ᓄᑖᖅ ᓂᖅᑭᓂᒃ ᓇᓗᓇᐃᒃᑯᑕᖅ ᐃᑲᔪᕈᓐᓇᖅᑐᖅ ᐃᓕᓐᓂᒃ!

"ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᑦ ᓂᖅᑮᑦ ᐊᑐᐃᓐᓇᐅᔪᑦ ᐃᓕᓐᓄᑦ" ᖁᕕᐊᓇᖅᑐᓂ ᐱᓇᓱᐊᖅᑕᐅᔪᖅ ᐃᓕᓐᓂᒃ ᐃᑲᔪᕈᓐᓇᖅᑐᖅ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᓂᒃ ᓂᖅᑭᓂᒃ ᓂᕈᐊᕈᑎᒋᓗᒋᑦ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᓕᕆᓂᕐᒧᑦ ᓇᓗᓇᐃᒃᑯᑕᐃᑦ ᑐᑭᓯᒋᐊᕈᑏᑦ ᐴᖅᑲᖅᓯᒪᔪᓂᒃ ᓂᖅᑭᓂᒃ. ᑲᓇᑕᒥ ᓱᑲᖅᑲᓗᐊᑦᑕᐃᓕᑎᑦᓯᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒌᑦ ᐊᒻᒪᓗ ᓂᕆᑦᓯᐊᕙᑦᑐᓕᕆᔩᑦ ᑲᓇᑕᒥ ᑲᑎᑎᑦᓯᓚᐅᖅᑐᑦ ᑖᑦᓱᒥᖓ ᐱᓇᓱᐊᖅᑕᐅᔪᒥᒃ ᐃᓕᓐᓄᑦ ᐱᔭᐅᖁᓪᓗᒋᑦ ᑮᓇᐅᔭᑦᓴᖅᑎᑕᐅᓪᓗᑎᒃ ᐋᓐᓂᐊᖃᕐᓇᖕᒋᑦᑐᓕᕆᔨᒃᑯᓐᓄᑦ ᑲᓇᑕᒥ ᐊᖅᑯᑎᖃᖅᑐᑎᒃ ᑲᓇᑕᒥ ᓱᑲᖅᑲᓗᐊᑦᑕᐃᓕᑎᑦᓯᓂᕐᒧᑦ ᐊᑐᐊᒐᓕᕆᔨᓂᒃ ᐊᒻᒪᓗ ᖁᕝᕙᓇᐊᖅᑎᑦᓯᔪᓕᕆᓂᕐᒧᑦ ᐱᓇᓱᐊᖅᑐᓂᒃ.

ᐱᕕᑦᓴᖅᑮᑦ 5 ᒪᓇᓂᒃ? ᓄᖅᑲᖕᒐᑲᐃᓐᓇᕆᑦ ᐅᖃᓕᒫᕐᓗᒋᑦ ᓱᓕᔪᑦ! "ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᑦ ᓂᖅᑮᑦ ᐊᑐᐃᓐᓇᐅᔪᑦ ᐃᓕᓐᓄᑦ" ᐱᓇᓱᐊᖅᑕᐅᔪᖅ ᐊᑐᖃᑦᑕᖅᑐᑦ ᓇᓗᓇᖕᒋᑦᑐᓂᒃ ᑕᓪᓕᒪᓂᒃ ᐊᑐᐊᒐᕐᓂᒃ. ᓄᑖᕐᒥᒃ ᓂᖅᑭᓂᒃ ᓇᓗᓇᐃᒃᑯᑕᕐᓂᒃ ᐱᒍᒪᒍᕕᑦ ᖃᐅᔨᒋᐊᕈᓐᓇᖅᑕᐃᑦ ᐅᖃᖅᓯᒪᔪᖅᑕᓕᒃ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᑦ ᓱᓕᔪᑦ.

