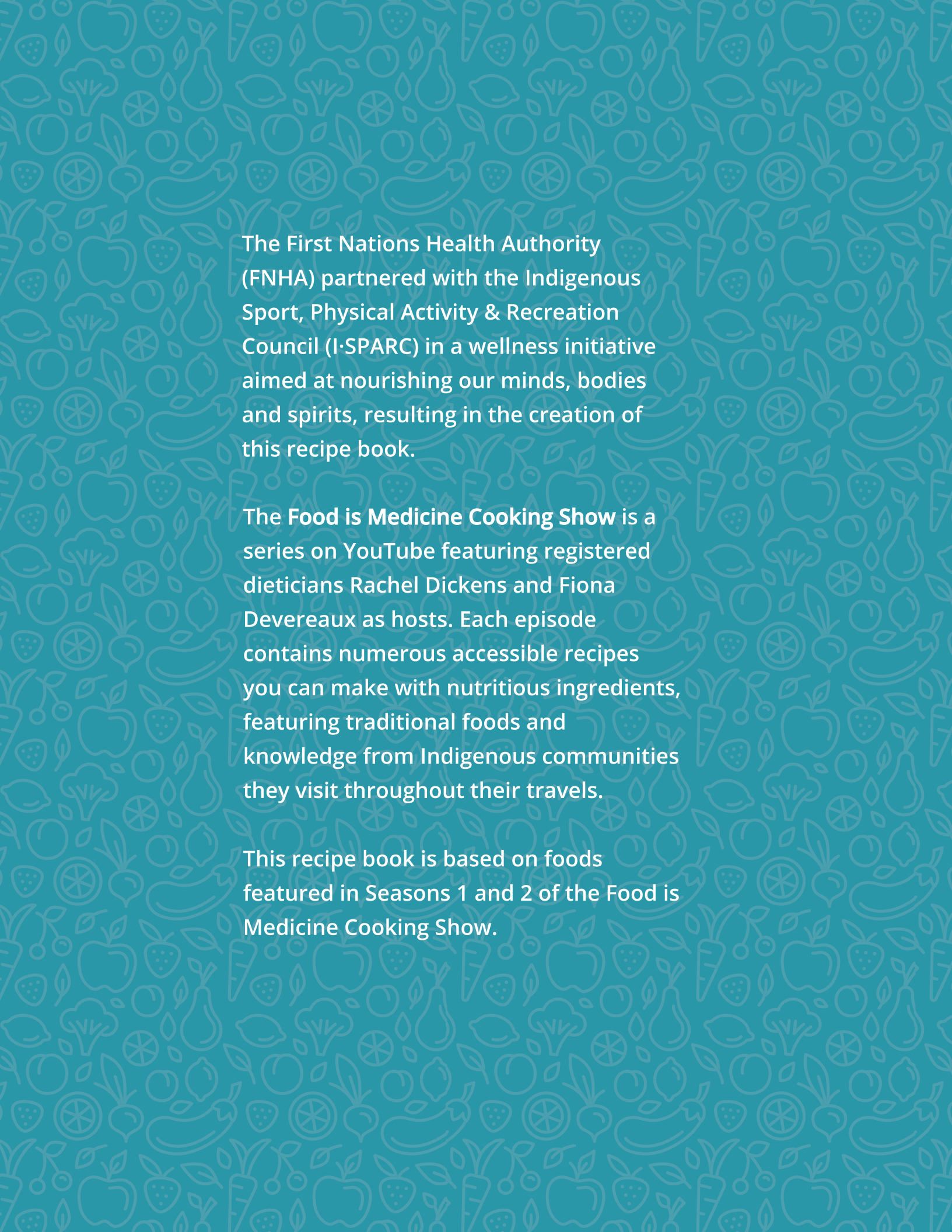






The First Nations Health Authority (FNHA) partnered with the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) in a wellness initiative aimed at nourishing our minds, bodies and spirits, resulting in the creation of this recipe book.

