ᑐᓴᕋᔅᓴᖅ - ᑲᓇᑕᓕᒫᒥ ᑐᓴᕋᔅᓴᖅ

ᐊᓯᔾᔨᐸᓪᓕᐊᔪᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑐᑭᖃᖅᑯᑦ ᐊᑭᑭᓐᓂᕐᓴᐅᓕᖅᑐᑦ

ᓂᖀᑦ

ᐃᑉᐱᐊᕐᔪᒃ, ᓄᓇᕗᑦ - ᒪᑦᓯ 31, 2011 (TSX:NWF) - ᐊᑭᖏᑦ ᓂᐅᕕᐊᖑᓂᐊᖅᑐᑦ ᓂᕿᑦᑎᐊᕙᐃᑦ ᑕᒪᐃᓐᓂᓕᒫᐸᓗᒃ ᓂᐅᕕᕐᕕᖁᑎᖏᓐᓂ ᓂᐅᕕᖅᑎᒃᑯᑦ (North West Company), ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ ᐃᑲᔫᑕᐅᔪᓄᑦ, ᐊᑭᑭᓪᓕᒋᐊᕐᓂᐊᖅᑐᑦ 5 ᐳᓴᓐᑦᒥᒃ ᑕᒪᓐᓇᓗ ᐊᑭᑭᓪᓕᒋᐊᕈᑕᐅᓂᕐᐹᖑᓂᐊᖅᑐᖅ ᓂᖀᑦ ᐊᑭᒋᕙᑦᑕᖏᓐᓂᒃ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ, ᓂᐅᕕᖅᑎᒃᑯᑦ ᐅᓪᓗᒥ ᓇᓗᓇᐃᕐᓯᔪᑦ. ᑲᑎᑦᑐᒋᑦ ᐊᕐᕌᒍᑕᒫᑦ ᐊᑭᓕᕐᓱᐃᖏᓐᓂᕐᓴᐅᒍᑕᐅᓂᐊᖅᑐᑦ ᐅᑭᐅᖅᑕᖅᑐᒥᐅᓄᑦ ᓂᐅᕕᕆᐊᕐᐸᑦᑐᓄᑦ ᐃᓱᒪᒋᔭᐅᓯᒪᕗᖅ ᑕᒫᓂ $6 ᒥᓕᐊᓐᖑᓂᐊᕆᐊᖓ ᓯᕗᓪᓕᐅᔪᓄᑦ ᓄᓇᓕᓐᓄᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᕕᐅᔪᓐᓇᓂᐊᖅᑐᓄᑦ. ᐃᓚᖏᑦ ᓂᐅᕕᕆᐊᕐᐸᑦᑐᑦ ᖃᐅᔨᓂᐊᖅᑐᑦ ᐃᓚᖏᑦ ᐊᑭᖏᑦ ᐃᓚᖏᓐᓂ ᓂᐅᕕᕐᕕᓐᓂᑦ 20 ᐳᓴᓐᑦᒪᕆᒻᒥᒃ ᐊᑭᑭᓪᓕᒋᐊᕐᓯᒪᓂᖏᓐᓂᒃ ᓂᐅᕕᕐᕕᓐᓂᑦ ᐅᑯᓇᓂ Northern ᐊᒻᒪ NorthMart.

ᐆᑦᑑᑎᒋᓗᒍ:

• ᓂᐊᖂᔭᐃᑦ ᐊᕿᓐᓂᕐᓴᐃᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᐊᖅᑐᑦ $7.09ᒥᒃ ᐊᑐᓂᑦ $5.25ᒧᑦ ᐊᑐᓂᑦ ᐅᕝᕙᓘᓐᓃᑦ 26
ᐳᓴᓐᑦᒥᒃ (ᐊᒃᓛᕕᒃ, ᓄᓇᑦᓯᐊᕐᒥ);
• 10lb ᐊᐅᐸᖅᑐᑦ ᐸᑏᑏᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᐊᖅᑐᑦ $22.29ᒥᒃ $18.49ᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ 17 ᐳᓴᓐᑦᒥᒃ (ᐅᐊᓴᒐᒫᒃ,
ᒫᓂᑑᕙᒥ);
• 4-ᓖᑕ ᓛᒃᑕᓂᐊ 2% ᐃᒻᒧᒃ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᐊᖅᑐᖅ $15.99ᒥᒃ $14.49ᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ 9 ᐳᓴᓐᑦᒥᒃ
(ᐃᑉᐱᐊᕐᔪᒃ, ᓄᓇᕗᒥ);
• Best Value 570g ᑲᔪᐃᑦ ᓂᐊᖃᐅᔭᐃᑦ $3.95ᒥᒃ $3.69ᒧᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᐊᖅᑐᑦ ᐅᕝᕙᓘᓐᓃᑦ 7 ᐳᓴᓐᑦᒥᒃ
(ᐃᖃᓗᑦᑑᑦᑎᐊᖅ, ᓄᓇᕗᒥ)
• ᐊᒻᒪᓗ 3lb Red Delicious ᐊᐅᐸᖅᑐᑦ ᐋᐳᐃᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᐊᖅᑐᑦ $11.89ᒥᒃ $11.29ᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ 5
ᐳᓴᓐᑦᒥᒃ (ᐃᖃᓗᐃᑦ, ᓄᓇᕗᒥ)

“ᓂᐅᕕᕆᐊᕐᐸᑦᑐᑦ ᑕᒪᒃᑯᓂᖓ ᓂᕆᐅᒍᓐᓇᓂᐊᖅᑐᑦ ᐊᓯᒃᑲᓐᓂᖏᓪᓗ ᐊᒥᓱᓂᒃ ᐊᓯᔾᔨᕐᓂᐅᓂᐊᖅᑐᓂᒃ ᑕᒫᓂ ᐱᓇᓱᐊᕈᓯᕐᒥ”, ᒪᐃᑯᓪ ᒪᒃᒧᓚᓐ, ᓯᕗᓕᖅᑎ ᐊᖏᔪᖅᑳᑉ-ᑐᖏᓕᐊ ᓂᐅᕕᖅᑎᑯᓐᓂ ᑲᓇᑕᒥ ᓂᐅᕕᕐᕕᓕᕆᕕᒻᒥ North West Companyᑯᓐᓂ, ᓇᓗᓇᐃᕐᓯᒪᔪᖅ ᐃᑉᐱᐊᕐᔪᒻᒥ ᐅᓪᓗᒥ.

“ᓂᐅᕕᕆᐊᕐᐸᑦᑐᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ ᐱᖃᑕᐅᔪᓐᓇᖅᑐᓄᑦ ᓂᐅᕕᕐᕕᖁᑎᑦᑎᓅᕐᐸᑦᑐᑦ

ᑕᑯᓂᐊᖅᑐᑦ ᐊᓯᔾᔨᑐᒻᒪᕆᐅᔪᓂᒃ. ᐊᓯᔾᔨᖅᑐᓂᒃ ᖃᐅᔨᓂᐊᖅᑐᑦ ᓂᕿᑖᖏᑕ ᐊᑭᖏᓐᓂᒃ, ᐊᑭᑭᓪᓕᒋᐊᕐᓯᒪᔪᒻᒪᕆᓐᓂᒃ. ᑕᑯᖃᑦᑕᓂᐊᖅᑐᑦ ᓂᐅᕕᕐᕕᒻᒥ ᑎᑎᖅᑲᓂᒃ ᓇᓗᓇᐃᕐᓯᓯᒪᔪᓂᒃ ᓇᓪᓕᐊᑦ ᐊᑭᖏᑦ ᐊᓯᔾᔨᕐᓯᒪᓕᕐᒪᖔᑕ ᐊᒻᒪᓗ ᖃᓄᑎᒋ ᐊᑭᑭᓪᓕᒋᐊᕐᓯᒪᒻᒪᖔᑕ. ᑕᒪᓐᓇ ᑕᑯᔾᔪᑕᐅᓂᐊᖅᑐᖅ ᐃᑲᔫᑕᐅᔫᑉ ᐊᑑᑎᖃᕐᓂᖓᓂᒃ, ᑕᒪᓐᓇ ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᑎᓐᓄᑦ ᑐᔅᓯᕋᐅᑕᐅᓯᒪᒻᒪᑦ. ᐱᓗᐊᖅᑐᒥᓪᓕ, ᐊᒥᐊᒃᑯᖃᑦᑕᓂᐊᖅᑐᑦ ᓂᐅᕕᕐᕕᖏᓐᓂ ᑕᐃᒪᓐᓇᓴᐃᓐᓇᕐᓂᒃ ᓂᕿᓂᒃ ᓂᐅᕕᐊᕆᔪᔭᖏᓐᓂᒃ ᑕᖅᑭᐅᔪᔪᒥ,” ᐅᖃᖅᑐᖅ ᒪᒃᒧᓚᓐ ᓂᐅᕕᕐᕕᒻᒥ ᐃᑉᐱᐊᕐᔪᒻᒥ.

