

TRADITIONAL FOOD refers to the foods that Indigenous people (First Nation, Métis, and Inuit) consumed prior to European contact. Traditional foods are known to not only have significant nutritional benefits, but also cultural and spiritual benefits. This resource focuses on traditional foods that are indigenous to Manitoba, as they can vary throughout Canada.

The chart below shows what we defined as traditional foods while preparing this guide. However, it is important to note that many of the foods listed are not available in Winnipeg stores (see the legend below for the foods found in Winnipeg stores). There are many stores in Winnipeg that sell more common foods like bison, vegetables and fish and we were unable to name them all, so don't forget to ask your local grocery store or meat shop if they carry traditional foods!

While meats were traditionally harvested from the wild, today the sale of the meat of a wild animal (other than fish) is illegal in Manitoba. All of the meat listed as available for sale in this guide has been raised on a farm.

Category Foods

LARGE ANIMALS Bear, beaver, bison, coyote, (white-tailed) deer (venison), elk, moose, lynx, caribou

SMALL ANIMALS Duck, goose, grouse (rock/willow), partridge, prairie chickens, ptarmigan, muskrat, rabbit, wildfowl (chicken), wild turkey, muskrat

FISH Bass, bullfish, catfish, jackfish, lake sturgeon, lake trout, pickerel, perch, speckled trout, suckers, walleye, whitefish, white sucker fish

BERRIES Blackberries, blueberries, chokecherries, crab apples, cranberries, gooseberries, pincherries, raspberries, saskatoons, strawberries, currants, smooth sumac, buffaloberry & soapberry, red cherries, Canadian plum & American plum

GARDEN Beans, carrots, corn, cabbage, green beans, onions, potatoes

OTHER Edible wild plants (eg: dandelion greens), hazelnuts, pink roses, Labrador tea, licorice, mint leaves, squash, weekay, wild grapes, wild onion, wild plums, wild potatoes, wild rhubarb, wild rice, wild turnip, 100% pure maple syrup

Legend of foods found in Winnipeg stores:



BISON



RABBIT



ELK



DUCK



VENISON



FISH - pickerel, goldeye, trout, pike, white fish, cod



WILD BERRIES - wild blueberries, wild saskatoons



WILD RICE PRODUCTS - wild rice and wild rice pastas/prepared foods

Did you know?



Fish is rich in omega-3 fatty acids, an essential nutrient that your body cannot make on its own and must be obtained from the diet. Pickerel is one of the most common traditional foods (and one of the most delicious) found in Winnipeg stores.



Wild rice is not actually rice, it is the seed of a native North American long-grain marsh grass! The Ojibway word for wild rice, manoomin, means good berry.



Traditional meats have significant nutritional benefits. Bison, deer, and moose are all very high in protein, iron, and B vitamins and are also very low in fat!



Indigenous families have historically gardened many fresh vegetables such as potatoes, cabbage, onions, corn, carrots, pumpkins, herbs, and turnips. Vegetables and herbs were often dried or grounded into flours in order to prevent spoilage, and to provide year-round access to otherwise seasonal produce.

This guide was developed based upon store visits in Summer 2015, and is subject to change.

WHERE TO BUY Indigenous Traditional Food in Winnipeg



Unit 4, 640 Broadway, Winnipeg, Manitoba, R3C 0X3
204-943-0822

info@foodmattersmanitoba.ca

www.foodmattersmanitoba.ca



Public Health Agency of Canada / Agence de la santé publique du Canada

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1. Vita Health / Garden City

2211 McPhillips Street
(204) 984-9555



2. Harris Meats

1840 Arlington Street
(204) 339-8406



3. Tenderloin Meat & Sausage

1483 Main Street
(204) 582-2280



4. Cantor's

1445 Logan Avenue (& Quelsh)
(204) 774-1679



5. Gimli Fish

596 Dufferin Avenue
(204) 589-3474



6. Mariner Neptune

472 Dufferin Avenue
(204) 589-5341



7. Neechi Foods

325 Dufferin Avenue
(204) 586-5597



8. Neechi Commons

865 Main Street
(204) 949-1338



9. Winnipeg Specialty Meats

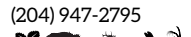
7-1865 Sargent Avenue
(204) 786-4000



10. The Forks Market

(Almond Tree,
Grass Roots Kitchen,
Casa Bella Deli & Market)

1 Forks Market Road
(204) 947-2795



11. Fredette's Family Food

1-120 Donald Street
(204) 947-6645



12. Food Fare (Harry's Foods)

905 Portage Avenue
(204) 987-8849



13. Organic Planet

Worker Co-op
877 Westminster Avenue
(204) 772-8771



14. Vita Health /

Osborne Village
(FRESH MARKET)

1-166 Osborne Street
(204) 984-9551



15. The Fresh Carrot.ca

2-230 Osborne St.
(204) 453-6266



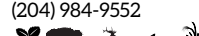
16. G. J. Andrews Specialty

Food & Wine Shoppe
384 Academy Road
(204) 487-7300



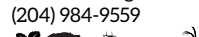
17. Vita Health / Tuxedo Park

(FRESH MARKET)
180-2025 Corydon Avenue
(204) 984-9552



18. Vita Health / Westwood

(FRESH MARKET)
1-3500 Portage Avenue
(204) 984-9559



19. Miller's Super Valu Meats

590 St Mary's Road
(204) 233-5409



20. Gimli Fish

625 Pembina Highway
(204) 477-6831



21. Fort Whyte Alive

1961 McCreary Road
(204) 989-8355



Call to enquire about
rabbit meat sales.

22. Local Meats & Frozen Treats

8-1604 St. Mary's Road
(204) 255-2172



23. Sausage Makers

Delicatessen Meat Market
630 Nairn Avenue
(204) 667-2981



24. Vita Health /

Reenders Square

46-11 Reenders Drive
(204) 984-9553



25. Kelmar Country Meats

& Deli
7-925 Headmaster Row
(204) 414-2550



26. Vita Health /

St. Vital Square

19-845 Dakota Street
(204) 984-9554



27. Marcello's Meats

9-200 Meadowood Drive
(204) 256-6328



28. Gimli Fish

1083 St Mary's Road
(204) 256-3474



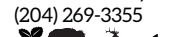
29. Miller's Super Valu Meats

#2-2425 Pembina Highway
(204) 269-4442



30. Crampton's Market

(SEASONAL)
1765 Waverley Street
(204) 269-3355



31. Frigs Natural Meats & More

3515 Main Street
West St. Paul, MB
(204) 334-9430

