

Fantastic Fishing



FANTASTIC FISHING

Fishing has always been very important to Métis families. They are skilled fishers and good at selling fish.

The Métis invented the prairie jigger for fishing with a gill net. This tool helps fishers catch as many fish as needed, saving them lots of time and effort.



Métis fishers only catch the number of fish they need. This leaves lots of healthy fish for the future.

Métis women have had a very important role in fishing. In the past, they cleaned, filleted (cut up), and prepared the fish for cooking. They also smoked or dried the fish to make it last longer. They used almost every part of the fish, so not much was wasted.

The Métis are also smart business people. This made a big impact on the fishing industry in the past, and many Métis families continue to fish today.

MICHIF CORNER



ENGLISH

fishing

NORTHERN MICHIF

pak'tahwâwin
(pawk-ta-ha-wa-win)

HERITAGE MICHIF

kwashkwaypichikayhk
(kwash-kway-pich-eh-gat)

FISHING FUN!



- Métis people invented the prairie jigger to make ice fishing easier. What could you make easier with a new invention?

Scan the QR code to get a Fish Shadow Matching Activity and information.



Bountiful Bannock



BOUNTIFUL BANNOCK

Bannock is a bread made from wheat flour. It was adapted from early Scottish fur traders by many North American Indigenous Peoples, including the Métis.



It is a favourite and important food for many Métis families and communities. Eaten at Métis celebrations, bannock is often served with fresh jam, butter, or honey spread on top.

Bannock is quick to make, and it is filling. It was usually made simply using flour, baking powder, salt, water, and lard. It can be baked, fried, or cooked over an open fire. This made it a popular meal for travelling Métis fur traders.

Today, many Métis families have unique bannock recipes. Some families use their creativity to add different ingredients to their bannock to make it their very own. Many Métis families have their own special family bannock recipe that was passed down through generations.



MICHIF CORNER

ENGLISH
bannock

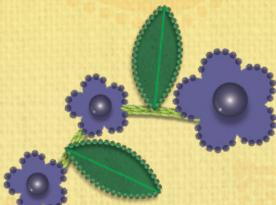
NORTHERN MICHIF
la'gålet
(lah-gaa-let)

HERITAGE MICHIF
la gaalet
(lah-gah-let)

BANNOCK BONUS!

- Have you ever tried bannock? How was it cooked? Did you add a topping like butter or jam?

Scan the QR code
for a Blueberry
Bannock Recipe!



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Children and Family Services



Savoury Soups and Stews



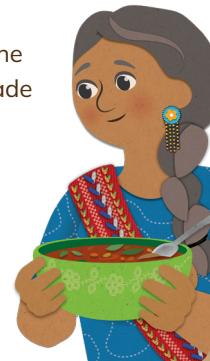
SAVOURY SOUPS AND STEWS

In many Métis households, extended families used to live together, so they needed to cook hearty and nutritious meals to feed everyone. That's when the tradition of Métis soups and stews came to the rescue!

Métis soups bring together a mix of nutritious foods all simmering in one big pot. The best part is that Métis families used the vegetables, herbs, seasonings, and meats they had around at the time to whip up these soups and stews. Talk about resourceful cooking!

Many Métis families made a special soup for celebrations and holidays, which is called Boulette soup. "Boulette" is the French word for meatballs. In this soup, there are homemade meatballs swimming in a flavourful broth, along with potatoes, onions, carrots, herbs, and seasonings.

Some of the other soups that Métis families enjoyed in the past and often enjoy today are barley soup, classic Métis soup, pea soup, and bean soup. With so many delicious choices, there's never a dull moment in a Métis kitchen!



MICHIF CORNER



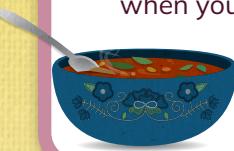
ENGLISH
soup

NORTHERN MICHIF
mêchima'poy
(meh-chi-mah-poy)

HERITAGE MICHIF
la soup
(lah-soup)

SOUP'S UP!

