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.

**FOOD IS MEDICINE**

- **Iron**: 15%
- **Vitamin C**: 25%
- **Fiber**: 25%

**VS.**

- **Iron**: 4%
- **Vitamin C**: 0%
- **Fiber**: 12%

**Goal is to reach 100% of these nutrients daily.**

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**Nutrition Facts**

**Blueberries: Curaq**

**Serving size**: 1 cup

- **Calories**: 374
- **Total Fat**: 1g
- **Saturated Fat**: 0g
- **Trans Fat**: 0g
- **Cholesterol**: 0mg
- **Sodium**: 0mg
- **Total Carbs**: 18g
- **Dietary Fiber**: 4g
- **Sugars**: 9.5g
- **Protein**: 1.8g

**374 Calories**

**Pilot Cracker, Crisco, and Tea**

- **Calories**: 481
- **Total Fat**: 1g
- **Saturated Fat**: 0g
- **Trans Fat**: 0g
- **Cholesterol**: 0mg
- **Sodium**: 0mg
- **Total Carbs**: 18g
- **Dietary Fiber**: 4g
- **Sugars**: 1.5g
- **Protein**: 4g

**481 Calories**

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**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?
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!

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!

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.