



NORTHERN HEALTHY COMMUNITIES PARTNERSHIP

# NORTHERN HEALTHY COMMUNITIES PARTNERSHIP 2020-2022 COMBINED ANNUAL REPORT



Box 1920, La Ronge, SK, S0J 1L0

[nhcp@saskhealthauthority.ca](mailto:nhcp@saskhealthauthority.ca)

[www.nhcp.ca](http://www.nhcp.ca)



## Message from the Co-Chairs

There are many challenges in the north when it comes to addressing social determinants of health, and throughout the duration of the COVID-19 pandemic these challenges continued to be highlighted drastically. The conditions in which we live, work, and play have a significant impact on the health and well-being of northern residents.

Throughout this pandemic the Northern Healthy Communities Partnership (NHCP) had to modify its strategy in order to balance the pandemic response with health promotion initiatives. NHCP continues to work hard to support northern Saskatchewan residents and meet their needs. We all strive to support and build a stronger, healthier northern Saskatchewan. We are pleased to share with you the NHCP 2020-2022 Combined Annual Report, which summarizes the shared efforts and successes of our partner organizations over the last two years.

The results of the 2019-2020 NHCP evaluation were positive and showed a strong partnership. As the NHCP slowly resumes to health promotion work, we hope to continue to grow, build and support a stronger northern Saskatchewan. We would like to thank the NHCP partner organizations and all those who have contributed to the work of the partnership. It is only through these contributions that we are able to complete our projects and work towards improved health of the residents of northern Saskatchewan.

Throughout the report we will celebrate NHCP's success over the past two years, and highlight some challenges we faced in our efforts to enable individuals to take control over their own health. These achievements would not be possible without the contributions and support of the Action Team Chairs and Members. We are also grateful to all those that support the initiatives of the Action Teams and to those whom support staff participation on the Action Teams. Thank you to all partners for advancing the work of the partnership despite the COVID-19 pandemic response.

We hope the report can inspire you to join us in supporting northern residents to make healthier choices, and thereby building a healthier northern Saskatchewan.



Dr. Nnamdi Ndubuka

Medical Health Officer  
Northern Inter-Tribal Health Authority



Dr. Isaac Sobol

Medical Health Officer  
Northern Saskatchewan Population Health Unit



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## Northern Healthy Communities Partnership

The Northern Healthy Communities Partnership (NHCP) is a network of organizations working proactively to improve the health of northern Saskatchewan residents. The organizations that partner through the NHCP work collectively and collaboratively with local, regional, provincial and national partners to achieve a greater impact for the populations they serve. As part of the NHCP Core Group, leaders, and managers from NHCP Partner Organizations meet quarterly to identify common challenges and select shared population health promotion priorities for northern Saskatchewan. The Core Group also provides guidance, strategic direction and support to the work of the partnership.

As part of NHCP Action Teams, professionals from across northern Saskatchewan and the province develop connections, motivation, and specialized tools to help them be more effective in their everyday work. The five NHCP Action Teams work in the areas of: promoting and enabling active living to maximize health for all ages and abilities; supporting early literacy and bonding to improve lifelong mental wellbeing; building resilient young people to reduce substance use and risk taking; fostering nutrition through healthy food environments, and; reducing commercial tobacco use while respecting Indigenous traditions. The Action Teams include representatives from NHCP partner organizations, who are responsible for contributing to the work of the Action Team and for leading the implementation of Action Team projects within their organizations and communities.



