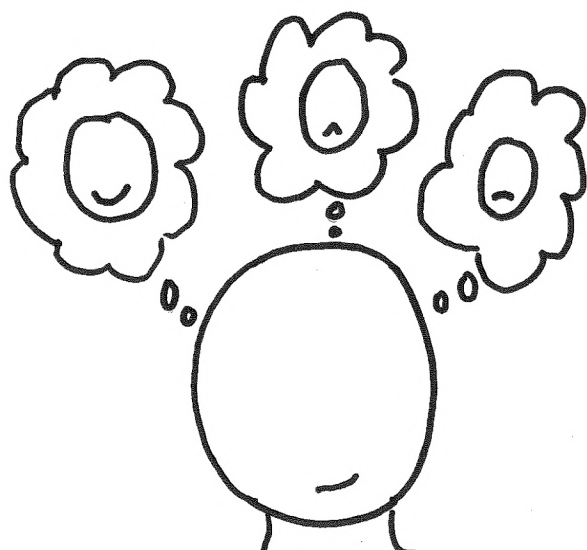




Living with Type 2 Diabetes

Stories, tips and perspectives
from teens and young adults in
Manitoba



What is ICARE?



ICARE (Improving Renal Complications in Adolescents with Type 2 Diabetes through Research) is a study that is helping to answer some big questions so that we can one day provide better treatment for people living with type 2 diabetes.

- Why are young people living with type 2 diabetes (T2D) at risk for kidney damage?
- How can this be prevented?
- What social emotional and physical health factors play a role?

About the Authors:



This book was written by teens and young adults living with type 2 diabetes (T2D) in Manitoba and Northern Ontario who are patient partners in the ICARE Study.

About this book:



This book provides facts about type 2 diabetes and ways to help manage it.

This book shares the stories of young people who live with type 2 diabetes, and stories from their family members.

This book is a reminder that **you are not alone**.



Artwork done by Sydnee Monias &
Kylie Quoquate

What is Type 2 Diabetes?

When we eat, our food is broken down into a sugar called glucose. Glucose gives our body energy.

To use sugar as energy we need insulin. Insulin is a hormone that helps to convert sugar in our blood to energy for our body and is the key that opens the cell.

In type 2 diabetes, the insulin made by our bodies does not work as well as it should or our bodies do not produce enough insulin to meet the need.

When our body can't use sugar from our food as energy, sugar builds up in our blood instead.

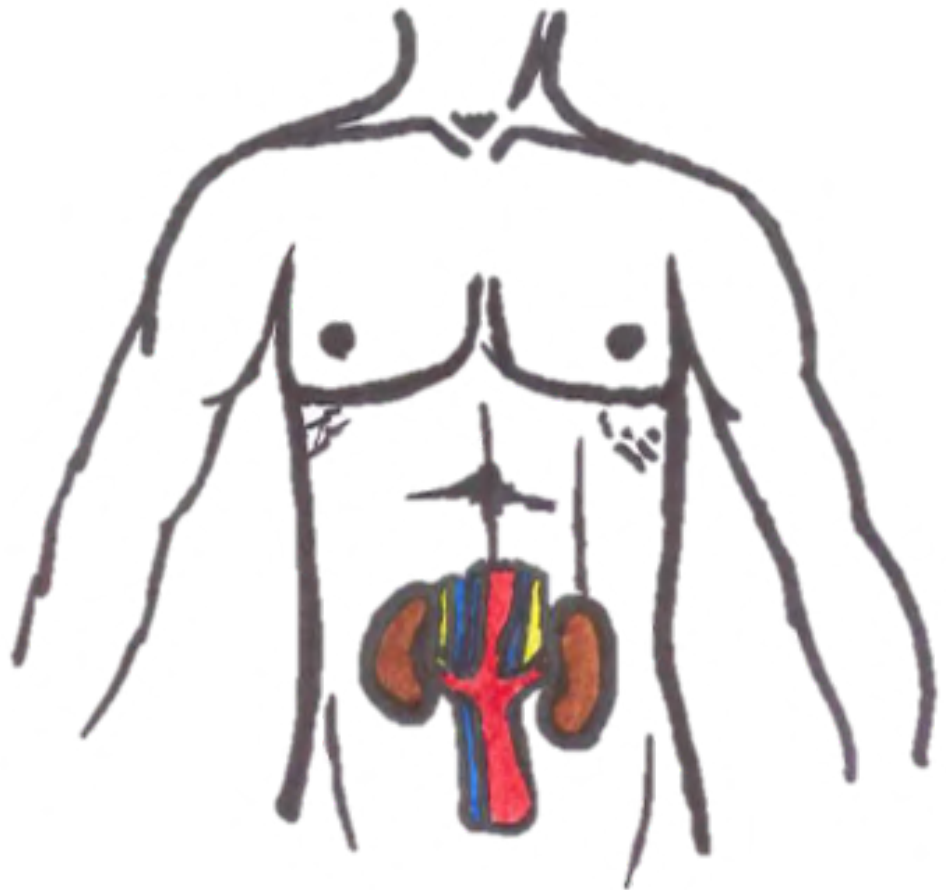
This can hurt our bodies over time.

Type 2 diabetes can make you feel tired, thirsty, and hungry. You may have some sores or infections that take a longer time to heal, and darkened areas of skin on your body. This can look like patches of dirt on the skin that can't be washed off. These are often on the back of the neck.



*A tired thirsty person
dreaming of food*

Type 2 Diabetes & Kidney Health



What do our kidneys do for our body?

Kidneys are a bean shaped organ about the size of a fist. We have 2 of them in our body, but we can live with just 1 if it's healthy. Kidneys do a lot:

- They take waste out of the blood and make urine (pee)
- They produce hormones to control your blood pressure and blood cells
- They keep proteins in your body (where they should be)

How is type 2 diabetes connected to kidney health?

Having high blood sugar or high blood pressure can damage the kidneys over time. If the kidneys stop working well, they start leaking protein and can't clean your blood very well. This is called **albuminuria** and is a sign of Chronic Kidney Disease (CKD)

Walking counts as exercise and helps bring down your blood sugar. Walk around the mall, at the park or on trails.



What is albuminuria?

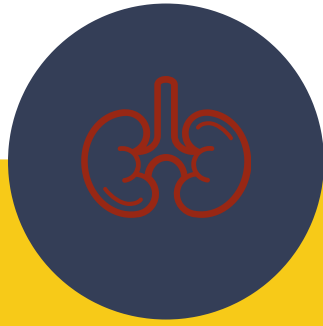
Albumin is a type of protein in your blood. This protein helps to build muscle, repair tissue and fight off infections in your body.

Having albumin in your urine instead of your blood can be a sign of kidney damage. This is called **Albuminuria**.

It is important to keep your kidneys healthy because they do so much for our bodies, like filter our blood and get rid of extra waste from our bodies.

Albuminuria can be an early sign of kidney disease.

Why is it bad to have protein in my urine?



