

Kakain Na! Time to Eat and Talk about Filipino Canadians in Healthcare

In Canada, the Filipino community is one of the fastest-growing populations, with over 900,000 people, making up approximately 2.6% of the national population. Filipino healthcare professionals, particularly nurses and healthcare aides, play a significant role in strengthening Canada's healthcare system and supporting the well-being of Canadian families.

Elsa, June, and Carmela represent two generations of Filipino-Canadian women working in Canada's healthcare sector. Elsa and June are first-generation Canadian immigrants, while Carmela is second-generation. Their identities as Filipinas connect them, while their realities as immigrants shape their lived experiences in completely different ways. Before we eat, the mother-daughter trio will share personal stories and reflect on their contributions to Canada's healthcare system and their lives as Filipino-Canadians.



Using food as their medium, we will learn and they will demonstrate how to prepare some of their favourite Filipino dishes.

Go to HEALhealthcare.ca or use this QR Code to get to the Kakain Na! project and videos.



ELSA - Activity Questions

- 1) Watch **Kakain Na! Elsa - Healthcare** then reflect/discuss the following question.

Despite having a stable life and career as a nurse in the Philippines, Elsa immigrated to Canada to provide her daughter with better opportunities. She discusses several challenges and sacrifices she has endured as a result of this choice. Which of the challenges Elsa mentioned stood out to you?

- 2) Watch **Kakain Na! Elsa - Culture Identity** then reflect/discuss the following questions.

After living in Canada for over 30 years, Elsa reflects on how her cultural identity feels both Filipino and Canadian. However, this is not the reality for everyone. Rather than choosing one over the other, what aspects do you think keep Elsa connected to both?

Elsa mentions that racism will always be present and highlights the importance of developing resilience over the years to endure it. What are some examples of efforts or initiatives that exist to reduce the racism experienced by new immigrants?

- 3) Watch **Kakain Na! Elsa - Cooking Pancit Bihon** then gather the ingredients, colleagues, family or friends and prepare the meal!

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Recipe 1:

Pancit Bihon



Ingredients

Protein

- 2 cups - Shredded Chicken
- 2 - Hard Boiled Eggs

Spices

- 2 tbsp - Noir Chicken Seasoning
- 2 tbsp - Soy Sauce
- 2 tbsp - Patis / Fish Sauce
- "To taste" - Salt, Pepper, *Knorr*
Instant Chicken stock powder

Vegetables

- 4 - Garlic Cloves, minced
- ½ cup - Onion, diced
- 2 cups - Cabbage, shredded
- 1 - Carrot, shredded
- 2 stocks - Celery, chopped
- 1 bunch - Green Onion,
chopped

Other

- 3 flats or 1 package - Rice
Noodle, Brand: *Golden*
Bihon, Supre Q
- 2 cups - Chicken Broth

Garnish/ toppings

- Green Onion, chopped
- Hardboiled Egg, sliced



Instructions

- 1) Prepare the rice noodles according to the package instructions.
- 2) Pre-cut all vegetables.
- 3) Cook chicken and shred.
- 4) Saute onions and garlic until slightly brown.
- 5) Add in shrimp and cook through.
- 6) Add in shredded chicken, remaining vegetables and chicken broth. Stir.
- 7) Season vegetables with salt, pepper, patis and soy sauce. Bring to a near boil, stirring occasionally to prevent sticking.
- 8) Remove the meat and vegetables from the liquid and set aside.
- 9) Add your cooked noodles to the chicken broth. Add 1 tsp of chicken stock powder, a pinch of salt, and half of your green onion. Stir to combine.
- 10) Set the stove to low and let the noodles marinate in the broth for no more than 1-3 minutes.
- 11) Add your meat and cooked vegetables back into the noodles. Stir and combine evenly.
- 12) Garnish with sliced boiled egg and remaining green onion.
- 13) Serve & Enjoy!