Eating fruit from the tundra, such as naunrat, may help protect you and your family from cancer, heart disease and diabetes.

**Naunrat: Salmonberries**

**Feast Freely on Sweet Organic Berries from the Tundra!**

**FOOD IS MEDICINE**

Get the facts to make healthy choices for your family.

Eating fruit from the tundra, such as naunrat, may help protect you and your family from cancer, heart disease and diabetes.

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**Organic Salmonberries**

- Goal is to reach 100% of these nutrients daily.
- Cost: Time spent walking on the tundra with family.

**Canned Fruit Cocktail in Heavy Syrup**

(10 Teaspoons of added Sugar)

- Goal is to reach 100% of these nutrients daily.
- Cost: $5.99

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**Nutrition Facts**

**Salmonberries: Naunrat**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>68</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.48g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
</tr>
<tr>
<td>Total Carbs</td>
<td>15g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
<tr>
<td>Vitamin C</td>
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</tr>
<tr>
<td>Calcium</td>
<td>19mg</td>
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<tr>
<td>Iron</td>
<td>1mg</td>
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<tr>
<td>Potassium</td>
<td>160mg</td>
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<tr>
<td>Vitamin A</td>
<td>719 IU</td>
</tr>
</tbody>
</table>

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**Nutritional Information**

- **Organic Salmonberries**
  - No added sugar!
  - Vitamin C: 27% DV
  - Vitamin A: 14% DV

- **Canned Fruit Cocktail in Heavy Syrup**
  - Added sugar: 4% DV
  - Vitamin C: 16% DV
  - Vitamin A: 4% DV

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**Kid's Page**

Put the berries in the Bucket!

Find the naunrat and put it in the colander!
What does it look like?
Naunrat grow on plants with soft dark green leaves. The leaves have 3-5 rounded lobes. Flowers are white with yellow centers and have 5 or 6 petals. The fruits are yellow to orange to deep red.

Where can you find it?
Naunrat grow all over but mostly on the open tundra, both wet and dry.

When can you pick it?
Naunrat are the first berry to ripen. Elders say that they are ready to pick when the cotton seeds blow.

Picking Naunrat

5 Reasons to Gather Your Own Food!
1. It’s organic, natural, and healthy.
2. You know where it comes from.
3. It costs less than foods from the store.
4. It’s a great way to stay active.
5. It’s a more sustainable way to eat.

Cooking with Kids

Kids as young as 3 years can help.
• Children can help pick naunrat.
• Kids love measuring and stirring. Have your child make overnight oats for the week!

Naunrat Recipes

Enjoy Naunrat With Your Family!
Sweet Naunrat can enhance almost any recipe. Try adding salmonberries to akutaq or pancakes for a tasty treat.

Traditional Dessert:
1. Serve yourself a bowl of naunrat.
2. Add sugar and seal oil to taste.
3. Enjoy!

Overnight Oats

Ingredients:
1 clean jar with lid
½ cup of oatmeal
½ cup milk (or yogurt or other liquid)
½ cup salmonberries
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!