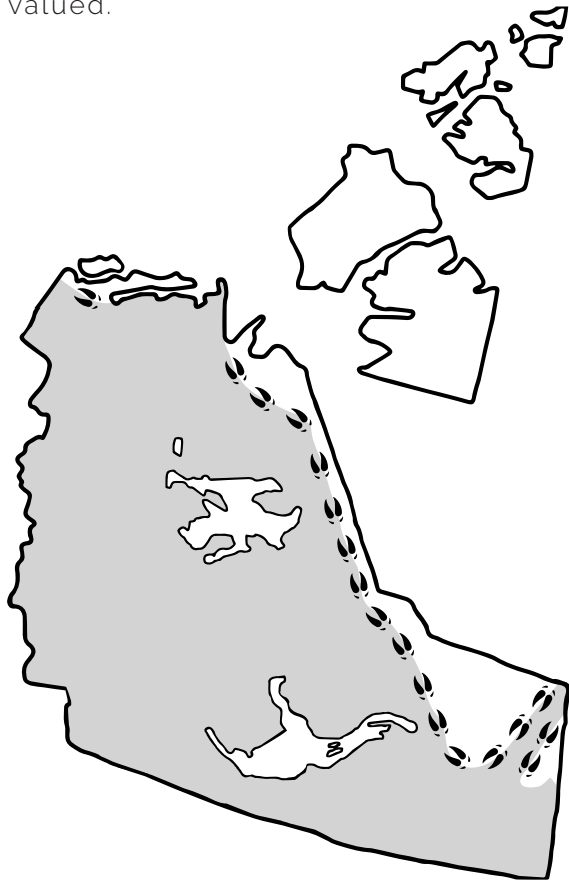


Moose is Good for Us!

Moose is an important food source in northern diets. Moose provides many nutrients which help build and repair body tissues in order to keep us healthy. With a single animal yielding as much as 300kg of meat, moose continues to be a staple food source for many families.

Moose hair tufting is a traditional craft that is unique and highly valued.



Moose hide tanning is the traditional way to prepare hides. Many people work together to complete the process. Brains of the animal, patience and time are required to successfully tan a moose hide.

Tanned moose hide is used to make footwear and clothing. Smoking or drying helps to preserve the animal parts and increases the nutrient content due to moisture loss during the drying process. Smoked or dried meat is great to take travelling and for snacks.

Did you know?

Moose has the least amount of fat of all local animals. The amount of fat in moose meat is low (1%) when compared to 35-55% for beef, pork or poultry.

Roasted moose meat is an excellent source of B vitamins, such as niacin and riboflavin. These vitamins help our bodies use energy from foods and are important for healthy skin, hair, nerves and muscles as well as healthy growth and development.

Roast moose meat is also an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Preparation: Moose meat can be eaten raw, frozen, boiled, baked, grilled, fried, or dried.

Moose Stew Recipe

The moose parts saved for stew are the tongue, nose (shave hair off), and heart. To prepare, boil for 2-3 hours, add macaroni/rice, vegetables (potatoes/carrots, and canned tomatoes).

