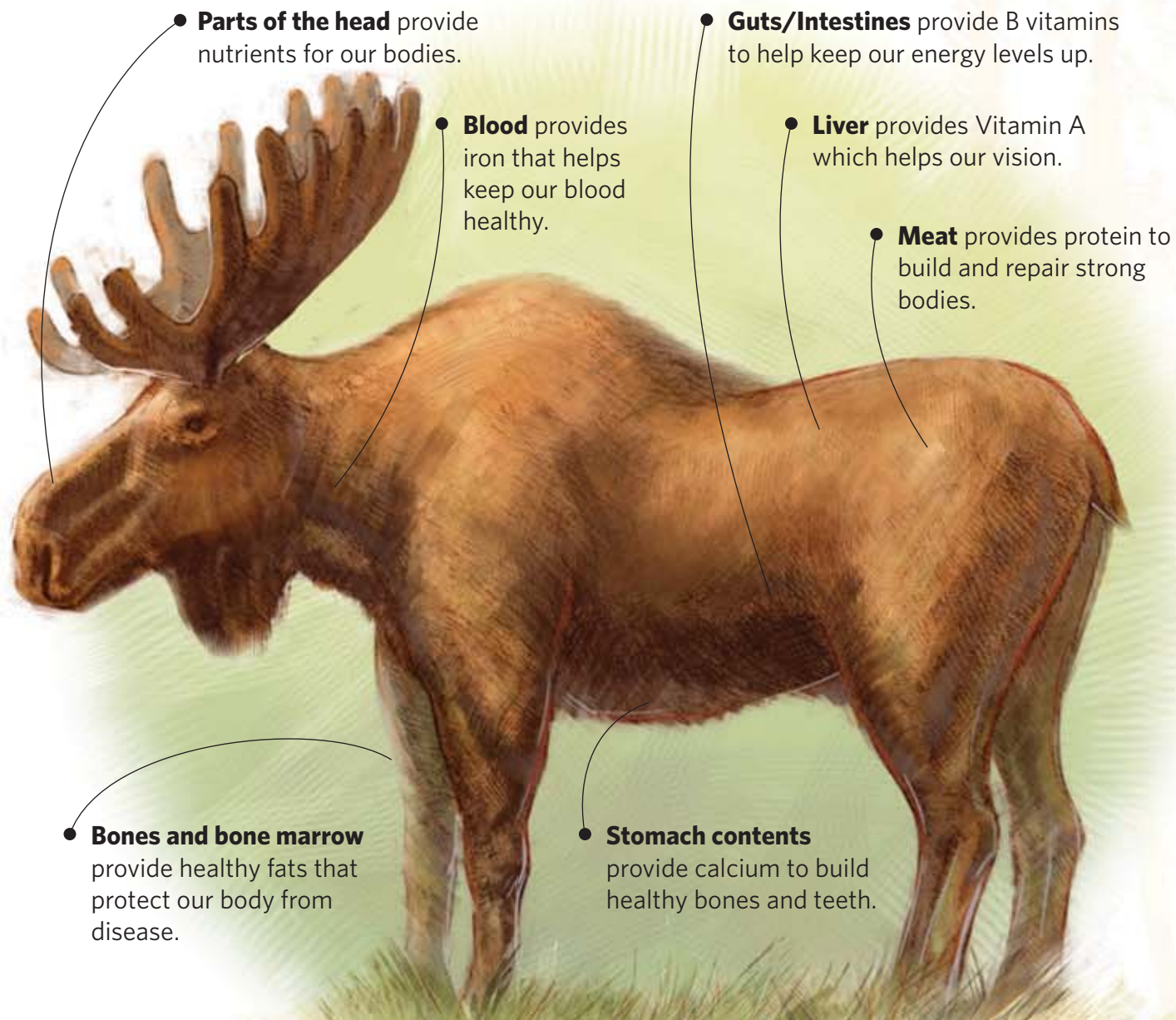


All parts of the animal provide goodness for us.



• **Parts of the head** provide nutrients for our bodies.

• **Blood** provides iron that helps keep our blood healthy.

• **Guts/Intestines** provide B vitamins to help keep our energy levels up.

• **Liver** provides Vitamin A which helps our vision.

• **Meat** provides protein to build and repair strong bodies.