ᓂᐅᕕᖅᑎᒃᑯᑦ ᓴᖅᑭᑎᑦᑎᔪᒻᒪᑕ “ᐆᒻᒪᑦᑎᐊᕆᒍᑎᔅᓴᓂᒃ ᓂᕈᐊᒐᐅᔪᓐᓇᖅᑐᓂᒃ ᐊᑭᑭᓐᓂᕐᓴᐅᑎᑦᑎᒋᐊᕐᓂᕐᒥᒃ” 65ᓂᒃ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐱᖃᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᓂᐅᕕᕐᕕᓐᓂᑦ ᑲᓇᑕᓕᒫᒥ ᐅᓪᓗᒥ. ᑖᓐᓇ ᓴᖅᑭᖅᑎᑕᐅᔪᔪᖅ, ᐃᓚᒋᔭᐅᓪᓗᓂ, ᐊᓯᔾᔩᒋᐊᕈᑕᐅᔪᓄᑦ ᒐᕙᒪᑐᖃᒃᑯᓐᓂ ᓂᕿᓄᑦ ᐃᑲᔫᑎᓄᑦ, ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ (NCC), ᐊᒻᒪᓗ ᑲᔪᓯᑎᑦᑎᑦᑎᐊᕈᑕᐅᓇᓱᐊᕐᓯᒪᔪᓂᒃ ᑲᔪᓯᑎᑦᑎᒍᑕᐅᓯᒪᔪᓂᒃ ᓂᐅᕕᖅᑎᑯᓐᓂ, ᒪᒃᒧᓚᓐ ᐅᖃᖅᑐᖅ.

ᐃᖅᑲᓇᐃᔭᐃᓐᓇᖃᑦᑕᕋᑦᑕ ᐊᑭᑭᓐᓂᕐᓴᓂᒃ ᓂᕿᓂᒃ ᓂᐅᕕᐊᔅᓴᖃᕋᓱᐊᖃᑦᑕᖅᑐᑕ ᐅᑭᐅᖅᑕᖅᑐᒥ. ᐅᓪᓗᒥ ᐅᓯᔾᔩᒋᐊᕈᑕᐅᔪᑦ ᑕᑯᔭᕗᑦ ᑲᔪᓯᔪᓐᓇᕐᓯᒪᔪᑦ ᐱᔾᔪᑎᒋᓪᓗᒋᒃ ᒪᕐᕉᒃ ᐱᒻᒪᕆᐅᔫᒃ ᐊᓯᔾᔨᕐᓂᖏᓐᓄᑦ ᓴᖅᑭᔮᙱᑦᑐᒥ ᐃᑲᔫᑎᖃᕐᓂᐊᖅᑐᑦ ᓂᐅᕕᕆᐊᕐᐸᑦᑐᓄᑦ. ᒐᕙᒪᑐᖃᒃᑯᑦ ᐊᓯᔾᔩᒻᒪᑕ ᓂᕿᓄᑦ ᐃᑲᔫᑕᐅᕙᑦᑐᒥᒃ ᐃᓚᖏᑦ ᓄᓇᓕᐅᔪᑦ ᐃᑲᔫᑕᐅᓪᓚᑦᑖᖅᑐᓂᒃ ᑕᑯᔪᓐᓇᓂᐊᕐᖓᑕ. ᐊᐃᑉᐹ ᓂᐅᕕᕐᕖᑦ - ᓲᕐᓗ ᐅᕙᒍᑎᑐᑦ, ᐊᑐᕈᓐᓇᙳᓱᓕᕐᖓᑕ ᑕᕝᕙᙶᓪᓚᑦᑖᖅᑐᓂᒃ, ᐊᑭᑭᓐᓂᕐᓴᓂᒃ ᓂᕿᑖᖅᑎᑦᑎᒍᑕᐅᕙᑦᑐᒥᒃ ᐊᑐᕆᐊᑐᒍᓐᓃᕐᓗᑎᒃ ᑲᓇᑕᒥ ᑎᑎᖅᑲᓂᐊᕐᕕᓕᕆᔨᒃᑯᓐᓂᒃ ᑕᐃᒫᒃ ᐱᔭᕆᐊᖃᖅᑎᑕᐅᖃᑦᑕᓚᐅᕐᓯᒪᒻᒪᑕ ᒐᕙᒪᒃᑯᓐᓂᑦ ᐊᕐᕌᒍᒐᓴᓐᓂᒃ. ᑕᒪᓐᓇ ᑐᑭᓕᒃ ᐊᑲᐅᙱᓕᐅᕈᑎᑕᖃᙱᓂᕐᓴᐅᖃᑦᑕᙳᓱᓕᖅᑐᖅ ᑭᖑᕙᕐᓯᒪᙱᓐᓂᕐᓴᐅᖃᑦᑕᓕᕐᓗᑎᓪᓗ ᐅᓯᔭᐅᖃᑦᑕᖅᑐᑦ ᓂᖀᑦ, ᑕᒪᓐᓇ ᑐᑭᓕᒃ ᓂᕿᑦᑎᐊᕙᐅᓂᕐᓴᓂᒃ ᑎᑭᑕᐅᖃᑦᑕᙳᓱᓕᕐᖓᑕ. ᑕᒪᒃᑯᐊ ᐊᓯᔾᔨᕐᓂᐅᔪᑦ ᐊᑐᓯᒻᒪᑕ ᐋᔩᖃᑎᒌᒍᑎᖃᕈᓐᓇᔪᔪᒍᑦ ᖃᖓᑦᑕᐅᑎᖏᓐᓄᑦ ᐊᑭᒋᖃᑦᑕᓂᐊᖅᑕᖏᓐᓂᒃ ᐊᒻᒪᓗ ᓄᓇᓯᐅᑎᒃᑯᑦ ᐅᓯᔨᐅᕙᑦᑐᓂᒃ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐊᑐᕈᓐᓇᕋᑦᑕᓕ ᐃᓗᐃᑦᑑᓗᒋᑦ ᐊᑭᖏᓐᓂᒃ. ᐅᓪᓗᒥ ᐊᑭᖏᑕ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᖏᑦ ᐊᑐᓕᕐᖓᑕ ᐊᒻᒪᓗ ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᑎᓐᓄᑦ ᐊᑐᖅᑕᐅᓯᓪᓗᓂ.” ᒪᒃᒧᓚᓐ ᐅᖃᖅᑐᖅ.