## NHCP Partner Organizations

Athabasca Health Authority  
Kids First North  
Lac La Ronge Indian Band  
Lac La Ronge Indian Band  
Meadow Lake Tribal Council  
Ministry of Government Relations  
Municipality of Creighton  
Municipality of La Ronge  
Northern Inter-Tribal Health Authority  
Northern Lights School Division #113 Northern

Northern Saskatchewan Population Health Unit  
Northern Sport, Culture & Recreation District  
Northern Village of Pinehouse  
Peter Ballantyne Cree Nation  
Prince Albert Grand Council  
Saskatchewan Cancer Agency  
Saskatchewan Health Authority  
Saskatchewan Heart and Stroke Foundation  
Saskatchewan Parks & Recreation Association  
Saskatchewan Prevention Institute



## NHCP Coordinator's Report

### NHCP Co-Coordinators:

**Kevin Mageto, Northern Inter-Tribal Health Authority;**

**Rochelle Browett, Northern SK Population Health Unit – Saskatchewan Health Authority (SHA)**

NHCP coordinators worked hard to keep the Action Teams going despite priorities being shifted to the COVID-19 pandemic. The coordinators continued looking for ways to increase membership within NHCP and encourage Action Team participation from existing members. They also promoted the use of the project planning templates to assist with the development and monitoring of new projects. Efforts were put in place to continue having a consistent radio presence by delivering health promotion messages through MBC Radio and local radio stations within the Northern Administrative District. In addition, social media presence was increased by working with Action Team chairs and members to generate health promotion content to be shared to northern Saskatchewan residents. With priorities shifting away from COVID-19, NHCP coordinators hope to work with Action Teams in the coming year to address population health matters that were there before the pandemic and ones that have emerged.

## NHCP Partner Engagement

Partner engagement refers to the number of organizations actively participating in an NHCP Action Team. An example of an engaged partner would be one that has a representative who participates in an Action Team and carries out the action items assigned to them. Over the 2020-2022 fiscal years, engagement tracking was not prioritized due to the organizational changes brought about by the pandemic. Two virtual Core Group meetings, as well as, numerous virtual Action Team meetings were held throughout the past 2 years in an effort to keep the relationships and networks established within the partnership. Towards the end of the 2022 fiscal year, 3 in person meetings were held for 3 of the Action Teams, with the anticipation of future in person meetings and the ability to prioritize more focus on health promotion initiatives in the upcoming fiscal year.

Given how significantly the pandemic impacted engagement, reporting on engagement throughout 2020-2022 would not be representative of actual engagement during a routine year not heavily influenced by the state of the pandemic. Therefore, partner engagement will be further accessed in the 2022-2023 fiscal year.

## NHCP Action Team Reports

### Active Communities Team

**Chair: Kevin Mageto, Northern Inter-Tribal Health Authority**

**Co-Chair: Keane Plamondon, SHA**

The years 2020-2022 presented a challenge for the Active Communities Team (ACT). For a team that thrives on getting people up and moving in northern Saskatchewan, the COVID-19 public health guidelines impacted recreational physical activity options for northern Saskatchewan residents. Maintaining physical distancing and requirements for people to stay home, promoted sedentary behaviour and posed a challenge for the ACT members. Despite the guidelines, the team was still able to come up with projects that kept northern Saskatchewan active through the pandemic.



2020 started with a physical activity bingo challenge dubbed 'I Am Active'. The aim of the challenge was to provide participants with physical activity ideas that they can participate in and win various prizes. The challenge was in conjunction with the Saskatchewan Cancer Agency. 27 participants submitted their bingo cards through the NHCP Facebook page. Each week a participant won a \$50 gift card and they were automatically entered to win a fitbit at the end of each month in the summer. Although only 27 submissions were received, the bingo challenge created a buzz across northern Saskatchewan with more than 400 residents attempting the challenges on the bingo cards. The ACT hopes to create more challenges in future that will support physical activity as the uncertainty of the pandemic continues.



Photo: "I am Active" campaign contest photo with Alton Michel and Mirra from Pelican Narrows canoeing.