The Food is Medicine Cooking Show is a series on YouTube featuring registered dietitians Rachel Dickens and Fiona Devereaux as hosts. Each episode contains numerous accessible recipes you can make with nutritious ingredients, featuring traditional foods and knowledge from Indigenous communities they visit throughout their travels.

This recipe book is based on foods featured in Seasons 1 and 2 of the Food is Medicine Cooking Show.

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The Gift of Water

On this episode of Food is Medicine, join Rachel and Fiona on the beautiful Ahousaht territory as they guide you through some of their favorite recipes from the ocean and an everyday salad dressing to go with all your seafood favourites. Recipes below if you'd like to follow along!



Food is Medicine: The Gift of Water

Salmon Cakes



Video Link to Recipe

INSTRUCTIONS:

1. Grate potatoes and finely chop both the onion and dill.
2. Drain some of the liquid from the salmon.
3. In a large bowl, lightly whisk the eggs.
4. Add salmon, onion, dill, mustard, salt, and pepper to the bowl, and mix.
5. Before adding your potato, squeeze out any excess moisture with your hands and then add to the bowl, mixing all ingredients.
6. Form patties the size of your palm, squeezing out any excess water.
7. Heat olive oil in a pan over medium to medium-high heat (or 350 F). Cook for 3-5 minutes or until browned on the bottom.
8. Gently turn over and cook 3-5 minutes more, covered, until crispy on the other side.

INGREDIENTS:

- ☐ 4 cups Potatoes
- ☐ 1/2 cup Onion
- ☐ 2 Tbsp Dill
- ☐ 1 cup/jar Salmon
- ☐ 2 large Eggs
- ☐ 1 Tbsp Mustard
- ☐ 1/4 tsp Salt
- ☐ 1/2 tsp Pepper
- ☐ 2 Tbsp Olive oil

Aioli Dipping Sauce

Video Link to Recipe



INGREDIENTS:

- ☐ 1/4 cup Salmon juice from the can
- ☐ 1/2 cup Mayonnaise
- ☐ 1 tsp Lemon juice
- ☐ 1-2 cloves Garlic

INSTRUCTIONS:

1. Mince garlic and place into a bowl.
2. Add all remaining ingredients to bowl, and mix.

KwAKMIS (Herring Roe)

Video Link to Recipe



PHOTO CREDIT: RACHEL DICKENS

INGREDIENTS:

- ☐ 500 g Herring roe on kelp
- ☐ 4 large Eggs
- ☐ 1-2 tsp Soy sauce
- ☐ 1 Tbsp Olive oil

INSTRUCTIONS:

1. Cut roe into chunks.
2. Add eggs and soy sauce to a mixing bowl and whisk.
3. Add oil to a pan, heating to medium-high.
4. Dip roe into the egg and soy sauce mixture and add to pan.
5. Cook for a few minutes until roe turns white, then flip, and cook on the other side.

Everyday Salad Dressing

Video Link to Recipe



INGREDIENTS:

- ☐ 1 cup Olive oil
- ☐ 1/4 cup Vinegar
- ☐ 1 Tbsp Honey or maple syrup

INSTRUCTIONS:

1. Combine all ingredients in a container or mason jar, and shake.
2. Add to salad of choice.

Camp Style Cooking

On this episode of Food is Medicine, join Rachel and Fiona as they shake up the norm on camp style cooking. They are joined by some special guests to enjoy elk chili, stove top cornbread, and a stove top fruit crisp on the beautiful W̱SÁNEĆ territory. Recipes below if you'd like to follow along!



