

STRONG FOODS - STRONG BODIES STRONG MINDS - STRONG SPIRITS

Nunavut has every kind of country food. All country food is strong food. It is the best thing that you can eat to be healthy and it is the best thing you can feed your children. Eat every kind of country food yourself and show your children how much you enjoy it. Teach them to eat country food at a young age and provide it in many different ways. When Inuit ate only country food they were strong, healthy and seldom suffered from many of the diseases we have today such as diabetes, tooth decay, heart disease and cancer.



Eat country food as a family.
Eat strong, live long & pass it on!