

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.



National Collaborating Centre
for Indigenous Health

JUNE - Activity Questions

- 1) Watch **Kakain Na! June - Cultural Identity** then reflect/discuss the following question.

Do you think it is necessary to let go of or reduce one's cultural identity to assimilate into another?

How important do you think language is in fostering a sense of belonging within a culture?

- 2) Watch **Kakain Na! June - Healthcare** then reflect/discuss the following questions.

June describes experiencing fewer overt acts of racism and more microaggressions compared to Elsa (her mother), who frequently encountered explicit racist acts. What do you think contributes to these different experiences of racism between June and Elsa, despite both being first-generation immigrants?

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

Kakain Na!

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Recipe 2:



Ingredients

Protein

- 1.5 lb - Beef Ribs
- 1.5 cups - Creamy Peanut Butter

Vegetables

- 1 cup - Onion, diced
- 4 - Garlic Cloves, minced
- 4 - Bokchoy, cut bottoms
- 1-2 - Eggplant (Medium), thickly sliced
- 2 cups - String Beans

Spices

- 1/4 tsp - Pepper
- 1.5 tbsp - Annatto Powder
- 1.5 tbsp - Patis
- 1/2 tsp - Salt

Garnish/ toppings

- 3 tbsp - Crushed Peanuts (sprinkle on top to serve)

Optional

- 2 cups - Rice

Instructions

- 1) In a large soup pot or dutch oven, bring enough water to a boil to submerge beef rib. Add in beef rib and simmer on medium-low until tender (approximately 2-4 hours). Skim the foamy scum from the top periodically.
- 2) 20 minutes to serving time, bring another pot or deep pan to medium heat and saute onion and garlic.
- 3) Transfer 2 cups of liquid from simmered beef to onion and garlic. Heat through.
- 4) Add in peanut butter, annatto powder, patis, salt and pepper. Stir until mixture is smooth and evenly combined.
- 5) Add your peanut butter mixture into the large simmering pot of beef rib. Stir to combine.
- 6) Add in beans, eggplant, and bokchoy to the top of the stew; do not mix. Cover on medium heat until vegetables are heated through.
- 7) Serve & enjoy on own or over a bowl of rice!