Food is Medicine: Camp Style Cooking

Elk Chili

INGREDIENTS:

- | | |
|--|--|
| ☐ 2 cups | Vegetables, chopped (onions, peppers, carrots, celery, etc.) |
| ☐ 2 Tbsp | Olive oil |
| ☐ 2 lbs | Ground elk (or bison, beef, venison, moose, etc.) |
| ☐ 4 cloves | Garlic, minced |
| ☐ 2 Tbsp | Chili powder |
| ☐ 2 Tbsp | Cumin powder |
| ☐ 2 cans (796 ml) | Diced tomatoes (no salt added) |
| ☐ 2 cans (540 ml) | Black beans, rinsed (no salt added) |
| ☐ 2 cans (540 ml) | Kidney beans, rinsed (no salt added) |
| ☐ 2 cups | Frozen or canned corn |



PHOTO CREDIT: RACHEL DICKENS

INSTRUCTIONS:

1. Dice all vegetables (grated zucchini optional).
2. Heat oil in a large pot to medium-high, add elk, and cook until evenly browned.
3. Add all of your chopped vegetables and cook 5-7 minutes.
4. Add garlic, chili powder, cumin, and any other desired seasonings and spices, stirring for 30 seconds to 1 minute.
5. Add your diced tomatoes (and optional grated zucchini), letting the chili cook down.
6. Add remaining canned beans and corn.
7. Cover and let cook for 10-15 minutes.

Video Link to Recipe



Stove Top Cornbread



PHOTO CREDIT: RACHEL DICKENS

INGREDIENTS:

- ☐ 1/2 cup Milk or milk alternative
- ☐ 1/2 Tbsp White vinegar
- ☐ 3/4 cup Cornmeal, medium coarse
- ☐ 1/2 tsp Baking soda
- ☐ 1-2 Tbsp Sweetener of choice: maple syrup, honey, sugar, etc.
- ☐ 1/2 tsp Salt
- ☐ 1 large Egg
- ☐ 1 Tbsp + 1 tsp Olive oil, separated
- ☐ 2 tsp Butter

INSTRUCTIONS:

1. Pour milk or milk alternative into a small mixing bowl and add vinegar. Set aside until it starts to curdle.
2. Combine cornmeal, baking soda and salt in a small mixing bowl. Set aside.
3. Crack egg and whisk in a large mixing bowl. Add desired sweetener and olive oil, and mix.
4. Add contents of milk or milk alternative bowl, and mix.
5. Add contents of the cornmeal bowl, and mix.
6. Heat a cast iron pan on low to medium heat, adding butter and some oil until hot.
7. Pour mixture into the pan, cover, and let cook for 6-8 minutes.

Video Link to Recipe



Stove Top Fruit Crisp

INGREDIENTS:

- ☐ 1-2 Tbsp Butter and/or oil
- ☐ 2 large Apples, sliced
- ☐ 1 cup Berries
- ☐ 1 Tbsp Honey or maple syrup
- ☐ 1/2-1 tsp Cinnamon
- ☐ 1/2 cup Granola

Video Link to Recipe



PHOTO CREDIT: RACHEL DICKENS

INSTRUCTIONS:

1. Add butter and/or oil to cast iron pan, heating to medium.
2. Add apples, cooking down for a few minutes, and then add berries of choice. Stir constantly.
3. Add honey or maple syrup and cinnamon (and water, as needed, 1 Tbsp at a time).
4. Top with granola and serve.

Wild About Snacks

On this episode of Food is Medicine, join Rachel and Fiona on their journey to Yuułuʔiłʔatḥ (Ucluelet First Nation) to share some snack food favorites with special guests. This episode features nettle pesto, smoked salmon dip, and nori salmon rolls! Recipes below if you'd like to follow along!



Food is Medicine: Wild About Snacks

Nettle Pesto

Video Link to Recipe



INGREDIENTS:

- | | |
|-------------------------------------|---|
| ☐ 6 cups | Young, fresh nettles, rinsed and blanched |
| ☐ 2 cups | Basil, rinsed with stems removed |
| ☐ 1/2 cup | Parmesan cheese, grated (substitute with 1-2 Tbsp miso paste) |
| ☐ 1/3 cup | Walnuts (substitute pine nuts or almonds) |
| ☐ 1 tsp | Lemon juice + lemon zest (optional) |
| ☐ 1/3 cup | Olive oil |
| ☐ 2-3 cloves | Garlic, chopped |
| ☐ To taste | Salt and pepper |



INSTRUCTIONS:

1. Add nettle and basil to a food processor or blender and mix.
2. Add all remaining ingredients to machine, mixing to desired consistency.

