

Did you know?

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.



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! 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.



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 ground into flours in order to prevent spoilage, and to provide year-round access to otherwise seasonal produce.



We want to acknowledge and give gratitude to the people of the Kekekoziibii Ojibwa First Nation (Shoal Lake 40) for our drinking water. The source of Winnipeg's water is in their traditional lands. The completion of the Winnipeg aqueduct in 1919 resulted in the displacement of the Kekekoziibii people from their lands and burial grounds which they had inhabited since time immemorial. The people were moved onto a peninsula and then physically isolated when the aqueduct project transformed the peninsula into an island. The community has had a water boil advisory for decades.

Eating a Healthy Anishinaabe Plate

WHAT TO DRINK?

- ✓ Anishinaabe Options water, medicine (tea)
- ✓ Alternatives water, milk, fruit juice, tea, coffee



VEGETABLES

- ✓ Anishinaabe Options leafy greens + garden veggies: onions, carrots, squash, beans
- ✓ Alternatives fresh or frozen store bought vegetables, canned with low sodium, salads, greens, broccoli

FRUITS

- ✓ Anishinaabe Options blueberry, strawberry, raspberry, plums
- ✓ Alternatives oranges, bananas, fruits in water or fruit juice, fresh or frozen store bought fruits, berries, fruit smoothies



MEATS, FISH + PROTEINS

- ✓ Anishinaabe Options pickerel, deer, moose, duck, hazelnuts
- ✓ Alternatives eggs, lean beef, chicken, legumes

GRAINS + POTATOES

- ✓ Anishinaabe Options wild rice, potatoes, corn
- ✓ Alternatives whole grains: whole wheat/multigrain breads and pasta, quinoa, oats, porridge



Adapted from a resource developed by the Youth Taking Action project, a partnership between Food Matters Manitoba, Brokenhead Ojibway Nation and Sagleeng First Nation.



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Where to Buy Indigenous Traditional Food in Winnipeg











- 01 **Vita Health, Garden City**
20-2188 McPhillips St.
(204) 984-9555
- 02 **Harris Meats**
1840 Arlington St.
(204) 339-8406
- 03 **Tenderloin Meat and Sausage**
1515 Main St.
(204) 582-2280
- 04 **Cantor's Meats**
1445 Logan Ave. (& Quelsh)
(204) 774-1679
- 05 **Gimli Fish**
596 Dufferin Ave.
(204) 589-3474
- 06 **Mariner Neptune**
472 Dufferin Ave.
(204) 589-5341
- 07 **Winnipeg Specialty Meats**
7-1865 Sargent Ave.
(204) 786-4000
- 08 **Forks Market (Sweet City Candy, Grass Roots Kitchen, Casa Bella Deli & Market)**
1 Forks Market Rd.
(204) 947-2795
- 09 **Fredette's Family Food**
1-120 Donald St.
(204) 947-6645
- 10 **Food Fare**
905 Portage Ave.
(204) 987-8849
- 11 **Organic Planet Worker's Co-op**
877 Westminster Ave.
(204) 772-8771
- 12 **Vita Health, Osborne Village**
1-166 Osborne St.
(204) 984-9551

