

National Association Indigenous nationale Diabetes autochtone Association du diabète

INUIT NIQIIT

By Martha Peet Art by Megan Kyak-Monteith



© 2022 National Indigenous Diabetes Association

All rights reserved. No part of this document may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or taping or any information storage and retrieval system, without written permission from National Indigenous Diabetes Association.

Design and Layout by Joshua Hunt

Printed in Canada

National Indigenous Diabetes Association 202 – 160 Provencher Blvd Winnipeg MB R2H 0G3 www.nada.ca

By Martha Peet Art by Megan Kyak-Monteith



 $\underline{Y}_1\underline{Y}$

Introduction

The National Indigenous Diabetes Association (NIDA) presents this booklet entitled "Inuit Niqiit", which consists of commonly consumed plants and animals that are Indigenous to Inuit lands in the Arctic. Through this resource, Martha Peet, Megan Kyak-Monteith, and NIDA honour a variety of original foods that are important to Inuit throughout the Arctic.

Original foods are plants or animals that are indigenous to the land, meaning they existed naturally on the land before settlers arrived. Food in the form of these plants or animals is a gift. Though our diets have changed significantly, the benefits of eating original foods remain the same. They are highly nutritious, which keeps us strong and healthy, and the hunting, fishing, trapping, and gathering of original food keeps us physically active and spiritually grounded. These are all parts of living a healthy life. Our personal health is something we have the power to change. It is the condition we keep our bodies in and results directly from what we eat and how active we are.

Colonization, forced relocations, and residential schools have had significant negative impacts on Inuit land bases, territories, and connections to the land. Regular harvesting and consumption of original foods has been largely replaced with a commercial supply of western, processed, non-nutritive foods.

Δ°-፟፟፟ Δ^c Δ°^c Δ°^c

As noted by the Canada Truth and Reconciliation Commission, "... original foods were viewed by missionaries, educators and doctors as being diseased and inferior; in residential schools, teachers taught children to dislike their own foods and inculcated them with the poor eating habits of a non-Indigenous institution."¹

The purpose is to foster discussions around Inuit foods as a means of reducing the incidence and prevalence of type 2 diabetes in Inuit communities, as well as providing information for those living with diabetes and looking to self-manage through diet. The goal is to promote consumption of Inuit foods for improved diabetes management and to strengthen cultural identity among Inuit communities.

This groundwork for this booklet was initiated by NIDA colleague Serena Hickes. Thank you, Serena.

Wild Food is Healthy Because

Foods from the land and sea once provided everything for our people. When wild foods are eaten more often there is an overall decrease in calories and saturated fat. Diets higher in wild foods often contain more lean meats and fish, and been shown to be higher in zinc, iron, vitamin A and calcium. Wild meat, fish and seafood don't contain any antibiotics, preservatives and additives, and wild plants are free of pesticides and herbicides and are often higher in antioxidants. ΠΠϚϹϷϒͰϟ[®] ϹͿϫͽϞϚ ϷϫϹϹ ϒϲϞϚ ϤϞϹͻ ΔΧͰϹϒ^ϫϫΔϐΠΓ^{*}ͼ·Ί⁻ͻ ϐͱϹϒ[®] ϷϫϹͿϭͼϚ "ϒϿϷͻΠ[®] ϫͼϐ·ϽϚ σ ʹϷϚ^{*}ϒ ϤϞϘϿΑϷͼϚ ΔϲϞΔϷϭͼ ϤϞϹͻ Ϲ[®]Πϭͼ ϹͿϟϷϟϚ Ϥ^{*}ͼϭϤͼϨΠʹϐϽϚ ϤϞϹͻ ΛϷ^{*}ϔϒϷͻΠ[®]; ϤϷϲʹϒϹϫϿΠ[®] ΔϲϞʹϐ^{*}ͼ, ΔϲϞΔϷ^c ΔϲϞΔϟ^c ϫϹϐϭͼ[®] Δϲϳϟ²[®] σΫΓϭ[®] ΛϷϞϳϟ^{*}ϒͻΓ^c Ϥ⁺Ϲͻ ΔϲϞΔΠͻϤ³/2^{rc} σϑͼ³Γ[®] ΛϷ^{*}¹2[°] σ₄Ϸδ⁶²³²[°]</sub>

ϼͼΓ^ʹϞͿϽʹ σʹᠻ^ϧϒ Ϥ^ͼσϤͼΔϽʹ Ϲ^ϳͺͿϥϤʹ Γ^ϧϞΔͽʹ

Canada Truth and Reconciliation Commission. About the commission: Indian Residential Schools Truth and Reconciliation Commissions: Historical overview. Ottawa: Truth and Reconciliation Commission of Canada, 2015.

Table of Contents

INUIT NIQIIT

Inuit Way of Life	7	Δ°፝፝፝፝ዾፚ° ዾ፝ዾፚ [°]	7
Land Animals	14	ےم [`] ل⊃د ⊲۶۰ا∪۹۰	14
Lakes and Ocean	20	۵۰L۵٬ ۹۰L، ۲۳۵	20
Birds	24	∩∿Г⊲⊆	24
Sea Mammals	26	ር _∿ ⊳<	26
Eggs	30	᠘ᡨ᠂ᠳ᠊ᠺ	28
Plants	31	٥٢٤٧	29
Closing Remarks	33	የኈj᠂፝፝ ር ዾ፨ዾጘ ^ݛ	30



Inuit Way of Life

The Inuit have lived in the Canadian arctic for many years. I called it Canadian arctic because it is what I know and what I lived during the early years of my 71 years. These recollections are not from the past, but to emphasize the importance of living and eating healthy foods back then and at the present. When I was young, the elders, sick or the widowed women were taken care of by other women, making sure some traditional food such as fish, seal or caribou is given to them. This is still practiced today by so many women in the arctic. Once the animals are caught, the hunter brings home the catch then it is entirely up to the woman of the house as to how to distribute or decide on what they need for their families. Sharing of food is very common in the arctic. It is not only land foods that are shared. If a person has ran out of tea, sugar, flour, baking powder or lard, they will ask for some from another relative or a family, essentials are always shared. As I write this today, my son goes out fishing, he keeps what he wants, but always give the rest of his catch to a family who has no hunter living with them and those who depend on store bought foods as they have no other access of getting traditional foods caught on the land. With stores in the communities are bombarded and promote selling of junk food such as soft drinks, chocolates, candies and already prepared foods, the health conditions of the Inuit could be in jeopardy. Why do the stores in the communities sell these foods? It is because they profit a lot of money from these kinds of foods.