Keeping our Kidneys Healthy

Drink lots of fluids everyday!
Kidneys like water best.

Manage blood sugar levels by
eating health, being active, and
taking the medications your doctor
prescribes.

Drink lots of fluids. Water
is best. Try adding flavour
to water with fruit. Limit
how much pop you drink
(even diet pop). It can
raise your blood sugar



Preventing & Slowing Down Kidney Damage

1

Take care of yourself physically, emotionally & spiritually

2

See your doctor regularly

3

Keep blood sugars between 4-7 mmol

4

Blood pressure within targets

Stories from Young People Affected by Type 2 Diabetes

Gabriel

"My name is Gabriel and I was between 10 and 12 years old when I was diagnosed with type 2 diabetes. Before I was diagnosed, I remember being drowsy, thirsty and shaky.

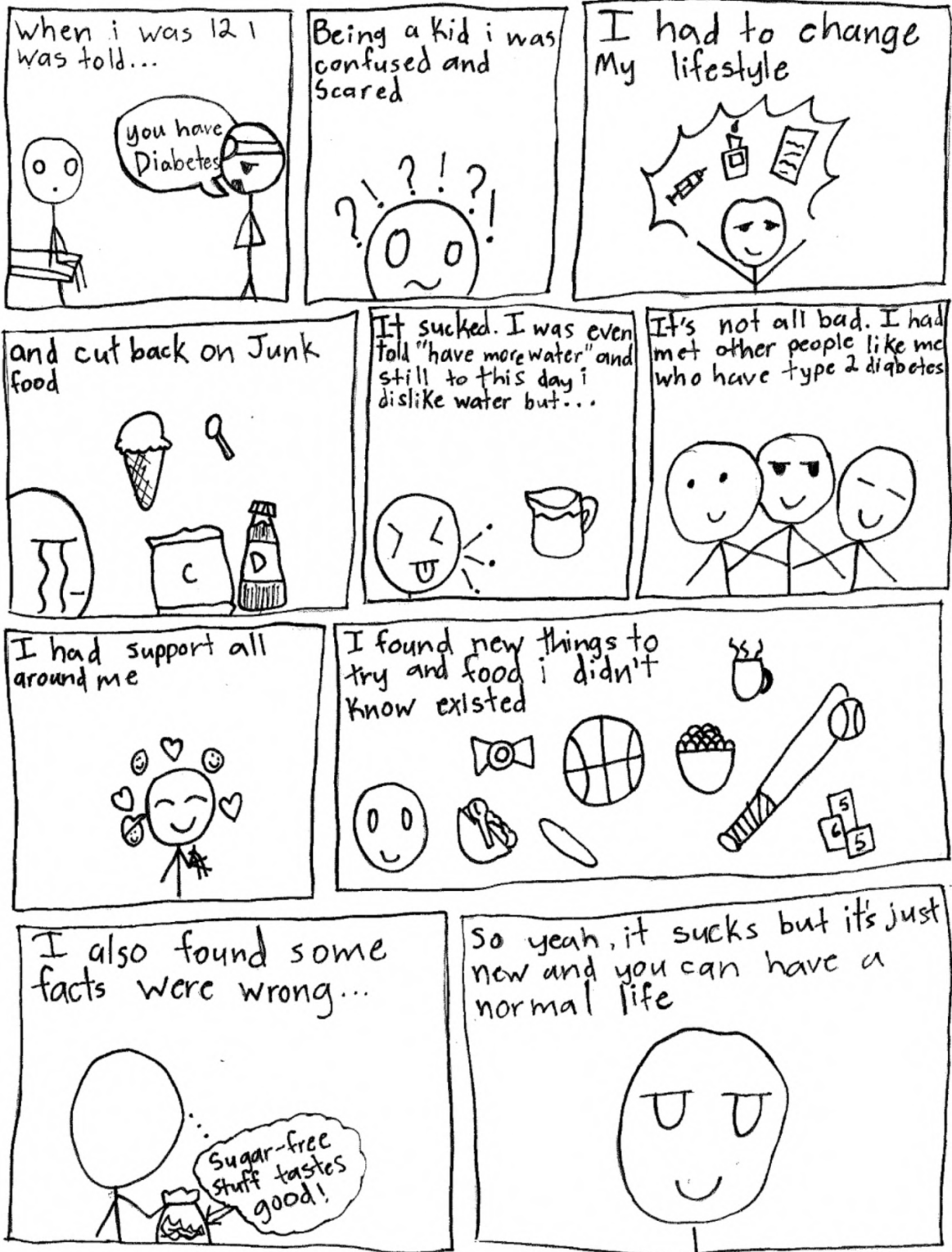
When I was seeing a diabetes doctor, I didn't know what to feel; I was clueless and young. I was being told things I didn't understand. As I got older, I began to understand the things I was being told by my doctors, like how I will feel sick if I don't take my insulin, or that diet pop contains a lot of sugar. Ha!

My advice? Ask your doctor or family questions about the things you don't understand. Be honest about how you feel; don't just say "I don't know".

"Ask questions about the things you don't understand. Be honest about how you feel!"



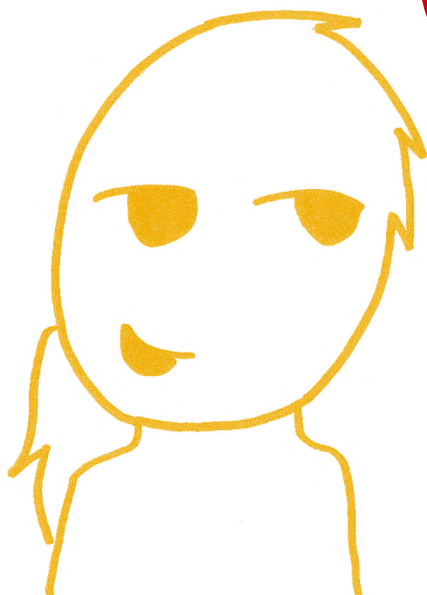
Sydnee



Shayna

"I was 8 years old when I was diagnosed with type 2 diabetes (T2D). I didn't know at the time what T2D was and when I got older, I didn't accept it as part of me. My mom and dad knew what T2D was when the Pediatric Endocrinologist told me, because it ran in the family on both sides.

It has been about 9 and 1/2 years since I've been living with diabetes. I speak up to my doctors about what hasn't or has been working for me with medications and talk to them about different ways I can do to manage my diabetes. It is good to build your relationship with your doctor to help them get to know you and help you in any way they can so that you can have a long, healthy life and being able to manage your diabetes."



"It's okay to ask the same questions more than once, and it's safe to speak to your doctor yourself and not have your parents speak on your behalf."

Mario

"My name is Mario, I was diagnosed with type 2 diabetes when I was 11 years old. Before I found out I had diabetes, I was very sick. For being a person of colour, you could really tell as I was pale and sick looking. I had to go to the hospital. I remember passing out, but remember being conscious and still being able to hear all the nurses and doctors running around. I also remember my parents in the room crying. I remember waking up in a room in the children's hospital and the doctor's coming into the room explaining to me "you have type 2 diabetes".

