

Introduction

Northerners have been nourished by foods from the land and water for thousands of years. The gathering, hunting, preserving and eating of traditional foods is more than just a diet – it's a way of life. A lifestyle that has connected Northerners with the land and sea through celebrated rituals and practices passed down from generation to generation; from caribou hunting grounds to fish, and berry picking camps.

Today, importance is being placed on the returning to a traditional lifestyle and diet.

The nutritional and physical benefits to this include eating a diet low in unhealthy fat and cholesterol, eating more animal sources of protein, eating foods without chemicals and additives, and getting more physical activity by gathering, hunting and preserving traditional foods.

Northerners take comfort in eating traditional foods. The "Traditional Foods are Healthy Foods" colouring book shows the foods that people once grew up with are good for your health. Traditional foods are especially good sources of nutrients like protein, iron, and Vitamin A & B and also low in saturated fat and sugar.

Each region of the NWT relies on different types of animals, fish and plants to provide nutrients needed to live in a harsh environment. See the map provided on each page to see where the animal, fish or plants live in the NWT.

Why are Traditional Foods Healthy Foods?

- Contributes to physical fitness & good health.
- Keeps people in tune with nature.
- Upholds respect for animal and human life.

- Encourages sharing in the community.
- Is an important part of culture.
- Contributes to children's education.
- Teaches survival skills.
- Provides skills in food preservation and preparation.

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ADDITIONAL
FOODS ARE
HEALTHY
FOODS