



ANIHI KA AHTILIKATE OTA ISHI APATISIMAKALWA

MAWAC ISHPIMIHK KA ITAKIHCIKATEK WICIHIEWWIN

- ➕ Ka nahkitaliwahk wicihewewin ka itakihcikatek à niyalo mitala cents tipapeskocikan

APIHTAW KA ITAKIHTEK WICIHIEWWIN

- ➕ Ka nahkitaliwahk wicihewewin ka itakihcikatek peyakwahyay tipapeskocikan

MAWAC CHAPASHISH KA ITAKIHCIKATEK WICIHIEWWIN

- ➕ ➕ Mola ahtilikatew ilikohk ka itakihcikatek wicihewewin Mihcet oshki kekwal lahkitaliwalwa

MICIMA PEHPISIKHC

MAWAC ISHPIMIHK WICIHIEWWIN

APIHTAW WICIHIEWWIN

MAWAC CHAPASHISH WICIHIEWWIN

Micimashkwa nesta milisha



- Ka ahkwatthki micimashkwa nesta milisha

- Oshki Micimashkwa nesta milisha
- Ka pahkwaki micimashkwa eka ashtilaketeiki aspashtamakala nesta ka shiwilikateki
- Ka pahkwaki milisha eka ashtilaketeiki aspashtamakala nesta ka shiwilikateki
- Ka ahkwatthki eka ka shiwilikateki milishapoya lipiyi ka ki otillikatek
- Eka ka shiwilikateki milishapoya pepihskic ka ishi asowateki peyak milkwakan
- Ka ahkwatthki opistikweyawi patetasa ka sasapisketeiki ka shikwaki nesta kotakiya patetasinik ka ohci oshitaliwalwa

- Eka ka shiwilikateki milishapoya ka asowateki awasite peyak milihkwakan ka ispichaki mola wila tilihk asowateki nesta ka misiwewayi 100% palashtikohk ke asowateki
- ➕ Eka ka shiwilikateki milishapoya tilihk ka pihcithhki
- ➕ Tilihk a pihcithhki micimashkwa nesta milisha
- ➕ Tomatosi aspashtamakala

Pahkweshikali kekwal



- Ka ahkwatthki micimashkwa nesta milisha

- Alahkolaw
- Alahkolakekwala eka ka shiwak ka kilikawilikatek nesta ka waskatamok (tapiskoc ka wawiyesicik nalahkaw bagels pita nesta ka loskicicik tortillas
- Nalahkaw ka itapatsit pahkwashikan (ka wapisit nesta piko ka osawisit)
- Kishepa micima
- Ka kishiteki kishepa micima
- Ka pashteki macaroni, spaghetti nesta lasagna (ka wapaki nesta ka osawaki)
- Ocheshishak (ka wapisicik ka osawisicik minute ocheshishak

- Ka kaspisicik aloholashishak. Ka kaspisit alakolaw nesta kisheliwi biscuitak
- Arrowroot nesta e tiwapohkaliwahk alakolashishak
- Rye pahkweshikan nesta kotakiy pahkweshikali kekwal ke lishshwalatahki
- ➕ Oshki nesta ka ahkwatthki pahkweshikaliwahk pasta. Eka ka ashtilaketeki ka pahkwahk pahkweshikali pasta
- ➕ Eka ka ashtilaketeki kekwan ka wasecheaktek corn (ka misiwecicik)
- ➕ Bannock nesta ka kilikawilikasot pancakekak

Chochoshilapoy nesta kotakiya



- Oshki chochoshilapoy

- Chochoshilapoya (ka pahkwahk, tilapiskohk, evaporated, ka ki piisakatek e kihci kishitek (UHT)
- Chwakalti chochoshilapoy
- Pata chochoshilapoy
- Ka nahkitaliwalwa soy kamilihkwicikateki
- Cheesesak nesta ka ki lahkitaliwalwa ki ka akihtawishihki cheesak
- Cottage cheese
- Yogurt nesta yogurt ka milihkwacikateki

- Chochoshilapoy ashpashamakan
- Chochoshilapoy ashpashamakan ka siwiskak
- Cheese ashpashamakan
- Ka lahkitaliwalwa cheese ashpashamakan
- Ka tahkaki ice cream, ka ahkwatthki yogurt, shebert nesta ka maskwamiwahk chochoshilapoy

Miyasa nesta kotakiya



- Oshki awashishi micima

- Oshki nesta ka ahkwatthki miyasa, pahkahakwan, names nesta namesi micima
- Nalakwa micima ka akihtawishikatek
- Wawa nesta wawi mishkoci kekwal
- Eka ka shiwilikasocik waskatamilak nesta kotakiy waskahtaminak
- Ka pahkocicik anicimilak (kidney, ka mahkatewisicik, pinto)
- Ka pahkocicik barley, lentils nesta split anicimilak
- Peanut pata nesta kotakiy waskahtamin nesta piko waskatamin aspashtamakala
- Micimashko kekwal tapiskoc tofu nesta micimashko micima ka napakaki

- Kohkosh
- ➕ Tilapiskohk names nesta namesi micima
- ➕ Tilapiskohk alicimili kekwal tapiskoc alicimila, peas nesta lentils

Kotakiya Micima



- Oshki awashishi micima
- Oshki awashishi kishepa micima
- Kotakiya oshki awashishi micima

- Bata nesta pimiyi lard
- Pimiya ka kishilawakaliwahki (canola, olive, vegetable)
- Ohpiskan
- Siwhitakan
- Yeast

- Margarine (ka loskisit nesta eka ka pimiyi)
- Micimashko aspashtamakana, mayonnaise nesta ka lishshwalatahki aspashtamakala
- Pimi Shortening
- Misway pimiya ka milawakaliwahki eka ka ashtilaketeki anta mawac ishpimihk wicihewewin ka ishi itakihcikatek (tapiskoc pisimo nipish pimiyi, peanut, flaxseed)
- Ka ahkwacit pizza
- Oshki ka ahkwatthki nesta ahkwacichikalik nalahkaw micima mola wila kekwal ka alahkolawaliwahki nesta piko ka shiwili alakolawak, ka shiwaki poutine, ka oshihicik alakolawak, hamburgers, hot dogs nesta ka oshitaliwalwa micimashkwa
- ➕ Niyakala ka oshitaliwalwa micimashkwa aspashtamakan ka kilikawitthik nesta piko ka pahkocicik kilikwa alakolawak
- ➕ Oshki pizzawak
- ➕ Pizzawak ka ohci oshihicik
- ➕ Shiwilikali kekwal
- ➕ Ka ahkospakwahki, nalahkaw ka ispakwahki ka apacitaliwalwa nesta pitosh ka ohtilikate

Eka Ka Micimiwahki Kekwal



- Asiyanak
- Ishkwewi apacitawila

- Asiyanak
- Ishkwewi apacitawila

- Kotakiya ntokolola ka pakitashowatahk Milo Pimatisiwi Canada
- ➕ Kasilikan nesta ntokololi akopisowila
- ➕ Ka wepilihcik pihtaweshikalk, kimisahola nesta ihkwakali kasilikala
- ➕ Kitishtapiteholi soap, kitishtapitehola, mipiti pishalapi, mipitihkali apacitawin nesta mipitihkali kasilikan
- ➕ Kasichhakala, soap, mitihkotali apacitawin, shampoo nesta micicyi nesta miyawwi shilokikala
- ➕ Kitishtapawacikali nesta olakali kitishtapawacikali apacitawila