When I heard that my heart nearly flew out of my throat. I was so devastated. I thought it was a death sentence. But after a lot of support from the doctors and the iCARE team, it got better and I wasn't alone anymore and things would get better. When it comes to testing my sugars, I have a cool blood sugar meter that syncs up with my smart phone and keeps track of my sugar levels. The doctors prescribed the proper medication to help with the high glucose level, although it took some time adjusting and getting used to not being able to eat sugary candies and to make healthier choices instead of junk food."



" After a lot of support from the doctors and the iCARE team, it got better and I wasn't alone anymore and things would get better."

Zoe

"My name is Zoe. I'm from a family with generations of diagnosed diabetics. My great-grandma was diagnosed in her 50's, my granny in her 40's, my mother in her 30's and my younger sisters was diagnosed when she was 12. When my sister was diagnosed, I thought why her and not me? We ate the same and did the same things. I almost felt guilty because it's not like I was setting a good example for her. It's my responsibility to help her, and the rest of my family.

Mental and physical health is so important. So some of the things that have been helping is our new pool and quad for exercise. We also have "family meetings" to talk about how everyone is feeling and try to pray to our creator everyday. We pray for health, strength and guidance.

I found since we make time for those things, not only have the diagnosed people in my family learned more about diabetes, but me too. Maybe knowing more and learning from them...my kids won't be affected.

The advice I would give to someone who has a family member or friend with diabetes is to encourage and set an example for them. To listen and understand that any support will make a difference."

"The advice I would give to someone with a family member with diabetes is to encourage and set an example for them. To listen and understand that any support will make a difference."



Jeslynn

"I've always been at risk for developing diabetes. My hemoglobin A1C was borderline, and my kidneys didn't look right. I got sent to the doctor and he ordered a OGTT and it came back that I had type 2 diabetes. So my doctor referred me to the endocrinologist. On January 25th, 2015, I got the referral to Brandy and Dr. Sellers.

So I changed my diet to no salt diet and 3 months later one doctor wanted to put me on insulin but another doctor put me on metformin. A woman named Carol taught me about how to cope with living with diabetes.

6 months I was put on Lantus and Humalog and it was not working, so I went to see my doctor again. She switched me to Humulin 30/70 and Humalog to try to make me feel better but I was insulin resistant.

So we were struggling to control my blood sugar, so I entered the iCARE study and hopefully we can find some answers.

Allison did a kidney biopsy and we found that my kidneys are working harder and faster than they should be. Also my kidneys are leaking. Since then I have been fighting with my body.



"The things that has helped me is socializing with other kids with diabetes.

My goal is to lower my blood sugar."

Kylie

"I was six years old when my older sibling was sick and there's a possibility she wouldn't be getting better. I didn't really understand it at first. When I started to cry, thinking she was going to die... my mother held me in her arms, calming me down saying "it's going to be okay, she's not going to die."

It's been 8 years since I found out she was diagnosed with type 2 diabetes. I always worry about her because she can black out from having low blood sugars or get dehydrated or shaky from high blood pressure, and even this disease can slowly affect your body... like losing feeling in your feet, having your knees not move properly, or even having bad eye vision.

I've learned a lot on how I can help support her with this disease. I try to make her exercise and have her eat more healthy, knowing that if she doesn't take care of herself now, it'll only worsen."

"Daily exercise, keeping juice nearby or food with carbohydrates, supporting her when she feels down and eating healthy foods are some of the ways I can support my sister."



Managing Blood Sugar with Type 2 Diabetes

The BIG goal

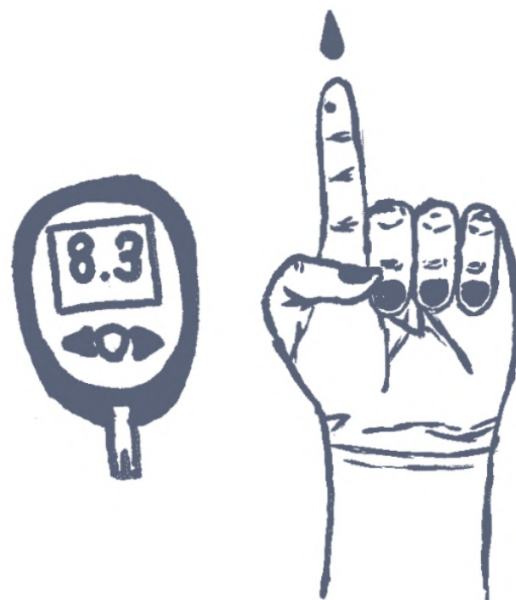
Bringing your blood sugars to a
healthy range (4 to 8 mmols)
to prevent complications of
diabetes

Checking Blood Sugar Levels

Your doctor may tell you how many times you need to test your blood sugar.

Test your sugar levels with a blood glucose meter. A blood glucose meter tells you what your blood sugar level is at the moment you test.

Your doctor may also send you for another type of blood sugar tests called a **hemoglobin A1C test** (HbA1C for short). It lets you and your care team know how your blood sugar levels have been for the few months before the test.



What could make
my blood sugar rise
too much?

A meal or snack foods high in
carbohydrates

Not being physically active

Not taking enough diabetes
medication

Infections or illness such as a
cold or the flu

Changes in hormonal levels
(for example menstrual
periods)

Stress

Adrenaline

What could make
my blood sugar fall
too much?

A meal or snack with less or
fewer carbohydrates

Missing a meal or snack

Vomiting and diarrhea

A lot of physical activity

Too much diabetes medicine

Stress

Type 2 Diabetes and Emotional and Mental Health

Living with a disease like type 2 diabetes is not easy. Sometimes it can make us feel alone, stressed out, in less control of our health or scared. It can feel really feel unfair.

It can feel unfair

Self-Blame:
"It's my fault for
having diabetes"



