Are you interested in learning about traditional foods? This guide was developed based upon store visits in Summer 2015, and is subject to change.

Did you know?

Fish is rich in omega-3 fatty acids, an essential nutrient that your body cannot make on its own and must be obtained from the diet. Pickerel is one of the most common traditional foods (and one of the most delicious) found in Winnipeg stores.

Wild rice is not actually rice, it is the seed of a native North American long-grain marsh grass! The Ojibway word for wild rice, manoomin, means good berry.

Traditional meats have significant nutritional benefits. Bison, deer, and moose are all very high in protein, iron, and B vitamins and are also very low in fat!

Indigenous families have historically gardened many fresh vegetables such as potatoes, cabbage, onions, corn, carrots, pumpkins, herbs, and turnips. Vegetables and herbs were often dried or grounded into flours in order to prevent spoilage, and to provide year-round access to otherwise seasonal produce.

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### Traditional Foods

#### Category Foods

| LARGE ANIMALS | Bear, beaver, bison, coyote, (white-tailed) deer (venison), elk, mouse, lynx, caribou |
| SMALL ANIMALS | Duck, goose, grouse (rock/willow), partridge, prairie chickens, ptarmigan, muskrat, rabbit, wild owl (chicken), wild turkey, muskrat |
| FISH | Bass, bullfish, catfish, jackfish, lake sturgeon, lake trout, pickerel, perch, speckled trout, suckers, walleye, whitefish, white sucker fish |
| BERRIES | Blackberries, blueberries, chokecherries, crab apples, cranberries, gooseberries, pincherries, raspberries, saskatoons, strawberries, currants, smooth sumac, buffaloberry & soapberry, red cherries, Canadian plum & American plum |
| GARDEN | Beans, carrots, corn, cabbage, green beans, onions, potatoes |
| OTHER | Edible wild plants (eg: dandelion greens), hazelnuts, pink roses, Labrador tea, licorice, mint leaves, squash, weekay, wild grapes, wild onion, wild plums, wild potatoes, wild rhubarb, wild rice, wild turnip, 100% pure maple syrup |

### Legend of foods found in Winnipeg stores:

- **BISON**
- **ELK**
- **VENISON**
- **FISH**
- **RABBIT**
- **DUCK**
- **WILD BERRIES** - wild blueberries, wild saskatoons
- **WILD RICE PRODUCTS** - wild rice and wild rice pastas/prepared foods

### Where to Buy

**Indigenous Traditional Food in Winnipeg**

Contact us:

Unit 4, 640 Broadway, Winnipeg, Manitoba, R3C 0X3
204-943-0822
info@foodmattersmanitoba.ca

www.foodmattersmanitoba.ca

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