᠕ᠳᠴ᠘᠋᠘᠂᠕ᠴ᠘᠆᠕

 $\Delta^{\circ} \Delta^{\circ} \Delta^{\circ$ CΔ≪ς δαC≥< ≥₽≥°C°2°bσ° Γ°5ρ° C5μα ρα°b %≥≥Lld ۹^LL→ Δ۵٬α^Cα^Cd Δ^CD^Cb^CD^C ۹، ۱۹، ۱۹، ۲۹۵، ۲۹۵، ۲۹ د ۲۹ مار ۹۵، ۵۹، ۹۹ م Δ° Δ° **ヘ∿⊾⊳ᢣᠳ**[৻]. ᠳᡃᠻᡃᡃᢐᠲ᠋ᠵᢩᢣᠲ᠋ᠺᡃᢕ᠘᠋ᠴᡆ᠘ᡃᡗ᠈ᢉᠵᡃᢐᢗᡃᢣ᠋ᢕ᠍᠖ᢗᡪ᠔ᠳᡅᡅ ∆ኈጏጛኇዾ ዹበናኇዾ ዸኇጏኇሩ ጋኴጋኇዾ ጋኇጶዾኈርናረበዾ. ረሮ ር๖′ዺ ﻣ<∿∿רסי היףסי ארבססי>י סינלטרסי היףססססי. סרי ьኈ∩ኈσኈ ∢ጋነር▷ኈር∆ፈነጋኈ ▷ዖ▷ነርነጋ< ጔፈ∿Ⴑσ. ጔፈ▷< ኇዦ∿Ր $P_{a} \supset \Delta_{a}$ $\cap B_{b} \supset \Delta_{i} < c$, $A \supset A_{a} < c \supset b$, $> L \supset C \land C$ Δ⁵/24^C. 4Δ⁶/%C⁵^C Δ₂Γ⁶σ^C 4¹5¹σ^C 4⁶⁰/%C⁶²σ^C. C¹Ld4^C ⊲ጋ∟⊲ ፦ ⊂ ⊲Γኈьኈር▷ኈር∿Րፈጋሩ. ርኖ በበናበጔ∿ ▷ጋΓ. Δነσና ∆؈⊂⊲७८٬೨७, ∧٢᠘ᢣ᠘ᢣᠮᠣ᠖∧٢᠘᠖ᢗ᠈ᢣᠣ, ∆ᡄ∿Ր ∆᠖ᠴᢀᢗᠣ የረላም⁶ ወኦል⁶/ «ሀረሳት ⁶ ወርፅሐም² ወርዓሐም² ወርዓራ⁴ «ሀረሳት ⁶ ወ⁶/ «ሀረሳት ⁶ σθ΄ Γ΄σι, σραιάς σαιγρασ αιγαι αιγαι σρααικί στο σι Ψ΄ ϷΤΤΤΟμ. COTOΣ, ۵. COTOΣ, ΔΤΑ Δ. Δ. COTO, $\mathcal{L}^{\circ}\mathcal{L}_{\mathsf{C}} = \mathcal{L}^{\circ}\mathcal{L}^{\circ}$

Inuit Way of Life

The seasons are very important for hunt time for the hunters, also for the women to plan their way of drying skins, how to prepare the meat. Each season has a different way for the hunters and the women to prepare land foods.

The Spring represents a new beginning of preparing the sleds, dog teams or machines. The Inuit hunters begin to fix their sleds, fish nets and other things needed for hunting or fishing. During the early Spring, the families go on fishing trips, making holes on the ice that may be 8 or ten feet thick. The taste of fresh trout is always appreciated after eating fish that was caught the previous fall. The fish caught is always eaten by the family members or friends. It is eaten either, frozen, thawed, boiled or in the recent years, fried.

During the late Spring, the natural holes on the ice are formed from the thawing of the snow from the hills and running into the lakes where the holes are form from the twirling of the water in one spot on the ice. Many trout, white fish and land locked char are caught during the late Spring. At their tenting or where the cabins are located, the fish are made into dry fish. They are filleted, spine bone, the head and bones are removed. The fillets are placed on racks or placed on lines to dry from the sun slowly. When the fish are made into dry fish fillets, there is no seasoning added such as salt or pepper. They are washed and put on the racks or lines to dry. Once the fish are dry, they are placed in muslin sacks and put in the community freezer for later use.

Also, the caribou are returning from their winter migration area. A few caribou are caught at this time of this season, the female caribou are usually pregnant and are left alone. During this season, the caribou meat are cut into slabs and these are place on top of the big rocks to dry. The dried meat is also placed in muslin sacks and put in the community freezer as well for later or winter food when the caribou have migrated north. The caribou are usually not fat during the Spring as they have no exposure to new plants during the winter.

ΝΑ³υ⁶ Δ³J², Π³J, C¹Ld³C¹ d³L³C² P³U⁵C² ΛC³b²C¹D³J, C¹L²C² d³L³C² d³L³C² d³L³C³, d¹L³C³, d¹C³, d¹C³,

The summer brings on a new abundance of life on the land itself and also a variety of animals or fish are present. The arctic flowers are starting to flower, edible plants are also growing, berries are present and most important of all, the heather plants are growing, flowering and green during the early summer. During the late summer, the heather greens and flowers have gone, only brown dried heather is present. When the heather has turned brown, the women pick the brown heather, leaving behind the root, a lot is gathered. Many years ago, the heather was used as an insulation when the Inuit lived in igloo. The dried heather is place on the snow bed, then the caribou skins on top of the heather. Nowadays, the brown heather is used to make tea out on the land. This practice is ancient, and it's carried on to todays way of life. Two slabs of flat rocks, about 8 x 8 inches are erected about 10 inches apart against a huge rock. Where the slabs of rocks are placed depends on the direction of the wind. The heather is placed in between the two slabs of rocks then lit. A pot of water is placed on the sides of the rock slabs. The women keep putting heather into the fire burning, this is how the Inuit cooked and made tea many years ago and it is still practiced today.gets dusty with sand particles. For this reason, the Inuit pick a spot out of the community where they set up their tents or makeshift cabins are built. This is where the Inuit dry the caribou and dry fish, where is air is not dusty.

۹۶۶، ۵۲۲۵٬۹۲۱ مرزمه ۲۹۵۵٬۹۹۹ مورز ۵۲۹۹۹ مورز ۲۹۵۹ مول ۱۹۵۰، ۲۰ ۵۷۲۵ ۵۲٬ ۲۰۲۵، ۲۰ ۵۷۱۵ ۱۰ ۵۷۱۷ ۱۰ ۵۷۱۹ ۱۰ ۵۷۱۹ ۱۰ ۵۷۱۹ ۱۰ ۹∿۵۵۵ לך ۵۵۵۴۵٬ ۲۹٬۲۲۲ לרי∩۵۲ ۵۲٬۳۵٬۵۰ ۵۳٬۳۵ مدلام ، د. ۷۹۵ مع مروم ۱۵، ۲۰۰۲ کر مال مور ۲۹ مروم مال ۲۹ مور مال ۲ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ $\mathcal{A}^{\mathcal{A}}$ Δουτ Δουγτις, νς Σον Δς Δς Δημανικός $(\ensuremath{\mathbb{C}}\en$ ۲۰٫۷ ۱۵٬۷۵ ۲۰٬۷۵ ۲۵٬۹۷ ۲۰٬۹۷ ۲۰٬۵۸ ۲۰٬۵۰ ۲۰ $a \downarrow^{c} Cd \neg C \forall \neg A^{c} \Delta \neg \nabla A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land a \downarrow^{d} \neg D a \neg A^{c} \forall D \land A^{c} \land A$ CLL ΔJΛ ΔΡΥΡοσ. 6C% ΔLL65D% ΔσΥΡοσ ΡΥΥΔ»



Inuit Way of Life



INUIT NIQIIT

The fish are abundant during the Summer; the char, trout, land locked char and cod. The Inuit usually use nets during the summer to catch char. The char fish spend the winter in freshwater lakes then travel down the rivers to the sea where they run long the shores of the ocean feeding on small shrimp. The char are lean when they first go down the river during the Spring, however, they are very fat at the end of the summer before going up the river. The char are caught with nets or with kakivak (fish spear). They are made into dry fish. They are used for winter food. The belly, roe and the stomach are separated from the carcass, they are boiled and eaten. The heads of the char are put in pots and boiled also. At the end of the day, the women, families and friends gather and eat them. It is a very sociable time for the Inuit when eating together. This is followed by tea and bannock. The communities nowadays have sandy roads and it gets dusty with sand particles. For this reason, the Inuit pick a spot out of the community where they set up their tents or makeshift cabins are built. This is where the Inuit dry the caribou and dry fish, where is air is not dusty.

ፚኈኯፚ፞፞፞፞ፚ፟፟፟፟፟፟፟፟፟፟፟፟፟፟፟

The char fish is also frozen whole soon after catching (in the community freezer). These are saved to eat frozen or thawing out then boiled or baked.

The women and the children go berry picking, eat edible plants and socialize out on the land, they bring their teapots and make tea using heather for fire. Sometimes they bring fishing rods and rod fish at the lakes. With the twenty-four-hour daylight and sunlight, they go for their walks either during the day or during the nights.