- Have you ever eaten soup when you weren't feeling well? How did the soup make you feel?



Scan the QR code for a Make Your Own Soup Activity!



delicious Desserts



DELICIOUS DESSERTS

Métis people love to gather with friends and family to share music, stories, laughter, and food. Delicious desserts are an important part of every Métis gathering!

Here are some of the common desserts made by the Métis:

- Rice pudding: A bowl of creamy rice, with just the right touch of cinnamon and sugar for sweetness.
- Bread pudding: Instead of wasting old bread, crusts, and leftover bannock, many Métis cooks turn them into pudding by adding milk, eggs, cornmeal, sugar, and spices!
- Poutchine au sac (Pudding in a bag): A pudding made with beef suet, flour, milk, sugar, dried berries, and spices, and steamed in a cotton bag in a pot on the stove. This dessert is also known as “New Year’s Pudding”.



MICHIF CORNER



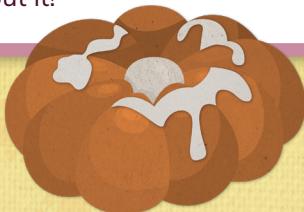
ENGLISH
delicious

NORTHERN MICHIF
wêhkasin
(we-kah-shin)

HERITAGE MICHIF
wiikhashinn
(we-kah-shin)

SWEET HAPPINESS!

- Do you have a favourite dessert? Tell someone all about it!



Grab your apron
and scan the
QR code for
a Métis Bread
Pudding Recipe!



Mouthwatering Meat pies



MOUTHWATERING MEAT PIES

Like many things, Métis families adapted the traditions of their European ancestors to make new traditions of their own.

Métis meat pie is made by combining meat with onions, garlic, and seasonings to create a flavourful filling. This tasty mixture is placed inside a flaky lard crust and baked until it turns crispy and golden. Like many Métis recipes, meat pies were made from whatever meat and vegetables the family had available at the time. This was a great way to make sure nothing went to waste.

Meat pies were often prepared for special family gatherings like Christmas and New Year's celebrations. The pies added a warm touch to these joyous occasions during cold, winter months.

This dish holds a special place in Métis communities. It is a delicious meal and a symbol of togetherness and unity. When Métis families come together to make meat pies, they share their stories, knowledge, and laughter.



MICHIF CORNER



ENGLISH

meat

NORTHERN MICHIF

weyâs
(wee-yaas)

HERITAGE MICHIF

la vyaan
(lah-vyawn)

MAGNIFICENT MEAT PIES!

- Métis meat pies are similar to Tourtière, which is a French-Canadian dish. Are there any meals that your family eats that came from a culture different to your own?



Scan the QR code for a Leftover Chef Activity!



Plentiful Pemmican



PLENTIFUL PEMMICAN

Pemmican was one of the most important foods for Métis fur traders.

Pemmican is a high-calorie food. It gave active fur traders all the energy they needed for travelling long distances through the Métis Homeland. Pemmican was easy to pack, very nutritious, and lasted for a long time. This made it the perfect food to pack while travelling.

To make pemmican, the Métis men hunted the bison, the Métis women and children cut the meat, and the Métis matriarchs dried and ground the meat so that it would last a long time. The dried, ground meat was then mixed with animal fat called suet and dried berries. Pemmican is the ultimate survival food.

During the fur trade, Métis families and communities worked together to supply pemmican to hard-working, hungry fur traders. Pemmican played a very important role in the survival of fur traders, preventing diseases like scurvy.

Would you try pemmican if you had the chance?



MICHIF CORNER



ENGLISH

pemmican

NORTHERN MICHIF

pimêhkân
(pem-eh--khan)

HERITAGE MICHIF

li tooroo
(lih-toe-row)

PEMMICAN PASTIME!