Salmon Dip

Video Link to Recipe



PHOTO CREDIT: RACHEL DICKENS

INGREDIENTS:

- ☐ 4-6 cups Smoked and candied salmon (canned or jarred)
- ☐ 3-4 stalks Celery
- ☐ 1 large Onion (or 1 cup spring onions)
- ☐ 1 cup Cream cheese
- ☐ 1 cup Greek yogurt
- ☐ 1-2 cups Fresh berries (options include huckleberries, blueberries, raspberries, strawberries, blackberries or even salmonberries!)

INSTRUCTIONS:

1. Drain juice from the canned salmon, if using.
2. Dice the onion and celery.
3. Add diced vegetables to a food processor or blender along with the cream cheese. Blend.
4. Add the drained smoked salmon and candied salmon (if you have it) to the food processor or blender along with the Greek yogurt. Blend.
5. Add the fresh berries and blend lightly OR remove mixture from food processor or blender and gently fold in the berries.

Nori Salmon Rolls



PHOTO CREDIT: RACHEL DICKENS

INGREDIENTS:

- ☐ 1/2 cup Cream cheese
- ☐ 1-2 Tbsp Mayonnaise
- ☐ 1-2 Tbsp Lemon juice
- ☐ 2 Tbsp Red onion, diced
- ☐ 4-6 sheets Nori seaweed (pre packaged is fine)
- ☐ 1 large Cucumber, sliced thin
- ☐ 1 large Carrot, grated
- ☐ 1/2 large Lemon, zest (optional)
- ☐ A pinch Salt (optional)

Video Link to Recipe



INSTRUCTIONS:

1. Add softened cream cheese, mayonnaise, and lemon juice into a medium mixing bowl. Mix. Optional: add zest of half a lemon and a pinch of salt.
2. Add diced red onion to bowl and mix all contents well.
3. Place a Nori seaweed sheet on a flat surface and spread a spoonful or more of your cream cheese mixture on half of the sheet.
4. Layer carrot, cucumber, salmon, and any other desired ingredients on top of the cream cheese.
5. Roll the sheet and all of its contents tight. Use water if the seaweed isn't sticking.
6. Cut and serve.

FOOD IS MEDICINE RECIPES FROM SEASON ONE, EPISODE FOUR:

Protein Power

Join Rachel and Fiona's journey to the Quw'utsun homelands to share their knowledge of protein with two Métis youth – one aspiring and one past North American Indigenous Games athlete. Join us as we explore the endless possibilities of overnight oats and take fish and chips to the ultimate test - air fryer vs. oven method! Recipes below if you'd like to follow along!



Food is Medicine: Protein Power Recipes

Overnight Oats

INGREDIENTS:

- ☐ 1 cup Milk or milk alternative, fortified
- ☐ 3/4 cup Greek yogurt (substitute with 1/4 cup chia seeds)
- ☐ 2/3 cup Old fashioned, large flake rolled oats
- ☐ 1/2 tsp Cinnamon (option to substitute nutmeg)
- ☐ 1 cup Berries, fresh or frozen
- ☐ 1/2 tsp Nuts or seeds (hemp, chia, flax)

Video Link to Recipe



PHOTO CREDIT: RACHEL DICKENS

INSTRUCTIONS:

1. In a medium bowl, mix milk or milk alternative, yogurt (or chia seeds), oats, and cinnamon (or nutmeg).
2. Add berries, if frozen.
3. Stir well, cover, and place in refrigerator overnight.
4. Top with nuts or seeds and berries, if using fresh, as well as any other desired ingredients in the morning. If mixture is too thick, add milk or milk alternative.