ᑕᐃᒫᒃ ᑐᓴᕋᔅᓴᓕᕆᔩᑦ ᓂᐅᕐᕈᑎᖃᕐᕕᐅᔪᓪᓗ ᐅᖃᕐᓯᒪᒻᒪᑕ, ᑭᓯᐊᓂᓕ ᐊᑭᑦᑐᕆᐊᕐᓯᒪᓂᕐᒦᑲᑦᑕ ᒫᓐᓇ ᐊᑭᑦᑐᕆᐊᕐᓯᒪᔪᒻᒪᕆᐅᓪᓗᑎᒃ ᐅᖅᓱᐊᓗᐃᑦ, ᓂᖀᓪᓗ ᐊᑭᖏᑦ ᑲᓇᑕᒥ ᓄᓇᕐᔪᐊᕐᒥᓗ. ᐅᖅᓱᐊᓗᒻᒧᑦ ᐃᓚᒍᑕᖏᑦ ᐊᑐᖅᑎᑕᐅᔪᑦ ᐅᓯᑲᑦᑕᖅᑎᐅᕙᑦᑐᓂᒃ ᐊᑐᓕᕐᓯᒪᒻᒪᑕ,” ᒪᒃᒧᓚᓐ ᐅᖃᖅᑐᖅ ᐅᖃᒃᑲᓂᖅᑐᓂ ᓂᐅᕕᖅᑎᒃᑯᑦ ᐅᖃᐅᔾᔨᓯᒪᔪᑦ ᑲᑎᒪᔨᕋᓛᖑᐃᓐᓇᖅᑐᓂᒃ ᐃᓄᓕᕆᔨᑐᖃᒃᑯᓐᓂ ᑎᓯᐱᕆ 2010ᒥ, ᐅᑭᐅᖅᑕᖅᑐᒥ ᐊᑦᑐᖅᑕᐅᖏᑦᑑᔪᓐᓇᖏᒻᒪᑕ ᐊᑭᑦᑐᐸᓪᓕᐊᓂᐅᕙᑦᑐᓄᑦ ᑕᒪᒃᑯᐊ ᐊᑐᖅᑕᐅᓚᑦᑖᐸᑦᑐᑦ ᐊᑦᑐᐃᓂᖃᕐᓂᐊᒥᒻᒪᑕ ᐅᑭᐅᖅᑕᖅᑐᒥ.

“ᑕᒪᒃᑯᐊᖑᒐᓗᐊᖅᑎᓪᓗᒋᑦ ᓂᐅᕐᕈᑎᖃᕐᕕᓐᓂᑦ ᒪᑭᒪᓇᓱᐊᕈᑎᖃᕐᕕᓐᓂᓗ ᐊᑐᖅᑕᐅᓚᑦᑖᐸᑦᑐᑦ ᐊᑭᑭᓐᓂᕐᓴᓂᒃ ᓂᕿᓂᒃ ᓂᐅᕕᐊᔅᓴᖃᕈᓐᓇᕐᓯᒪᔪᒍᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐅᓪᓗᒥ. ᐊᔅᓱᕈᕐᓗᑕ ᐱᓇᓱᐊᕐᓂᐊᕐᒥᒐᑦᑕ ᓯᕗᓂᑦᑎᓐᓂ

ᐸᓚᕐᔫᒥᑎᑦᑎᒋᐊᕐᓂᕐᒧᑦ, ᐊᔪᕐᓇᙱᒐᐃᑉᐸᑦ, ᐊᑭᖏᓐᓄᑦ ᐊᔅᓱᕈᕈᑕᐅᕙᑦᑐᓄᑦ ᐊᐅᓚᒍᓐᓇᐸᙱᑕᑦᑎᓐᓄᑦ.”

ᒐᕙᒪᑐᖃᒃᑯᑦ ᓇᓗᓇᐃᕐᓯᔪᒻᒪᑕ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ ᐊᕐᕌᓂ ᐱᓇᓱᐊᕋᔅᓴᖃᖅᑐᑎᒃ ᐊᑭᑭᓪᓕᒋᐊᖅᑎᑦᑎᓂᑐᐊᒥᒃ ᓂᕿᑦᑎᐊᕙᕐᓂᒃ. ᑭᓯᐊᓂᓕ, ᒫᑦᓯᒥ, ᑐᑭᑖᕈᑎᖃᔪᔪᑦ ᑲᔪᓯᑎᑦᑎᓂᐊᕐᓂᖏᓐᓂᒃ ᐃᑲᔫᑎᖃᕐᓂᐊᕐᓂᖏᓐᓂᒃ ᑕᒪᕐᒥᒃ ᓂᕿᓄᑦ ᐊᒻᒪᓗ ᐊᑐᓕᖅᑎᑦᑎᓗᑎᒃ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐱᓇᓱᐊᕈᑎᖓᓐᓂᒃ ᐅᑐᐱᕆ 2012ᒥ.

“ᐅᑉᐱᕆᓱᑦᑐᒍᑦ ᐱᓇᓱᐊᕈᑕᐅᔪᒥᒃ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ ᓂᕿᑦᑎᐊᕙᓐᓂᒃ ᓂᕿᓂᒃ ᐊᑭᑭᓐᓂᕐᓴᐅᑎᑦᑎᖃᑦᑕᓂᕐᒥᒃ ᐊᒻᒪᓗ ᑐᕌᖅᑎᓯᒪᓪᓗᑎᒍ ᑕᒪᕐᒥᒃ ᖃᖓᑦᑕᐅᑎᖏᓐᓄᑦ ᐊᑭᑭᓪᓕᒋᐊᕈᑏᑦ ᐊᒻᒪᓗ ᐋᑐᑎᖃᕐᓂᖏᓐᓂᒃ ᑐᕌᖅᑎᑦᑎᓂᕐᒧᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓂᕿᑦᑎᐊᕙᓐᓄᑦ,” ᒪᒃᒧᓚᓐ ᐅᖃᖅᑐᖅ.

“ᑖᓐᓇ ᑕᖅᑭᖅ ᓯᕗᓪᓕᕐᐹᖑᒻᒪᑦ ᓄᑖᕐᒥᑦ ᐊᑐᕈᑕᐅᓕᖅᑐᒥ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐊᒻᒪᓗ ᐅᕙᒍᑦ “ᐆᒻᒪᑦᑎᐊᕆᒍᑎᔅᓴᓂᒃ ᓂᕈᐊᒐᐅᔪᓐᓇᖅᑐᓂᒃ ᐊᑭᑭᓐᓂᕐᓴᐅᑎᑦᑎᒋᐊᕐᓂᕐᒥᒃ” ᐱᓕᕆᐊᑦᑎᓐᓂᒃ ᐊᒻᒪᓗ, ᓱᓕ ᐃᓕᒋᐊᖃᖅᑐᑕ ᓱᓕ ᐊᒥᓱᐊᓗᓐᓂᒃ. ᖃᐅᔨᒪᔪᒍᑦ, ᐆᑦᑑᑎᒋᓗᒍ ᐃᓚᖏᑦ ᓄᓇᓖᑦ ᐱᔨᑦᑎᕋᕐᕕᒋᕙᑦᑕᕗᑦ ᑕᑯᔾᔮᖏᑦᑐᑦ ᐊᓯᔾᔨᕐᓂᐅᔪᒥᒃ. ᐱᔾᔪᑎᖃᖅᑐᓪᓕ ᒐᕙᒪᑐᖃᒃᑯᑦ ᐃᑲᔫᑎᖏᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᖓᑕᓲᒃᑯᑦ ᐅᓯᔭᐅᔾᔪᑎᖏᑕ ᐊᑭᖏᑦ ᐊᓯᔾᔨᕐᓯᒪᓗᐊᙱᒻᒪᑕ ᓇᓕᒧᑎᑦᑎᒍᑕᐅᒐᔭᙳᐊᖅᑑᒐᓗᐊᓂᑦ ᓂᐅᕕᕐᕕᒋᕙᑦᑕᖏᓐᓂ. ᒐᕙᒪᒃᑯᓐᓂᒃ ᐃᖅᑲᓇᐃᔭᖃᑎᖃᐃᓐᓇᓂᐊᖅᑐᒍᑦ, ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᑎᓐᓂᒃ ᐊᒻᒪᓗ ᓯᕗᓕᖅᑎᓂᒃ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓄᓇᓕᓐᓂᑦ ᐋᖅᑭᐅᒪᒍᑎᔅᓴᓂᒃ ᖃᓄᖅᑑᕈᑎᖃᖃᑦᑕᓂᕐᒧᑦ ᑕᒪᒃᑯᓄᖓ ᓴᖅᑭᐸᑦᑐᓄᑦ ᐊᑲᐅᙱᓕᐅᕈᑕᐅᕙᑦᑐᓄᑦ,” ᒪᒃᒧᓚᓐ ᐅᖃᖅᑐᖅ.

