Healthy eating while away from home

Being evacuated is stressful, and it is not always easy to eat well when you are staying in a hotel or eating on the go. But making small choices can help keep your body strong and your mind clear — especially during uncertain times. Here are some simple tips to support your health

CHOOSE BETTER OPTIONS (even at Fast Food)

When fast food is the only option, try these choices:

- **Grilled over fried: Choose grilled chicken instead of deep-fried.**
- **Add veggies: Ask for lettuce, tomato, or order a side salad.**
- **Water is best: Choose water or milk instead of pop or energy drinks.**
- **Smaller portions: A kid's meal or half-portion can be enough.**

USE GROCEY STORES IF YOU CAN

If there's a grocery store nearby and you have a fridge or microwave, stock up on:

- **Fresh fruit (apples, bananas, grapes)**
- **Raw veggies (carrot sticks, cherry tomatoes, snap peas)**
- **Whole grain bread or crackers**
- **Canned tuna, salmon, or beans**
- **Yogurt, cheese, or hard-boiled eggs**

BE KIND TO YOURSELF

- **It is okay if your meals are not perfect right now**
- **Do the best you can with what is available**
- **Food is more than fuel — it is comfort, connection, and culture**

EASY HOTEL MEALS & SNACKS

Don't have a kitchen? That is okay. Here are quick and healthy ideas:

- **Microwave oatmeal + fruit**
- **Whole grain wrap with canned tuna/chicken and lettuce**
- **Trail mix (nuts, seeds, dried fruit)**
- **Peanut butter on bread or crackers**
- **Instant soups with added fresh or canned veggies**
- **Rotisserie chicken, bagged salad & buns**

STAY HYDRATED

- **Drink water often — bring a refillable bottle if you can**
- **Herbal teas and milk are also good choices**

SUPPORT IS AVAILABLE

Ask Red Cross staff or staff at the reception centre about:

- **Grocery cards**
- **Hotel rooms with microwaves/fridges**
- **Local food banks or meal programs**
- **See other side for helpful contacts**

Visit
prairiemountainhealth.ca
to see Wildfire Updates.

PRAIRIE MOUNTAIN HEALTH

Helpful Contacts

BRANDON

Aboriginal Head Start

(booking hall and kitchen to make bannock bread)

205 College Ave, Brandon

204-729-0788

ltglodge@mymts.net

Brandon Friendship Centre

603 Princess Ave, Brandon

204-727-1407

Southern Chiefs' Organization Inc.

(promotes & protects rights & culture of First Nations people)

2B 136 11th Street, Brandon

1-866-876-9701

receptionist@scoinc.mb.ca

Jordan's Principle

857 18th St Unit B & C, Brandon

Brandon | 204-728-7532

Call Centre 24/7 | 1-855-572-4453

Manitoba Métis Federation Southwest Region

656 6th Street, Brandon

204-725-7520

DAUPHIN

Dauphin Friendship Centre

210 1st Ave NE, Dauphin

204-638-5707

Manitoba Métis Federation Northwest Region

40 1st Street, Dauphin

204-638-9485

SWAN RIVER

Elbert Chartrand Friendship Centre

1413 Main Street East, Swan River

204-734-9301

HELPLINES

Hope for Wellness Helpline

24/7 Crisis counselling for Indigenous people

1-855-242-3310

National Residential School Crisis Line

24/7

1-866-925-4419

Residential School Survivors Helpline

1-800-721-0066

Non-insured Health Benefits

for First Nations & Inuit

1-800-665-8507

NIHB Medical Services

1-877-983-0911

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