



Welcome and updates

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Welcome to our first NextGen newsletter! We appreciate all of your support bringing your families to research appointments.

The NextGen family continues to grow, with new parents and children joining us every week. We currently have 245 moms and 377 children who participate in our research study. We are looking for more pregnant moms who have type 2 diabetes or have gestational diabetes. We also looking for moms with no diabetes. Our research team includes scientists, staff and parents who have children that our part of the NextGen Study.

Why are we doing this? "We feel this research will answer important questions about why type 2 diabetes runs in families and what families can do to stop the cycle. We do not want any child, parent or family to go through the stress and shortened life expectancy that comes with pediatric type 2 diabetes. We want to be part of the solution so our grandchildren and great grandchildren can survive and thrive."

NextGen Parent advisory group, April 2022

This newsletter is for you, so if you have any thoughts, suggestions or ideas of what we should include and how, please contact Carrie at ccostello@chrim.ca or call/text 431-337-0365



Interested in joining our Parent Advisory Group?
We are looking for parents to help guide and improve
NextGen research. Compensation (\$\$\$) provided.
Call or text Carrie: 1-431-337-0365



THREE CATEGORIES
CASH PRIZES OF \$200

Send us your recipes now!

COOKING Contest



Winners will be chosen by young people.

Do you have a healthy recipe you make? Share it with us and you could win \$200! Our categories are:

Healthy Snacks and Appetizers
Healthy Main dishes
Healthy Desserts



Recipes can be original or from a cookbook or the internet (just let us know where it's from and if you made any modifications). Send us the recipe you used and a picture of you with the food you made!

This contest is open to those aged 24 and younger in the iCARE and NextGen research studies. Help from an adult is allowed, especially for young children!



Just send us your recipe and a photo of the finished meal

ccostello@chrom.ca or text to 431-337-0365

APPLE QUESADILLAS



INGREDIENTS:

- 1 tablespoon oil
- 1 large onion, sliced thinly
- 4, 8-inch whole grain tortillas * *
- 1 cup shredded mozzarella or gouda cheese
- 1 apple, cored and thinly sliced
- 1/2 tsp of fresh or dried herbs (thyme or chopped rosemary)
- Non-stick cooking spray

NUTRITIONAL INFORMATION

Calories 290
Total Fat 13g
Saturated Fat 6g
Sodium 530mg
Carbohydrates 33g
Fibre 2g
Sugar 9g
Protein 11g

Directions

Step 1: Heat frying pan over medium heat with 1 tablespoon oil. Add onions and herbs (if using dried) and cook for 15 minutes, stirring occasionally, until golden and caramelized.

Step 2: Place 1 tortilla on a plate.

Step 3: Add 2 tablespoons of cheese to half of the tortilla. Place apple slices on top of the cheese, then caramelized onions, sprinkle fresh herbs (if using). Top with another 2 tablespoons of cheese.

Step 4: Fold the tortilla in half to cover the filling.

Step 5: Repeat with other tortillas.

Step 6: Spray a hot frying pan with oil. Add a tortilla to the pan, and cook for about 2 to 3 minutes per side on medium heat until the tortilla is golden and the cheese has melted. Repeat with other quesadillas.

Step 7 Enjoy with a side of vegetables or a salad for a complete meal.

"Buy whole wheat tortillas in bulk when the ice roads are open and freeze them for later"
Tip from a parent

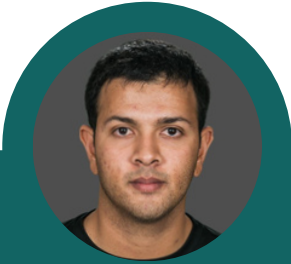
Thank you to: <https://meant2preventkitchen.ca/>

Meet the NextGen research study team! Who might you see at your appointment?



Brandy Wicklow

Lead Researcher



Yash Rawal

Research Coordinator



Priscilla Irabor

Research Assistant



Carrie Costello

Parent Advisory
Group Facilitator



Liz Sellers

Researcher



Christy Pylypjuk

Researcher



From young people living with type 2 diabetes!

We asked a few people under the aged of 18 who have diabetes how they keep their blood sugar low. Their answer:

DRINK WATER (and only water).

"The hardest was to stop having Slurpees,
but once you are in the habit of drinking only water its not so bad."

Do you have a tip or trick that works for you and your family?

Text or call Carrie 431-337-0365