ᓂᐅᕕᖅᑎᒃᑯᑦ ᖃᓄᐃᑦᑑᒻᒪᖔᑕ

ᓂᐅᕕᖅᑎᒃᑯᑦ (North West Company) ᓯᕗᓪᓕᕐᐹᖑᓪᓗᑎᒃ ᓂᐅᕕᖅᑎᑦᑎᔨᐅᖃᑦᑕᕐᖓᑕ ᓂᕿᓂᒃ ᐊᒻᒪᓗ ᖃᐅᑕᒫᑦ ᓂᐅᕕᐊᔅᓴᐅᕙᑦᑐᓂᒃ ᐱᔨᑦᑎᕋᐅᑕᐅᕙᑦᑐᓂᓪᓗ ᐅᖓᓯᑦᑐᒦᑦᑐᓂᒃ ᓄᓇᓕᓐᓂᑦ ᐊᒻᒪᓗ ᐃᓄᒋᐊᓐᓂᕐᓴᓂᒃ ᓄᓇᓕᓐᓂᑦ ᑲᓇᑕᒥ, ᐊᓛᔅᑲᒥ, ᓂᒋᐊᓂ ᐸᓯᕕᒃ ᐊᒻᒪ ᑲᕆᕕᐊᓐ. ᓂᐅᕕᖅᑎᒃᑯᑦ ᐊᐅᓚᑦᑎᕙᑦᑐᑦ 230ᓂᒃ ᓂᐅᕕᕐᕕᓐᓂᒃ ᐃᒫᒃ ᑕᐃᔭᐅᕙᑦᑐᑎᒃ ᓂᐅᕕᕐᕕᖁᑎᖏᑦ Northern, NorthMart, Giant Tiger, AC Value Center ᐊᒻᒪᓗ Cost-U-Less ᐊᒻᒪᓗ ᐊᕐᕌᒍᑕᒫᑦ ᓂᐅᕕᖅᑎᑦᑎᒍᑎᖏᑦ ᑕᒫᓃᑉᐸᑦᑐᑎᒃ ᑲᓇᑕᒥᐅᑉ ᑮᓇᐅᔭᖏᑎᒍᑦ $1.5 ᕕᓕᐊᓐ.

ᓂᐅᕕᖅᑎᒃᑯᑦ ᐊᖏᓂᕐᐹᖑᓪᓗᑎᒃ ᓄᓇᓕᓐᓂᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᑦᑎᔨᐅᔪᑦ ᑲᓇᑕᒥᐅ ᐅᑭᐅᖅᑕᖅᑐᒥ, 3,100 ᐅᖓᑖᓃᑦᑐᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᐊᒻᒪᓗ ᐊᕐᕌᒍᑕᒫᑦ ᑮᓇᐅᔾᔭᔅᓴᑎᑦᑎᒍᑎᒋᕙᑦᑕᖏᑦ $65 ᒥᓕᐊᓐᓄᑦ ᑎᑭᐅᒪᕙᑦᑐᑦ. ᓂᐅᕕᖅᑎᒃᑯᑦ ᐊᖏᓂᕐᐹᖑᓪᓗᑎᒃ ᓇᒻᒥᓂᖃᖅᑐᑎᒃ ᐃᖅᑲᓇᐃᔭᖅᑎᑦᑎᔨᐅᕙᑦᑐᑦ ᐃᓄᓐᓄᑦ ᐊᓪᓚᓄᓪᓗ ᑲᓇᑕᒥ. ᑕᒫᓂ $271 ᒥᓕᐊᓐᓂᒃ ᐱᕈᕐᐸᓪᓕᐊᑎᑦᑎᓯᒪᔪᑦ ᐱᖁᑎᓂᑦ 134 ᐅᑭᐅᖅᑕᖅᑐᒥ ᓄᓇᓕᓐᓂᑦ ᑲᓇᑕᓕᒫᒥ ᐊᐅᓚᔾᔪᑎᔅᓴᓂᑦ, ᓂᐅᕕᐊᔅᓴᖁᑎᒋᕙᑦᑕᖏᓐᓂᒃ ᐊᓯᖏᓐᓂᓪᓗ ᐱᖁᑎᖏᓐᓂᒃ. ᓂᐅᕕᖅᑎᒃᑯᑦ ᓂᐅᕕᖅᐸᑦᑐᑦ $34 ᒥᓕᐊᓐᓂᒃ ᓂᐊᕕᐊᔅᓴᓂᑦ ᐱᔨᑦᑎᕋᐅᑎᓂᓪᓗ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓄᓇᓕᓐᓂᑦ ᐊᕐᕌᒍᑕᒫᑦ.

ᓇᒻᒥᓂᖃᖃᑕᐅᕕᖏᑦ ᓂᐅᕕᖅᑎᒃᑯᑦ (The North West Company Inc.) ᑕᐅᕐᓰᕕᒻᒥ ᑐᕌᓐᑐᒥ ᑕᐅᕐᓰᕕᒻᒥ ᓇᓗᓇᐃᒃᑯᑕᓕᒃ ᐃᒪᐃᑦᑐᒥᒃ “NWF”.

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᔅᓯ ᑐᑭᓯᒋᐊᕐᕕᔅᓴᖅ www.northwest.ca ᐅᕝᕙᓘᓐᓃᑦ www.nutritionnorthcanada.ca

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᔅᓯ ᐃᓂᔅᓴᓕᐅᕈᒪᒍᔅᓯᓘᓐᓃᑦ ᐊᐱᕐᓱᓂᕐᒧᑦ, ᑐᑭᓯᒋᐊᕐᕕᔅᓴᖅ:
ᓂᐅᕕᖅᑎᒃᑯᑦ
ᑕᐃᕕᑎ ᓗᐃ - ᑐᑭᒧᐊᑦᑎᑦᑎᔨ, ᓂᐅᕐᕈᑎᖃᖃᑦᑕᕐᓂᒧᑦ
204-934-1651

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ᒪᐃᑯᓪ ᒪᒃᒧᓚᓐ (ᑕᓕᕐᐱᐊᓃᑦᑐᖅ), ᓯᕗᓕᖅᑎ ᐊᖏᔪᖅᑳᑉ-ᑐᖏᓕᐊ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ ᓂᐅᕕᕐᕕᒻᒥ, ᓂᐅᕕᖅᑎᒃᑯᑦ ᕿᒥᕐᕈᑎᑦᑎᑎᓪᓗᒋᑦ ᓄᓇᕗᒻᒥ ᒪᓕᒐᓕᐅᖅᑎᒥᒃ ᕌᓐ ᐃᐊᓕᐊᑦᒥᒃ ᐃᑉᐱᐊᕐᔪᒻᒥ ᓂᐅᕕᕐᕕᒻᒥ ᖃᐅᔨᑎᑉᐸᓪᓕᐊᓪᓗᓂᐅᒃ ᓇᓪᓕᐊᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓂᖀᑦ ᐊᑭᑭᓪᓕᕚᓪᓕᕐᓯᒪᒻᒪᖔᑕ ᑕᒪᓐᓇ ᓂᐅᕕᖅᑎᒃᑯᑦ ᐋᖅᑭᒋᐊᕐᓯᔾᔪᑎᖓᓐᓄᑦ ᑲᔪᓯᑎᑕᐅᒻᒪᑦ ᐊᒻᒪᓗ ᐊᖅᑯᑎᒋᓪᓗᒍ ᓄᑖᖅ ᒐᕙᒪᑐᖃᒃᑯᓐᓂ ᓂᕿᓄᑦ ᐃᑲᔫᑕᐅᕙᑦᑐᒥ. (ᐃᑉᐱᐊᕐᔪᒃ, ᓄᓇᕗᒥ. ᒫᑦᓯ 31, 2011.)

