

My husband looks at all the flyers, he finds out where all the sales are and he goes to those stores and he buys what is on sale. We buy in bulk and we buy stuff that will last. So we often go to a butcher's and get a freezer full of meat that we know is going to last three months...

My dad was a hunter so he talked about the importance of hunting... my dad did all the cooking and it was yummy.

~Inuk mom, hockey player, and service provider Heidi Langille, discussing some ways that fathers contribute to healthy families



Are you an Aboriginal parent or service provider?
Visit www.letsbehealthy.ca for tips and ideas
on preventing childhood obesity.

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