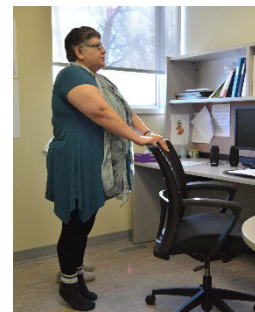
Cross Country Skiing in Buffalo Narrows

In addition to the I Am Active challenge, the ACT continued its work on the goal of broadening the definition of physical activity. This goal intends to step away from the common physical activities such as basketball, hockey and soccer to activities such as lacrosse, dancing, skiing among others that would be considered non-traditional. The goal aims to provide more avenues for northern Saskatchewan residents to be more active. In 2020-2022, the team partnered with ski clubs in Buffalo Narrows and Creighton to introduce skiing to children and youth that would want to take up the sport. The activity was successful with funds from the ACT helping support more than 200 children take up the sport of skiing. Due to the ongoing pandemic, more individual activities that promote physical distancing will be encouraged for the next fiscal year.

Increased membership to strengthen the team was achieved through the additions of 3 community recreation professionals in the north. These include individuals from Pinehouse, Creighton, and La Ronge. Through their field expertise and community level knowledge, these new members will help in the collaboration efforts for organizing events that encourage physical activity throughout the north.



Encouragement of physical activity within the workplace is still an ongoing initiative that the team will continue to pursue. The last task for the team is completion of the table tent cards that can be placed on desks and tables around the workplace, prompting stretching throughout the day. This task unfortunately was put on hold throughout the pandemic; however, photography of the stretching exercises started late in the 2021-2022 fiscal year with the goal of finishing the graphic design portion in the following fiscal year.



An in person meeting for the team was organized and attended in March 2022.

At this meeting lots of discussion revolved around the future planning of a multi-day event for the collaboration and networking of recreational professionals across the north. The aim of the workshop would be to equip community recreational workers both on and off reserve with tools to help promote physical activity in their communities. The ACT aims to have this as their main project for the 2022-2023 fiscal year.



## Babies Books and Bonding

**Chair: Rochelle Browett, Northern Saskatchewan Population Health Unit - SHA**

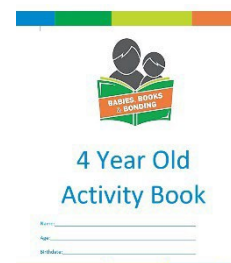
**Co-Chair: Vacant**

The Babies, Books and Bonding program supports early literacy to improve life-long physical and mental wellbeing by providing age-appropriate board books and literacy education to northern Saskatchewan children and their families at five points in their first four years. In 2020-2021, NHCP's Babies, Books and Bonding (BBB) program distributed more than 1700 books to 13 community clinics, and in 2021-2022 more than 1900 books to 17 community clinics. Although lower numbers than previous years, the team worked hard throughout the pandemic to keep up with the core part of this program which is the distribution of books. The decrease in distribution has been attributed to the limitations and strain that COVID-19 has put on our health care workers and routine childhood immunizations across northern Saskatchewan. The program has been able to succeed in part by additional funding provided by the Northern Inter-Tribal Health Authority (NITHA) which has allowed for the continued maintenance of a more stable stock of books.