ᐅᑯᐊ ᒪᓕᒡᓗᒋᑦ ᓇᓗᓇᖕᒋᑦᑐᑦ ᑕᓪᓕᒪᑦ ᐊᑐᐊᒐᐃᑦ:

ᐊᑐᐊᒐᖅ ᓇᒻᒪ 1
ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᓂᕆᔭᑦᓴᑎᑦ
ᖃᓄᐃᑦᓗᐊᕐᒪᖔᑕ

ᓂᕆᒃᑕᕈᕕᑦ ᐊᑕᐅᓯᕐᒧᑦ ᓂᕆᔭᐅᒍᓐᓇᖅᑐᓂᒃ ᑕᑯᑦᓴᐅᑎᑕᐅᔪᓂᒃ ᑎᒥᒃᓯᐊᕆᓐᓇᖅᑐᑦ ᓱᓕᔪᑦ ᓇᓗᓇᐃᒃᑯᑕᐃᑦ ᐊᑐᕈᓐᓇᐅᑎᖃᖅᓴᖅᑐᑦ ᐊᒻᒪᓗ ᑎᒥᒃᓯᐊᕆᓐᓇᖁᔭᖅᑐᑦ ᑎᑎᕋᖅᓯᒪᔪᓂ. ᖃᐅᔨᒋᐊᕐᒋᓇᖅᑦᑕᕐᓗᒋᑦ ᓂᕆᔭᑦᓴᐃᑦ ᐴᖓᓂ ᑎᑎᕋᖅᓯᒪᔪᑦ ᐆᑦᑑᑎᒋᓗᒋᑦ ᓂᕆᒃᑕᖅᑕᑎᑦ

ᐊᑐᐊᒐᖅ ᓇᒻᒪ 2
ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᐊᑐᕈᓐᓇᐅᑎᖏᑦ

ᐊᑐᕈᓐᓇᐅᑎᖏᑦ ᓇᓗᓇᐃᒃᑯᑕᖑᓐᓇᖅᑕᑎᑦ ᖃᓄᑎᒋᑦ ᐆᒻᒪᑦᓯᐊᓄᓕᕈᑎᒋᒍᓐᓇᕐᒪᖕᒌᖅᐱᒋᑦ ᐊᑕᐅᓯᕐᒧᑦ ᓂᕆᔭᑦᓴᐃᑦ ᐴᖅᑲᖅᓯᒪᔪᑦ.

ᐊᑐᐊᒐᖅ ᓇᒻᒪ 3
ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᐳᓴᓐᑏᑦ ᖃᐅᑕᒫᑦ
ᓂᕆᐅᔭᐅᖃᑦᑕᕆᐊᖏᑦ

ᐳᓴᓐᑏᑦ ᖃᐅᑕᒫᑦ ᓂᕆᔭᐅᖃᑦᑕᕆᐊᖏᑦ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᖏᑦ ᓇᓗᓇᒃᑯᓯᖅᓯᒪᔪᑦ 0 ᐳᓴᓐᑎᓂᒃ 100 ᐳᓴᓐᑎᓄᑦ. ᓇᓗᓇᐃᒃᑯᑕᖑᓐᓇᖅᑕᑎᑦ ᒥᑭᓗᐊᖅᑐᒥᒃ ᐊᖏᓗᐊᖅᑐᒥᓪᓘᓐᓃᑦ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᓕᒻᒥᒃ ᓂᕆᔭᑦᓴᐃᕐᓂᒃ ᐴᖅᓯᒪᔪᒥᒃ.

ᐊᑐᐊᒐᖅ ᓇᒻᒪ 4
ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᖏᑦ
ᐊᒻᒪᓗ ᐅᑯᓂᖓ ᓂᕆᖕᒋᓂᖅᓴᐅᖃᑦᑕᕐᓗᑎᑦ:

- ᐅᖅᓱᖅ, ᕿᓂᑦᓯᒪᔪᖅ ᐅᖅᓱᖅ ᐊᒻᒪᓗ ᐅᖅᓱᑦᓯᐊᕙᒃ
- ᐅᖅᓱᑦᓯᐊᕙᐅᖕᒋᑦᑐᖅ
- ᑕᕆᐅᖅ

ᓂᕈᐊᖅᑕᕆᑦ ᐴᖅᓯᒪᔪᓂᒃ ᓂᖅᑭᓂᒃ ᐅᖅᓱᖃᓗᐊᖕᒋᑦᑐᓂᒃ ᐳᓴᓐᑎᓂᒃ ᖃᐅᑕᒫᑦ ᓂᕆᔭᐅᖃᑦᑕᕆᐊᓕᓐᓂᒃ, ᐅᖅᓱᑦᓯᐊᕙᖅᖕᒋᑦᑐᓂᒃ, (ᐅᖅᓲᒻᒥᔪᖅ ᑖᓐᓇ), ᐊᒻᒪᓗ ᑕᕆᐅᓕᒻᒥᒃ, ᐱᓗᐊᖅᑐᒥᒃ ᐋᓐᓂᐊᖃᑦᑕᕈᕕᑦ ᐆᒻᒪᑎᒃᑯᑦ ᐅᕙᓗ ᓱᑲᖅᑲᓗᐊᕐᓂᒥᒃ.