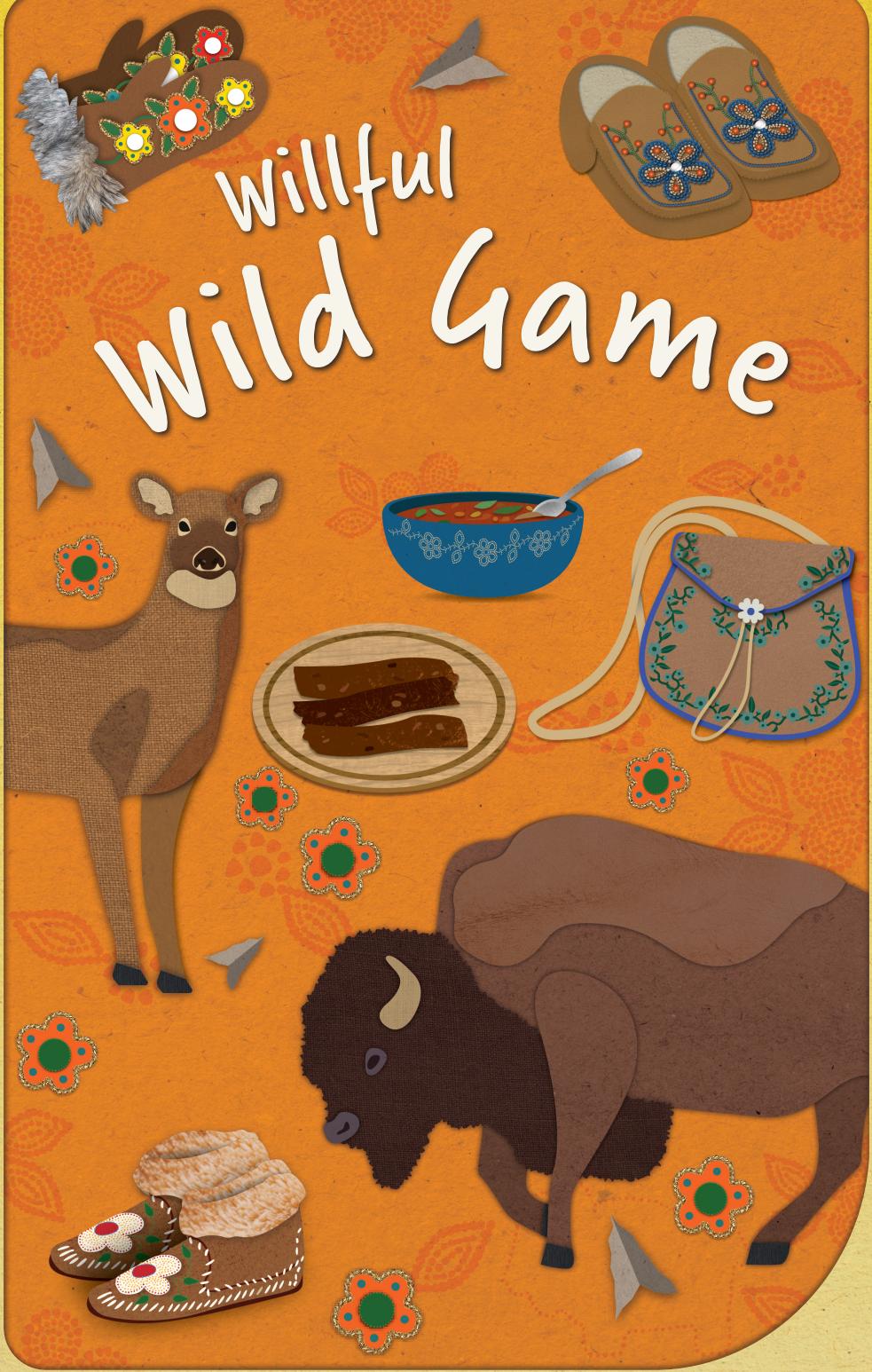
- ✿ Brainstorm some reasons why pemmican was such an important food for Métis families.



Scan the QR code for a Pemmican Eye Spy Activity and a colouring page!