Home Fries

INGREDIENTS:

- ☐ 2 large Potatoes or sweet potatoes,
- ☐ 1/2-2 Tbsp Olive oil (depending on air fryer or oven method)
- ☐ To taste Salt and pepper or other spices

Video Link to Recipe



OVEN INSTRUCTIONS:

1. Preheat oven to 425°F.
2. Cut potatoes to the size you prefer, from thin fries to thick wedges.
3. In a bowl, toss the cut potatoes with 1/2 Tbsp of oil, and the salt, pepper, and spices of your choosing.
4. Place on a baking sheet and bake in preheated oven for 20 minutes, flipping halfway.

AIR FRYER INSTRUCTIONS:

1. Preheat air fryer to 400°F. Toss cut potatoes with 1-2 Tbsp of oil, and the salt, pepper, and spices of your choosing.
2. Air fry for 20-25 minutes, shaking intermittently. Cook in preheated air fryer at 400°F for 20-25 minutes.

Roasted Vegetables

INGREDIENTS:

- ☐ 4 cups Starchy vegetables, skin on, and cut into 1" cubes (sweet potato, yam, potato, carrot, etc.)
- ☐ 6 cups Non-starchy vegetables, fresh or frozen, cut into 1" cubes (broccoli, cauliflower, mushroom, Brussel sprouts, onion, etc.)
- ☐ 2 Tbsp Olive oil
- ☐ To taste Seasonings (salt, pepper, Italian, chili powder, etc.)

Video Link to Recipe



OVEN INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Mix starchy vegetables, seasonings of choice, and 1 Tbsp of oil. Spread onto a baking sheet, bake for 15 minutes, and then remove from oven.
3. Add the non-starchy vegetables, any additional seasoning, and 1 Tbsp of oil. Mix well. Bake for an additional 25 minutes or until the vegetables are almost cooked through.

AIR FRYER INSTRUCTIONS:

1. Preheat air fryer to 400°F.
2. Toss all ingredients together and air fry for 14-16 minutes, shaking intermittently.

Breaded Fish



INGREDIENTS:

- ☐ 1 1/2 - 2 cups Whole wheat panko (or breadcrumbs)
- ☐ 2 1/2 Tbsp Garlic powder
- ☐ 1/4 tsp Salt (optional)
- ☐ 2 large Eggs, whisked
- ☐ 8 fillets Fish, skin removed, patted dry with paper towel (halibut, salmon, lingcod, etc.)



Video Link to Recipe

OVEN INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Mix first 4 ingredients in a medium mixing bowl and coat the fish.
3. Place coated fish on a baking sheet and bake for 10-15 minutes, depending on the thickness of the fish. Check every few minutes after the 10 minute mark.

AIR FRYER INSTRUCTIONS:

1. Preheat air fryer to 390°F.
2. Mix first 4 ingredients in a medium mixing bowl and coat the fish.
3. Air fry coated fish for 5 minutes, flip, and air fry for an additional 3 minutes.

7-Spice Flavour Shaker

Video Link to Recipe



INGREDIENTS:

Single or bulk measurements

- | | | |
|--------------------------|----------------------|-----------------------|
| ☐ | 1 Tbsp or 1 cup | Dried mustard |
| ☐ | 1 Tbsp or 1 cup | Paprika |
| ☐ | 1 Tbsp or 1 cup | Garlic powder |
| ☐ | 1 Tbsp or 1 cup | Onion powder |
| ☐ | 1 1/2 tsp or 1/2 cup | Black or white pepper |
| ☐ | 1 tsp or 1/2 cup | Basil |
| ☐ | 1 tsp or 1/4 cup | Thyme |

INSTRUCTIONS:

