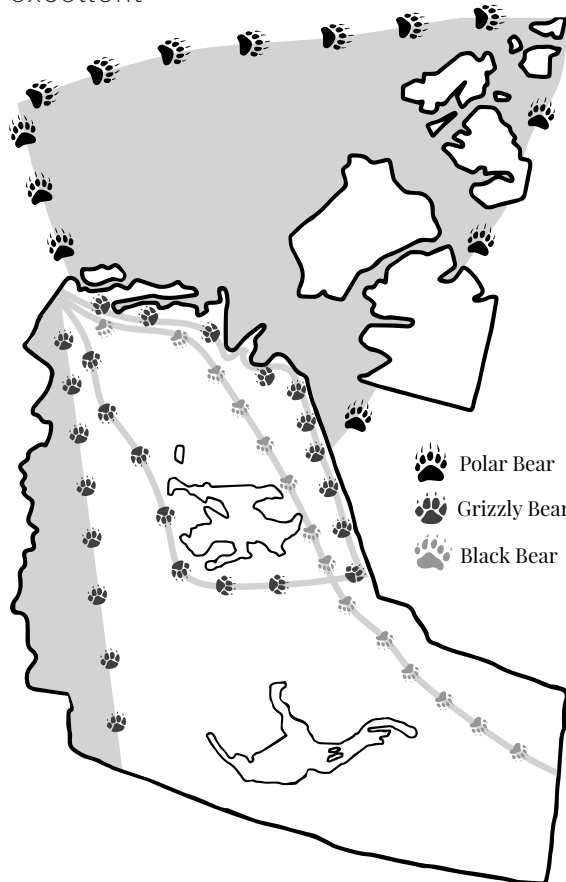


Bear is Good for Us. Did you know?

Black Bear, Grizzly Bear, and Polar Bear cooked meat is an excellent source of protein. We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

Black Bear, Grizzly Bear, and Polar Bear cooked meat is an excellent



source of iron. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

Black Bear and Grizzly cooked meat is an excellent source of B vitamins. B vitamins help our bodies use energy.

Polar Bear fat is an excellent source of vitamin A. Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

Polar Bear fat is a good source of omega-3 fatty acids, which help protect against heart disease and may help prevent cancer.

Warning: Polar bear liver contains toxic levels of Vitamin A and should not be eaten.

Preparation: Bear meat is usually eaten baked or boiled and is never eaten raw. Bear meat should always be eaten well-cooked to avoid the disease known as trichinosis. Trichinosis is an infection caused by roundworms, found in raw or under cooked bear meat. (Aging or freezing does not destroy the worms found in bear meat).

NWT Secret

What do you get when you cross a Grizzly with a Polar Bear? No, really,

we're looking for some consensus. Whether Pizzly, Grolar, or Nanulak, the hybrid has been spotted in the wild in Sachs Harbour & Ulukhaktok. Get yourself up to the High Arctic and you might just secure the third confirmed wild sighting in the world!

Dutch Oven Bear Steak

Ingredients: Bear steaks, approx. $\frac{3}{4}$ to 1 inch thick. Marinate overnight in soy sauce, onion and garlic.

- 1 to 2 cans tomato soup
- 1 can of water
- 1 tsp. lemon juice
- $\frac{1}{2}$ tsp. cinnamon
- 1 tbsp. wine vinegar

Instructions: Wipe steak dry, then put olive oil in Dutch oven and brown both sides. Add salt and pepper, $\frac{1}{2}$ tsp. cinnamon and add marinade and simmer until nice and tender.