Feeling Depressed

Scared of Getting Sick

Feeling Stressed

Managing Stress

Hanging Out With
Friends & Family

Doing Activities That
You Enjoy

Going Outside

Being Active

Having a Pet

Praying to the
Creator

Artwork

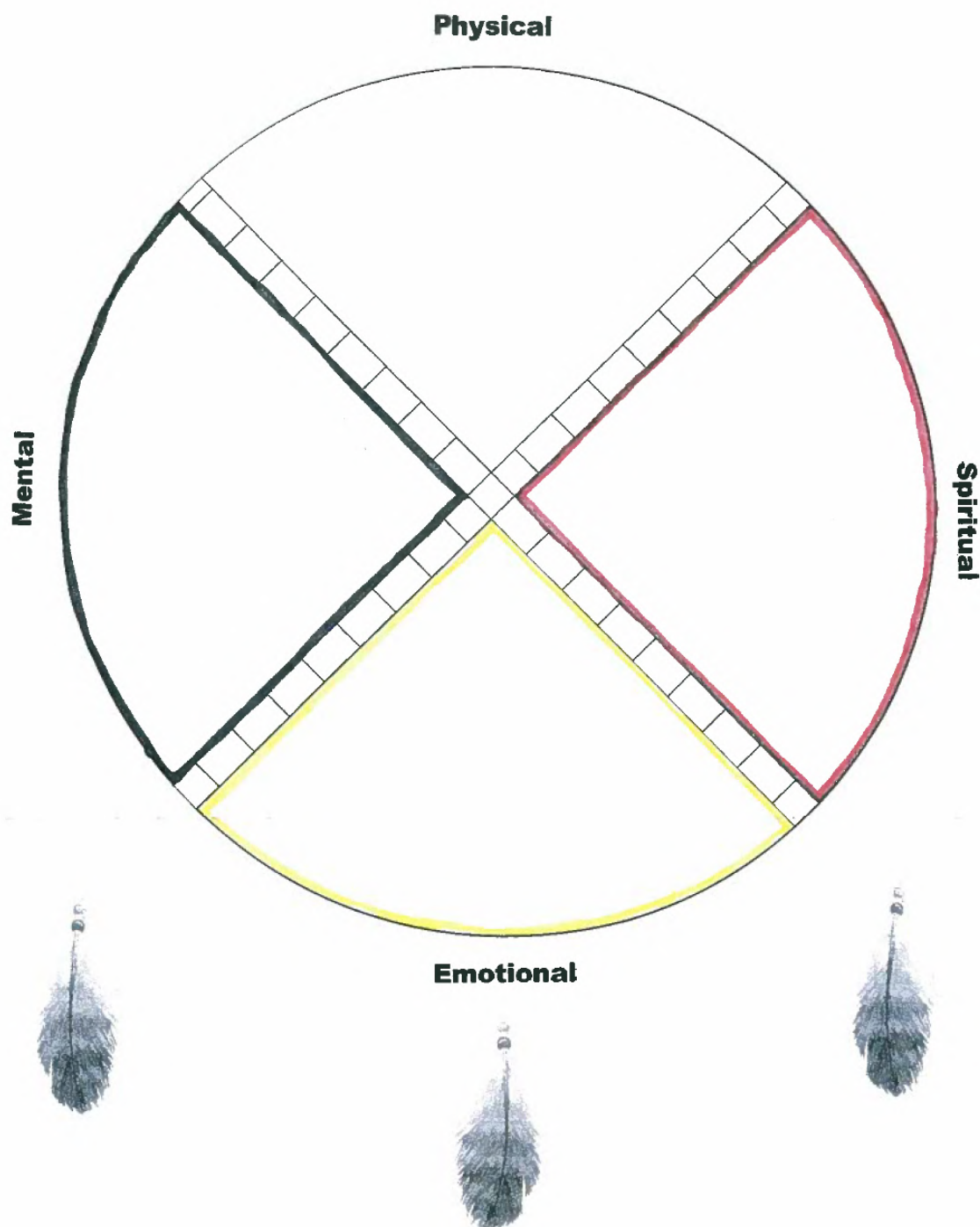
Cooking

Music



Being Part of a
Community

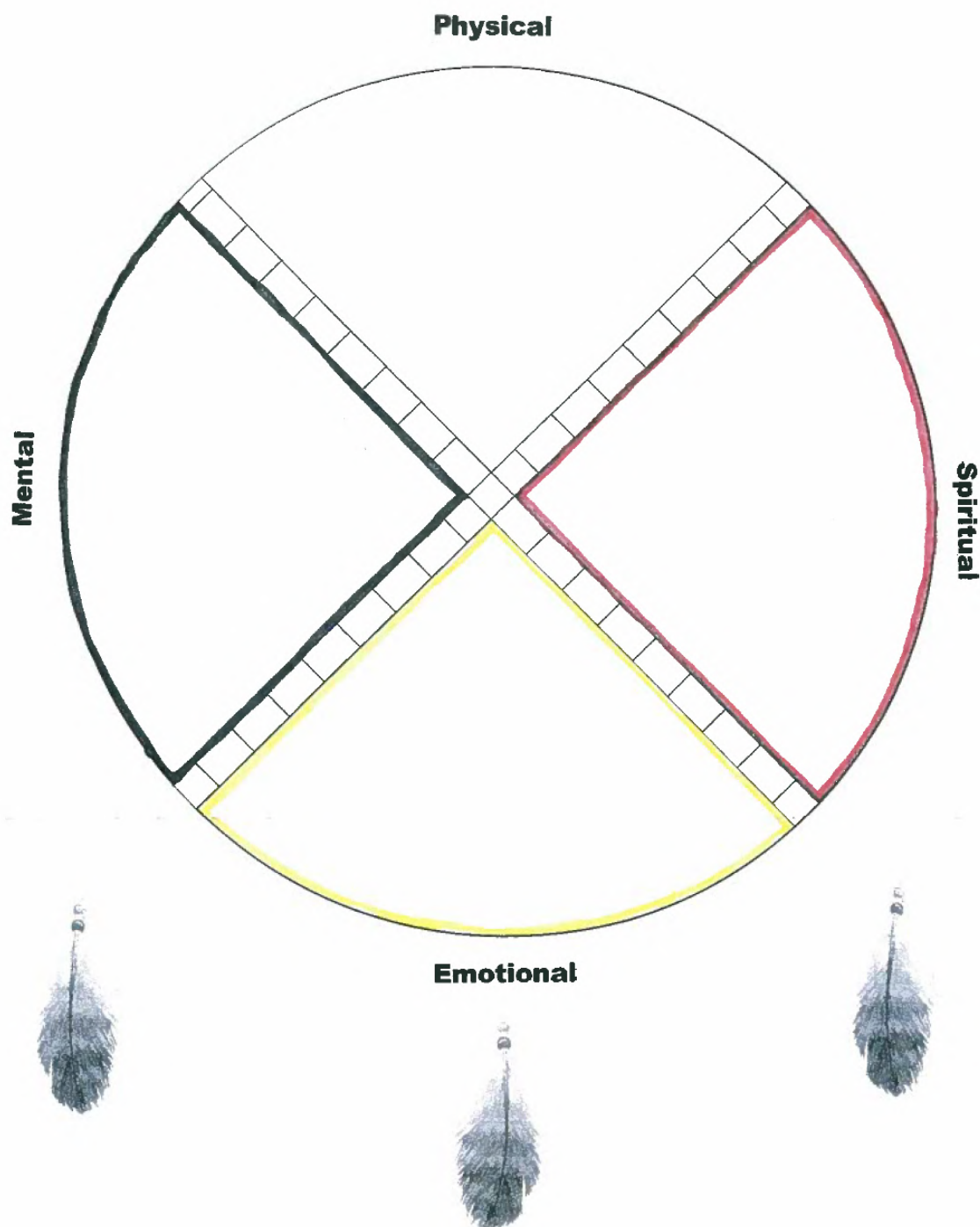
The Self-Care Wheel



The Self-Care Wheel is an easy way to show how you are feeling to your doctor in clinic. Each piece of the circle shows the different ways that a person can feel healthy: emotionally, physically, spiritually and mentally.