ᐊᐱᖅᑯᑕᐅᒐᔪᑦᑐᑦ

1. ᓱᒻᒪᑦ ᓂᖀᑦ ᐊᑭᑭᓪᓕᕚᓪᓕᕐᓯᒪᕙᑦ ᓄᓇᑦᑎᓐᓂ?
ᖃᓄᖅᑑᕋᓱᐊᖏᓐᓇᐸᒃᑲᑦᑕ ᐊᑭᑭᓐᓂᕐᓴᓂᒃ ᓂᕿᓂᒃ ᓂᐅᕕᐊᔅᓴᖃᖃᑦᑕᕈᒪᓪᓗᑕ ᐅᑭᐅᖅᑕᖅᑐᒥ. ᐅᓪᓗᒥ ᐅᓯᔾᔩᒋᐊᕈᑕᐅᔪᑦ ᑕᑯᔭᕗᑦ ᑲᔪᓯᔪᓐᓇᕐᓯᒪᔪᑦ ᐱᔾᔪᑎᒋᓪᓗᒋᒃ ᒪᕐᕉᒃ ᐱᒻᒪᕆᐅᔫᒃ ᐊᓯᔾᔨᕐᓂᖏᓐᓄᑦ
ᓴᖅᑭᔮᙱᑦᑐᒥ ᐃᑲᔫᑎᖃᕐᓂᐊᖅᑐᑦ ᓂᐅᕕᕆᐊᕐᐸᑦᑐᓄᑦ. ᒐᕙᒪᑐᖃᒃᑯᑦ ᐊᓯᔾᔩᒻᒪᑕ ᓂᕿᓄᑦ ᐃᑲᔫᑕᐅᕙᑦᑐᒥᒃ ᐃᓚᖏᑦ ᓄᓇᓕᐅᔪᑦ ᐃᑲᔫᑕᐅᓪᓚᑦᑖᖅᑐᓂᒃ ᑕᑯᔪᓐᓇᓂᐊᕐᖓᑕ. ᐊᐃᑉᐹ ᓂᐅᕕᕐᕖᑦ - ᓲᕐᓗ ᐅᕙᒍᑎᑐᑦ, ᐊᑐᕈᓐᓇᙳᓱᓕᕐᖓᑕ ᑕᕝᕙᙶᓪᓚᑦᑖᖅᑐᓂᒃ, ᐊᑭᑭᓐᓂᕐᓴᓂᒃ ᓂᕿᑖᖅᑎᑦᑎᒍᑕᐅᕙᑦᑐᒥᒃ
ᐊᑐᕆᐊᑐᒍᓐᓃᕐᓗᑎᒃ ᑲᓇᑕᒥ ᑎᑎᖅᑲᓂᐊᕐᕕᓕᕆᔨᒃᑯᓐᓂᒃ ᑕᐃᒫᒃ ᐱᔭᕆᐊᖃᖅᑎᑕᐅᖃᑦᑕᓚᐅᕐᓯᒪᒻᒪᑕ ᒐᕙᒪᒃᑯᓐᓂᑦ ᐊᕐᕌᒍᒐᓴᓐᓂᒃ. ᑕᒪᓐᓇ ᑐᑭᓕᒃ ᐊᑲᐅᙱᓕᐅᕈᑎᑕᖃᙱᓂᕐᓴᐅᖃᑦᑕᙳᓱᓕᖅᑐᖅ ᑭᖑᕙᕐᓯᒪᙱᓐᓂᕐᓴᐅᖃᑦᑕᓕᕐᓗᑎᓪᓗ ᐅᓯᔭᐅᖃᑦᑕᖅᑐᑦ ᓂᖀᑦ, ᑕᒪᓐᓇ ᑐᑭᓕᒃ ᓂᕿᑦᑎᐊᕙᐅᓂᕐᓴᓂᒃ ᑎᑭᑕᐅᖃᑦᑕᙳᓱᓕᕐᖓᑕ. ᑕᒪᒃᑯᐊ ᐊᓯᔾᔨᕐᓂᐅᔪᑦ ᐊᑐᓯᒻᒪᑕ ᐋᔩᖃᑎᒌᒍᑎᖃᕈᓐᓇᔪᔪᒍᑦ ᖃᖓᑦᑕᐅᑎᖏᓐᓄᑦ ᐊᑭᒋᖃᑦᑕᓂᐊᖅᑕᖏᓐᓂᒃ ᐊᒻᒪᓗ ᓄᓇᓯᐅᑎᒃᑯᑦ ᐅᓯᔨᐅᕙᑦᑐᓂᒃ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐊᑐᕈᓐᓇᕋᑦᑕᓕ ᐃᓗᐃᑦᑑᓗᒋᑦ ᐊᑭᖏᓐᓂᒃ. ᐅᓪᓗᒥ ᐊᑭᖏᑕ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᖏᑦ ᐊᑐᓕᕐᖓᑕ ᐊᒻᒪᓗ ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᑎᓐᓄᑦ ᐊᑐᖅᑕᐅᓯᓪᓗᓂ.

2. ᓂᖀᑦ ᐊᑭᑭᓪᓕᒋᐊᖅᑐᐃᓐᓇᐅᓂᐊᖅᑲᑦ ᓂᐅᕕᕐᕕᓕᒫᓂᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ?
ᐅᖃᕈᑎᒍᓐᓇᖏᓐᓇᑦᑎᒍ ᐊᓯᖏᑦ ᓂᐅᕕᕐᕕᐅᔪᑦ ᑭᓯᐊᓂ ᑖᒃᑯᐊ ᓂᐅᕕᕐᕕᐅᕙᑦᑑᒃ Northern ᐊᒻᒪ
NorthMart ᖃᓄᖅᑑᕐᓯᒪᓪᓚᕆᒃᑲᑦᑕ ᓂᖀᑦ ᐊᑭᑭᓪᓕᒋᐊᖅᑎᓐᓇᓱᑦᑐᒋᑦ ᐳᓴᓐᑎᑎᒍᑦ ᖁᕝᕙᓯᓐᓂᕐᓴᒥᒃ ᐃᑲᔫᑕᐅᕙᑦᑐᑦ ᓴᓂᐊᓂ. ᐱᔾᔪᑎᖃᖅᑐᑕ ᐊᑐᕈᓐᓇᙳᓱᓕᕋᑦᑕ ᑐᕋᐃᓐᓇᕐᕕᐅᓂᕐᓴᐅᓗᑕ ᑎᑭᑎᑦᑎᖃᑦᑕᓂᕐᒥᒃ ᑲᓇᑕᒥ ᑎᑎᖅᑲᓂᐊᕐᕕᓕᕆᔨᒃᑯᑦ ᐊᑐᕈᓐᓃᖔᖅᑐᒋᑦ. ᖃᐅᔨᒪᙱᑦᑐᒍᑦ ᐊᑭᑦᑐᕋᐅᑎᖃᑎᒋᕙᑦᑕᑦᑕ ᓂᐅᕕᕐᕖᑦ ᓂᐅᕕᐊᔅᓴᕆᕙᑦᑕᖏᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᐊᕐᒪᖔᑕ; ᐅᕝᕙᓘᓐᓃᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᐊᕐᒪᖔᑕ ᑕᐃᒪᓐᓇᓴᐃᓐᓇᖅ ᓂᐅᕕᕐᕕᒃᑯᑎᑐᑦ; ᐅᕝᕙᓘᓐᓃᑦ ᐊᑭᑭᓪᓕᒋᐊᖅᑎᑦᑎᓂᐊᕐᒪᖔᑕ ᑕᐃᒪᓐᓇᑎᒋ ᐊᒥᓱᓂᒃ ᐊᑭᑭᓪᓕᒋᐊᖅᑎᒍᓐᓇᕐᓯᒪᔭᑦᑎᓂᒃ.

