2zaCpA5qAsnmcB3ffWjF8PjZOTqmc

Kokum’s Cookbook:
A collection of recipes from Evelyn Thunder, Madeline Jagodzinsky, Mabel Grey, and Anne Thunder-Riley, compiled by Whitefish Lake First Nation #459.
https://www.whitefishlakefirstnation.com/recipes?fbclid=IwAR2Cc4Qmg1wdZtek7GztB7FPfEWDGGQxpmUBsG1jaN-26jJZXXKw3WnSTXps

Ojibiikaan Indigenous Cultural Network – Online Traditional Cooking Classes
Traditional cooking classes are being held through the month of May. They are asking folks to register.
https://www.facebook.com/1358812744262131/posts/2084097431733655/?substory_index=0?sfnsn=mo