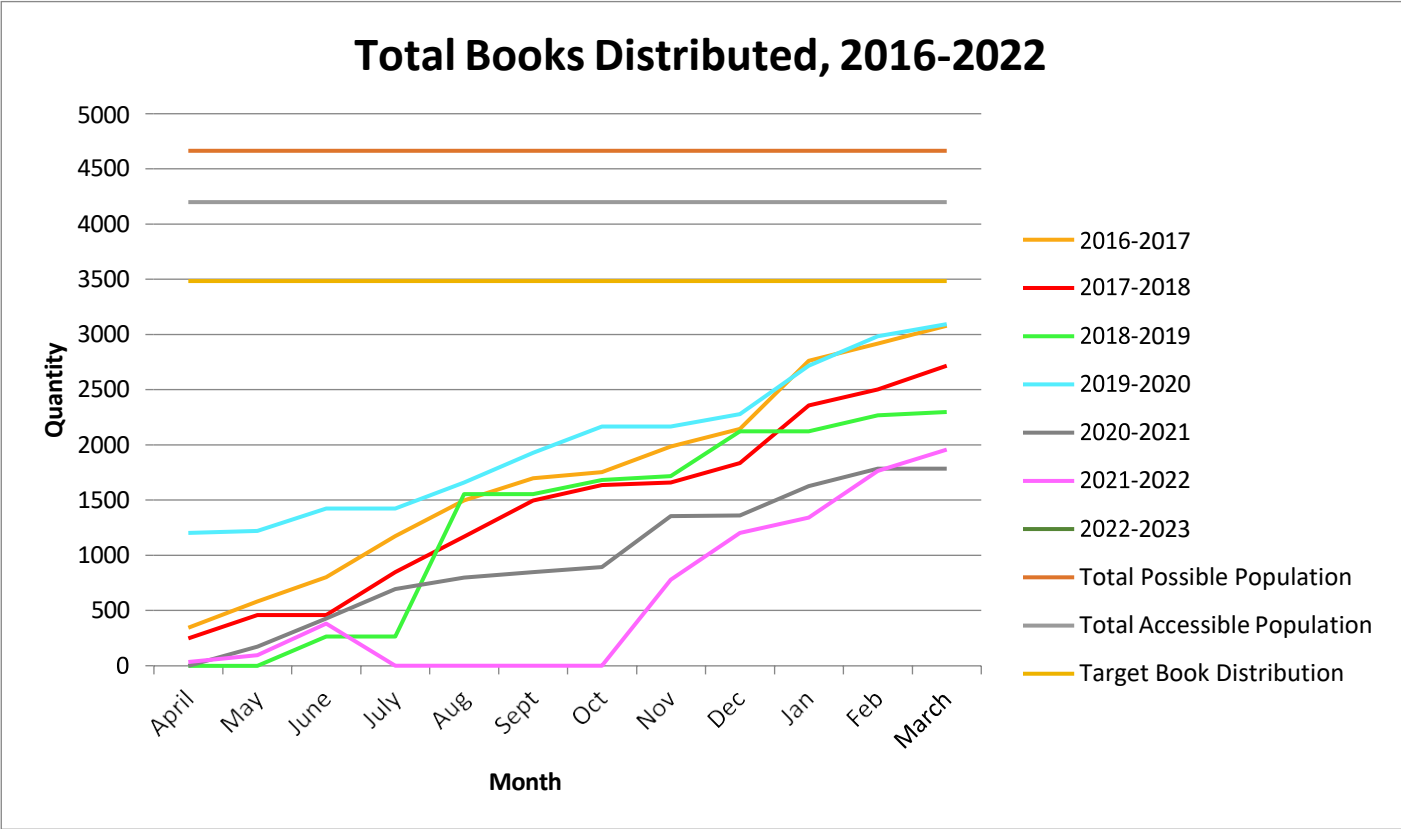


The BBB team also continued distribution of its first published book, *Are You Hungry?*, The book features Indigenous languages of northern Saskatchewan in a story of a northern Saskatchewan family as they gather and prepare foods for a family meal. The team also created and published videos to support the language in the three Indigenous languages; Cree, Dene, and Michif, which can be accessed on the NHCP YouTube Channel. Additional information and communication were also added to the NHCP website, and increased advertising was conducted on the NHCP Facebook page. Multiple private orders were placed for the book including a larger order of 50 books. The team would like to work towards the wider distribution of this book moving forward, not only for literary purposes, but also to increase finances to support future projects.

The team has been actively working on the updating of a literacy activity book geared towards the 4-year-old age group, as well as the updating of additional resources/supports provided. We have also included more book titles by Indigenous authors in the program to better represent the population served (4 titles currently offered). Work is underway towards video production of the reading of the book titles currently offered in the program. This includes tips and tricks for interacting and engaging with your child more while reading the book to get the most benefit from the experience. The team is also working towards reevaluation of the survey used for collecting information on reading frequency (used for determining success of the program goals).