1. Take all ingredients (depending on the size you are making), add to a container, and shake!



Nettle Seaweed Flavour Shaker

INGREDIENTS:

- | | | |
|--------------------------|---------|------------------------|
| ☐ | 1 cup | Sesame seeds, unhulled |
| ☐ | 1/4 cup | Nettles, dried |
| ☐ | 1/4 cup | Seaweed, dried |

Video Link to Recipe



INSTRUCTIONS:

1. Toast sesame seeds over medium heat in a dry pan.
2. Grind sesame seeds in a blender or coffee grinder. Optional: add salt to taste.
3. Grind nettles and seaweed into powders.
4. Blend all ingredients and store in a glass jar in the refrigerator.



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Food is Medicine Recipe Book Volume 2

In the newest volume of the Food is Medicine Recipe Book, registered dietitians Rachel and Fiona are hosted by the Adams family in Nlaka'pamux territory as they harvest and cook together.

This volume features delicious and nutritious recipes for soups, stews, and even a couple recipes for those with a sweet tooth!

FOOD IS MEDICINE RECIPES FROM SEASON TWO, EPISODE ONE:

Recipes from Nlaka'pamux Pt. 1

In this episode of Food is Medicine, join Rachel and Fiona on the beautiful Nlaka'pamux territory as they learn to harvest TatOOwe-n (wild potato), and TSawAta (celery plant) and see how the Adams family likes to incorporate these wild foods into their everyday meals, like, fish soup and a wild food power bowl. Recipes below if you'd like to follow along!



Food is Medicine: Nlaka pamux Pt. 1



Buster's Fish Soup

INGREDIENTS:

- ☐ 8 cups Water
- ☐ 10-15 oz Sockeye salmon, skin on
- ☐ 1 large Onion, diced
- ☐ 4 large Potatoes, cut into 1/2" cubes with skin on (Recommended: Yukon Gold)
- ☐ 1 tsp Salt
- ☐ 1 tsp Pepper

INSTRUCTIONS:

1. Boil water in a large pot.
2. Add salmon and cook for 2 minutes.
3. Remove fish from pot and gently remove skin. Return skinned fish to pot and break into bite-sized pieces.
4. Add onion, potatoes, salt, and pepper to pot.
5. Boil for 30-35 minutes.

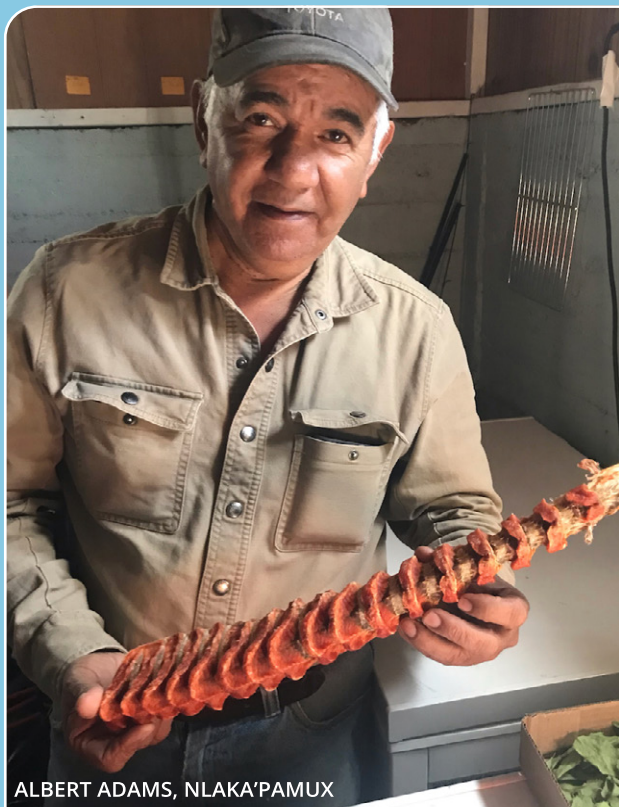
Video Link to Recipe



Stwen (Wind-Dried Fish) Soup

(Option to make with half-smoked, jarred or canned fish)