Draw pictures or make notes in each section to show how you are doing.

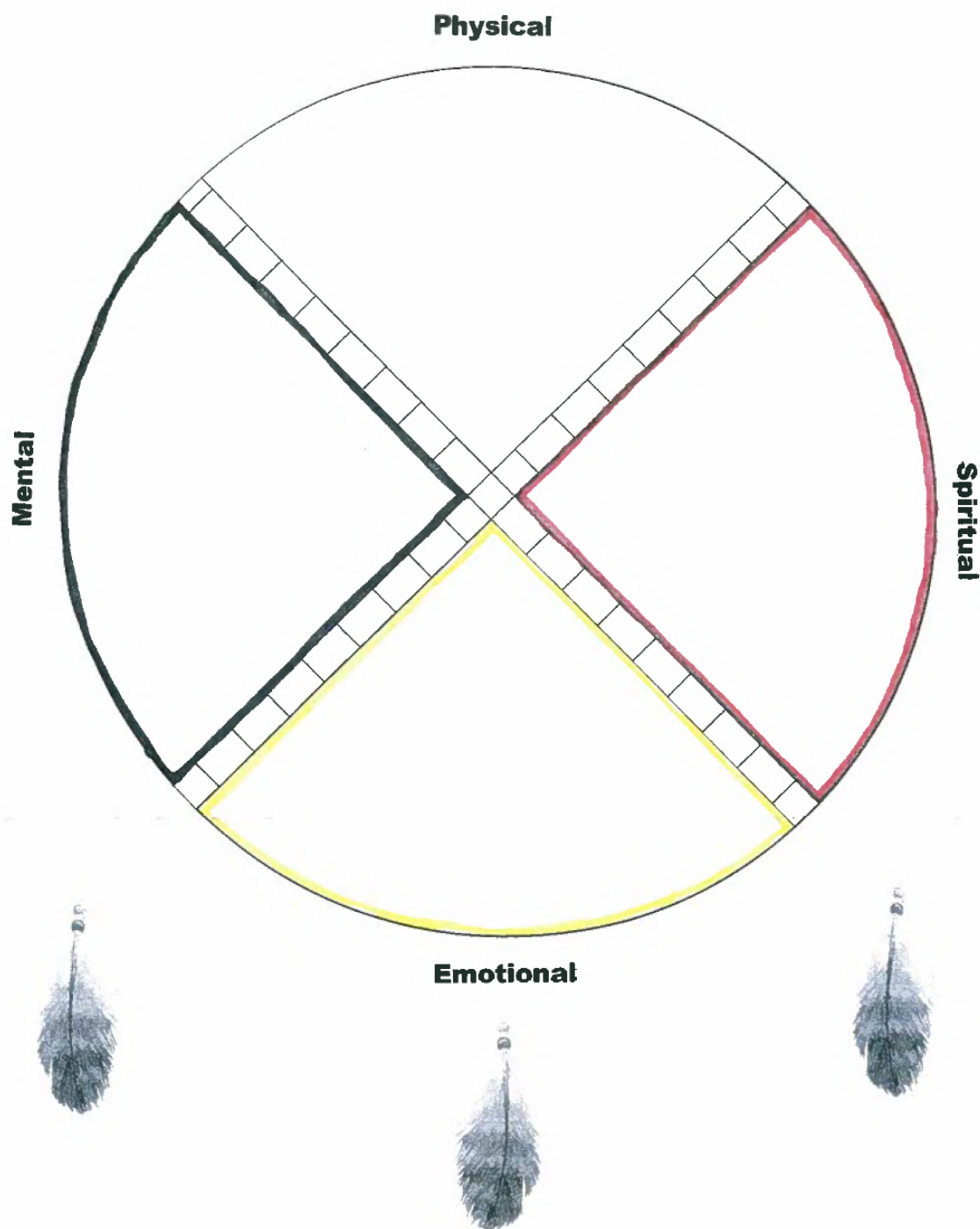
The Self-Care Wheel



The Self-Care Wheel is an easy way to show how you are feeling to your doctor in clinic. Each piece of the circle shows the different ways that a person can feel healthy: emotionally, physically, spiritually and mentally.

Draw pictures or make notes in each section to show how you are doing.