A large portion of the budget is needed to distribute the board books to our northern communities. To help balance the budget moving forward the introduction of a paperback book for the 4-year-old age group will be implemented on the next order. We have also become a member of Scholastic and First Book Canada to receive large discounts on book titles for future orders. Some of the book budget can then be redirected towards other projects such as continuing to try to provide resources in local Indigenous languages.



Some of the book titles offered in the program in 2020-2022 fiscal year.





## Building Vibrant Youth

**Co-Chairs: Rochelle Browett, Northern Saskatchewan Population Health Unit – SHA;  
Kevin Mageto, Northern Intertribal Health Authority**

As with all the Action Teams, the Building Vibrant Youth (BVY) had to overcome adversity brought about by the pandemic. In 2020, the BVY had planned a face-to-face meeting that would include an education or professional development session to inform members how to work with youth in an ever-changing environment. However, the pandemic measures caused the meeting to be postponed to a later time when it would be safer to host the meeting. The team met remotely on a regular basis throughout the 2020-2021 fiscal year to plan. A database of resources and materials to support the adoption of positive youth development across northern Saskatchewan was created. Resources from across North America were collected and members shared these resources with community mentors.

A common goal in the past five years has been promoting a common understanding of positive youth development across northern Saskatchewan. With this goal, the BVY has produced various videos showcasing northern Saskatchewan youth, youth mentors, and mentees, as well as, traditions synonymous with communities living in northern Saskatchewan. In 2020-2021, the team produced and promoted videos showcasing mentors in Pelican Narrows and La Ronge. These videos were viewed and shared more than 10,000 times on the NHCP Facebook page; a record for the videos shared on the NHCP social media website.



The pandemic has also created many obstacles for the BVY team. Due to the in-person nature of the BVY projects, the last two years proved to be a challenge. A combination of changes within organizations, COVID-19 measures and capacity within the team caused a delay in carrying out the BVY projects. In the next fiscal year, the BVY team plans to restructure its goals to be in line with the current pandemic environment. One of the larger projects the team had previously envisioned was to complete an adult mentorship toolkit; however, in recognizing that there are many of these resources already in existence the plan was re-envisioned at the in-person meeting at the end of the 2020-2021 fiscal year. Moving forward the focus will be on supporting mentorship training at the community level, supporting infrastructure/policy development to help communities move forward with their mentorship goals, supporting the development of safe spaces for our youth and supporting natural spaces (land-based learning opportunities).

## Healthy Eating Team

Chair: Katherine Hillier, Northern Saskatchewan Population Health Unit – SHA;

Co-Chair: Merle Larson, Kids First North – Northern Lights School Division #113



During the 2020-2022 year, the Healthy Eating Team continued with projects to support healthy food environments in schools and stores, nutrition policy, gardening and standardized prenatal education. 'Food of the month' posters continue to be promoted for stores to implement (as well as the accompanying recipe cards). Close to 600 copies of the updated gardening manual were received for distribution in spring 2022. A mix of both the Provincial Saskatchewan Gardening Manual and the Northern Saskatchewan Vegetable Gardening Manual were received. The northern Saskatchewan version of the manual is also being promoted online and can be downloaded from the NHCP website. There is the option to provide an email address with the manual download. This will help to connect with people in the future to conduct surveys to gather feedback on how the manual can be improved. Along with promotion of the gardening manual seeds were ordered for distribution for the upcoming 2022 gardening season to communities throughout the north. Future plans for gardening education are on the table for the Healthy Eating Team to complement the manual.

### School Nutrition Mentoring Project Agenda 2021

Oct 12th @ 10:00 Build a Healthy Plate!

In this session, you'll gain tips on how to build a healthy plate & a practical, easy to follow, menu.  
Recipe demos: Smoothie, three sisters soup, snacks!

Oct 12th @ 1:30 Get the biggest bang for your buck!

