

# Why We Share Country Food



This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut reading program that supports students in their development from emergent to fluent readers.

Healthy students are better learners and become healthy adults. For more information, visit [www.gov.nu.ca/health](http://www.gov.nu.ca/health) and your local Health Centre.

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### Book details

<b>Level:</b>	8
<b>Text Type:</b>	Fiction
<b>Subject:</b>	Sharing country food, community
<b>Summary:</b>	There are many reasons why sharing country food with other people in your community is important.

# Why We Share Country Food



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Sharing country food is very important.  
In my family, we share country food for  
many different reasons.





My grandmother says we must make sure everyone has food to eat. Country food is good to share because it is healthy.

“Please take this pot of boiled seal  
meat to our neighbours,” said Grandmother.  
Country food is good to share  
because it is healthy.





When I gave the pot to the neighbours,  
they were so thankful.  
They were busy with a new baby.  
Country food is good to share because  
sharing helps people.

When I returned, my grandmother was making bannock. “When the bannock is ready, please take it to Qamaniq,” said Grandmother.





I put on my boots and parka and took the bannock to Qamaniq's house. "I have not had bannock in a long time," he said happily. Country food is good to share because it makes people happy.

On the way home, I saw my uncle coming back from fishing. He was sharing his catch. Country food is good to share because there is enough for many people.





I got on my uncle's skidoo and we  
took some of his fish to the elders' home.  
Country food is good to  
share because it helps the community.

At Grandmother's house, our friend Tommy was just leaving. "I brought you fresh muskox from my hunt yesterday," he said. "Thank you!" said Uncle.





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“Grandmother, it was so nice to share  
our food today,” I said.  
“We live in a community, and we should  
always look after each other,” she said.  
Country food is good to share.