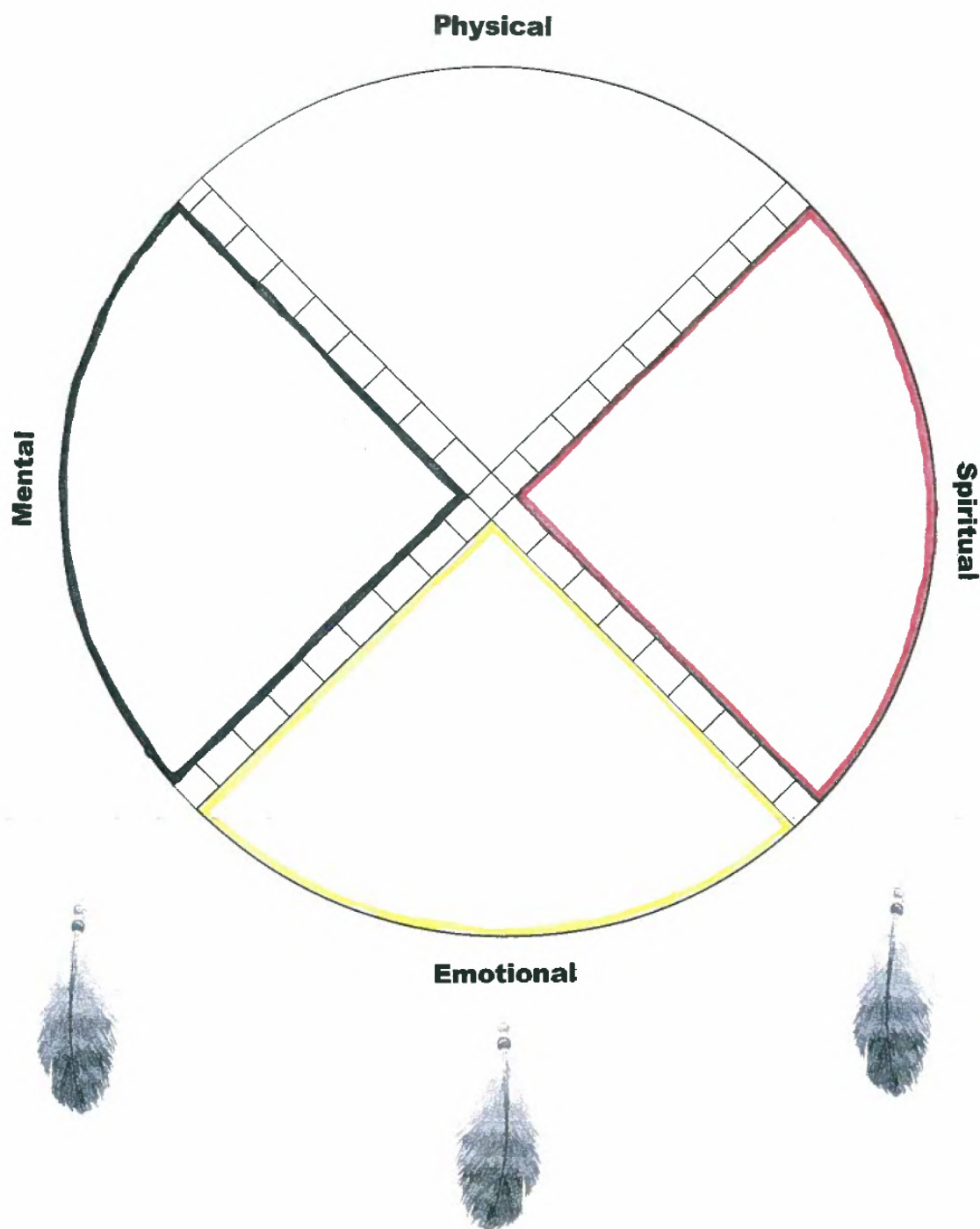
The Self-Care Wheel



The Self-Care Wheel is an easy way to show how you are feeling to your doctor in clinic. Each piece of the circle shows the different ways that a person can feel healthy: emotionally, physically, spiritually and mentally.

Draw pictures or make notes in each section to show how you are doing.

The Self-Care Wheel



The Self-Care Wheel is an easy way to show how you are feeling to your doctor in clinic. Each piece of the circle shows the different ways that a person can feel healthy: emotionally, physically, spiritually and mentally.

Draw pictures or make notes in each section to show how you are doing.

Log Book for Taking Medication

This is for tracking when you have taken your medication, your blood sugar level, and if you have eaten or not. This is a great way to keep track and a resource to share with your doctor at clinic

[illegible]

Log Book for Taking Medication

This is for tracking when you have taken your medication, your blood sugar level, and if you have eaten or not. This is a great way to keep track and a resource to share with your doctor at clinic

[illegible]

Log Book for Taking Medication

This is for tracking when you have taken your medication, your blood sugar level, and if you have eaten or not. This is a great way to keep track and a resource to share with your doctor at clinic

[illegible]

Log Book for Taking Medication

This is for tracking when you have taken your medication, your blood sugar level, and if you have eaten or not. This is a great way to keep track and a resource to share with your doctor at clinic

[illegible]

Log Book for Taking Medication

This is for tracking when you have taken your medication, your blood sugar level, and if you have eaten or not. This is a great way to keep track and a resource to share with your doctor at clinic

[illegible]

Log Book for Taking Medication

This is for tracking when you have taken your medication, your blood sugar level, and if you have eaten or not. This is a great way to keep track and a resource to share with your doctor at clinic

[illegible]

My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?



My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?

[illegible]

My Journal

Date: _____

How am I feeling today?

[illegible]

Recipes



Easy to prepare
diabetes-friendly
breakfast, lunch and
dinner recipes to help you
stay on track!

Prairie Berry Puff Pancakes

Ingredients

2 tbsp soft, non-hydrogenated margarine
2 cups Saskatoon berries (or other prairie berry)
1 tbsp flour
3 eggs
1 cup milk
1/2 tsp vanilla
1/4 tsp salt
1/2 cup flour + 1/2 cup whole wheat flour

Directions

Heat the oven to 350 F. In the oven, melt the margarine in a 10 inch cast iron skillet or large pie plate. Do not brown. Meanwhile, toss the berries with 1 tbsp flour. In a blender, mix the eggs, sugar, milk, vanilla and salt. With the blades running gradually add the cup of flour and blend well. You can do this with a whisk as well. Pour the batter into the pan. Scatter the berries ovetop. Bake 25-30 minutes until center is set. Serve warm or at room temperature, sprinkle with a little icing sugar.

Lunch Box Granola Bars

Ingredients

2 cups rolled oats
1 cup whole wheat flour
1/2 cup ground flaxseed
1/3 cup packed brown sugar
1 tsp ground cinnamon
1 cup raisins, chocolate chips or unsweetened dried fruit
1/2 cup sunflower seeds
1/2 tsp salt
1/3 cup honey
1/4 cup applesauce
2 tsp vanilla extract

Directions

1. Pre-heat oven to 350. Oil 9x13 inch baking pan
2. In large bowl, mix together oats, flour, flaxseed brown sugar, cinnamon, raisins, sunflower seeds and salt. Make a well in centre; set aside
3. In small bowl, combine honey, egg, canola oil, applesauce, and vanilla. Add liquid ingredients to well and mix. Pat mixture evenly into a prepared pan.
4. Bake 20 to 25 minutes, until bars begin to turn golden at edges. Cool 5 minutes, then cut into bars while still warm. Do not allow bars to cool completely before cutting or they will be too hard to cut.

Parmesan Chicken Fingers

Ingredients

1/2 cup finely crushed soda cracker crumbs (about 16 crackers)
1/3 cup freshly grated Parmesan cheese
1/2 tsp dried basil leaves
1/2 ts dried marjoram leaves
1/2 tsp paprika
1/2 tsp salt
1/4 tsp freshly ground black pepper
4 boneless chicken breasts
1 egg
1 clove garlic minced

Directions

1. Preheat oven to 400 F. Baking sheet with rack sprayed with vegetable cooking spray.
2. In a food processor, combine crackers crumbs, Parmesan cheese, basil, marjoram, paprika, salt and pepper. Process to make fine crumbs. Place in a shallow bowl.
3. Cut chicken breasts into 4 strips each. In a bowl, beat egg and garlic; add chicken strips. Using a fork, dip chicken strips in crumb mixture until evenly coated. Arrange on rack set on baking sheet.
4. Bake in preheated oven for 14 to 18 minutes or until no longer pink in center.

Meatballs

Ingredients

1 egg
1/4 cup dry breadcrumbs
1 tbsp dry parsley
1 tsp dried oregano or Italian seasoning
1/2 tsp salt
1/4 tsp freshly ground black pepper
1 lb lean ground beef, pork or lamb

Directions

1. In a large bowl, beat together egg and 2/3 cup water. Stir in breadcrumbs, parsley, oregano, salt and pepper. Add beef and mix thoroughly; let stand for 5 minutes. Form into 1 1/2 inch meatballs using about 2 tbsp meat mixture per meatball.

*Tip: wetting your hands with cold water makes forming the meatballs easier.

