

Supplementary File: Indigenous Food and Recipe Resources in Canada

COOKBOOKS:

1. Arreak M, Désilets A, Kappianaq L, Kripanik G, Uyarasuk K. Niqiliurniq. Inhabit Media; n.d.
2. Chalifoux R. (Ed.). Kokum's Cookbook. 1997.
3. Cooke N, Lucas F, editors. Catherine Parr Traill's The Female Emigrant's Guide. Cooking with a Canadian Classic. McGill-Queen's University Press; 2017.
4. Ellis E. Northern Cookbook. McClelland & Stewart (reprint edition); 1979/1999.
5. First Nations of Quebec and Labrador Health and Social Services Commission. Recipes From Healthy Menus For Pregnant Women and the Whole Family! Wendake (QC): The Commission; n.d.
6. Fox ML, Panamick M. Nishnabe Delights. Cutler, Ontario: Woodland Studios; 1990.
7. George Jr. A. Modern Native Feasts: Healthy, Innovative, Sustainable Cuisine. Arsenal Pulp Press; 2013.
8. George Jr. A, Gairns R. A Feast for All Seasons: Traditional Native Peoples' Cuisine. Arsenal Pulp Press; 2010.
9. Government of Nunavut, Department of Environment. Community Feast: Recipes and Stories from Nunavut. Forthcoming.
10. Healthy Family Collective Kitchen Program. Recipe Book for Northern Cooks. Government of the North West Territories, Health and Social Services; 2013.
11. Jack A. Our Food Our Stories: Celebrating Our Gifts from the Creator. Aboriginal Head Start Association of British Columbia: Cobble Hill; 2009.
12. Lepine G. First Nations Recipes: a selection from coast to coast. Alberta: Company's Coming Publishing Ltd; 2014.
13. Métis Centre, National Aboriginal Health Organization. Métis Cookbook and Guide to Healthy Living. 2nd ed. Ottawa: The Organization; 2008.
14. Milner K, Genest M. Vadzaih. Cooking Caribou from Antler to Hoof. Archbould C, photographer. Whitehorse (YT): Porcupine Caribou Management Board; 2016.

15. Native Women's Picture Cookbook, NWT. Native Women's Association of the NWT, n.d.
16. Nicholas D. Eating with the Seasons, Anishinaabeg, Great Lakes Region. Student Research, Papers, and Creative Works. 8; 2020.
17. Nunavik Regional Board of Health and Social Services. Nunavimmiut Cookbook. Government of Nunavik; n.d.
18. Sherman S, Dooley, B. The Sioux Chef's Indigenous Kitchen. University of Minnesota Press; 2017.
19. Smith MJ. The First Fry Bread. Wheeler J, editor. Mowatt KN, illustrator. Victoria (BC): Friesen Press; 2012.
20. The NWT Cree Language Program. Grub Box. Re-edited Cree copy of the Grub Box. Fort Smith, Northwest Territories; n.d.
21. Uu-a-thluk (Nuu-chah-nulth Tribal Council Fisheries Department). čamus: (chum-us). West Coast Cooking Nuu-chah-nulth Style. British Columbia: The Council; 2011.
22. Watts D, Watts A. Where People Feast. An Indigenous People's Cookbook. Arsenal Pulp Press; 2007.

FACT SHEETS:

1. First Nations Health Council. Traditional Food Fact Sheet. n.d.
2. Government of Nunavut, Department of Health. Nutrition Fact Sheet Series. Inuit Traditional Foods. 2005.
3. Government of the North West Territories: Health and Social Services. Traditional Food Fact Sheet. 2017.

FOOD GUIDES, GUIDELINES, HANDBOOKS:

1. First Nations Health Authority. Healthy Food Guidelines for First Nations Communities. 2nd Edition. 2014.
2. Health Canada. Eating Well with Canada's Food Guide: First Nations, Inuit and Métis. 2007.

3. National Indigenous Diabetes Association. Gifts from Our Relations: Indigenous Original Foods Guide. 2020.
4. Nunavik Regional Board of Health and Social Services. Nunavik Food Guide. n.d.
5. Nunavik Regional Board of Health and Social Services. Nunavik Food Guide Educator's Handbook. n.d.
6. Nuxalk Food Centre and University of British Columbia. Nuxalk Food and Nutrition Handbook. 1985.
7. Ontario Federation of Indigenous Friendship Centres (OFIFC). Wiisinidaa: Let's Eat. Volume 3. Spring 2016.

TOOL KITS:

1. Native Women's Association of Canada. Traditional Foods & Recipes on the Wild Side. Diabetes Self-Management Toolkit for Aboriginal Women. 2012.
2. Nunavut Food Security Coalition. Serving Country Food in Government-Funded Facilities and Community Programs. 2018.
3. Uu-a-thluk (Nuu-chah-nulth Tribal Council Fisheries Department). Nuu-chah-nulth Traditional Foods Toolkit. 2010.

WEBSITES:

1. Bannock Awareness. Blackstock MD. Government of British Columbia. 2000.
 - The historical importance and preparation of Bannock. Includes multiple Bannock recipes and a brief account of "Milestones in Aboriginal History Post Contact".
2. Food in Every Country Forum. Canada Aboriginals. 2019.
 - Overview of the geographical setting, place, environment and the historical importance of traditional foods and customs for Aboriginal Canadians. Includes several country food recipes.
3. Indigenous Food First. 2019.
 - A collection of Indigenous Foods, Stories, Recipes, and Pledges.
4. Indigenous Culinary of Association Nations (ICAN). 2019.
 - ICAN has a mission to promote and support Indigenous culinary experiences nationally and internationally.
5. Indigenous Food Revolutionary. 2020.

- Facebook page with recipes for health and wellness. Mostly Native American/Indigenous.
 - Affiliated Indigenous Food Revolutionary blog – nourishing food, recipes, and knowledge.
6. Indigenous Food Systems Network. Working Group on Indigenous Food Sovereignty. 2020.
 - To allow individuals and groups involved with Indigenous food related action, research, and policy reform to network and share relevant resources and information.
 7. Native Tech: Indigenous Food and Traditional Recipes. 2019.
 - An original recipe database for Native American or First Nations traditional recipes. Indexed by recipe categories, regions, or type of dish.
 8. Nutrition – Recipes. Government of Nunavut, Department of Health. 2012-2016.
 9. Strong Nations. 2019.
 - A list of 24 Indigenous Culinary Cookbooks.
 10. Traditional Animal Foods of Indigenous Peoples of Northern North America. 2017. Kuhnlein HV, Humphries NM. Centre for Indigenous Peoples' Nutrition and Environment. McGill University, Montreal.
 - An introduction to the food systems (animals, cultures, and nutrients) of Indigenous Peoples of northern North America.
 11. Turtle Island Native Network. 1998-2017.
 - Resources and links related to traditional and contemporary Native Peoples culture including Food Stories, Recipes, Traditional Diets, Food Security, Food Sovereignty, and Indigenous Food Systems.
 12. The Arctic Kitchen: Recipes of the North. 2019.
 - Public Facebook CBC North recipe group. Group created September 5 2019. About This Group section states: "Cookies, jam, caribou stew... if you have a recipe that you want to world to experience, share it here. The recipes don't have to contain ingredients traditionally found in the Arctic. If you lived in the North, share your recipes. If you've picked up a northern recipe from a friend, feel free to share it. See something here that reminds you of your own southern recipe, share that too."