



## REGINA HOME ECONOMICS FOR LIVING PROJECT

Helping People  
Help Themselves



ED Greeting.....	1
Happenings at HELP.....	2
Pie Festival.....	3
Summer Nutrition Camp.....	4
Grant News.....	6
Fall Fundraiser.....	8
Help Wish List.....	9

*Regina Home Economics for Living Project Inc. has educated Regina residents in skills for everyday living since 1988. Programming is available to all in the city but has mainly focused on assisting low income and low literacy clientele. Fees are based on the client's ability to pay. For the individuals and families that cannot pay, HELP applies for grant funding. HELP'S educational programming provides skills in menu planning, food purchasing and preparation, consumerism and financial literacy. Please contact the office at 347-7877 for more information.*

From the Desk of the Director:

Reflecting on the activities from the summer, I am grateful for the enthusiasm and energy of the HELP summer students. They developed and delivered a very successful summer nutrition camp project, educating 646 children and youth in basic food selection and preparation skills and the importance of physical activity to general health and wellness. In addition to the flurry of activity from the summer nutrition camp project, HELP was involved in a major fundraiser and held successful gluten free baking classes. For this and more please read on.

*We hope you enjoy the Sights and Sounds of the Fall Season...* Carol Brouwers

Common Question from the Regina Community:

*"How can we help?"* We accept donations to the program anytime of the year. Tax receipts are available for donations over \$10.00. We appreciate any dollar amount you can donate. Cheques can be made payable to HELP, 336 Durham Drive, Regina SK S4S 4Z7.



## ***HAPPENINGS at HELP***

- HELP Facilitators led **gluten free baking classes** at HELP on June 14th and July 28. Participants learned to make bread, dinner rolls, pancakes and more. The participants were eager to learn tips from our facilitators and to share gluten free recipes with each other. Please call the HELP office to register for the next classes at 347-7877.



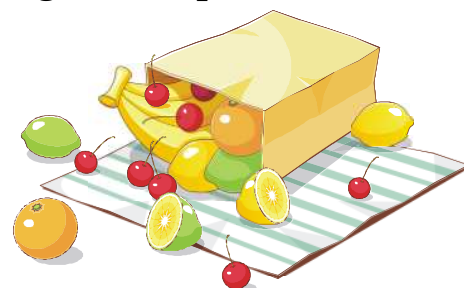
September 22nd **BAKING BREAD** 6:30 p.m. to 8:30 p.m.

October 6th **PIE CRUSTS and COOKIES** 6:30 p.m. to 8:30 p.m.



The **Sask Milk Marketing Board** provided funding for a series of 12 hands-on workshops in August and September. Many of the participants are newly arrived in Canada and have limited education and English language skills. HELP facilitators are promoting the common use and health benefits of dairy and educating participants in simple food selection and preparation skills.

- HELP Regina is now a **Good Food Box Depot**. REACH is delivering its Good Food Boxes to the HELP office every second Wednesday. The Good Food Box program is intended for the general public, offering healthy produce at a convenient neighbourhood location at not-for-profit prices. If you are interested in trying out the Good Food Box program call the HELP office at 347-7877



# ***REGINA FARMERS MARKET PIE FESTIVAL***

HELP Regina was again the charity of choice for the Regina Farmers Market Pie Festival held on July 27 and July 30. Despite the very windy weather, the festival was a great success. On both days the coffee and pie were sold out shortly before closing. Thank you to our faithful HELP volunteers who cut and sold pie at this event and thank you to everyone who supported HELP by purchasing a slice of pie and coffee.



## ***SUMMER NUTRITION CAMP PROGRAM***

The 13th Annual HELP Summer Nutrition Camp Project saw us partner with 3 community based organizations (Regina Open Door, Al Ritchie Family Wellness Centre and Regina Community Clinic) and the City of Regina to deliver nutrition based programming to 646 children and youth. In addition to these partnerships, the summer students developed and delivered the “Not Just Grilled Cheese” Cooking Camp held at HELP.

Through documented feedback from the children and parents, the summer nutrition camp project was once again a tremendous success. Parents noted that their children were impacting their food selection process after attending the camp. Healthy food choices were being made more frequently than before the camp.

HELP would like to thank the community partners, sponsors and funding supporters of the summer nutrition camp project such as REACH, WESTAR, Service Canada, Student Summer Works, Community Initiatives Fund, Sask Milk, Paradise Entertainment Centre, Rainbow Cinema, Pepsi (wage support), Sask Energy, CCRL, Al Ritchie Family Wellness Centre, Regina Community Clinic, Regina Open Door Society and the City of Regina.



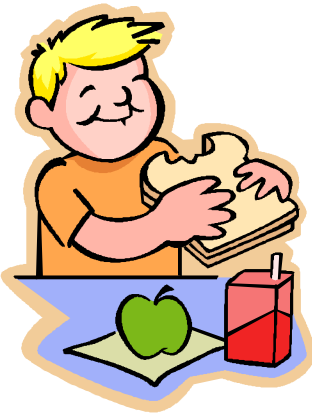
**Al Ritchie Summer Nutrition Camp in partnership with HELP.**

HELP summer students delivered a camp to children of the Al Ritchie community in July 2011.

Thank you to the staff, participants and community for supporting the project.