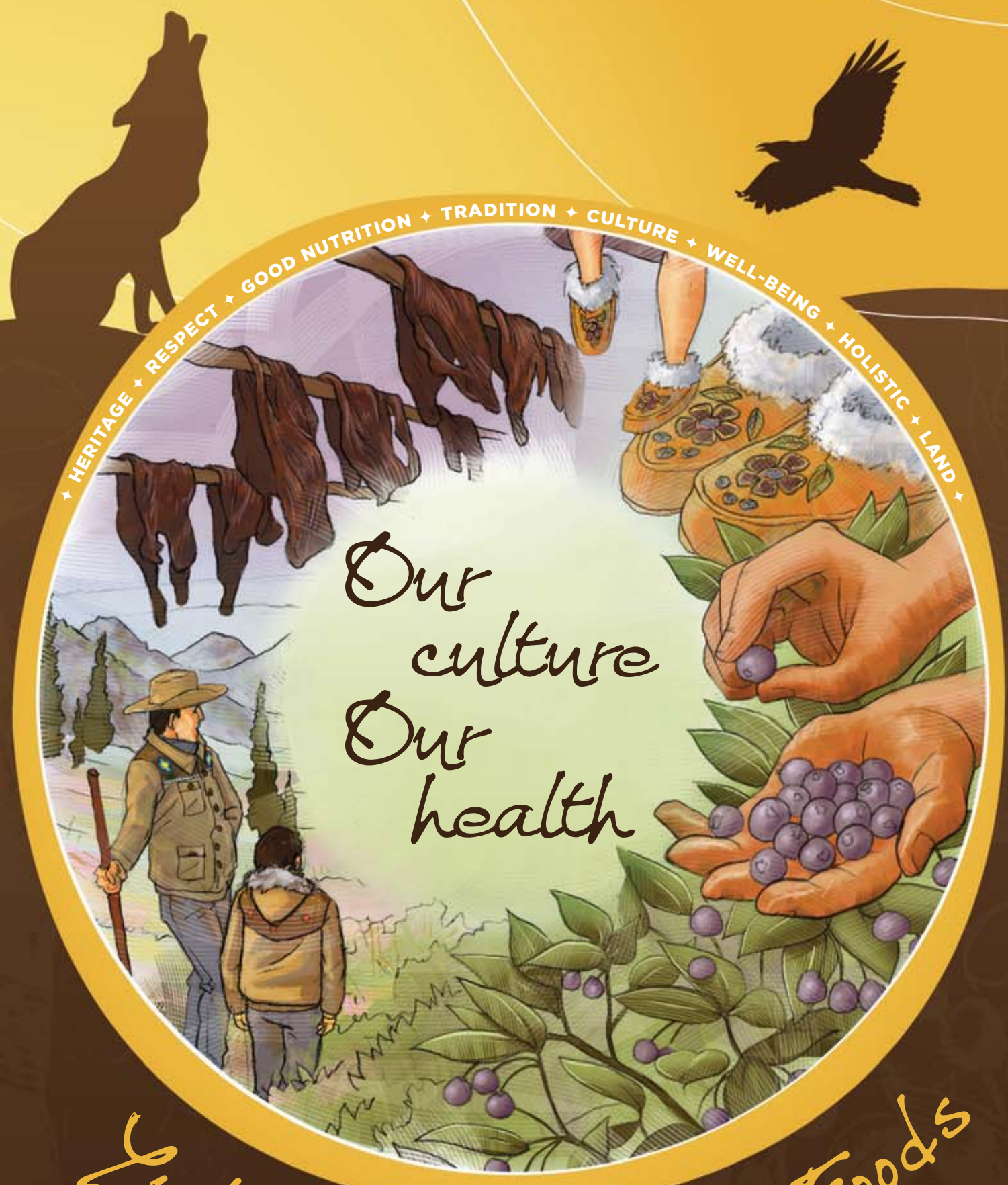
• **Bones and bone marrow** provide healthy fats that protect our body from disease.

• **Stomach contents** provide calcium to build healthy bones and teeth.

Thank you to the Health Commission for their support and contributions to the development of this resource.
August 2011



First Nations Health Programs
at Whitehorse General Hospital
867-393-8758



Yukon Traditional Foods

Food from the land is a safe and healthy way
to nourish our mind, body and spirit.



Spending time
on the land
makes us
strong.

Our food follows
the seasons.

Traditional
food has
kept us
healthy for
generations.

Harvesting
and
preserving
gives a
variety of
foods all
year.



"Take what you need from the land and
use everything, do not take more than you
would use."

Edward Roberts, John Semple,
and Sis Van Bibber

"Treat the animal with respect and it
will treat you the same way."

Hazel Bunbury

"The land is rich. When we lived in the bush we eat good."

Edith Josie