Willful Wild Game



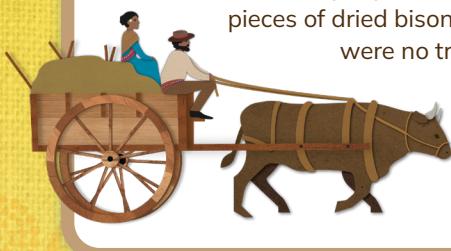
WILLFUL WILD GAME

Thanks to the unique skills of the Métis during the fur trade, many became excellent hunters and trappers. Many Métis families continue these traditions today.

Métis people ate the meat of wild bison, deer, rabbit, and moose. They used many parts of the animal for clothing and tools. The Métis did their best to make sure that no part of any animal was wasted.

Bison hides were used to make clothing like moccasins, gloves, and vests. The bison bones were used to craft tools like knives and shovels. They even made cups and spoons from bison horns!

Even the bison poop was used for fuel! Bison chips were pieces of dried bison poop burned in fires when there were no trees around.



Our Métis ancestors were truly resourceful. They knew how to make the most of what they had. Using every part of the bison is one great example of this!



ENGLISH
bison

NORTHERN MICHIF
paskwâw mostos
(pah-skow- mus-tus)

HERITAGE MICHIF
iii bufloo
(lee-ba-flew)

HELP THE HUNTER!

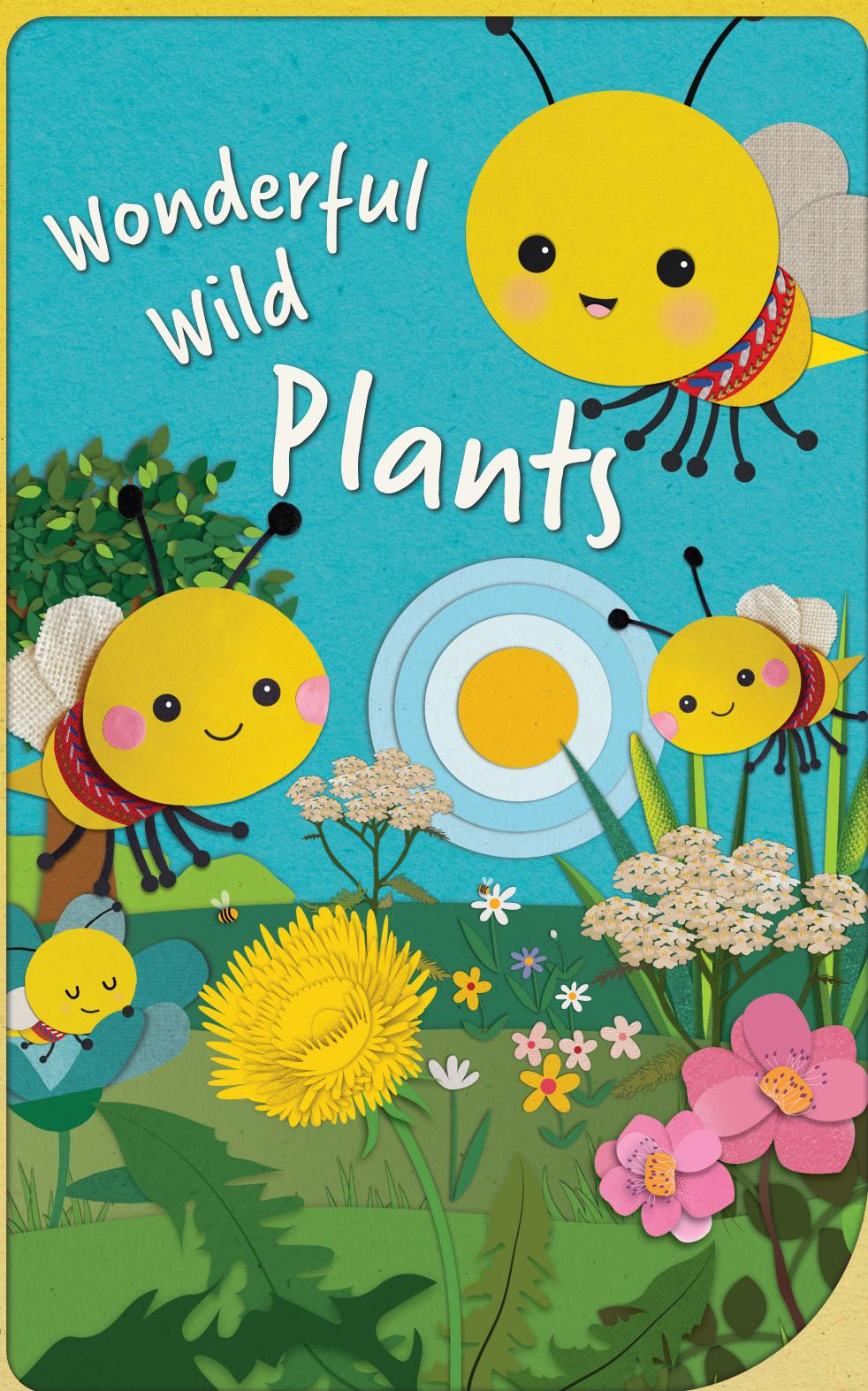
- Together, make a list of as many uses for the bison as you can think of. Why do you think it was important for the Métis to use every part of the animals they harvested?



