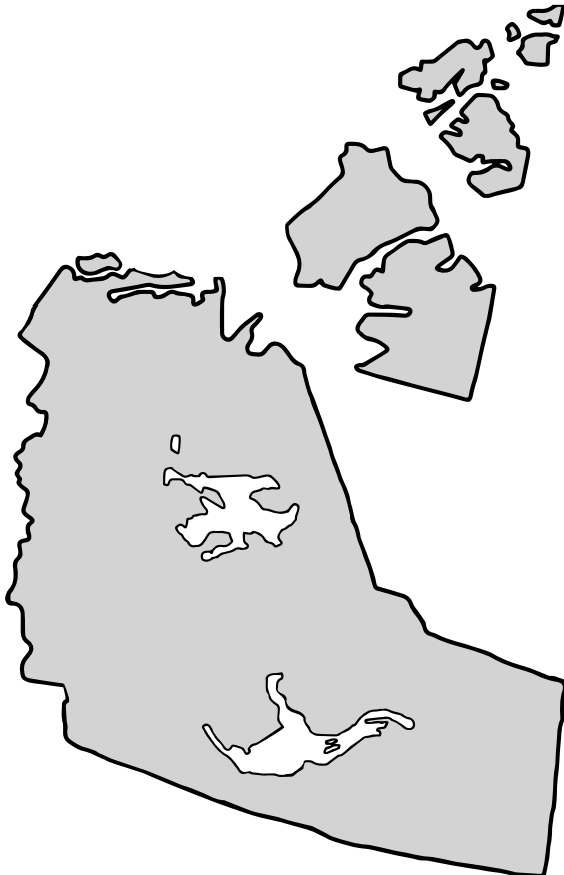


Caribou is Good for Us!

Caribou is an important part of our northern diet for Inuit and Dene cultures & has been for generations. Almost all of the parts of the caribou are eaten, including the tongue and bone marrow. A single caribou provides a remarkable array of materials used to provide tools, clothing, shelter and crafts, as well as food. There is no waste of a caribou. In some areas, caribou hunting is



managed to help herds continue to recover and increase in size. For that reason, caribou may not be as available to all northerners as in the past. Check with your local Renewable Resources Offices regarding hunting restrictions in your area.

Did you know?

Caribou meat is eaten raw, frozen, aged, roasted, dried, or made into jerky, sausage, roasts and steaks. Smoking or drying helps preserve the meat and increase the amount of nutrients due to moisture loss during the drying process. The hides are used for clothing and crafts and to sleep on when out on the land.

Caribou meat eaten raw, frozen, boiled or dried, is an excellent source of protein. Protein keeps us healthy by building and repairing muscles, skin, and blood.

Caribou liver and stomach contents supply Vitamin A. Vitamin A is needed for healthy skin, bones and teeth as well as to help fight sickness.

Most caribou parts are excellent sources of iron. Iron keeps us from getting tired by making healthy blood that flows through our bodies, giving us energy to be active and grown strong.

Caribou stomach meat is low in fat (14%) compared to store-bought meats, such as beef, pork & chicken (35-55%). The types of fats found in traditional animals are also healthier for us as they are usually lower in saturated fat.

Caribou is an excellent source of B vitamins, which help our bodies use the energy from foods. B vitamins are also important for healthy skin, hair, nerves, muscles and healthy growth and development.

Fun Fact: Caribou is the only animal for which there are hunting songs, which came to the hunter as he awakened. It has been said that a caribou would "sing through" a person, either to let them know it was nearby or to reveal a taboo that had been broken.

Slow Cooker Caribou Roast

- 2 (10.75 oz) cans condensed cream of mushroom soup
- 1 (1 oz) package dry onion soup mix
- 1 1/4 cups water
- 5 1/2 pounds caribou roast

Directions: In a slow cooker, mix cream of mushroom soup, dry onion soup mix and water. Place pot roast in slow cooker and coat with soup mixture. Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.