The hunters go hunting for beluga whales, narwhal and seals during the summer on the open ocean water. Whale hunting is only during the summer months, seal hunting is throughout the year. The skin of the whales are delicious and nutritious as all other land animals. The skin (maktaaq) is eaten raw or boiled. The raw maktaaq is very chewy. When boiled the whole maktaaq becomes soft. The meat of the whale is very dark. It is used for making dry meat, when dried it has it's own distinct taste and somewhat chewy. The maktaaq is now offered in some restaurants in few places in the arctic.

The seals are hunted. The meat is very nutritious and as the other parts of the seal. The seal meat is eaten fresh raw, frozen or boiled. Only a very small parts of the seal are not eaten. During the Spring, the seals are caught when they are on the ice, close to their open seal hole, during the summer, the hunters go in their boats and go hunting and hunt seals from their boats, in the fall, they hunt for seals off their boats and in the winter, the hunters waits for a seal to surface through the seal hole when they have to breathe air. Seal meat is very important part of the Inuit diet. ርሊϷናΓϷርΔና ረድ ምምርϷቴርናረበ፣ ΔͻΔϽበጋቦና ΔቴጋርϷϧና∿Γະ (ዾͼድና ምምረል⊲σ). ምምረLፈና ΔቴጋΔና ምምበጋቦና σሌኦϷቴርናረበ፣ ⊲ዛሬጋውና ⊲ϷͿΔና∿ር የሬድናረናዮቴርናረበ፣ ⊲ዛሬድውና ΔυርϷቴርናረበ፣.

 $acinc d^{1}ac/d^{1}CP&CO^{1}$. $\sigma^{P}VL acinc nCIC d^{P}dCAc+dNPdc d^{1}L_{2} acinc \sigmaP^{1}CPLADC nCIC. <math>acinP^{2} \sigmaP^{2}VL \sigma_{1}DP^{2}CO^{1}P^{2}$ $d^{1}L_{2} acinc \sigmaP^{1}CPLADC nCIC. <math>acinP^{2} \sigmaP^{2}VL \sigma_{1}DP^{2}CO^{1}P^{2}$ $bcdLnad, PPN_{2}Cc d^{1}L_{2} bcdLn_{2}CPVCCO^{1}CAc^{1}P^{2}DP^{2}CO^{1}P^{2}$ $Pda^{1}D^{2}C. PA^{1}Ud^{2}, acin d^{1}dcdCPVCCO^{2}Cd^{1}D^{2}CC^{2}P^{2}$ $d^{1}dcdd^{1}CPCdd d^{1}L_{2} \sigma^{2}Vd^{2}CPVCCO^{2}Dn_{2}d^{2}$ $acinCddichP d^{1}L_{2} PPPd^{2}, d^{1}dcddO^{2}PCPVCCO^{2}Dn_{2}d^{2}$ $PCPVCCO^{2}C. C^{1}La anP^{2} \sigmaP^{1}U dO^{2}D^{2}D^{2}VD^{2}VD^{2}$

Inuit Way of Life

The fall comes early September. With the climate change, the freeze-up of ice is late now. The Fall season brings caribou back from their feeding grounds. At this time, the caribou now have about 1 to 2 inches of fat, the caribou have shed their winter fur during the summer and in the fall, the fur on the skins are very short and dark in colour. The fat of the caribou is eaten as is, it does not taste oily, it is white and hard. The fat is often used as tallow to use in making Bannock frying or to eat as is. All parts of the meat are used except for the bones, lungs and some inner parts in the gut area. At this time of the year, the meat is not made into dry meat, the meat is cut up at limbs and put in shed next the houses for fresh frozen caribou meat to eat for several months.

The Winter comes usually around the month of October. At this season, the Inuit go ice fishing when the ice is still thin. A few are usually caught, they freeze immediately after catching them. The Inuit eat them frozen with their families and friends.

Also, during the winter, the Inuit go rabbit hunting or ptarmigan hunting. These are also important part of Inuit food. They are nutritious as well as a good change from caribou and fish. The rabbits and ptarmigan are often boiled and eaten as the big meal of the day.

The polar bear are also hunted. The meat of the polar bear is about the only part of the animal that is eaten. It has to be cooked well, the traditional way and present time way of cooking the meat is to boil the meat and cooked well. The fur is usually sold and the money that the fur brings in is often used to make a down payment on snowmobile or a four trax. In earlier years, the hunters used to have to go quite a ways to get a polar bear, nowadays, with the climate change, the bears are looking for food in or close to the communities. The traditional way of polar bear hunting has changed during the recent years due to the climate change.

$$\begin{split} \mathsf{P}\mathsf{P}\mathsf{A}^{\mathsf{b}}\mathsf{A}^{\mathsf{b}} & \mathsf{d}\mathsf{D}_{\mathsf{C}}\mathsf{C}\mathsf{P}^{\mathsf{b}}\mathsf{G}(\mathsf{C})^{\mathsf{b}} & \mathsf{d}\mathsf{D}_{\mathsf{C}}\mathsf{A}^{\mathsf{b}}\mathsf{D}_{\mathsf{A}} & \mathsf{C}^{\mathsf{P}}\mathsf{b}. \ \mathsf{C}^{\mathsf{L}}\mathsf{L} & \mathsf{L}^{\mathsf{L}}\mathsf{A}^{\mathsf{b}}, \\ \mathsf{b}\mathsf{D}\mathsf{D}_{\mathsf{A}}\mathsf{D}_{\mathsf{A}}\mathsf{C}^{\mathsf{b}}\mathsf{C}^{\mathsf{c}}\mathsf{A}^{\mathsf{b}} & \mathsf{d}\mathsf{D}_{\mathsf{C}}\mathsf{D}^{\mathsf{c}}\mathsf{A}^{\mathsf{b}}, \\ \mathsf{P}\mathsf{P}\mathsf{A}^{\mathsf{b}}\mathsf{A}^{\mathsf{b}} & \mathsf{d}\mathsf{D}_{\mathsf{C}}\mathsf{D}^{\mathsf{c}}\mathsf{D}^{\mathsf{b}}\mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{A}^{\mathsf{b}} & \mathsf{b}\mathsf{d}\mathsf{d}\mathsf{d}\mathsf{d}^{\mathsf{c}}\mathsf{D}^{\mathsf{c}}\mathsf{A}^{\mathsf{b}}, \\ \mathsf{P}\mathsf{P}\mathsf{A}^{\mathsf{b}}\mathsf{A}^{\mathsf{b}} & \mathsf{d}\mathsf{D}_{\mathsf{C}}\mathsf{D}^{\mathsf{c}}\mathsf{D}^{\mathsf{c}}\mathsf{D}^{\mathsf{b}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{b}\mathsf{P}^{\mathsf{b}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{A}^{\mathsf{b}}, \\ \mathsf{P}\mathsf{P}\mathsf{A}^{\mathsf{b}}\mathsf{A}^{\mathsf{c}} & \mathsf{d}\mathsf{D}_{\mathsf{C}}\mathsf{D}^{\mathsf{c}}\mathsf{D}^{\mathsf{c}} & \mathsf{D}^{\mathsf{c}}\mathsf{A}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{D}^{\mathsf{c}}\mathsf{D}^{\mathsf{c}} & \mathsf{D}^{\mathsf{c}}\mathsf{D}^{\mathsf{c}} \\ \mathsf{D}^{\mathsf{c}}\mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{D}^{\mathsf{c}} \\ \mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}} \\ \mathsf{D}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} & \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}} \\ \mathsf{C}^{\mathsf{c}}\mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}} \\ \mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}} \\ \mathsf{C}^{\mathsf{c}} \\ \mathsf{C}} \\ \mathsf{C}^{\mathsf{c}} \\ \mathsf{C}^{\mathsf{c}}$$

>PP>L

L

C

(1)

C

C

(1)

C

(1)

C

C

(1)

C

C<

Κοιροφίας Αραία Αραί

 $a \Delta \Delta \Delta + c = 4^{3} (c > 6 C + 0^{6}, c + 0^{6} + a^{2} \Delta + 0^{6} + 0^{6})^{2}$ $Pr'F^{6}, b c + L \cap 4 \wedge 4^{6} + 0^{6}, C \Delta + L = 4^{1} L = 2^{6} + 1^{6} +$

INUIT NIQIIT

It is important to emphasize that only the land foods, berries and plants were the mainstay meals of the Inuit during the past years. These foods provide nutrition and make us strong and healthy. The fresh vegetables and fruits shipped to the stores in the communities do loose their nutritional value when they have been accidently frozen or the time it takes to get southern foods to the arctic. In the smaller communities, there are no restaurants where the Inuit can go out to eat. The community stores bring in boxed frozen food oriental foods, creamed pastas, chicken and beef. These foods contain a lot of sugar and salt, they add to the problems of diabetes, high blood pressure and other illnesses in the different parts of the body. These kinds of foods rot the teeth and makes children not function well in school. The stores in the communities will never cease to sell chocolates, pop, chips and candies. These companies profit a lot of money from these junk foods. For the same amount of foods we buy when we go to the stores in the south and the same amount in Canada's

arctic, the amount of money paid is either doubled or tripled. It's understood why the foods have to cost more in the arctic communities, freight charges brough in by the barges and airlines are very high.

