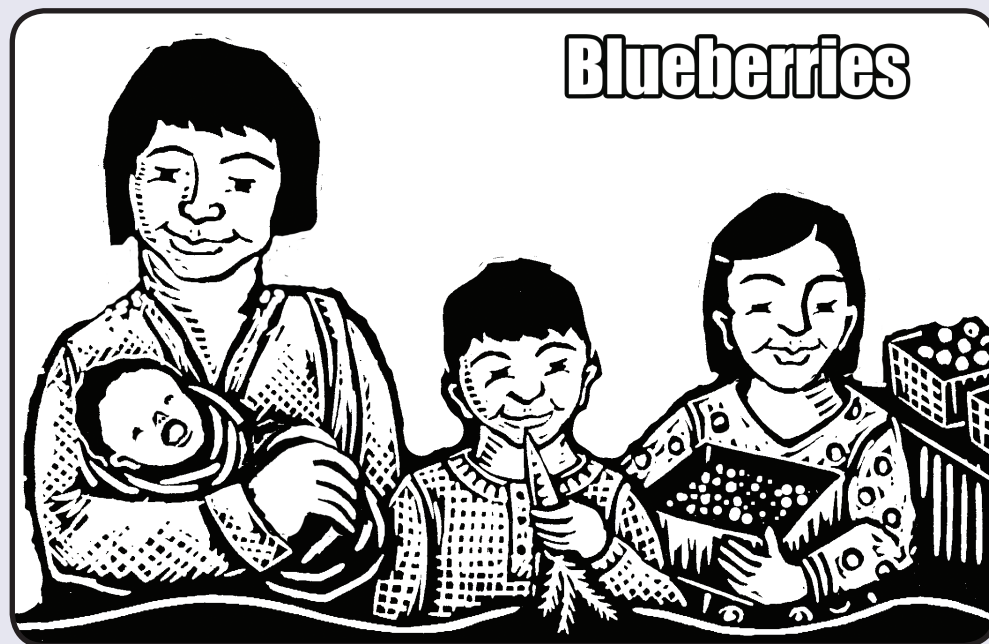
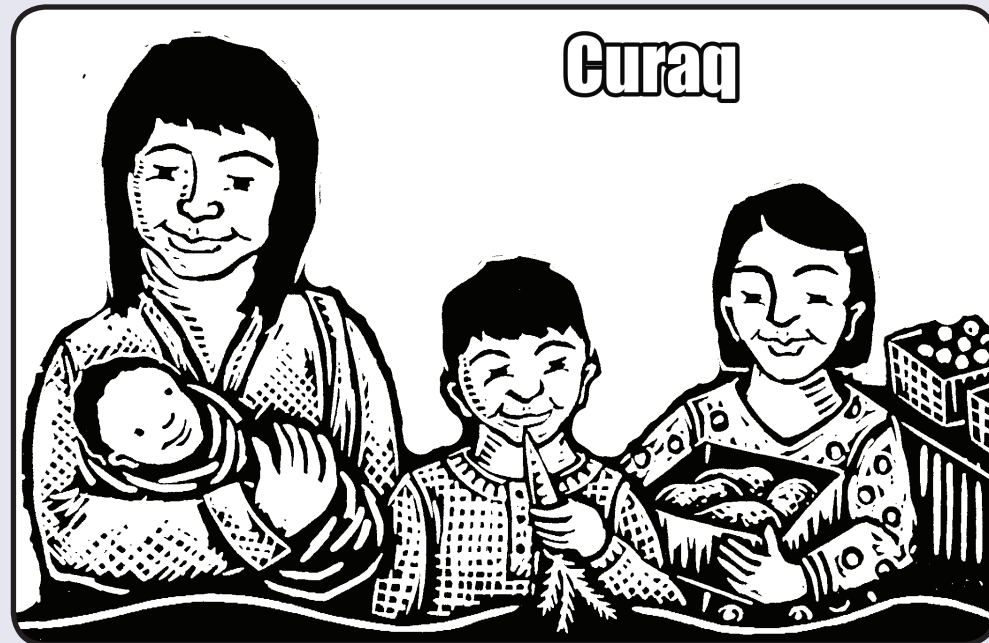


Kid's Page

Can you spot five differences between these two pictures?

Color the pictures when you are done.

What color are the berries going to be?



Curaq: Blueberries

Feast Freely on Organic Fruit from the Tundra!



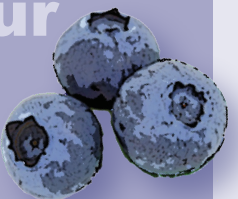
FOOD IS MEDICINE



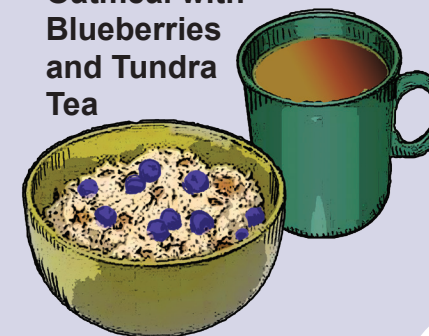
Get the facts to make healthy choices for your family.

