



FRESH FOOD

Nimkee's menus are made weekly, and have the youth involved with weekly menu planning. We also help the youth understand nutrition and menu planning and go over the Canada food guide to get a rich deeper knowledge of nutrition and food.

Nimkee severs wild game such as Bison, Venison, Elk, and Boar and we go over the Indigenous food guide along with the different plates our people ate.

In order for the brain and body to function normally, it needs food. Food fuels the body throughout the day by breaking down foods into glucose. The glucose is then released into the bloodstream to be used for energy, or to be stored in the body for later.



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NUTRITION IN ADDICTION RECOVERY

Without the right food, the body suffers. However, a balanced diet can also be a powerful tool in addiction recovery. As your body begins to heal from the inside out, those in recovery will start to feel the difference that a healthy diet can make including:

Improved mood

Increased energy

Better memory

Stronger immune system

Reduced risk of disease



Fresh salads, not just lettuce but tons of salads with no lettuces at all and lots of new ways to eat your greens. Breakfast can come in all sorts of new ways more than just bacon, homemade waffles and pancakes, and different ways to have porridge.



Soups, stews made from scratch ingredients from around the worlds to them. While the youth are here, they make recipes from every country. will learn how to cook different meals and recipes.



As the weeks go on the youth will continue to learn about cooking and get their life skills up in the kitchen. Snacks and dessert like most food will have a healthy twist to make things fun and exciting.



MINDFUL EATING

Fundamentally, mindful eating involves:

- eating slowly and without distraction
- listening to physical hunger cues and eating only until you're full
- distinguishing between true hunger and non-hunger triggers for eating
- engaging your senses by noticing colors, smells, sounds, textures, and flavors
- learning to cope with guilt and anxiety about food
- eating to maintain overall health and well-being
- noticing the effects food has on your feelings and figure
- appreciating your food