> The hunters in the arctic take into consideration about where they do their hunting and fishing. These are monitored well so that the Inuit children can eat well in years to come.

۲٬۵۵۹ م. م. ۵۳ م. ۲۰۵۹ م. ۲ Δ^{L} Δ^{J} Δ^{C} σ^{L} Δ^{C} σ^{L} Δ^{C} Δ^{C} ۲٬۵۰۵ مه ۲ دانی ۲٬۵۰۲ د. ۸۲٬۵۰ مه ۲ م۰۲ د. ۲٬۵۰۷ د. ♦⊳د׳חכ⊳℅сי⊃، ها مد ا مح∿ مد ۲ مد ۳ مد ۱۲۵ مر ۲۵ م ۵٬۹۲۲۹٬ ۵۶٬۹۳۹٬ ۵٬۲۵٬ ۵۰۲۵٬ ۵٬۹۹۹ ۵٬۹۷۱٬ ◊▷ﻧﻦ ﺩﻩﺩﻩ װײר אָלי געראי. (א⊃פר שבירה אולט. $Pain/and c^{b}\sigma^{b}$ (Add (CaP< $dPd\sigma$ $\sigma abble$) (Corb). Actor <د>νίς Διγρία αιΓ <γων, αιριάζαι αιΓο Σροζαι. Cr[9α] $\sigma^{\prime} P^{c} \Delta c + L + c \quad \forall P^{c} + d P^{c}$ م>،۲۰۵ م، ۱۵ م، ۲۵ م، ۲۷ م، ۲۰۱۵ م-۱۵۵۷ م۰% م۲۰۱۵ م۰۱۷ ممه ممکر ۲۹۵ موری موری ۱۹۹ داله، مام منه ۲۵ دالمان منه ۱۳۵ د ۱۳۵ د ۱۳۵ د ۲۵ ۵۰ د ۲۵ د ۱۳۵ د ۲۵ د ۱۳۵ ΔC%Δ^c Δ/4%Ω^c Δ/L⊂DG/4^s/σ Δς56/4^s/σ. C^LLd4^c σDδ^sδ^c مورك٥٢٩ م٠٢٢م٥٩ لوم٥٢٩ مهدام مردم المرد المعام معرفة معرفة معرفة المرد المرد المرد المرد المرد المرد المرد الم ΔΥΔΟΔς CLdσως ddbσς, ΔΓιόσο, <ΠΟ ΥΥ ΔΗ ΡίαΓασς. CLdd b< σ βαδγσδυd δ CαΓ CΔLΔ)σ Λοηρσ σθσ. σΡΑΡΠΓΰC[®]C[®] ⁽ ^βαΡγΔ⁽ ^βαα μα^νΓσ α^LL α^LΓνσ⁴ ۵٬۳۰۳ م۵٬۵۲ م۵٬۵۲ م۵٬۵۲ م۵٬۵۳ م۵٬۵۲ م۵٬۵۲ م۵٬۵۲ م۵٬۵۲ م۵٬۵۲ >C4,549c UbUCD, C2, Ub,4U, PLA,570, Ub,40sc, PLA,449c

ϤͽͿͼͰϤͽͶϚϷϷϷͽ;;ϽϹ ΔͰͺΓϿ;Ϸϲ;Ͻϲ ͼϲϥϫ ͽͼϷ ϤͽͿͼϞϥͽϫϥ;Ͻϲ ϤϝΓϿ ΦβϿͽϿϞϷϫϥ;Ͻϲ ϹϝϤϥ ͼϿͼͲ;ϽϲϷϞϥ;Ϸϲ;ͻϲ ϹϝϤϥϲ ͽϹͼϷϗͼ ϾͼϗϷϗͽ ϫϤͶϥ;Ϲͼϫϥ;ΓϹ ϷϧϷϲ υϧϫϿϫ

Land Animals

Polar bear

- The meat of the polar bear has to be cooked thoroughly by simmering or baking the meat.
- The meat has a pork meat like texture.
- The polar bear meat is fatty. Eating fatty meats in the arctic is important to stay warm in the cold arctic winters.
- The meat and the fat of the polar bear is essentially the only edible parts of polar bears.
- The liver is toxic so the liver cannot be eaten (very high in Vitamin A.)
- The paws can be cooked and eaten as well.

۰Δ۰

- مەك⁽ ۵٬۷۴۵، ۲۵٬۵۰، مەك⁽ ۵٬۷۶۵، مەك⁽ ۵٬۷۹۵) دەك¹/ ۱۲۵۵، ۵۰۷، مەك⁽ ۵٬۷۹۹)
- שלי שבעי לכ שיליר כיולטי שםעי שתלי שישעי
- مهΔ^c Π^bJ^b σ_cb^bC^bC^cC^c
 Δ^cL^c C^bL^c





_____۲⊃۲ ⊲∿ا∪۵۲۲

Rabbit

• The flesh of the rabbits are cooked in a pot over a stove and eaten. The skins are used in making clothing for children such as mitts or around the hood of the coat for warmth.

⊳ ۹. د ر

 Crpqd, 26,09,00
 Crpqd, 26,60
 Crpqd, 26,60
 Crpqd, 26,60
 Crpqd, 26,60
 Crpqd, 26,60
 Crpdd, 26,60
 C $\Delta U \triangleright^{\varsigma} = \Delta U \triangleright^{\varsigma} = \sigma \nabla^{\varsigma} \wedge \nabla^{\varsigma} + \sigma \nabla^{\varsigma}$ $PP.C < Q^{P} = QC = PC P PC < C^{P} = QC = QC$ ۹۰۲، ۲۵۲۵ مار ۲۵۲۵ مار ۲۵۲۵ مارد ۲۵ مارد ۲۰ مارد ۲

Squirrel (siksik)

• The flesh of the siksik is boiled and eaten. It looks like and tastes like chicken. The fur is used for making children's clothing.

۲۰γ۰

• ج^نه م (۲۰۲۵ ۲۰ ۲۰ ۲۰ ۲۰ ۲۰ ۲۰ ۲۰ ۲۰ ۲۰ ۲۰ ۲۰ ⊲%PL4<i>>< ∩∧%><.</p> ۵٫۰۱ د۲۵⊂۲۹۵ ماکα



Land Animals

INUIT NIQIIT

Caribou

- Almost all parts of the caribou are edible.
- The meat of the caribou is full of protein, it keeps the people warm while out on the land, it's very nutritional. When the Inuit eat frozen caribou, they often mix it with the fat of the caribou.
- There are so many ways the caribou is eaten:

Frozen: The traditional way is to place a big card board box opened up at the corners, placed on the floor, place the caribou meat on the cardboard and the Inuit, families and visitors sit or kneel on the floor and eat together, this is a social time for the families and their friends. The mother cuts up the meat in small pieces for the young children and they eat along with everybody else. The is always followed with a pot of tea and bannock.