3. ᐊᑭᖓ ᓂᐅᕕᐊᔅᓴᐅᑉ ᐊᔾᔨᒋᔾᔮᙱᓛ ᓄᓇᓕᓐᓄᑦ ᓄᓇᓕᓐᓄᑦ?
ᐄ, ᑭᓯᐊᓂ ᑕᒪᓐᓇ ᓱᓕ ᓱᕐᕋᖏᑦᑐᖅ. ᐊᑐᓂᑦ ᓄᓇᓖᑦ ᐊᔾᔨᒌᙱᑦᑐᓂᒃ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ ᖃᖓᑦᑕᐅᑎᓄᑦ ᐃᑲᔫᓯᐊᖅᑖᖃᑦᑕᕐᖓᑕ ᐊᑐᓂᑦ ᓄᓇᓖᑦ ᖃᖓᑕᓲᒃᑯᑦ ᐅᓯᔭᐅᔾᔪᑕᐅᕙᑦᑐᓂᒃ
ᒪᓕᑦᑐᒋᑦ ᐅᖓᓯᓐᓂᖏᑦ ᓂᐅᕕᐊᔅᓴᐃᑦ ᑎᑭᕝᕕᒋᕙᑦᑕᖏᑦ.
ᐊᑭᖓ ᓂᐅᕕᐊᔅᓴᐅᑉ ᒪᓕᖃᑦᑕᕐᖓᑦ ᐊᒥᓱᓂᒃ ᐊᑐᓂᑦ ᓄᓇᓕᓐᓂᑦ ᐊᒻᒪᓗ ᐊᑐᓂᑦ ᓂᐅᕕᕐᕖᑦ ᐊᔾᔨᒌᙱᑦᑐᓂᒃ ᐊᔅᓱᕈᕈᑎᖃᖃᑦᑕᕐᖓᑕ ᐊᒻᒪᓗ ᐱᓇᓱᐊᕋᔅᓴᖃᖃᑦᑕᕐᖓᑕ ᐊᐅᓪᓚᑎᑦᑎᓂᕐᒧᑦ ᓯᕐᓗᐊᕐᒦᑎᑦᑎᖃᑦᑕᓂᕐᒧᓪᓗ ᓂᐅᕕᐊᔅᓴᓂᑦ, ᑕᒪᓐᓇ ᐊᑦᑐᐃᓂᖃᓲᖑᒻᒪᑦ ᐊᑭᒋᓂᐊᓕᖅᑕᖓᓂᒃ.

4. ᓂᖀᑦ ᐊᑭᖏᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᖅᑲᑦ ᓄᓇᓕᓕᒫᓂᑦ?
ᒪᕐᕉᖅᑲᐃ ᐱᖓᓱᓪᓗᑭᐊᖅ ᓄᓇᓖᑦ ᐱᔨᑦᑎᕋᕐᕕᒋᕙᑦᑕᕗᑦ ᑕᑯᓗᐊᔾᔮᖏᑦᑐᑦ ᐊᓯᔾᔨᕐᓂᐅᔪᓂᑦ ᐊᓯᖏᑕ ᓴᓂᐊᓂ ᑭᓯᐊᓂ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᖅ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐃᑲᔫᑎ ᐊᑐᕐᕕᖏᓐᓂ ᐊᑭᑭᓪᓕᒋᐊᕐᑎᑦᑎᓯᒪᔪᒍᑦ ᑕᒫᓂ 5 ᐳᓴᓐᑦᖏᓐᓂ. ᓱᓕ ᐊᒥᓱᓂᑦ ᓄᓇᓕᐅᔪᓂᑦ ᑕᒪᒃᑯᐊ ᐊᑭᑭᓪᓕᒋᐊᕐᓂᖏᑦ ᐱᔾᔪᑎᓖᑦ ᐊᑭᑭᓪᓕᒋᐊᖅᑕᐅᓯᒪᓂᖏᓐᓂᒃ ᐱᓕᕆᓂᑦᑎᓐᓂ ᐱᔾᔪᑎᒋᓪᓗᒍ ᒐᕙᒪᑐᖃᒃᑯᓐᓂ ᐃᑲᔫᑎ ᑖᓐᓇᑑᑉᐸᑦ ᓈᒻᒪᒐᔭᙱᒻᒪᑦ ᓄᓇᓕᓕᒫᓂᑦ ᐊᑭᑭᓪᓕᕚᓪᓕᑎᑦᑎᔪᒪᓪᓚᕆᓐᓂᐊᕈᑦᑕ ᓂᐅᕕᕐᕕᐅᕙᑦᑐᓂᑦ. ᐃᖅᑲᓇᐃᔭᖃᑎᒌᓐᓇᓂᐊᖅᑕᕗᑦ ᒐᕙᒪᒃᑯᑦ, ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᕗᑦ ᐊᒻᒪᓗ ᓯᕗᓕᖅᑏᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓄᓇᓕᓐᓂᑦ ᖃᐅᔨᓇᓱᓪᓗᑕ ᐋᖅᑭᐅᒪᒍᑎᔅᓴᓂᑦ ᓴᖅᑭᐸᑦᑐᓄᑦ ᐊᑲᐅᙱᓕᐅᕈᑕᐅᕙᑦᑐᓄᑦ ᓴᖅᑭᕋᐃᑉᐸᑕ.
ᑖᓐᓇ ᓯᕗᓪᓕᕐᐹᖑᒻᒪᑦ ᑕᖅᑭᖅ ᓄᑖᖅ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐃᑲᔫᑎ ᐊᑐᓕᖅᑎᓪᓗᒍ ᐊᒻᒪᓗ ᐅᕙᒍᑦ “ᐆᒻᒪᑦᑎᐊᕆᒍᑎᔅᓴᓂᒃ ᓂᕈᐊᒐᐅᔪᓐᓇᖅᑐᓂᒃ ᐊᑭᑭᓐᓂᕐᓴᐅᑎᑦᑎᒋᐊᕐᓂᕐᒥᒃ” ᐱᓕᕆᐊᑦᑎᕗᑦ ᐊᒻᒪᓗ, ᓱᓕ ᐃᓕᒋᐊᖃᖅᑐᑕ ᓱᓕ ᐊᒥᓱᐊᓗᓐᓂᒃ.

5. ᑐᓴᔪᒐᒪ ᑖᒃᑯᐊ ᐊᓯᔾᔨᕐᓂᐅᓛᕐᖓᑕᒎᖅ ᑭᓯᐊᓂ ᐊᑭᑭᓐᓂᓴᒻᒪᕆᐅᓂᐊᓕᕐᓂᖏᓐᓂᒃ ᓂᕆᐅᓚᐅᕋᒪ
ᒫᓐᓇ ᐊᑭᒋᓕᖅᑕᖏᑕ ᓴᓂᐊᓂ. ᓱᒻᒪᑦ ᑕᐃᒪᐃᔾᔭᙱᓚᖅ?
ᑖᔅᓱᒥᖓ ᐊᑐᖅᑕᐅᕙᓚᐅᖅᑐᒥ ᑲᓇᑕᒥ ᑎᑎᖅᑲᓂᐊᕐᕕᓕᕆᔨᒃᑯᑎᒍᑦ ᓂᕿᓂᒃ ᑎᑭᓴᐃᖃᑦᑕᓂᕐᒧᑦ
ᓂᐅᕕᕐᐸᑦᑐᑦ ᐊᑭᑭᓪᓕᒋᐊᕈᒻᒥᑦ ᐃᑲᔫᑎᒥᒃ ᐊᑐᖃᑦᑕᕇᔪᒻᒪᑕ, ᑕᑯᔅᓴᐅᖃᑦᑕᙱᑐᐃᓐᓇᔪᔪᖅ
ᓇᓗᓇᐃᒃᑯᑕᖏᓐᓂ ᓂᐅᕕᕐᕕᓐᓂᑦ. ᑕᐃᓐᓇ ᐊᑐᖅᑕᐅᕙᔪᔪᖅ ᓂᕿᓂᒃ ᑎᑭᓴᐃᖃᑦᑕᓂᕐᒧᑦ ᐃᑲᔫᑎ ᐋᖅᑭᓯᒪᔭᕇᖃᑦᑕᔪᒻᒪᑦ ᐊᑭᖓᓂ ᑭᓯᐊᓂ ᐊᒥᓱᓄᑦ ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᖃᐅᔨᔭᐅᖃᑦᑕᓚᐅᙱᒻᒪᑦ. ᑕᐃᒫᒃ ᑖᓐᓇ ᐃᑲᔫᑎ ᓄᑖᓪᓚᕆᐅᙱᑦᑐᖅ, ᑭᓯᐊᓂ ᐃᑲᔫᑎ ᐃᑲᔫᑕᐅᓕᖅᑐᖅ ᓴᖅᑭᔮᖅᑎᑕᐅᓂᖓᓗ ᓄᑖᖑᓪᓗᓂ. ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᕗᑦ ᓴᖅᑭᔮᑦᑎᐊᖁᔨᓂᕐᓴᐅᓯᒪᒻᒪᑕ ᐊᒻᒪᓗ ᑕᒪᑐᒥᖓ ᐱᓇᓱᐊᕈᑎᖃᓪᓚᕆᑦᑐᑕ. ᑕᒪᒃᑯᐊ ᐊᓯᔾᔨᕐᓂᐅᔪᑦ ᐃᑲᔫᑎᓖᑦ ᐊᑭᑭᓪᓕᒋᐊᖅᑎᑦᑎᓂᕐᓴᐅᓂᕐᒧᑦ ᐊᑭᒋᕙᑦᑕᖏᓐᓂᒃ.