## GRANT NEWS

- The **CIF Annual Project entitled Nutrition for the Early Years** will run from September 2011 through to May 2012. The objectives for this grant are to educate parents of infants and young children about appropriate nutrition with a longer objective of reducing food security issues. The project aims to improve skills in food selection, purchasing and preparation which will result in increased nutritional status of children ages 0 to 12. By establishing peer learning opportunities, the project will encourage leadership skills and increase community involvement of participants.
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- The **Dr. Edith Rowles Simpson Award** will fund staff training on the topic of Alzheimer's Disease. By increasing their knowledge about the disease and its impact on the family unit, HELP facilitators will be better prepared to improve the lives of families impacted by the disease.
  - The **WICC Project : Financial Literacy Skills for the Immigrant Woman** will provide immigrant and refugee women with financial literacy skills that will support independence and stability for themselves and their families.
  - Through funding from **The United Way**, HELP continues to work with a consultant to develop **Outcome Measures** for the fall and winter programming. By establishing a working committee made up of facilitators, the Executive Director and board members HELP can collaboratively establish outcome measures.
  - Funding from **Service Canada (New Horizons for Seniors)** allowed HELP to deliver 27 classes in partnership firstly with RSCC and secondly with Regina Open Door Society. Thank you to both community partners for their assistance with promotion,

development and delivery of the project.

Through our partnership with RODS, it was determined that many of the senior immigrant and refugee participants in the project lacked the basic skills to prepare healthy, low cost nutritious snacks and meals for themselves. Many of the participants struggled to understand basic cooking instructions, labels, Canadian cooking, the Canada Food Guide etc. It was also identified that the majority of the seniors experienced great loneliness and feelings of isolation in their new country.

As indicated through project evaluations, the project met and exceeded its original goals. The participants reported and also the staff observed increased food and nutrition skills knowledge, reduced feelings of isolation and increased social engagement as a result of the programming. Over the course of the 27 classes, 256 participants took part.

Before the project began a staff member stated that the participants were looking forward to the project “to get them out of their homes which were too isolating to them.”

During the project another staff member reported “it has been great to see our seniors, especially the men, cutting and peeling fruits and vegetables and cooking all the different food as they share stories of their families. These classes are not only for cooking but for learning good eating habits, knowing the names of fruits and vegetables and learning the names of the cooking utensils as well. Watching them place various food components in the containers for the Canada Food Guide was interesting too. You even find the time to teach spelling as well.”

Throughout the project, the participants grew in confidence, nutrition and social skills as evidenced by some of these comments and observations:

- Many of the seniors did not eat raw veggies before the project. By the end of the project, one male senior declared, “we eat salads almost all the time now!”
- One project participant talked about how “they only ate white rice before but now, they eat potatoes, brown rice, noodles and lots of other things.”
- The HELP facilitator observed that some of the participants had only just arrived in Canada the week before and despite the language barrier, became involved with the group quickly, laughing and cooking beside their new friends.
- The seniors had no experience with common household utensils such as peelers and graters so they were so excited and enthusiastic to learn about these new tools. The senior women as well as the men were completely engaged in food preparation: cutting, chopping, peeling, dicing and enjoying every minute of it!

## ***UPCOMING EVENTS***

### **Fall Fundraiser**

As a follow up to our April fundraiser,  
**Shelley Case, RD will speak on  
“Healthy Gluten-Free Living”.**

This session will be held on Tuesday,



September 13 at 7pm at HELP  
(Whitmore Park United Church).  
Tickets are \$20 in advance and \$25  
at the door. If you would like to  
purchase tickets please call the  
HELP office.



### **Web Design Support**

HELP is seeking an experienced web designer that could give of his/her time to re-design the HELP website. We are looking for a user friendly design to meet the needs of our clients and supporters. If you have the skills to assist us, please call or e-mail the office.



# *HELP Wish List*

**HELP is grateful for whatever goods people can donate to us, as it significantly reduces our expenses. You might be able to donate the items listed or make a contribution.**

## What we need:

### Office Supplies:

- **New or almost new Desktop Computer**
- 8 1/2 x 11 copier paper
- Stamps

### Volunteers:

- Package Soup Mixes (twice a year)
- Board Members
- Fundraising Assistants—duties will vary from event to event. Volunteers will be given an opportunity to select the duties they would like to do. These could include publicity, taking money at the door, selling tickets, serving food, set-up and clean-up duties etc. The time commitment varies depending on the event and the duties. Volunteers will be matched to duties based on the time they can commit. The skills required include enjoying working with people, ability to work as a member of a team and can problem solve.

### Monetary Donations:

- Operating funds for HELP designed to “Educate, Enrich, Empower—Everyday!” (Please remember donations to HELP will be issued an income receipt).

***We thank you for your generosity!***

**Helping People  
Help Themselves**

Regina Home Economics for Living  
Project Inc.

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Internet: [www.reginahelp.org](http://www.reginahelp.org)

Educating Regina residents in skills  
for everyday living.



Thank you for the continued support:



REACH

Canadian Home Economics Foundation

Community Initiatives Fund (CIF)

Human Resources and Skills Development Canada  
(HRSDC)

Saskatchewan Student Summer Works (SSSW)

City of Regina and the United Way

City of Regina

