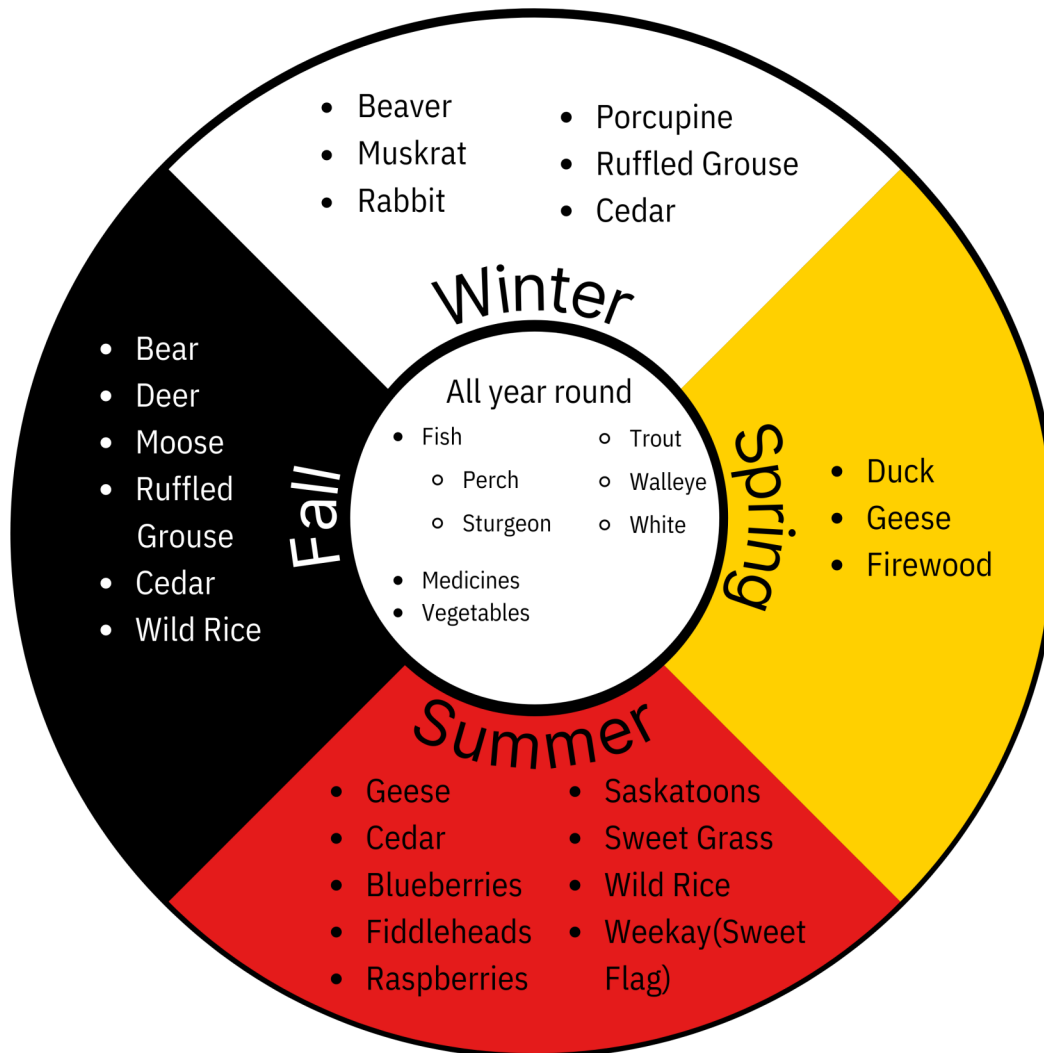


Seasonal Indigenous Foods

Indigenous Peoples have always maintained close relationships with the land that are in rhythm with the seasons and the variety of nutritional sources available.

The chart below shows some of what could be harvested or hunted in a given season here in Saskatchewan!



Written in partnership with CHEP Good Food Inc. and Public Health Nutritionists (2022)

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.