Scan the **QR code** to help a Métis hunter identify animal tracks!



Wonderful wild Plants



WONDERFUL WILD PLANTS

Métis families knew which plants growing within the Métis Homeland could be gathered to be eaten as food or used as medicine.

Harvesting plants helped Métis families feel connected to the land and to one another. They often gathered wild plants together as a family. The Elders passed down what they knew about plants to their children and grandchildren.

Today, many Métis families still practice the tradition of gathering wild plants. They use them for teas and ointments to help keep their bodies and minds healthy.

Teas and ointments can help to treat stomach aches, skin problems, viruses, and other illnesses. Berries, such as raspberry, saskatoon berry, blueberry, and strawberry, are important to the Métis and can be used for making jams, pemmican, and teas.

Only taking what is needed and being gentle when gathering plants is important to make sure that plants continue to survive and grow for the Métis Nation of the future.



MICHIF CORNER

ENGLISH

plant

NORTHERN MICHIF

kistigânis
(*kiss-ti-gaanis*)

HERITAGE MICHIF

enn fleur
(*en-flurr*)

PAUSE FOR PLANTS!

- Can you think of some of the foods that you eat that come from plants? What are some ways that you can be careful when gathering plants?

Scan the QR code
for a Berry Memory
Game and a Wild
Plant Family
Scavenger Hunt!



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Glorious Gardening



GLORIOUS GARDENING

Before Canada was a country, Métis communities across the Métis Homeland were connected by rivers like highways connect us today. Métis family homes were often on long, narrow plots called “river lots”. These lots had different areas, including land for gardening, and wooded areas to harvest plants and animals.

Métis families grew vegetables like turnips, onions, cabbage, carrots, corn, pumpkins, herbs, and potatoes. They started planting seeds as soon as the ground thawed in the spring, then they harvested the food in the fall.

In the winter the vegetables were stored in a root cellar.

The herbs from the garden were dried and stored in paper bags and glass jars in the house. These herbs were added to meals. The vegetables and herbs made the Métis diet balanced and healthy all year long.



ENGLISH
garden

MICHIF CORNER

NORTHERN MICHIF
kistigân
(kiss-*ti*-gaan)

HERITAGE MICHIF
zhaardayn
(jar-deh-n)

GREAT GARDENS!

- Think about the benefits of growing your own food. Let's see how many you can come up with!



Scan the QR
code to get a
Design Your Own
Garden Activity!