In this session you'll learn the best way to write a grocery list & budgeting tips from your peers. We'll revamp recipes to make them more affordable & teach you how to use leftovers to avoid food waste.  
Recipe demo: Easy roasted chicken 3 ways!

Oct 13th @ 1:30 Help! Picky Eaters

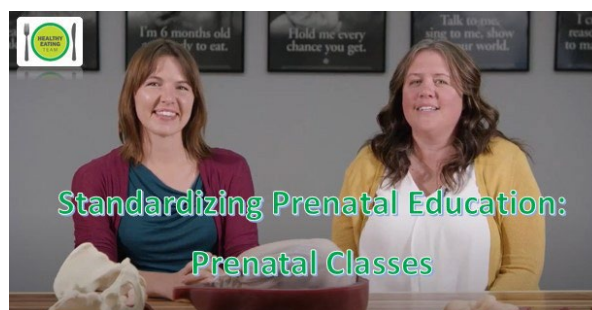
In this session, you'll learn how to build a healthy eater & how you can help picky eaters enjoy food.  
Recipe demo: baked oatmeal, chicken pot pie!

Send registration to Katherine @ Katherine.Hillier@saskhealthauthority.ca or text: 709 763 2450

Multiple workshops were held throughout the past two years as part of the School Nutrition Mentoring Project. Generally, workshops are done in-person and are usually hosted annually in the fall; however, due to the gathering limitations throughout the pandemic virtual sessions were offered. These virtual sessions were well attended and received. Future workshops are anticipated to resume this fiscal year with in person workshops offered in the fall. Support for this initiative is also continually provided through the "Nourish the North: Cooks Club" Facebook page which is inclusive to all nutrition workers in the education department. This page connects these school nutrition workers with Dietitians across the north for support with providing healthy, nutritious meals for children here in the North.

The Healthy Eating Team has a goal of supporting prenatal & postnatal health/education and also supports the Standardizing Prenatal Education Working Group on various initiatives. In 2020, five standardized prenatal videos were professionally recorded to provide virtual prenatal classes through the pandemic. These videos are posted on the NHCP YouTube Channel and website. Flip charts were printed to accompany the intended in-person classes. The infant feeding cards were updated for distribution to pre/post-natal programs. In 2022, the HET ordered and distributed 150 More Milk Sooner kits. The More Milk Sooner initiative aims to increase the rates of breastfeeding. To continue the promotion of healthy infant feeding practices, 2000 open baby cups and 550 portioned toddler plates were ordered for distribution in the spring of 2022. Recipients include Kids First North & Early Years Family Centre in La Ronge, additional Kids First North facilities across the north, as well as, to PAGC, PBCN, LLRIB and MLTC communities. Some additional stock was also designated for the Population Health Unit to use for health promotion initiatives.

The Sugar Sweetened Beverage Reduction Campaign in collaboration with dental reps unfortunately had to be put on hold throughout the pandemic; however, the revitalization of this campaign is anticipated to start in the future.



La Ronge Physician Dr. Kaizer (left); La Ronge KFN & EYEFRC Prenatal Coord. Brooke Graham (right). Facilitation of a video session that complements the Standardizing Prenatal Education program



Having a social media and online presence have been vital in promoting the Healthy Eating Team initiatives throughout the pandemic and this approach will continue in the years to come. Exploration of other online platforms is ongoing in an effort to try to reach a broader audience.

With the shifting dynamics of the pandemic, the future of HET is looking forward to more community engagement again. SNMP workshops, gardening initiatives, pre and post-natal education sessions, and more are on the agenda for the upcoming fiscal year.