2. Place meatballs on rack on baking sheet. Bake in preheated oven for 35 minutes or until no longer pink in center.

Turkey Fajitas

Ingredients

1 lb boneless skinless turkey breast, or chicken breast, thinly sliced
1 tbsp freshly squeezed lime juice
1 clove garlic minced
1/2 tsp dried oregano
1/2 tsp ground cumin
1/2 tsp salt
Pinch cayenne pepper
1 tbsp olive oil
1 medium onion, thinly sliced
1 small red bell pepper, cut into 2-inch strips
1 small green bell pepper, cut into 2-inch strips
6-9 flour tortillas warmed

Directions

1. In a bowl, toss turkey with lime juice, garlic, oregano, cumin, coriander, salt and cayenne pepper. Marinate for 15 minutes at room temperature, or longer in the refrigerator.
2. In a large nonstick skillet, heat 1 tbsp oil over high heat; cook turkey for 2 to 3 minutes per side, or until lightly browned and no longer pink in the center. Transfer to plate; keep warm
3. Add onion and peppers to skillet; cook, stirring, for 3 minutes or until tender-crisp. Remove from heat. Cut turkey into thin diagonal strips; toss with onion-pepper mixture. Spoon turkey mixture down center of each tortilla; add a small spoonful of salsa and sour cream, if desired, add shredded lettuce and cheese. Roll up

Terrific Chicken Burgers

Ingredients

1 egg
1/2 cup finely dry bread crumbs
1/3 cup finely chopped green onions
1 tsp ground coriander
1 tsp grated lemon zest
1/2 tsp salt
1/4 tsp freshly ground black pepper
1 lb ground chicken or turkey
1 tbsp vegetable oil

Directions

1. In a bowl, beat egg; stir in bread crumbs, green onions, coriander, lemon zest, salt and pepper; mix in chicken. With wet hands, shape into four patties each 4 inches in diameter.
2. In a large nonstick skillet, heat oil over medium heat; cook patties for 5 to 6 minutes on each side or until golden brown on outside and no longer pink in center.

Taco Pitas

Ingredients

8 oz lean ground beef
1 small onion finely chopped
1 large clove garlic, minced
2 tsp chili powder
2 tsp all purpose flour
1/2 tsp dried oregano
1/2 tsp ground cumin
Pinch cayenne pepper
1/2 cup reduced sodium beef broth
1 can pinto, black or red kidney beans, drained and rinsed
4 7-inch whole wheat pitas, halved to form pockets warmed
Salsa, shredded lettuce, tomato wedges, pepper strips, shredded

Directions

1. In a large non-stick skillet over medium heat, cook beef until brown and crumbly. Drain fat and discard.
2. Add onion, garlic, chili powder, flour, oregano, cumin and cayenne pepper. Cook stirring often, for 5 minutes or until onions are softened.
3. Pour in broth; cook stirring, until slightly thickened. Stir in beans, cook 2 minutes more or until heated through.
4. Divide mixture evenly into pita pockets; top with salsa, lettuce, tomato, pepper and cheese.

Magnificent Ministrone

Ingredients

2 cups short pasta of your choice cooked
2 tbsp canola oil
6 large cloves garlic, minced
3 celery stalks, chopped
1 large yellow onion, chopped
1 tbsp thyme leaves, finely chopped
1 bay leaf
1 19 oz can red kidney beans, rinsed and drained
1 19 oz can white beans, rinsed and drained
1 19 oz can chickpeas, rinsed and drained
1 19 oz can diced tomatoes
1 cup green cabbage, shredded
2 medium zucchini, chopped
8 cups reduced sodium chicken or vegetable broth
1 tbsp pepper

Directions

1. Cook pasta according to directions on package. Cook until al dente, drain and toss with half the oil. Set aside
2. In a large saucepan, heat remaining oil on high. Add garlic and saute until golden. Lower heat to medium and add carrots, celery and onion. Cook until soft, stirring often, about 10 minutes. Add thyme and bay leaf and raise heat to high. Add beans, chickpeas, tomatoes, cabbage, zucchini. Add chicken stock and begin to boil
3. Lower heat and let simmer for 15-20 minutes, skimming foam from top.
4. Season with pepper and remove bay leaf. Add cooked pasta and enjoy!

Oven Baked Crispy Chicken 🍗

Ingredients

4 chicken leg quarters
1/2 cup corn flakes cereal crumbs
2 tbsps freshly grated Parmesan cheese
2 tsp garlic powder
2 tsp chili powder
1/2 tsp ground black pepper
1/4 cup milk

Directions

1. Rinse chicken and remove all skin and visible fat. Cut apart at the joint into thighs and drumsticks.
2. in a large plastic bag, combine corn flakes crumbs, Parmesan, garlic powder, chili powder and pepper.
3. Pour milk into shallow dish.
4. Dip chicken pieces in milk, then add them one at a time to plastic bag. Shake to coat with crumbs. Place on prepared baking sheet and sprinkle with any remaining crumbs. Discard any excess milk.
5. Bake in preheated oven for 45 to 50 minutes, or until juices run clear when chicken is pierced with fork.

Chili Con Carne

Ingredients

1 lb lean ground beef
1 cup chopped onion
1 clove garlic, crushed
3 cups finely shredded cabbage
2 cups thinly sliced celery
1/2 cup chopped sweet green pepper
1 can diced tomatoes undrained
1 can kidney beans, drained and rinsed
1 tbsp chili powder
1 tsp dried oregano
1/2 tsp salt
1/4 tsp hot pepper sauce

Directions

1. In a large non-stick skillet over medium heat, cook beef until brown and crumbly. Drain fat and discard. Add onion and garlic; cook for 5 minutes.
2. Add cabbage, celery, green pepper, tomatoes with juice, tomato sauce, kidney beans, chili powder, oregano and hot pepper sauce. Reduce heat and simmer, stirring occasionally, for 45 minutes or until vegetables are tender.

Chicken Rosemary Stew

Ingredients

1 tbsp canola oil
12 oz chicken breasts, cut into 1 inch pieces
1 medium onion, cut into 8 wedges
3 medium carrots, quartered lengthwise and cut into thirds
1 medium celery stalk, cut into 1 inch pieces
2 cups water
2 dried bay leaves
1/4 tsp crushed red pepper flake
1 can navy beans, drained and rinsed
1 cup tomatoes diced
1 tsp dried oregano
1 tbsp fresh rosemary
3/4 tsp salt

Directions

1. In a dutch oven, heat 1 tbsp canola oil over medium high heat. Add chicken and cook about 3 minutes per side or until it begins to brown. Remove from heat and set aside.
2. Add carrot, onion and celery. Saute for 5 minutes or until just beginning to light brown on edges, stirring frequently. Add water, bay leaves, and pepper flakes. Bring to boil over high heat. Reduce heat to medium low and simmer, covered, 20 minutes or until vegetables are tender.
3. Stir in chicken, beans tomatoes, rosemary and salt. Cover and cook 5 minutes or until tomatoes are tender and chicken is cooked.