Boiled: This is a traditional way of eating caribou also. In the modern days, the meat is placed in a pot, onions, celery, carrots, potatoes, salt, pepper or a packets of dry beef soup mix. The stock which the caribou is cooked in, is drank in cups.

Dried: The slabs of meat is placed on rocks or racks to air dry from the long arctic sunlight. These are often taken along when out on the land, it does not go bad and it's convienient. Often the dry meat is placed in gunny sacks and put in the community freezer and eaten when the caribou are scarce during the winter months.

2,02

-))∆^C σ^GP^U ∩^LC^vΓσ σ_L > >^L
- ምየL∿ዮ ጋ°ጋ∆ና ምየL∿Γ° ∆
 ፦ ◊▷∩∍ና ◊/◊?∩Γ°,
 ፦ ₽?%C?∩J ∩Гdና ◊/4'ም%ና ∍≥√▷'∩∍C, ምዮዮ
 ◊°σ◊≥◊C>፦ σ°Jና ◊/4'ን℃. ◊∍◊ና

 990^{1} (σ_{x}) 90^{1} (

 $b \leq 1/2^{\circ} = b \leq 1/2^{\circ} \times b \leq 1/2^{\circ} \otimes 1/$

 Γ°◊Δ
 ×
 >>>
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 >
 ></

Fresh: Caribou meat is also eaten fresh. Usually left to outside or in the house for several hours after the kill.

Cached: The Inuit like to go hunting for caribou during the fall because they are fat and have 1 to 2 inches of it between the skin and flesh. During this time, hunters dig a shallow bowl in the gravel, place the meat in the gravel and bury it with rocks. During the fall, the weather is cool enough that the meat does not rot. When the caribou have migrated from their summer feeding grounds, the caribou get scarce. During the winter, the hunter goes and unburies the meat and take some home so the families can eat caribou during the winter months. Quite often, the wolves get to the caribou cache and eat the meat.

• Many years ago when a mother cannot provide breast milk to a baby, the mother chews the fat, then feed the fat to the baby.

∧?ᢣ∆^c × ∆ച∆^c Ͻ^bϽϲ⊲ኄC^c ▷₽⊲^b∖Γ ۵٫۲۹۵٫ ۵٫۷۹۵ ۲۵۹ ۲۹۵ ۲۹۵ ⊲└Г⊲С⊃ ८ ⊂ ምምՆС. ጋ▷ጋርና∿LГ▷ **۵**¹*C* 496L' CrF99c 9802474c DoD8.2c *ا*ر Δ۶۵% ک¹ ۲٬ Δ۶۹ ک² ۷۹° ۵۰ کا ۲۲۹۵ که ۵۰ ک $\forall \forall a \subset b C^{1}LC. PPPF \forall \forall a \forall a d \forall n.$ م^۱۲ م^۳۲۵ ک^۳ ۲-۲۹ ۲-۲۹ م σ۴%σσ۹٬LC ۵۴۵%JNLL לכ CLLdα^c Λγογητής Δεσο αιμοίος συροφοίος Λ2407L4σ⁶ Δ^LL₂ Λ240 σ_L⁶C⁶C.

CΔ/Lσ <Δ</p>
 <Δ</p>

 <



$\underline{Y}_1\underline{Y}$

Land Animals

- The caribou caught during the middle of the winter and during the spring, the meat is very lean and there is hardly any fat on the caribou between the skin and the flesh. This is due to hardly any vegetation for them to forage during these months. The summer and fall caribou are fat, this is because they feed during the summer with all the plants and berries that are available during the this season.
- The caribou caught in the Spring is often made into dry meat. The caribou is cut up into about one inch slabs and place on the racks or lines to be dried as the sun is up for many hours during the Spring, these are eaten by the families at home. The drying of the caribou meat is often done out at a camp where the air is clean and there are no dogs around to eat them. The dry meat is often eaten with either seal fat or liquid fat made from boiling char bellies which turns into oil. Nowadays, the store bought food dehydrators are used in the house to make dried caribou in the house. The meat is sliced into thin slices and placed in a dehydrator to dry.
- Caribou feed on various summer plants; flowers, plants, and lichen.
- Liver is cooked, usually boiled.
- Heart is cooked, added to other caribou meats in a pot.
- Brain is cooked, usually the whole head is boiled.
- Eyes are a delicacy, usually given to children, they can be eaten raw or cooked.
- Head see brains

- CLLdd()>)CD(b(C))C PPPF dL PA(C), σ(P) ><<b(b(C))C + Da(b(C))C dd(b) dF(C) + C σ(P)C. CALA(C))C PP)(J) J σ(C)C(C)C + C σ(C)CALA(C))C PP)(J) J σ(C)C(C)C + C σ(C)C(C)C + C + C)C + C σ(C)C + C + C + C σ
- 2^{5} $2^$
- C'D" $\sigma'P \subset P' \subset P \prec D^{C} \Delta \subset C \land D' \cap C'D'$.
- ▶└L∩∿Ր ℆ϲC▷℅ር٬ጋ٬ ΔϲϲՐᠴՐ٬ ϽϧϽ σ،ՔペՐם٬ ℆ϲC▷⊀ם٬
- ኈሊርና ነትርትራዮኈርናጋና, ጋ▷ጋ∆ና ቐዻነት∿ ∆Ⴀ๋┨∟Րና ኈዸናር⊳ኈርናጋ
- σ~חር⊳ኈርኄና Δነσ°, σ~ነ⊳ኈርኄር ኈርጘרח∝רייטי ኈርጘרחיסיי
- ლაცკი C მ თე კი V C c

$\underline{Y}_1\underline{Y}$

∟مړلۍ ۲کړ **۹**۴۹ ت

- Tongue is a delicacy, it's boiled and eaten. Often saved for the children. The tongue of the caribou is fatty tasting.
- Stomach bag is emptied. The digested food in the stomach is not messy or greasy as caribou only eat plants. The stomach is eaten raw.
- Marrow is another delicacy often saved for the children. The marrow from all four legs are used. It is eaten raw.
- Tenderloin is almost always eaten raw. It's the prized meat of the caribou. Often given to friends or relatives.
- The shoulder blade has tough meat with gristle. It is eaten raw, thawed or frozen. When cooking the shoulder, it is often cooked for a long period to tenderize the meat and the gristle.
- Rump is the meatiest part of a caribou. It is often used for making dry meat as there is a lot of meat. It is also boiled or roasted.
- Legs the meat is eaten raw, either frozen or fresh. Every part of the meat and muscle is eaten.

- ▷%% LLへと▷⊃
 √5%% LLへと▷⊃
 √5%% LLへと▷⊃
 √5%% LLへと▷⊃
 √5%% LLへと○⊃
 √5%% LLへと○○
 √5%% LLへと○
 √5%% LLへと○○
 √5%% LLへと○○
 √5%% LLへと○
 √5%% LLへいと○
 √5%% LLへいと○
- ▶१₽ ▷٩< Δ」
 ▲
 ▲
 ▲
 ④
 ④
 ④
 ④
 ④
 ♥
 ▲
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
 ♥
- <<p>くへいやししんよりとくやっと、
 この、
 この、



Lakes and Ocean



Arctic char

Arctic char migrate to the ocean via rivers from the lakes in the Spring to feed on shrimp, then go up river in the fall to return to the lakes.

- Flesh is very red in colour from feeding on shrimp. The Inuit make dry fish from Spring until late summer at camps. They are placed in sacks and placed in the community freezer to eat during the winter when the char is not abundant. The char caught in early fall are very fat from feeding in the oceans all Spring and Summer. These fish are cached under the rocks. When needed for food at home, they go and get some and leave some for later use in caches.
- Liver is eaten fresh raw. It's usually eaten in late summer.
- Roe of char are very small round eggs. It is usually saved for the children. It is eaten fresh, boiled or dried.
- Stomach is emptied of the digested food, it can be eaten raw, dried or boiled.
- Heads of char are eaten raw, frozen or boiled. It is a delicacy especially the cheeks, eyes and the cartiledge.
- Belly of the char is very fatty. The bellies are placed in the pot, and boiled slowly to extract the oil from the meat, they separate by boiling, the meat sinks to the bottom of the pot and the oil stays on top. The oil part (liquid) is scooped and placed in containers. The oil can be frozen for a long period of time or used immediately. The oil is used for dipping dried meats like caribou or whale meat when eating.