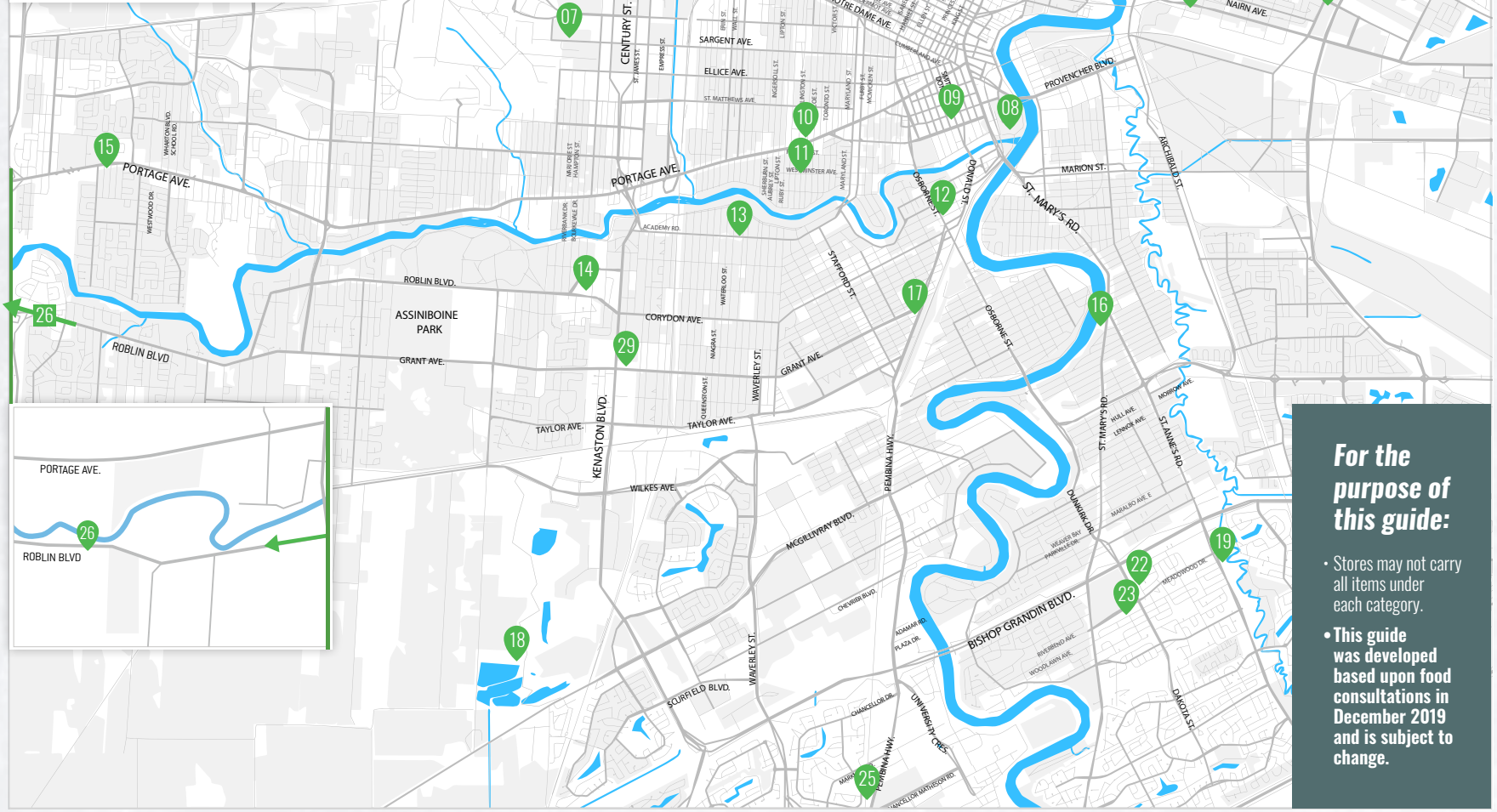
- 13 **G. J. Andrews Specialty Food & Wine Shoppe**
384 Academy Rd.
(204) 487-7300
- 14 **Vita Health, Tuxedo Park**
180-2025 Corydon Ave.
(204) 984-9552
- 15 **Vita Health, Westwood**
1-3500 Portage Ave.
(204) 984-9559
- 16 **Miller's Super Valu Meats**
590 St. Mary's Rd.
(204) 233-5409
- 17 **Gimli Fish**
625 Pembina Hwy.
(204) 477-6831
- 18 **18. Fort Whyte Alive**
1961 McCreary Rd.
(204) 989-8355
- 19 **Local Meats & Frozen Treats**
593B St. Mary's Rd.
(204) 255-2172
- 20 **Sausage Makers Delicatessen Meat Market**
630 Nairn Ave.
(204) 667-2981
bison, wild rice
- 21 **Vita Health, Kildonan Crossing**
710-1615 Regent Ave. W
(204) 984-9553
- 22 **Vita Health, St. Vital Square**
19-845 Dakota St.
(204) 984-9554
- 23 **Marcello's Meats**
9-200 Meadowood Dr.
(204) 256-6328
- 24 **Gimli Fish**
565 Munroe Ave.
(204) 256-3474

- 25 **Miller's Super Valu Meats**
2-2425 Pembina Hwy.
(204) 269-4442
- 26 **Crampton's Market**
7730 Roblin Blvd.
Headingley, MB
(204) 269-3355
- 27 **Frigs Natural Meats & More**
3515 Main St.
West St. Paul, MB
(204) 334-9430
- 28 **Harris Meats**
5 Charles St.
(204) 589-1905
- 29 **Miller's Super Valu Meats**
1867 Grant Ave.
(204) 487-2666

- Online Bulk Ordering**
- Wild Man Ricing**
<https://www.wildmanricing.ca>
(204) 624-5054
- Harvest Moon Society**
<https://harvestmoon.localfoodmarketplace.com>
info@harvestmoonsociety.org
- Adagio Acres - Grain Community Supported Agriculture (CSA)**
<https://adagioacres.com/>
(204) 762-5892

Category Foods and Legend

 Bison	 Rabbit
 Elk	 Duck
 Venison	 Fish pickering, goldeye, trout, pike, white fish, cod
 Wild berries wild blueberries, wild saskatoons	 Wild rice products wild rice and wild rice pastas/prepared foods



For the purpose of this guide:

- Stores may not carry all items under each category.
- This guide was developed based upon food consultations in December 2019 and is subject to change.