Traditional Food: Moose

Moose is an important food source for many Indigenous Nations. Moose meat provides many nutrients and is an important source of protein and iron.

"All of the parts of the moose are used and have names in Dene with specific purposes." The right shoulder blade was always saved to be a moose caller. You rub the right shoulder blade against a birch tree, the moose will think it's another moose moving through the bush."
–George Bugghins Katlodeechie First Nation Hay River NWT.

Special Care Instructions:
Eat meat only when properly butchered and prepared, dried, or aged. Use clean containers or bags specifically made for food storage.

Usage:
Moose meat has the least amount of fat of all local animals. Smoking or drying the meat helps to preserve and increases the nutrient content due to loss of moisture during the preserving process. Smoked or dried meat is versatile for long travels.
The entire animal is used as part of providing sustenance and as apart of cultural practices. Some nations prepare the head of the moose by slowly cooking it. Moose nose is often seen as a delicacy the nose is thoroughly washed then boiled for an extended period. Another part that is seen as a delicacy is to fry and cook parts of the large intestine. Moose stew is often made using harvested vegetables and roots from the local community. Moose brains and Dasha are used to tan the hide.
Invite the children to help with recipes that contain moose meat, smelling and tasting a sample before you start cooking. Take them out to a local area that prepares dry meat and have the children be a part of the process. Create a documentation board and or display featuring the children eating dishes with this Indigenous food ingredient.



Playful Additions

Transform your dramatic play area to resemble a forest!

Post photos of the moose and different animals and plants the moose interacts with.

Have elders/ hunters/ knowledge keepers in to teach children how to make a moose call. Bring them outdoors to show how to make different calls such as using the shoulder blade to rub against a willow tree.

*"When you call a moose be careful, they have good hearing they will come to the same exact spot from which you called them" –E*lder George Bugghins Katlodeechie First Nation Hay River NWT.

Take the children out in community to help with the process of preparing hides and seeing the different stages needed to preserve the hide.

Have an Elder/ knowledge keeper in to do a moose hair tufting demo and activity with families.

"Moose hair tufting started in Fort Providence when I was just a kid" People think it's hard but it's not I find it easier than doing beadwork. Moose hair needs to be pulled out from the root not cut or it will be too flat." – Elder Georgina Fabian Deh Gah Gotie First Nation Fort Providence NWT.

Is moose harvested in your local territory?

Do you have Elders/ Knowledge keepers/ hunters that can share teachings?

Do you have community stories?