ᢗᡣ᠋᠋᠋Ϸ᠋᠋᠋ᠮ᠘ᢗ᠘ᡕ

 $\Delta \mathfrak{H}_{\Delta \mathsf{G}} \Delta \mathfrak{G} (\mathsf{C}_{\mathsf{C}} \mathsf{P}^{\mathsf{G}} \mathsf{C}_{\mathsf{C}} \mathsf{G}^{\mathsf{G}} \mathsf{G}} \mathsf{G}^{\mathsf{G}} \mathsf{G}^{\mathsf{G$

- σΫΫ (、 μϷ ΓΡ (Ϸ Ϥ > < ¿) ° σπώ (SΓ Ϸ ৬ ৬ ৬ Φ. Δ Δ
 Λ' Λ ⊂ Ϸ & (C Ψ Λ Λ 4 ¼ J Ϸ Λ ⁵ Ψ Γ ΠΡ 4 ¼ J Ϸ P 4 ¼ Φ. Δ Λ ⁶ Ψ
 Δι σ τ σ ° Δ Δ (C 4 J Σ Δ 5 Ψ Γ Δ 4 Ψ Δ 4 Δ 4 Φ. Δ 7 Φ 4 Δ 4 Φ. Δ 4 Φ

 $\underline{Y}_1\underline{Y}$

∆LV، ∢L⊽ Cس⊳ر

Trout

- Flesh of the trout depends on their diet. The flesh of a trout that eats minnows will be greyish/white, if the diet is shrimp, the flesh will be red.
- Stomach is emptied, when making dry fish in large numbers, the stomachs are put together in a pot and boiled.
- Head is also a delicacy. The eyes are eaten fresh by the children as they are caught. Also eaten are cheeks, cartilage and any meat. The heads are put in a pot and often eaten with company.
- Roe of the trout is a delicacy. The eggs are bigger and orange in colour. The roe is eaten raw most times. When there is an abundance of roe, they are dried intact in the sac.



CΥ΄ Διω Δ ΔΥ΄ςίθΔς

- ምየትቦ C-Lddና Δ/ና4Δና Δፄ ΔΛ 4ነት
 ቦትቦጋσ▷ σኊቴርናጋና. Δፄ ጔኒናσ▷ σኊቴርናጋና ምየትቦ ፄ dσናኣ▷ላና, የትህንσ▷ σኊቴርናጋና, C-L๔ ምየትႱ ◊▷ኖድናፍላኈ.
- A
 C
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A
 A<
- σαίδη ζς LLÍSC. Δλή σχλρως(S)C Δςως
 ΔωςςαλρΩις, ζς σχως(C) Ροαής,
 δίδς αιμο σηθι σαίδα σος, σαίδας Δςβ
 δωςος ως δις αιγόρω σαίδας δος
 σαίδας αιγόρω σαίδας δεςςδυς
 σαλρως(S)C Δεαθι Λωβηρος δεος
 CLLας Σουδηρος δαδαγροως
 δηγμορ σχωθηρογο δος Ακγςας

Greyling

• Flesh is white, almost sweet tasting. It is either boiled, baked or fried.





·ͱϼϧϳͺϧϢͺ;Ϸ

Lakes and Ocean

INUIT NIQIIT

Land locked char

• Flesh of the land locked char is red, they don't have any fat on them, they are long and slender. These are mainly only used for making dry fish.

᠕ᡃᠳᠴᡃᢥ᠋ᢗ᠋᠊ᠺ᠖᠂ᡗᢂ᠋ᠴ᠖᠘ᡃ

・ σ卵や Δもふか (Cヘト・「ト C・くふっ) Δ
 C・L d 4 (4 ト く と も C・) C・, ト・ノもや ア ハ・
 ハ・ ー・ ト ー・ ト ー・ ト ー・ ト・ ・・
 ハ・ ー・ ト ー・ ト ー・ ・・
 ハ・ ー・ ト ー・ ・・
 ハ・ ー・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 ・ ・
 <li





Arctic cod

- Flesh of the cod fish is white. It is eaten either frozen or made into dry fish.
- Liver of the cod is a delicacy.

ΡΡΡίζος **Ρ**ίζς

- ኇዦ∿ ▷ሀ∆ና ሤ፞፝፝፝፝፝ ሤ፞፞ዀጋና. ኇ፝፞፝፝፝፝፝ኇኯኯኯኯ ፟፼ዀጏኯ ዻ፟፟፟፟፟፟ዾዾ፟ዀና ለናረድ▷ርሥዤርናረበኑ.
- ∩∿J∿Ր ⊳Ⴑ∆ና LLჀ⊁⊳℅ርናጋና.

White fish - small

• Flesh meat of small white fish is white in colour and is a lean fish. It is eaten frozen or boiled.

6 እሳ ፦ ር - ር የ ፊ ፣ ሥ



White fish - large

• Flesh is white, the large white fish has a hump on the top behind the head. It is a very fatty fish. It's eaten frozen, baked or boiled. It's eaten most of the time frozen.

Sculpin

• Flesh is white, sculpins do not have very much meat on them. In the Inuit traditional way of life, it was gutted, split in half and placed on rocks to dry.

᠔ᠳᢋᢛ

• ర్థిని రాజింగి కురికింది రాజించింది. రదిగిరా దందిం, ద్వనిగి కారిగిం, గెటిగిలి నిటిందిం కిండిం కురింగిం కారింగిందింది.



 $\underline{Y} + \underline{Y} +$

Birds

Ptarmigan

• Flesh of a ptarmigan is red. It is almost sweet as they feed on vegetation. They are white in the winter and brown during the summer. The ptarmigans are separated around the limbs and put in a pot to boil, traditionally. Nowadays, they bake them in the oven. The gizzards are edible and also the intestines.



√^o^o^c

σΨ∿ «Ψϔ « Δ><¿)?. Υίωίνσ % ωντων
 σω% ()? Α>
 ωω>
 () Α
 (



Loons

• Flesh or any parts of loons are not usually eaten. The meat is tough and has a fishy taste. The meat used to be eaten many years ago if there was no other meat available. ᠋᠄ᠳ᠙

・ 毎やや もや >> へ * >> へ * C * C *
 ・ 毎 * や *
 ・ ☆ *
 ・ ☆ *
 ・ ☆ *
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・
 ・

Swans

• Swans are not hunted and their eggs are left alone.

ხ∿ე∆c

• ϧϧͿϽͺ ϘϞϷͼϞϥ;Ϲϧͺ ϥ_ΓΓ Τ_εΔ_ε Γ_εΔ_ε Γ_ν

 $\underline{Y}, \underline{Y}, \underline{Y}$

Eider Ducks

- Flesh of the duck is red.
- The duck is cleaned of the innards, cut up at limbs and boiled in a pot until tender.
- The gizzards and liver are also eaten. The male King Eider has an orange fat sack just below the eyes. This is almost always given to the children to eat.
- In the traditional way of Inuit life, the feet of the ducks were carefully skinned and made into sacks to transport or store char belly oil or seal oil that had been liquified.
- Eider ducks are most prized for hunters to catch as the meat is tender and tastes good.



۲Uc

- Γ΄∩< 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、
 、<
- ϤΫϤΡΔ Ϥ^LΔ Π³ μ^c σ_LC⁵ σ^c
 Δ^c
 Δ^c
 Δ^c
 Δ^c
 Δ^c
 Δ^c
 Δ^c
 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

 Δ^c

Geese

• The geese are not often eaten. The meat is tough but good when cooked slowly either on top of the stove or in the oven. The wings were dried as they were and used for brooms and sweeping crumbs off the bedding or on the floors of the tent.

