

FOOD

**WHY
ACT
NOW**

Traditional Facts - Fish

Mother Earth provides us with food and water.

Food is found by being active and exercising the right to hunt, fish, harvest and gather in your territory.

Common Types: Trout, Arctic Grayling, Whitefish, Pickerel, Northern pike, and Walleye



FISH

Traditional Food Use:

- Eating fish is an important part of Aboriginal culture and nutrition.
- There are over 60 species of fish from Alberta's lakes, ponds and rivers.
- Varieties depends on availability and where you live.
- All parts of the fish are eaten including the head, eyes, organs and eggs.
- Fish heads/eggs are a rich source of calcium and keeps bones strong.



Traditional Harvesting:

- Summer; fresh
- Winter; dried, or ice fishing
- A hook made of a dried willow fork, with bait attached to a length of willow bark, was lowered and held until there was a bite.



Nutrition:

- Fish meat and eggs are an excellent source of **protein** and **omega-3 fatty acids**.
- Fish like salmon are a good source of vitamin D and A.
- Protein builds/repairs our muscles, skin and blood. Omega-3 fatty can protect us from various chronic disease.

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Indigenous & Global Health Research Group

(780) 492 - 3214

info@whyactnow.ca