Wild Alaskan blueberries are a free, organic SUPERFOOD. They are higher in antioxidants than blueberries from the store. Eating fruits that are high in antioxidants may help protect your body from aging, cancers, and heart disease.

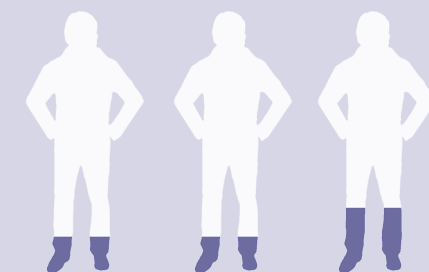
Blueberries are good for your brain!



Oatmeal with Blueberries and Tundra Tea

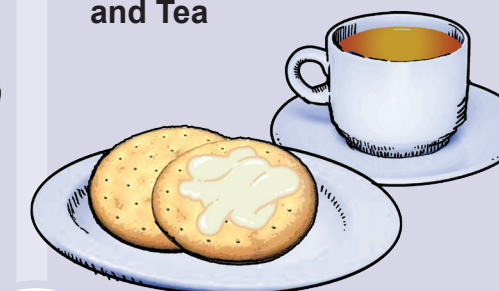


374 Calories



15% Iron, 15% Vitamin C, 25% Fiber

Pilot Cracker, Crisco, and Tea



481 Calories

VS.



4% Iron, 0% Vitamin C, 12% Fiber

Goal is to reach 100% of these nutrients daily.

Nutrition Facts

Blueberries: Curaq

Serving size 1 cup

Amount per 1 cup **Calories 90**

| % DV | |
|------|------------------|
| 2% | Total Fat 1g |
| 0% | Saturated Fat 0g |
| 0% | Trans Fat 0g |
| 0% | Cholesterol 0mg |
| 0% | Sodium 0mg |
| 6% | Total Carbs 18g |
| 16% | Dietary Fiber 4g |
| | Sugars 9.5g |
| | Added Sugars 0g |
| 4% | Protein 1.8g |
| 45% | Vitamin C |
| 2% | Calcium |
| 3% | Iron |
| 3% | Potassium |



Designed by the Center for Alaska Native Health Research in partnership with Alaska Family Nutrition Services. We are grateful to Anore Jones for allowing us to use the traditional wisdom shared in her book, **Plants That We Eat**. Funded by USDA SNAP-Ed program, an equal opportunity provider and employer. For more information about the Alaska SNAP Program go to: dhss.alaska.gov/dpa/Pages/fstamps/default.aspx

Gathering Curaq

Family Fun

Teach your family where real food comes from. Enjoy a peaceful walk on the tundra to pick blueberries. Blueberries from the tundra don't have to travel to your community, so they are better for the environment.

What does it look like?

Blueberry plants can grow up to 3 feet tall. The leaves are small and smooth. The berries are purplish black and taste delicious!

Where can you find it?

Blueberries are abundant and can be found on the tundra, both wet and dry, and in the forests.



Antioxidants

One cup of Tundra blueberries has more antioxidants than 3 cups of store blueberries!

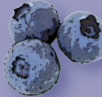

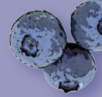



Tundra Blueberries

Store Blueberries

Eating Curaq

Some Serving Suggestions

-  Mix with seal oil and a little sugar for a nutritious treat.
-  Eat with yogurt for a quick snack.
-  Add to a smoothie for an antioxidant-packed beverage.
-  Add to oatmeal for a fiber-filled breakfast.

Curaq Recipes

Overnight Oats

Ingredients:

- 1 clean jar with lid
- ½ cup of oatmeal
- ½ cup milk (or yogurt or other liquid)
- ½ cup blueberries
- honey (optional)

For a variation add nuts, peanut butter, spices, or any other ingredient that sounds good.

Instructions:

1. Combine ingredients in a jar, screw the lid on tight, shake, and put into the fridge.
2. The next morning add a dash of milk and honey (if you want) and enjoy.

Overnight oats can last for a couple days in the fridge, so make a big batch at the beginning of the week!



A Great Source of Fiber!

Cooking with Kids

Kids love to cook!

- Kids that help cook are more likely to try new foods.
- Kids can help pick and clean blueberries.
- Kids can make Overnight Oatmeal all on their own!



TRADITIONAL KNOWLEDGE CORNER

- ◆ You can harvest blueberries from taller bushes by beating them into a basket using a qalutaq, or large wooden spoon. But be gentle—unbruised berries keep longer
- ◆ Blueberries can be used to pickle other traditional foods. They help preserve the food and add flavor