ᠳ᠋ᡗ᠋ᢅ᠆ᠮᡃ



Sea Mammals

INUIT NIQIIT

Ringed Seal

Many part of the most common seal in the arctic is the ringed seal. Many parts are usable and edible.

- Seal blubber is used for it's oil for qulliq. Frozen or thawed blubber is pounded with a rock, this process liquifies the blubber which is then used for the seal oil lamp, qulliq. Seal blubber is also an important food source of the husky dogs.
- Meat is dark red, almost black in colour.
- Seal meat can be eaten fresh raw, frozen, aged or boiled, it can also be dried.
- Depending on what part of the seal the meat comes from, the textures are different. Some parts of the seal are more tender than other parts.
- The meat is often cooked while simmering to make the meat more tender. Other parts of the seal can also be put in the same pot such as the liver or intestines.
- When caught, the liver is removed short after the catch. Also some blubber is removed from the seal, the hunters eat the liver fresh along with fresh raw liver. This has always been the tradition especially with the hunters from the Kitikmeot region.
- The hunter often skins and butcher the seal while out hunting. However, it is taken home for the lady of the house to skin and butcher the caribou. The head, the brain and the eyes are often cooked and boiled and shared among he families in one household. The eyes of the seal are a delacacy that is often saved for the young children. Parts of the best parts of the meat are often given to the elders or the sick.

ᠳ᠋᠘᠘ᢣ᠙

$$\begin{split} \mathsf{PPP}^{\mathsf{C}}(\mathsf{S})^{\mathsf{C}} & = \mathsf{C}^{\mathsf{C}} \mathsf{C} \mathsf{C}^{\mathsf{C}} \mathsf{C}^{\mathsf{C}} \mathsf{$$

- פיף∿טכ כיג∿ט א><יבילד, יףיםיֹלדלד כיג∿ט.
- $\mathfrak{c}'\mathfrak{c}' \circ \mathfrak{s}'\mathfrak{b}'$ $\mathfrak{b}_{\mathfrak{c}}\mathfrak{c}'\mathfrak{b}'\mathfrak{b}'$ $\mathfrak{b}_{\mathfrak{c}}\mathfrak{c}'\mathfrak{b}'\mathfrak{b}'\mathfrak{c}',$ $\mathfrak{b}_{\mathfrak{c}}\mathfrak{b}_{\mathfrak{c}}\mathfrak{c}'\mathfrak{b}'\mathfrak{c}'$ $\mathfrak{d}_{\mathfrak{c}}\mathfrak{b}_{\mathfrak{c}}\mathfrak{c}'\mathfrak{b}_{\mathfrak{c}}\mathfrak{c}'\mathfrak{c}'$ $\mathfrak{b}_{\mathfrak{c}}\mathfrak{c}'\mathfrak{c}'\mathfrak{b}'\mathfrak{c}'$

- ͼ‹ረና∿Ⴑℾ♭, ϹLϫ Ո[∿]Ϳ[∿]Ⴑ ΛϚϹϷʹϐϲʹϟϭ ͼϟϹϷʹϲ<. ϟϲϿ Δέ Ϸʹϟʹ^ϣ Λ[°]ϚϹϷʹϐϲʹϟϭ ͼϟʹϝϲ, Ϲ^៲ϹͿϥϲ Ϥ[∿]ͿͼϟϥʹϦϷ ϭϲϐϹʹϚϹϔ Ո[∿]Ϳ[∿]Ⴑ Δ[°]ϟʹϝϷ ΔϲϿͿ. ϹΔLΔ[©]ΓͼʹϽ^c ϹΔϟϹϭʹͿ^c ⅌Ո[°]ΓϷϹΔ^c ϹΔLΔ ϲϷ[©]ΓͼʹϽ^c Δϲʹͽϟ[°][©].
- CLLdd d d Jardan action
 CLLdd d d Jardan
 CLLa arton
 Addote
 Ad

Gutted and cleaned parts of the seal meat are often frozen and eat when desired or needed. When eating frozen seal meat, often they invite someone to eat with them or eating with visitors. It's a family socializing time.

- The intestines are cleaned of the digested food and then braided to cook along with seal meat when cooking.
- The kidneys are eaten also, usually along with simmering meat.
- Feet and the flippers of the seal is usually fermented for a long period of time outdoors during the summer. It has to be monitored carefully so the feet are not placed in a direct sun otherwise botulism will form if fermented too quickly by the hot sun. The containers of seal feet are placed in a container in mostly shaded area and covered with rocks so the fermentation process is slow. The fermented parts are usually enjoyed during the winter months as a treat.

- ΔαͻϤϞϚ ϞϲϷϹϷʹϐϹϚϽϚ ϹϤͿϭ·Ϟ σϧϟ ϪσϞϚͼϷ ϤϤͻ ϟϲ ΛϚϚϹϷʹϐϹ;ϟͶϷ ʹϐϫͻϽϚ ϭʹϔϲϷʹ;ϟͶϷ ΔϲϹϷϽͻͶϷ ϹϤͿϥϚ ΔαͻϥϚ.
- ረር ርንጋ ቦ ወዲታ ▷ ነር ነብ ኮ, ፈረና ወ ምን Δ ሀታ
 ኦባ ጋ ቦ ር ፊ ር ኦ ነ ኦ ኦ ኦ ኦ ነ ሪ ነ ብ ኮ ም ር ኦ ነ ባ ጋ ቦ ና.
- Δ/Ι% / / < <Λ24 < C'Ld4' < /
 ΔΙαςρίς δ'ς / < Γ
 ΔΙαςρίς δ'ς / < Γ
 Διαςρίς δ'ς
 Διαζίς
 <li



Sea Mammals



Beluga

- The flesh of a beluga whale is sometimes made into dried meat. The thin slabs are placed on top of the rocks to dry by the sun.
- Most prized part of belugas is the outer skin, maktaaq. Maktaaq can be eaten fresh, frozen, fermented, fried or boiled. The preferred way is to eat the maktaaq fresh and chewing it with a bit of the beluga blubber.
- It can be fermented, buried under rocks or gravel. The men go out during the winter to these caches and take what is needed for a meal or several meals.
- The maktaaq is either white or gray in colour.

᠋ᡥᡆ᠋᠋᠆ᡁ᠋ᡃ᠋ᢐ

- LLσ+P⊃ d%C()^C C^LLa L^b(^C^b₀, L^b
 C^C σ_λ p^b(b)^C(² α)^C d¹D a¹C, ⁴P^b(a)^C,
 ΔJac P⁵7La D^b, P⁵7d² d²La σ^C
 ΔLJ^C %cCP a²La D^b, σ_λ p^b(a)^C α
 C^bJD a¹C ΔcaJ F^b P⁵7³F^b ⁴P^aab⁵
 P⁵7³F^b,
- لەز دىمىد بەمىككە مەلت بەر بمىغەلە.

Narwhal

- Much tastier maktaaq than a beluga. The skin (maktaaq is black with white dots, some are all black. The skin is a bit thinker than beluga.
- The maktaaq can be eaten fresh, frozen or boiled.

፟ጋ፞፞፞፞፞፞፞፞፞፞፞፞፞፞፟፝፞፟፟፟፟፟፟

- C└⅃ℶ ⅃୰ၳ℆ ۍᡪᢣ᠙᠖ᢗ᠑᠅ ᠴ᠅ᡧ᠋ᡘᡣᠴ᠍Ϳ, ᠙᠈᠘᠂ᡌᡄᠴ᠋Ϳ, ᠙᠙᠒ᠴ᠋ᠠ ⊲ၬ᠘ᠴ᠂᠅ ᠖ᡄᠠ᠘᠒ᠴᡥ.