Video
Link
to
Recipe



ALBERT ADAMS, NLAKA'PAMUX



INGREDIENTS:

- ☐ 1 Tbsp Olive oil
- ☐ 1 large Onion, chopped
- ☐ 3 stalks Celery, chopped
- ☐ 3 large Carrots, chopped
- ☐ 1 large Potato, skin on and cubed (Recommended: Yukon Gold)
- ☐ 1 large Bay leaf
- ☐ 2-3 cups Tomato, diced (500-750 ml can is fine)
- ☐ 5oz Wind-dried fish (1/2 smoked fish or 250 ml jarred fish)
- ☐ To taste Salt and pepper

INSTRUCTIONS:

1. Add olive oil to a large soup pot and heat to medium-high. Add the onion, celery, and carrots. Turn heat to medium and cook for 10 minutes, stirring occasionally.
2. Add diced tomatoes and 5-6 cups water (or stock of your choice). Bring to a boil.
3. Add both potato and bay leaf, and boil for 45 minutes.
4. Add in the 1/2 smoked fish, jarred fish or boiled wind-dried fish, and cook for another 3-5 minutes.
5. Season with salt and pepper, and serve.

TatOOwe-n (Wild Potato) Power Bowl



INGREDIENTS:

- ☐ 1 cup TatOOwe-n (wild potato)
- ☐ 1 cup Rice of choice (brown, wild, etc.)
- ☐ 1/2 cup Salmon, jarred
- ☐ 1/2 cup Indian consumption plant, blanched (or greens such as spinach, nettle, etc.)

INSTRUCTIONS:

1. Add wild potatoes to boiling water and cook for 20 minutes.
2. Remove from water and let cool.
3. Remove skin of potatoes by squeezing them.
4. Add skinned potatoes to a bowl of prepared rice, blanched greens and salmon. Optional: Top with seaweed.

Video Link to Recipe



FOOD IS MEDICINE RECIPES FROM SEASON TWO, EPISODE TWO: Recipes from Nlaka'pamux Pt. 2

In this episode of Food is Medicine, join our hosts as they continue to ground themselves on the territory and learn from the Adams family. We explore meat stew in two different ways, one on the stove top and one in the slow cooker, both using wild deer, pine mushrooms, and stinging nettles. Then they top it off with a traditional ShwuhOOshem (soapberry) drink and a sweet treat with TsulTsala (huckleberries). Recipes below if you'd like to follow along!



Food is Medicine: Nlaka'pamux Pt. 2

ShwuhOOshem (Soapberry) Drink

INGREDIENTS:

- ☐ 1/2 cup ShwuhOOshem (Soapberries)
- ☐ 2 litres Water
- ☐ To taste Sweetener (optional)

INSTRUCTIONS:

1. Place a wire strainer over a mason jar or beverage container.
2. Pour shwuOOshem into the strainer and use a spoon to mash the juice from the berries.
3. Add water (and optional sweetener) to the container to reach desired flavour.

Video Link to Recipe



BUSTER ADAMS (NLAKA'PAMUX) AND FIONA DEVEREAUX

Yogurt Berry Bowl

Video Link to Recipe



INGREDIENTS:

- ☐ 3/4 cup Greek yogurt, plain
- ☐ 1/2 cup Berries, fresh or frozen (substitute sliced apple or chopped banana)
- ☐ 2 Tbsp Roasted hazelnuts, chopped (or any nuts or seeds)
- ☐ 1 tsp Honey (substitute homemade jam, maple syrup, etc.)

