



Growing Together is a quarterly publication of the BC First Nations Head Start On-Reserve program.

BCFNHS
Health Canada, FNIHB
Suite 540, Federal Building
757 West Hastings Street
Vancouver, BC V6E 3E6
Tel: (604) 666-0816 / Fax: (604) 666-1690

Lana Morrison, BCFNHS Program Manager
Tel: (604) 666-3673

Head Start Program Advisors
Community Health Associates of B.C.
Barb McLean: (250) 392-6201
Joan Gignac: (250) 245-0994 or 743-2473
Deanna Leon-Cook: (250) 838-6404, ext. 1

Head Start Logo: Delmar Johnny

Special thanks to contributors Romona Baxter, Michelle Klaui, Irais Guerrero, Liza Haldane, Sandra Scott, Jan Stephens, and Charlene Webb.

Submission Info

- Submissions accepted on a continuous basis.
- Announcements & news from your site
 - Write-ups about your Head Start successes
 - Site profiles
 - Suggestions of people to recognize
 - Funny or touching stories about things children (or families or staff) said or did
 - Challenges and questions you have
 - Photos of events, children, staff, families

Newsletter Editor
Sachiko Kiyooka
India Ink, 2211 Sayward Street
Victoria BC V8R 3T4
E-mail: India_Ink@shaw.ca
Tel: (250) 598-0816

Upcoming Events

February 17, 2007

Children: The Heart of the Matter (Surrey). Childcare Options Resource and Referral conference. Workshops and marketplace. Tel: (250) 572-8032
Web site: www.childcareoptions.ca

April 20 - 27, 2007

2nd International Meeting on Indigenous Child Health (Montreal, Quebec). This meeting will provide an opportunity for those who provide care to American Indian, Alaska Native, First Nations, Inuit, and Metis children and youth to

come together to share, support, network, and build partnerships to improve indigenous child health care. A collaborative effort between the American Academy of Pediatrics; the Canadian Paediatric Society; the Indian Health Service; the First Nations and Inuit Health Branch, Health Canada; the Association of American Indian Physicians; the Metis National Council and others.
Tel: (613) 526-9397, ext. 248
Fax: (613) 526-3332
Website: www.cps.ca.

nutrition TIP

Roasted Root Vegetables

Root vegetables are excellent sources of minerals, vitamins, fiber and low-calorie energy and are often cheapest to buy during winter. It's easy to roast them, and they are delicious!

VARIATION

Cut root veggies into 1/4 inch slices (instead of chunks), toss in oil and bake until brown and crispy.

INGREDIENTS

- 4 cups of a root vegetable (potatoes, sweet potatoes, rutabaga, carrot, parsnip, beets, celery root, onion).
- 1 - 2 teaspoons cooking oil
- 1 - 2 teaspoons maple sugar

1. Preheat oven to 350°F.
2. Cut vegetables into medium-sized chunks.
3. Put oil in baking pan.
4. Toss vegetables in oil until coated.
5. Drizzle with syrup.
6. Bake in preheated oven. Turn or stir occasionally until vegetables are brown and tender.

MOVEMENT ACTIVITY

When roasting vegetables, have children act out the process! They can pretend they are the roots being tossed in oil, then into the pan in the oven where they can stretch and enjoy the heat and turn over on the floor. Then when they are done, they can jump into the centre of the circle for serving.



Thanks to
Jan Stephens for these
great suggestions.