## Northern Tobacco Strategy

**Co-chairs: Rochelle Browett, Northern Saskatchewan Population Health Unit – SHA Justina Ndubuka, Northern Inter-Tribal Health Authority.**

The Northern Tobacco Strategy Team (NHCP) and the Northern SK Breathe Easy Team (NITHA) collaborated on the creation of classroom-ready unit and lesson plans about tobacco that can be incorporated into the school curriculum via a joint

project agreement. The K-Grade 3 lesson plans were developed through NITHA and the Grade 4-9 lesson plans were developed through NHCP. Previously only the Grade 4-9 lesson plans were made available on the NHCP website, and the K-Grade 3 on the NITHA website. A gap in communication and visibility to our audience was identified here. Through this it was decided that NHCP will also support the promotion of the K-Grade 3 lesson plans developed by NITHA on the NHCP website and vice versa on the NITHA website. All the lesson plans will now be readily available and accessible for our professionals wanting to incorporate this teaching resource into their curriculum.

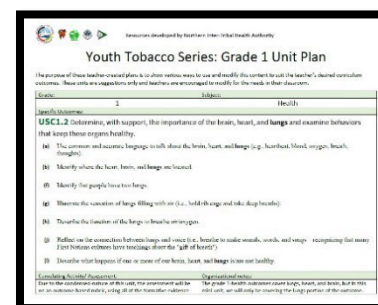
Many of the tobacco cessation resources were updated to ensure formatting/branding was consistent with current NHCP logos. All updated documents were posted to the NHCP website. Work on the translation of some resources has started with one of our brochures translated in Dene currently and translation of more resources will be ongoing in the future.

An in-person meeting was held in March of 2022 where the work plan and achievements to date could be discussed. With the pandemic, workshops for the *Brief Intervention for Tobacco Cessation: Helping Pregnant and New Mothers* training were brought to a halt. More manuals have been ordered to start hosting training workshops in our communities again. The potential for the training materials to be converted to an online course was also discussed for the future. This will hopefully help us to engage and train more professionals, especially those in more remote communities.

Future social media campaigns are also being planned, with a revamp of the Beyond the Pack campaign via Tiktok video platform, as well as a Northern Tobacco Strategy campaign. It is yet to be determined how to utilize the Tiktok platform to be able to maintain traffic but also keeping in mind capacity to post videos amongst the team.

The second-hand smoke radio ad was also aired multiple times throughout the past 2 years over MBC radio. Further discussion on who are target audience is and how best to reach them is ongoing.

The evaluation strategy for the Tobacco Lesson Plans is forthcoming. The option for users to provide their email when downloading the lesson plans from the NHCP website is available. Those emails and the title of the resource downloaded has been collected with the intent of conducting a survey on the effectiveness of the lesson plans and their associated resources. Surveys will also be built into the lesson plan modules and supporting resources for more efficient data collection in the future.



## 2020-2022 NHCP Financial Reporting

Funding for the 2020-2022 activities of NHCP came from the Saskatchewan Health Authority (SHA), the Northern Inter-Tribal Health Authority (NITHA), and a private donation. The private donation was received to fund a project to film readings of *Are You Hungry?* so that everyone may have access to fluent language speakers reading the story. Without the support of funders, NHCP's efforts to support population level improvements in the health of northern Saskatchewan residents would not be possible.

With the arrival of COVID-19 and public health measures to slow its spread, some of NHCP's planned projects for both fiscal years were postponed or cancelled. The annual in-person meeting of the Core Group was only achieved in late March 2022, and in person meetings for the Action Teams were not as frequent as they once were. While efforts were made to adapt plans to the situation, not everything could be altered to fit the needs of the situation before the end of each fiscal year; therefore, some planned expenses remained unspent for both fiscal years. The total amount for expenses spent for 2020-2021 fiscal year \$54, 526.94, with an available budget of \$71, 771.22 and a planned budget of \$77, 402.22.