Caribou Sheppard's Pie

Ingredients

4-6 potatoes washed
1/2 cup shredded cheese
1 pound ground caribou (or ground beef)
1 onion diced
1/2 teaspoon oil
1 tablespoon flour
1 tablespoon ketchup
1/4 tsp crushed red pepper flake
1 can beef stock or one bouillon cube mixed with 1 cup water
4 cups frozen mixed vegetables

Directions

1. Place cut up potatoes into large pot of water, bring to boil. Cook until tender, about 10-15 minutes. Drain and mash. Stir in splash of milk and 1/2 the cheese.
2. Preheat oven to 350 degrees
3. In a large deep frying pan, over medium-high, heat oil for 1 minute, then add diced onions. Continue cooking until onions are glossy/clear. Add ground meat and cook until browned about 10 minutes. Season to taste. Stir in flour and cook for 1 minute. Then add beef stock and ketchup. Bring to boil.
4. Add frozen vegetables into frying pan, stir well, and bring back to boil, then reduce heat and simmer for 5-7 minutes. Remove from heat.
5. Pour meat and vegetable mixture into 9x13 baking dish. Spoon over mashed potatoes and smooth. Top with remaining shredded cheese. Bake in oven for 20 minutes, or until heated through.

Chicken & Snow Pea Stirfry

Ingredients

2 tsp cornstarch
12 oz chicken breasts, cut into 1 bite size pieces
2 tbsp vegetable oil, divided
2 medium celery stalks, cut on the diagonal
1 small onion thinly sliced
1/2 cup reduced-sodium chicken broth
1/2 tsp ground ginger
4 oz snow peas
2 tbsp slivered almonds or drained canned sliced water chestnuts
1 tbsp reduced-sodium soy sauce
1/4 tsp salt

Directions

1. Place cornstarch in a bowl. Add chicken and toss to coat.
2. In a wok or large skillet, heat 2 tsp oil over medium high heat. Stir fry chicken in batches for 5 to 7 minutes or until golden on all sides, adding oil as needed between batches. Transfer chicken to a warm plate. Wipe out skillet.
3. Add 1 tsp oil to skillet. Stir fry celery and onion for 4 minutes or until softened. Stir in broth and ginger; reduce heat and simmer for 4 minutes. Return chicken and any juices to pan and stir in snow peas, almonds and soy sauce. Cover and simmer for 2 minutes. Taste and season with salt and pepper as needed.

Wild Rice Casserole

Ingredients

1 cup wild rice (uncooked)
1 cup white rice (uncooked)
3/4 cup mushrooms sliced
2 stalks celery chopped
1 onion chopped
3/4 cup low sodium beef broth
salt and pepper
1 can low sodium cream of mushroom soup

Directions

1. Cook wild rice according to directions on package.
2. Cook white rice according to directions on package.
3. Saute mushrooms. Remove from heat.
4. Saute celery and onions together. Remove from heat.
5. Mix cream of mushroom soup and beef broth together in a large bowl.
6. Add wild rice, white rice, mushrooms, celery and onions to the soup and broth mixture. Add salt and pepper to taste. Mix well.
7. Spoon into casserole dish. Cover and bake at 350 F for 30 minutes.

Fall Harvest Fish Cakes

Ingredients

1 white fish skinned and deboned
2 cups potatoes, peeled
1/2 cup carrot mashed
2 cloves garlic minced
1/2 medium onion chopped
1/4 green onions
1 egg
1 tbsp butter
1/4 olive oil
salt and pepper
1 can low sodium cream of mushroom soup
1 tbsp each dried savory and parsley
1 tbsp fresh dill
1/2 tsp salt and pepper

Directions

1. Boil potatoes and carrots for 15 minutes. Strain add butter and mash.
2. Simmer the fish in boiling water for 15 minutes. Drain the water and let cool for 5-10 minutes in a bowl.
3. Saute onion, garlic, parsley, salt, pepper, savory in oil over medium heat for roughly 10 minutes.
4. Add mashed potato, carrot, and fish to onion mixture.
5. Mix together, adding egg, green onion and dill, until well combined.
6. Form small cakes by rolling mixture in hands.
7. Fry cakes in olive oil over medium heat until golden brown on both sides. Roughly 6-10 minutes per side.

Honey Lemon Chicken

Ingredients

8 chicken thighs, skin removed
2 tbsp liquid honey
2 tsp lemon zest
1 tsp lemon juice
1 large clove garlic
1/4 tsp salt
1/4 tsp freshly ground black pepper

Directions

1. Preheat oven to 350 F.
2. Arrange chicken in a 13x9-inch baking dish. In a bowl, combine honey, lemon zest, lemon juice, garlic, salt and pepper; spoon over chicken.
3. Bake in oven, basting once, for 45 to 55 minutes or until juices run clear when chicken is pierced

Support Services Available in Winnipeg:

Low-Cost to No-Cost Support Counselling,
mental health support services, Wellness
Services or Traditional Healing

Aboriginal Health and Wellness Centre of Winnipeg (AHWC)

215-181 Higgins Ave; 204-925-3700

Aboriginal Traditional Wellness Clinic Health Sciences Centre (HSC)

To register, call 204-940-8880

Aluneau Renewal Centre

228 Hamel Ave; 204-987-7090

Aurora Family Therapy Centre

515 Portage Ave; 204-786-9251

Access NorWest Co-op Community Health

785 Keewatin St.; 204-938-5900

Family Dynamics

401-393 Portage Ave. (Portage Place Mall)

Hope Centre Health Centre

240 Powers St.; 204-589-8354

Klinik Community Health Centre

870 Portage Ave.; 204-874-4059

Talk to a family member, friend or loved one
about helping to find you the right support.

Ask your doctor for a referral to a counsellor.

Contact any of the organizations listed for
support.

Ma Mawi Wi Chi Itata Centre

445 King Street; 204-925-0300

Mental Health Services for Youth

204-958-9660

Mount Carmel Clinic

866 Main St.; 204-582-2311

Ogijiita Pimatiswin Kinamatawin (OPK)

583 Ellice Ave.; 204-975-6645

WRHA Cross Cultural Mental Health Specialist

763 Portage Ave.; 204-940-6654

Drop-In Counselling:

Klinik Community Drop-in Counselling

545 Broadway; 204-784-4067 or

845 Regent Ave. West (call for drop-in hours)

Support Services Available Outside of Winnipeg

Island Lakes Region:

Four Arrows Regional Health Authority
(mental health care for Island Lakes First Nations)

204-947-2397 or 1-866-653-3441

St. Theresa Point:

St. Theresa Point Nursing Station
204-462-2473

Other

Klinik Manitoba Farm & Rural Support
Services

1-866-367-3276

Talk to a family member, friend or loved one about helping to find you the right support.

Ask your doctor for a referral to a counsellor.

Contact any of the organizations listed for support.

Garden Hill:

Garden Hill Mental Health Program
204-456-2404

Sioux Lookout Ontario:

Meno Ya Win Health Centre
807-737-1275
Toll Free: 1-877-737-1275

Sioux Lookout First Nation Health Authority
807-737-3030