ᐊᑐᐊᒐᖅ 5
ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᑦ
ᐊᒻᒪᓗ ᐅᑯᐊ
ᓂᕆᓂᖅᓴᕆᖅᑕᕐᓗᒋᑦ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᑦ:

- ᐆᒻᒪᑦᓯᐊᕆᓐᓇᖅᑐᑦ
- ᓯᖅᑲᑦᑑᒍᑎᑦ
- ᖃᓄᐃᑦᑕᐃᓕᒍᑎᑦ ᐊᒻᒪᓗ ᖃᓄᐃᑦᑕᐃᓕᒍᑎᑦ C
- ᓴᐅᓂᑦᓯᐊᕆᓐᓇᖅᑐᑦ
- ᐊᐅᑦᓯᐊᕆᓐᓇᖅᑐᑦ

ᓂᕈᐊᖅᑕᕐᓗᒋᑦ ᐴᖅᓯᒪᔪᑦ ᓂᖅᑮᑦ ᖁᕝᕙᓯᓂᖅᐹᒃᑯᑦ ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᖏᑦ ᐳᓴᓐᑎᓂᒃ ᖃᐅᑕᒫᑦ ᓂᕆᔭᑦᓴᐅᔪᓂᒃ. ᑎᒥᒃᑯᑦ ᓱᑲᖅᑲᓗᐊᕈᕕᑦ, ᖃᐅᔨᓴᖅᑕᕐᓗᑎᑦ ᐅᖅᓱᑦᓯᐊᕙᖅᖕᒋᑦᑐᓂᒃ ᓂᕆᓕᕐᒫᖅᐱᑦ ᐊᑦᑐᐃᓂᖃᕐᓇᕐᒪᑕ ᑕᒪᓐᓇ ᐊᐅᓐᓂᒃ.

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ᖁᕕᐊᒥᔭᖅᑭᒪᕖᑦ ᐅᖃᓕᒫᕐᓗᑎᑦ ᓇᓗᓇᐃᒃᑯᑕᕐᓂᒃ? ᐆᑦᑐᕈᓐᓇᖅᑕᐃᑦ ᓂᖅᑭᑖᕕᒻᒥ ᐱᙳᐊᑭᑦ ᖃᕆᓴᐅᔭᒃᑯᑦ ᐅᕗᓇ www.healthyeatingisinstore.ca/virtual_grocery.asp. "ᑎᒥᑦᓯᐊᕆᓐᓇᖅᑐᑦ ᓂᖅᑮᑦ ᐊᑐᐃᓐᓇᐅᔪᑦ ᐃᓕᓐᓄᑦ" ᑐᑭᓯᒋᐊᑭᑦ ᖃᕆᓴᐅᔭᒃᑯᑦ ᐊᒥᓱᐊᓗᓐᓂᒃ ᐃᑲᔪᖅᑕᐅᕕᒋᓴᖅᑕᐃᑦ ᐅᕗᓇ www.healthyeatingisinstore.ca.

ᓂᕆᔭᑦᓴᓂᒃ ᓂᕈᐊᖅᑕᕐᓂᖅ ᖃᓄᐃᑦᑕᐃᓕᓇᓂᕐᒧᑦ ᑕᐃᒪᙵᓂᒃ ᐱᐅᓂᖅᓴᐅᓯᒪᔪᖅ. 5 ᒪᓐᓇᓂᒃ ᓄᖅᑲᖕᒐᑲᐃᓐᓇᕐᓗᑎᑦ ᓇᓗᓇᐃᒃᑯᑕᐃᑦ ᐅᖃᓕᒫᒃᑭᑦ, ᐱᙳᐊᕐᓗᑎᑦ ᓂᖅᑭᑖᕕᒻᒥ ᖃᕆᓴᐅᔭᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓱᒪᑦᓴᖅᓯᐅᕈᑎᒋᓕᕐᓗᒋᑦ ᓂᐅᕕᐊᑦᓴᖅᐅᑎᓐᓅᓇᐊᖅᑲᕐᒪᖔᑉᐱᑦ.