INSTRUCTIONS:

1. Add yogurt to a bowl, top with fruit, nuts or seeds, and a drizzle of honey.

Sheila's Meat Stew

INSTRUCTIONS:

INGREDIENTS:

- ☐ 1 lb Wild meat, cubed (deer, elk, moose, etc.)
- ☐ 1 cup Pine mushrooms (defrosted, if frozen)
- ☐ 2 large Potatoes, cubed
- ☐ 2 cups Vegetables, chopped (carrots, onion, celery)
- ☐ 1 can Cream of mushroom soup (lower sodium, if possible)
- ☐ To cover Water
- ☐ To taste Seasonings of choice
- ☐ 1 Tbsp Cornstarch

1. Add meat to slow cooker and layer on pine mushrooms, potatoes, and vegetables.
2. Add can of cream of mushroom soup and water to cover the vegetables.
3. Add any spices you like including garlic, herbs, salt, and pepper.
4. Cook in the slow cooker on high heat for 5 hours.
5. To thicken the stew before serving, add 1 Tbsp of cornstarch mixed with 2 Tbsp of cold water.
6. Taste and adjust seasoning before serving.



Video Link to Recipe



Wild Meat Stew

Video Link to Recipe



INGREDIENTS:

- ☐ 1 Tbsp Olive oil
- ☐ 1 lb Wild meat or lean beef, cubed (deer, elk, moose, etc.)
- ☐ 6-12 cups Broth of choice
- ☐ 1/2 Tbsp Lemon juice
- ☐ 1 cup Pine mushrooms (defrosted if frozen)
- ☐ 1 large Bay leaf (optional)
- ☐ 1 Tbsp Rosemary or thyme (optional)
- ☐ 1/2 Tbsp Black pepper, ground
- ☐ 1 large Onion, chopped
- ☐ 3 large Celery stalks, chopped
- ☐ 3 large Carrots, chopped
- ☐ 2 large Yukon gold potatoes, skin on, chopped
- ☐ 1 cup Stinging nettle or spinach (optional)
- ☐ 1 Tbsp Corn starch
- ☐ 2 Tbsp Cold water

INSTRUCTIONS:

1. Heat oil in a large soup pot on medium. Add the meat and cook until browned, about 5-7 minutes.
2. Add broth of choice (if using previously frozen mushrooms, start with half).
3. Stir in the lemon juice, mushrooms, bay leaf, rosemary or thyme, pepper, and any other seasonings of choice.
4. Bring to a boil and reduce heat. Cover and let simmer for 45-60 minutes.
5. Add onion, celery, carrots, and potatoes to pot. Cover and simmer for an additional hour, stirring occasionally, and adding more water as needed.
6. About 15 minutes before serving, mix cornstarch with 2 Tbsp of cold water and stir into the stew.
7. About 3 minutes before serving, if using, add stinging nettle or spinach.
8. Add any additional seasonings you like, and serve.

About the First Nations Health Authority (FNHA)

The FNHA is the health and wellness partner to over 200 diverse First Nations communities and citizens across BC.

In 2013, the FNHA began a new era in BC First Nations health governance and health care delivery by taking responsibility for the programs and services formerly delivered by Health Canada. Since then the FNHA has been working to address service gaps through new partnerships, closer collaboration, health systems innovation, reform and redesign of health programs and services for individuals, families, communities and Nations.

The FNHA is also a champion of culturally safe practices throughout the broader health care system. Taking a leadership role, the FNHA actively works with its health partners to embed cultural safety and humility into health service delivery and improve health outcomes for First Nations people.

About the Indigenous Sport, Physical Activity & Recreation Council (I·SPARC)

I·SPARC is a provincial organization established with the purpose of improving the health outcomes of Indigenous peoples by supporting and encouraging physically active individuals, families, and communities.

The programs and services delivered by I·SPARC are designed to build capacity and increase access to sport, recreation, and physical activity in First Nations communities, Métis Chartered Communities, Aboriginal Friendship Centres, schools, and other delivery agencies throughout British Columbia.

For more information, please visit:

www.isparc.ca



Food is Medicine Cooking show



First Nations Health Authority
Health through wellness



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Recreation Council

