

UCHUCKLESAHT PICTURE GALLERY



Do you have pictures to share?
Let Carla know
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UCHUCKLESAHT TIMES

Volume 9, Issue 12

DECEMBER 2017

UCHUCKLESAHT CHRISTMAS PARTY

Every year the Uchucklesaht Tribe holds a Christmas Luncheon Party for the membership and their families.



It was a great turnout this year again and we are so glad that so many families were able to make it out to join us all in the meal, fun and games.

Please be sure to join us all again next year - keep your contact information updated with the nation so that we can continue to send you notices of the various events throughout the year.

Happy Holidays and Merry Christmas.



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Do you have articles or news for the newsletter? Please send those to carla.halvorsen@uchucklesaht.ca

UCHUCKLESAHT OFFICE CLOSURE

HOLIDAY OFFICE CLOSURE NOTICE

**Closed from
December 25, 2017 to January 5, 2018**

Merry Christmas



HEALTHY BREAKFAST TIPS

Eating a morning meal is a healthy habit. A healthy a.m. meal can give you energy, satisfy your appetite, and set the stage for smart decisions all day long.

Research shows that regular breakfast eaters tend to be leaner and dieters are more successful at losing weight—and keeping it off—when they eat breakfast.

Here are some Healthy Breakfast Ideas to try out:

1. **Scrambled Eggs**, which are protein superstars, are the foundation of this tasty, fiber-rich meal. Add your favorite toppings such as tomato, mushrooms, banana peppers and any other veggies you like.
2. **Avocado Toast**, The fruit is loaded with fiber and cholesterol-lowering monounsaturated fats. Plus, the whole thing is ready in just three simple steps: Mash the avocado onto toasted bread, drizzle with olive oil and lemon juice, and then sprinkle with salt and red pepper flakes.
3. **Layered Parfait**, is the perfect on-the-run treat. Chopped roasted almonds add a delightful crunch, and each bite is filled with sweet, juicy fruit.
4. **Fruit and Cheese**, A balanced, easy-to-assemble make-ahead morning meal: Grab an apple, wrap 1 to 2 ounces of cheddar in plastic, and toss ¼ cup of fiber- and protein-rich walnuts into a re-sealable plastic bag.
5. **Protein Shake**, In a cocktail shaker, combine a packet of vanilla or strawberry instant-breakfast powder (look for the no-sugar-added kind, such as Carnation) and 1 cup of low-fat strawberry cow's milk or soy milk. (You can also mix this the night before.) If you have time, use a blender to add strawberries or a frozen banana, for extra fiber, and a scoop of protein powder.

Without breakfast, people can get irritable, restless, and tired. So make time for breakfast and your body will be happy throughout the day.