Foundational Farming



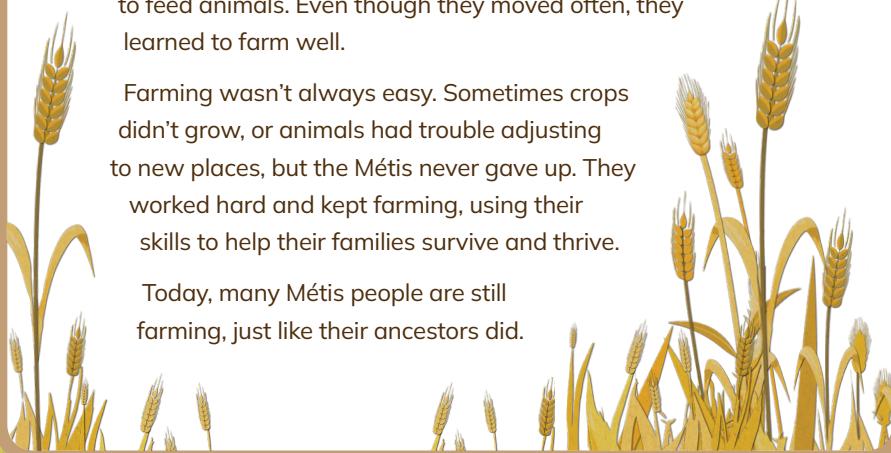
FOUNDATIONAL FARMING

The Métis people have always been important farmers within the Métis Homeland. A long time ago, fur traders relied on food from Métis farms.

In places like Red River, the Métis grew grains for food and to feed animals. Even though they moved often, they learned to farm well.

Farming wasn't always easy. Sometimes crops didn't grow, or animals had trouble adjusting to new places, but the Métis never gave up. They worked hard and kept farming, using their skills to help their families survive and thrive.

Today, many Métis people are still farming, just like their ancestors did.



MICHIF CORNER

ENGLISH
farmer

NORTHERN MICHIF
kistigwêno
(ks-tig-wee-no)

HERITAGE MICHIF
aen faarmyii
(eh-far-mee)

FABULOUS FARMING!

- Think of the foods you eat every day. Which foods come from a farm in Canada? Which foods do you think come from a farm in another country?



Scan the QR code to get a Farming Word Search Activity!



Savvy Sustainability



SAVVY SUSTAINABILITY

The Métis people love and respect the land because it provides us with everything we need to live. During the spring, many Métis families plant their gardens. In the past, this was when Métis hunters went on their first bison hunt of the year. In the summertime, Métis families go berry picking and plant gathering. In the fall, Métis hunters make sure to have enough meat to last all winter. In the winter, Métis trappers then and now trap animals for pelts on their traplines.

Responsible Métis harvesters always think about the future Métis Nation when they harvest. They want to make sure that there will always be enough healthy food to feed everyone in need. This means not just in the present, but in the future too.



MICHIF CORNER



ENGLISH

Earth

NORTHERN MICHIF

Usiskê
(uhs-key)

HERITAGE MICHIF

La tayr
(lah-tay-er)

STAYING SUSTAINABLE!

- What are some things you and your family can do to make sure the land, water, and Earth stay clean and healthy for the future Métis Nation?

Scan the QR code for a How to Harvest Wild Plants guide that will help your family practice doing your part to keep the Earth clean and healthy for the future Métis Nation!



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Gracious Generosity



GRACIOUS GENEROSITY

Imagine a festive gathering filled with laughter, food, music, and dancing.

Everyone brings something to share. Some share a meal, some share a story, some share a song.

Métis communities across the Métis Homeland have always made sure that gathering was convenient by building their homes close to one another. This was important because it helped our community take care of each other.

Even when times are tough, sharing what we have with others in need is an important Métis tradition. We can share food, resources, and special talents. Being generous helps make our community unified and strong. We can make sure everyone has what they need and that no one is left behind.

Being a part of a community is like being a part of a family. Being generous is one way we can take care of each other.



MICHIF CORNER

ENGLISH
generous

NORTHERN MICHIF
mêgi'skiw
(mehg-i-ski-ow)

HERITAGE MICHIF
boon keur
(boo-kare)



GET GENEROUS!

- One way to be generous is with your talents or "gifts". What is one of your special gifts? How can you use your gift to help others?

Scan the QR code to practice generosity with a Generosity Bingo Activity!