### Northern Healthy Communities Partnership Financial Statement April 1, 2020 to March 31, 2021

<b>Revenue</b>			
	<b>Budgeted/Planned</b>	<b>Actual/Received</b>	<b>Variance</b>
NHCP (SHA)	\$60,000.00	\$59,369.00	\$0.00
NITHA	\$10,000.00	\$10,000.00	\$0.00
Other External	\$7,402.22	\$2,402.22	\$5,000.00
<b>Total Revenue</b>	<b>\$77,402.22</b>	<b>\$71,771.22</b>	<b>\$5,000.00</b>
<b>Expenses</b>			
	<b>Budgeted/Planned</b>	<b>Actual/Spent</b>	<b>Variance</b>
Active Communities Team	\$8,000.00	\$9,435.04	\$1,435.04
Babies Books and Bonding	\$29,902.22	\$21,667.85	\$8,234.37
Building Vibrant Youth	\$8,500.00	\$0.00	\$8,500.00
Healthy Eating Team	\$15,000.00	\$15,356.49	\$356.49
Northern Tobacco Strategy	\$8,500.00	\$1,176.00	\$7,324.00
Partnership Coordination	\$7,500.00	\$6,891.56	\$608.44
<b>Total Expenses</b>	<b>\$77,402.22</b>	<b>\$54,526.94</b>	<b>\$22,875.28</b>
<b>Net</b>	<b>\$0.00</b>	<b>\$17,244.28</b>	<b>\$17,244.28</b>



The 2021-2022 financial statement was updated to include a more robust summary of NHCP finances. This includes the addition of the deferred column which includes all funds deferred from previous years (both NITHA and private donations), current revenue sources (NITHA, NHCP and other/external funds received this current fiscal year), as well as book revenue received from the private sale of the published book "Are You Hungry?"

The budget for the Babies, Books and Bonding was higher this year to reflect the need to have more of the published book printed. Generally, this is supported through deferred funds, NITHA funds, and private donations.

This present fiscal year was also heavily burdened with the pandemic response; however, in January 2022 we were able to redirect some of our attention to solely focus on NHCP initiatives that were outstanding, but that were achievable in the short time frame we had before the end of the fiscal year.

The total amount for expenses spent for 2021-2022 fiscal year was \$58, 043.46, with an available budget of \$95, 572.15 and a planned budget of \$81, 300.00

Revenue			
Northern Healthy Communities Partnership Financial Statement April 1, 2021 to March 31, 2022			
	Budgeted/Planned	Actual/Received	Variance
NHCP (SHA)	\$59,300.00	\$59,369.00	\$69.00
NITHA	\$10,000.00	\$10,000.00	\$0.00
Other/External	\$0.00	\$0.00	\$0.00
Deferred	\$12,000.00	\$22,218.15	\$10,218.15
Book Revenue		\$3,985.00	\$3,985.00
<b>Total Annual Revenue (SHA/NITHA)</b>	<b>\$69,300.00</b>	<b>\$69,369.00</b>	<b>\$69.00</b>
<b>Total (Deferred + Book Revenue)</b>	<b>\$12,000.00</b>	<b>\$26,203.15</b>	<b>\$14,203.15</b>
<b>Grand Total Budget/Planned for this year (NHCP + Revenue + Private Donations + NITHA + Deferred)</b>	<b>\$81,300.00</b>	<b>\$95,572.15</b>	<b>\$14,272.15</b>
Expenses			
	Budgeted/Planned	Actual/Spent	Variance
Active Communities Team	\$10,000.00	\$8,768.38	\$1,231.63
Babies Books and Bonding	\$32,500.00	\$26,596.34	\$5,903.66
Building Vibrant Youth	\$8,500.00	\$3,139.95	\$5,360.06
Healthy Eating Team	\$15,000.00	\$10,983.10	\$4,016.90
Northern Tobacco Strategy	\$8,300.00	\$8,002.69	\$297.31
Partnership Coordination	\$7,500.00	\$553.01	\$6,946.99
<b>Total Expenses</b>	<b>\$81,800.00</b>	<b>\$58,043.46</b>	<b>\$23,756.54</b>
<b>Net</b>	<b>\$500.00</b>	<b>\$37,528.69</b>	<b>\$38,028.69</b>