6. ᖃᓄᖅ ᖃᐅᔨᒪᓂᐊᖅᑯᖓ ᓂᐅᕕᕐᕕᒃ ᓄᓇᑦᑎᓐᓂ ᐅᕙᑦᑎᓐᓄᑦ ᐃᑲᔫᑎᖃᖃᑦᑕᕐᓂᖓᓂᒃ? ᒐᕙᒪᑐᖃᒃᑯᑦ ᐃᒪᐃᒋᐊᖃᖅᑎᑎᒻᒪᑕ ᑕᒪᕐᒥᒃ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ ᐃᑲᔫᑎ ᐃᑲᔫᑎᖃᖃᑦᑕᖁᓪᓗᒍ ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᖏᓐᓄᑦ. ᑕᒪᕐᒥᒃ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓂᐅᕕᕐᕖᑦ - ᓲᕐᓗ ᐅᑯᐊ ᓂᐅᕕᕐᕖᑦ Northern ᐊᒻᒪ North Mart - ᒐᕙᒪᒃᑯᓐᓂᑦ ᑕᖅᑭᑕᒫᑦ ᐅᓂᒃᑳᓕᐅᖃᑦᑕᕆᐊᖃᕐᓂᐊᖅᑐᑦ ᑕᑯᔅᓴᐅᑎᑦᑎᓗᑎᒃ ᐊᑭᖏᓐᓂᒃ ᓂᐅᕕᕐᕕᓐᓂᒃ. ᑲᒪᒋᔭᖃᖃᑦᑕᓂᐊᕐᒥᔪᑦ ᓱᓕ ᑕᒻᒪᕐᓯᒪᔪᕐᓯᐅᓂᕐᒥᒃ ᖃᐅᔨᓴᕐᓂᕐᒥᒃ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓂᐅᕕᕐᕕᐅᔪᓂᑦ ᖃᐅᔨᒪᒋᐊᖃᑦᑕᓂᐊᕐᖓᑕ ᑭᒃᑯᓕᒫᑦ ᒪᓕᑦᑎᐊᖃᑦᑕᕋᓗᐊᕐᒪᖔᑕ ᒪᓕᒐᕐᓂᑦ. ᓂᐅᕕᕐᕕᓕᒫᓂᑦ (Northern and North Mart) ᑕᑯᖃᑦᑕᓂᐊᖅᑐᓯ ᐃᑲᔫᑕᐅᓯᒪᔪᙵᒃ ᓇᓕᖅᑲᑖᔅᓯᓐᓂ. ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐃᑲᔫᑎᐅᑉ ᖄᖓᒍᑦ ᑲᑦᑐᖓᐃᕈᑎᖃᕐᓯᒪᔪᒍᑦ ᑲᔪᓯᑎᑦᑎᓂᕐᒧᑦ ᑕᒪᕐᒥᒃ ᖃᖓᑦᑕᐅᑎᓄᑦ ᐃᑲᔫᑎᓂᒃ
ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᑎᓐᓄᑦ. ᐅᑉᐱᕈᓱᑦᑐᒍᑦ ᑕᒪᓐᓇ ᓈᒻᒪᒻᒪᑦ ᐊᑭᑭᔾᔫᒥᓂᕐᓴᓂᒃ ᓄᓇᓕᓐᓂᑦ ᓂᐅᕕᐊᖑᔪᒪᕙᑦᑐᓂᒃ ᖃᐅᔨᒪᒋᐊᕈᑕᐅᔭᕆᐊᖓ ᐃᑲᔪᕐᓯᓈᖅᑐᑕ ᓄᓇᓕᓐᓂᑦ ᒪᑭᒪᓇᓱᐊᕈᑕᐅᕙᑦᑐᓂᒃ ᓄᓇᓕᓐᓂᑦ-ᓂᐅᕕᕐᕕᐅᑎᓪᓗᑕ. ᓴᖅᑭᔮᖅᑎᖃᑦᑕᓂᐊᕐᒥᔭᕗᑦ ᐊᑭᑭᓪᓕᒋᐊᕐᓯᒪᓂᖏᓐᓂᒃ ᓂᐅᕕᐊᔅᓴᐃᑦ ᐃᓂᖏᓐᓂ ᐃᒪᐃᑦᑐᓂᒃ ᓇᓗᓇᐃᒃᑯᑕᖃᖃᑦᑕᕐᓗᑎᒃ:

7. ᑎᑭᓴᐃᒍᒪ ᑎᑭᓵᕆᔪᓐᓇᑕᓐᓂᒃ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓐᓂ ᓱᓕ ᐃᑲᔫᓯᐊᖅᑖᕈᑦ ᐊᑐᕋᔭᖅᑲ? ᓂᐅᕕᕐᕖᑦ ᐱᓇᓱᐊᕆᐊᖃᕋᔭᖅᑐᑦ ᓂᕿᑦᑎᐊᕙᓐᓂᒃ ᓂᐅᕕᐊᔅᓴᖃᖅᑎᐅᔪᒪᓗᑎᒃ. ᓂᐅᕕᕆᐊᕐᐸᑦᑐᖅ ᐊᑐᖅᑐᖅ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓴᑕᒥ ᐊᖏᖅᑕᐅᓯᒪᔪᒥ ᓂᐅᕕᕐᕕᒻᒥᒃ
ᑎᑭᓴᐃᔪᓐᓇᖅᑐᖅ ᓂᐅᕕᕐᕕᑦᑎᒍᑦ. ᑕᐃᒪ ᓂᐅᕕᐊᔅᓴᓕᒃ ᐊᑐᖅᑎᑦᑎᒐᔭᖅᑐᖅ ᐃᑲᔫᑎᒥᒃ
ᓂᐅᕕᐊᔅᓴᒧᑦ ᓂᐅᕕᐊᖑᑎᓪᓗᒍ. ᓂᐅᕕᐊᖅ ᖃᖓᑕᓲᒃᑰᕆᐊᖃᕋᔭᖅᑐᖅ. ᓂᐅᕕᕆᐊᕐᐊᑦᑐᑦ ᐱᓇᓱᐊᕈᑎᖃᕆᐊᖃᕋᔭᙱᑦᑐᖅ, ᓂᐅᕕᕐᕕᒃ ᐸᐃᑉᐹᓕᕆᔾᔪᑕᐅᔭᕆᐊᓕᓐᓂᒃ ᑲᒪᒐᔭᖅᑐᖅ.

8. ᐊᑭᖏᑦ ᐊᑭᒋᕙᑦᑕᖏᓪᓘᓐᓃᑦ ᓂᐅᕕᐊᖑᔪᓐᓇᖅᑐᑦ ᐊᓯᔾᔨᓚᐅᕐᓯᒪᓂᐊᖅᑲᑦ?

