

FOOD

**WHY
ACT
NOW**

Traditional Facts - Moose

Mother Earth provides us with food and water.

“Hunting and harvesting your own food is a way of life and keeps you connected with the mind, body and spirit. Keep your traditions alive.”



MOOSE

Traditional Food Use:

- Moose meat is one of the main traditional foods for Treaty 6 territory.
- Drying moose meat lasts long and is made using meat racks over fire .
- Moose tongue is used in soup and considered a delicacy.
- Moose hide is used for making traditional clothing such as moccasins. The hide is scraped using the bone of the moose and tanned over a fire.



Dried moose met

Traditional Harvesting:

- Traditionally hunted using antler, iron and steel arrowheads until rifles became available.
- Main hunting season is late summer and early fall.
- To draw the moose out, hunters make moose calls.
- Moose meat is eaten fresh or dried.

Nutrition:

- Excellent source of **protein** and **iron**.
- Good source of **iron**.
- Nutrients help build and repair body tissues and keep us healthy.
- Compared to other meat (beef, pork, chicken), moose is higher in nutrients that we need more of, such as protein and iron, and lower in nutrients we don't need, such as saturated fat.



Moose harvest

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