ር⊾⊳< ⊲∿J∩ьፖሌ

Walrus

- Flesh of the walrus is dark and it is oily tasting. It can be boiled or frozen.
- The walruses eat a lot of clams, when caught, the stomach of the walrus is cut open, the clams are still fresh so the people eat the clam meat.
- Most popular way to prepare the meat is to bury the meat out on the land under the gravel, it is fermented slowly with the sun and coolness of the ocean nearby. The fermented meat is enjoyed thoughout the winter for food. It is very special because there are not too many places of abundance of walruses, it is often shipped to relatives or friends for them to eat as a treat who live in other communities.



⊲∆∿₅₽

- ኇ፞፞፞፞ም∿Ր ዻ∆ል፞^ር ፞ ፝ የኇ፟፝፝፝፦ ፞¹ የ¹ ۵⁴L₂ ⊳ነረ୮⁶ በ∧ኄነረበ⁶. ኈር▷ኈርነብኈ ላካLኌኇ ፟፟፟፟የዮርኦኄርነብኈ.
- CLLdd(dAÅ
 σΨΥ ΔΔΑ(C)%C(5)< ΔαΓ
 Δ<%DΓ, Λ6Δ)Γ⁶ ΔJασρ(C)%C(5)< ΛΨσ
 Δαδ(C)%C(5)
 ΔΥσ
 ΔΥσ
 ΔΥσ
 ΔΥσ
 ΔΥσ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ
 Δ



Bowhead

• Maktaaq is used same way as the narwhal or beluga but the skin is so much thicker. One is allowed to be caught once a year in Nunavut, because the whale is so large, almost all communities in Nunavut receive some by air frieght, the maktaaq is shared and usually distributed by the Hunter's and Trapper's Organizations.

⊲ ۲∿ ۲⊳

•

 <p

Geese

Eggs

- _____
- Geese eggs are also large, collected then boiled.

۲۰۰۵۰

Rep

Seagull

• Seagull eggs are also very delicious. The seagull eggs are big and one is usually enough for one person. They are boiled then eaten. The seagull eggs are delicious.

ᠳ᠋ᡪᠸ᠊ᢈ

Duck

• Duck eggs are prized and they are delicious. The eggs are boiled and eaten as hard boiled eggs. Going out on the land to collect the eggs is a treat for the whole family as it can only be done once a year.

۲Uc

₀₽۶۲



Fish

• Fish roe is also enjoyed during the spring and summer months. Most popular way to eat them is to eat them fresh. They are also boiled in a big pot. The Inuit when making dry fish will take out the roe of any fish and sun dry them to enjoy during the winter months.

᠈᠘ᡄ᠕᠈

• Δ ⁶ Δ ⁶ \wedge ⁷ \wedge ⁷ LL Λ ⁵ D⁴ C^LLd α σ D⁶Ud β d^L β d⁵D⁶ α ⁶ β ⁷ α ⁶ β ⁶ α ⁶ β ⁶

Leaves-lettuce-like

• These plants are edible. They grow during the summer and are all over the tundra in the arctic. Some Inuit collect them and add salad dressing on them and eat them as salad. The purple parts are edible as well.



Bearberries

• The bearberries grow in the Northwest Territories. They are tart tasting when fresh picked. They are often picked for making jam.

46545Uc

<⊳∿Სº

 CLLdd、<P%し、A7%C(5)、ロイオL
 LLコペ、ローパ、シート、CP%C(5)、 トロトコペ、ローパ、シート、CP%C(5)、

Nunavut Berries

• The arctic berries are sweet and delicious. When the berries first bloom, they are green, tiny but shaped exactly like an ordinary apple. During the late summer, they become very juicy and this is the time they are picked and eaten. The Inuit pick bucket fulls and shared with family members as a treat.

۵۹℃∠ ۲ ۲۳۵



Plants

V52c

Crowberries

· Crowberries grow all across the north. They are not so abundant in the high arctic. Inuit pick them and put them in containers, freeze them to eat as a treat during the winter months.

<▷∿ሀ∆ና የምናርና

• <>∿\∆ና የምናርና ለ2%ርናጋና >₽>ናርናጋΓ. ۹۲۲، ۵۰۵ میلاد، ۵۹۰۵ میلاد میلا ۲⊂ >۶۲°, ۱۹۴۵ م∟ل⊃ ⊳۹⊳۲ ᠳ᠋᠋᠋᠇᠋ᠮᡠᢗ᠋᠋᠋᠋ᡝ᠘᠘᠘

Purple Saxifrage

• The purple flowers are edible, these flowers have a subtle sweet taste.



Labrador Tea

• Labrador tea plant leaves are picked and dried. After they are dry, they are placed in bags and used to tea.

<<>><

 $\langle \sigma \prec ' C \rangle$ $\& C' \land D'$. $\langle \sigma \land U C, \rangle$ $\land C \rangle$ $\& C' \land D'$ $4L_{\rightarrow}$ $n_{2}C_{B}C_{C}$

ົງ_ພີງ,₀⊃_ເ ∨5,⊃_c

• >[∞]J[`])⁶>^c ∧²⁵)^c σ² σ⁴ δ⁶ δ⁶ (²)^c



Closing By Martha Peet

Under colonization, when the supply ships started arriving, Inuit started to rely more and more on store-bought foods. Loving their children, parents tried to buy many store-bought foods so children would not feel left out. They wanted their children to eat what other children were eating. People in Nunavut have gotten used to drinking soda and soda remains a popular drink with the young and the adults. When their store runs out of soda, they will order from other communities. A small can of soda sells for 5 to 6 dollars, and the stores make a huge profit from unhealthy foods. There needs to be more education in the communities about white sugar.

The adult Inuit are not eating properly... when there is food in the house, they save the food for their children. The caregivers are not eating nutritious foods so that their children will have some food to eat. Food insecurity is huge in Nunavut. Programs need to be taught in their language and by the Inuit, not somebody from the south. If I could buy food in my home community like I can in Winnipeg, I would be living up there. Understanding the value of nutritious foods is so important.

The hunters and trappers' associations need to hire hunters to get land food, sell it to the people who work, and get a food voucher for the people on social assistance. Social services should write out a voucher to the hunters and trappers so that the money is used for land meats. This will ensure the families are getting land foods instead of spending all their money on processed foods at stores. The young people need to be taught to go fishing during the summer and make dry fish to use for winter food. Young people nowadays look down at making dry fish. This is stepping away from what our Elders teach us.

₽∿J.⊂< ▷%₽\<

 $\Delta^{\circ} \sigma^{\circ} \Delta_{D}\Delta^{\circ} C^{\circ} C^{\circ} C^{\circ} \nabla_{D}A^{\circ} \sigma^{\circ} \Delta_{D}\Delta^{\circ} C^{\circ} C$

The Inuit used to only eat food that was hunted. Men caught the meat foods, looked after the dog team, fed the husky dogs, made sleds, made harnesses, etc. Women cleaned the meat, cut them up, cooked and cleaned the skins for clothing use, and gave food to the Inuit who do not have access to land food. These days with so many people working, there is never enough time to do all these things.

The families still go camping out on the land for the summer season if they are not working. They fish, catch seals, polar bears, or caribou, to name a few. During the whole season of spring, communities are very quiet as the families who work go together and fish or hunt the whole weekend. This way of life of the Inuit has remained strong with these activities. The parents hunt for the animals and the children usually pick berries or eat plants.

These days working people and people on social assistance can buy food with cash. Working people can buy food and people on social assistance can be given a voucher for land meats from the hunters and trappers association. The funding for the hunters and trappers' associations needs to be increased to ensure the land foods are bought by the working people and a voucher given to people on social assistance.

Inuit need to keep teaching younger people about the importance of eating the whole animal... heads, roe and the stomach. The heads are full of cartilage that is good for the joints in humans. These understandings need to be shared with young people in Nunavut, the revitalization can start with the young people understanding these values. These comments are a gist of the importance of land foods, land meats, plants, and birds. Everything must start from the Elders teaching the young, and young people taking it into their own hands and making it happen. 

National Association Indigenous nationale Diabetes autochtone Association du diabète