ᐄ, ᐊᓯᔾᔨᖃᑦᑕᓂᐊᕐᒥᔪᑦ. ᐊᒥᓱᑦ ᓱᕐᕋᑎᑦᑎᖃᑦᑕᒥᒻᒪᑕ ᐊᑭᒋᕙᑦᑕᖏᓐᓂᒃ ᓂᖀᑦ ᓇᒥᑐᐃᓐᓇᖅ ᓄᓇᖃᕋᓗᐊᕈᕕᑦ. ᓂᐅᕕᐊᔅᓴᓕᐊᖑᕙᑦᑐᑦ - ᓲᕐᓗ ᐸᓚᐅᒑᔅᓴᔭᑦ - ᐊᑭᑦᑐᕆᐊᖅᑲᑦ, ᑕᐃᒫᑦᑕᐅᖅ ᑕᐃᒪᐃᑦᑐᒥᑦ ᓴᓇᓯᒪᔪᑦ ᓂᖀᑦ ᐊᑭᑦᑐᕆᐊᕋᔭᕐᒥᔪᑦ. ᐅᖅᓱᐊᓗᐃᑦ ᒑᓰᓪᓗ ᐊᑭᑦᑐᕆᐊᖅᑲᑕ ᐱᔾᔪᑎᒋᓪᓗᒋᑦ ᑲᑎᒪᔨᐅᕕᑦᑎᒍᑦ ᐊᐅᓚᑦᑎᔾᔪᑕᐅᕙᑦᑐᑦ ᓄᓇᕐᔪᐊᕐᒥ ᑕᐃᒫᑦᑕᐅᖅ ᐊᑭᖏᑦ ᓂᖀᑦ ᐊᐅᓪᓚᖅᑎᑕᐅᔭᕆᐊᓖᑦ ᐊᑭᑦᑐᕆᐊᕋᔭᕐᒥᔪᑦ. ᐊᑭᖏᑦ ᐊᑭᑦᑐᕆᐊᖃᑦᑕᕐᓗᑎᒃ
ᐊᑭᑭᓪᓕᒋᐊᖃᑦᑕᕐᓗᑎᓪᓗ ᐱᖃᑦᑕᓂᐊᕐᒥᔪᑦ ᐅᖅᓱᐊᓗᒻᒧᑦ ᐊᑭᖏᑦ ᐊᓯᔾᔨᕋᐃᑉᐸᑕ. ᑕᒪᒃᑯᐊ ᐊᓯᔾᔨᕐᓂᐅᕙᑦᑐᑦ ᑕᐃᒫᔅᓴᐃᓐᓇᖅ ᐊᓯᔾᔨᖃᑦᑕᕐᒥᔪᑦ ᓂᐅᕕᕆᐊᕐᐸᑦᑐᓄᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓐᓂᓘᓐᓃᑦ. ᓂᕿᑦᑎᐊᕙᑎᓕᕆᓂᕐᒥ ᐅᑭᐅᖅᑕᖅᑐᒥ ᐃᑲᔫᑎᑎᒍᑦ ᓂᐅᕕᐊᔅᓴᐅᕙᑦᑐᑦ ᓱᕐᕋᖏᑦᑑᒍᓐᓇᖃᑦᑕᔾᔮᖏᑦᑐᑦ ᑕᒪᒃᑯᓄᖓ ᐊᓯᔾᔨᖃᑦᑕᕐᓂᕆᕙᑦᑕᖏᓐᓄᑦ ᓂᐅᕐᕈᑎᖃᕐᕕᒻᒥ. ᐊᒻᒪᓗᑦᑕᐅᖅ ᒐᕙᒪᑐᖃᒃᑯᑦ ᐅᖃᕐᓯᒪᓪᓗᑎᒃ ᓱᓕᓂᕋᖅᑐᑎᒃ ᑲᔪᓯᑎᑦᑎᓂᐊᕐᓂᕋᖅᑐᑎᒃ ᕿᒥᕐᕈᖃᑦᑕᕐᓂᖏᓐᓂᒃ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐅᑭᐅᖅᑕᖅᑐᒥ ᑲᓇᑕᒥ ᐃᑲᔫᑎᒋᕙᑦᑕᖓᓐᓂᒃ. ᖃᐅᔨᒪᔪᒍᑦ ᐅᖃᕐᓯᒪᒻᒪᑕ ᐊᓯᔾᔩᓛᕐᓂᖏᓐᓂᒃ ᐃᑲᔫᑕᐅᕙᑦᑐᒥᒃ ᐅᑐᐱᕆ 2012ᒥ ᓂᕆᐅᒋᔭᐅᓪᓗᓂ ᖃᓄᖅᑑᕆᐊᕈᑕᐅᓂᕐᓴᐅᓛᕆᐊᖓ ᐃᑲᔫᑎᖃᖃᑦᑕᓂᕐᒥᒃ ᓂᕿᑦᑎᐊᕙᓐᓄᑦ.
ᐃᖅᑲᓇᐃᔭᖃᑎᒌᓐᓇᓂᐊᖅᑕᕗᑦ ᒐᕙᒪᒃᑯᑦ, ᓂᐅᕕᕆᐊᖅᑐᖁᑎᒋᕙᑦᑕᕗᑦ ᓯᕗᓕᖅᑏᓪᓗ ᐅᑭᐅᖅᑕᖅᑐᒥ ᓄᓇᓕᓐᓂᑦ ᐋᖅᑭᐅᒪᒍᑎᔅᓴᓂᑦ ᐋᖅᑮᖃᑦᑕᕐᓂᐊᕋᑦᑕ ᐊᑲᐅᙱᓕᐅᕈᑎᓂᒃ ᓴᖅᑭᖅᑐᖃᕋᐃᑉᐸᑦ.

9. ᑭᓱᑦ ᐊᑭᑭᓪᓕᒋᐊᖅᑎᑦᑎᒍᑕᐅᖃᑦᑕᖅᑲᑦ ᐊᑭᖏᓐᓂᒃ ᓂᐅᕕᕐᕕᓐᓄᑦ?
ᓂᐅᕕᖅᑎᒃᑯᑦ ᐋᔩᖃᑎᒌᒍᑎᖃᕐᓯᒪᒻᒪᑕ ᐊᑭᑭᓐᓂᕐᓴᓂᒃ ᓂᐅᕕᐊᔅᓴᖃᖃᑦᑕᕈᒪᓪᓗᑎᒃ ᖃᖓᑕᓲᒃᑯᑦ ᐅᓯᔭᐅᔾᔪᑎᓄᑦ ᑲᑐᔾᔨᖃᑎᒋᕙᑦᑕᖏᓐᓄᑦ ᐊᒻᒪᓗ ᓂᕿᓂᑦ ᓂᐅᕕᕐᕕᓐᓂᑦ. ᑖᒃᑯᐊ ᐋᔩᖃᑎᒌᒍᑕᐅᓯᒪᔪᑦ ᐱᒋᐊᕈᑕᐅᓯᒪᔪᑦ ᒫᓐᓇᕋᑖᖅ ᐊᑭᑦᑐᕆᐊᕈᑕᐅᓯᒪᔪᓂᑦ ᓂᕿᓂᑦ ᓂᐅᕕᐊᔅᓴᓕᐊᖑᕙᑦᑐᓂᒃ ᐊᑭᓕᕐᓱᐃᖃᑦᑕᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐅᖅᓱᐊᓗᓐᓄᑦ ᐃᓚᒍᑕᕆᕙᑦᑕᖏᓐᓄᑦ ᐱᔾᔪᑎᒋᓪᓗᒋᑦ ᐅᖅᓱᐊᓗᐃᑦ ᐊᑭᑦᑐᕆᐊᕐᓯᒪᓂᖏᑦ. ᐲᕐᓯᕕᐅᓚᐅᖅᑎᓪᓗᒋᑦ
ᐊᑭᑭᓐᓂᕐᓴᐅᖃᑦᑕᓂᐊᖅᑐᑦ ᓂᐅᕕᕆᐊᕐᐸᑦᑐᓄᑦ ᐄᐳᕈ 1ᒥ.

10. ᓇᒧᑦ ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᑯᖓ?
ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᔅᓯ ᐅᖃᖃᑎᒋᖃᑦᑕᕐᓯᐅᒃ ᓂᐅᕕᕐᕕᒻᒥ ᐊᖏᔪᖅᑳᖅ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᒋᐊᕐᓗᓯ ᐃᑭᐊᖅᑭᕕᒻᒧᑦ www.northwest.ca ᐅᕝᕙᓘᓐᓃᑦ www.nutritionnorthcanada.ca

ᐱᖃᓯᐅᑎᓯᒪᔪᖅ ᐆᑦᑑᑎᑐᐃᓐᓇᖅ ᐊᑭᓐᓇᕐᒥᐅᑕᖅ ᓴᖅᑭᔮᖅᑎᑎᔾᔪᑕᐅᔪᖅ ᐊᑭᒋᓚᐅᖅᑕᖏᓐᓂᒃ ᓯᕗᓂᐊᒍᑦ ᐊᑭᒋᓕᖅᑕᖏᓐᓂᓪᓗ