



Hunting, butchering and aging Walrus: 5 tips to safely enjoy igunaq!

The walrus hunt is part of Inuit culture.

Ready, kids?



There are some important things you need to know to safely enjoy eating walrus.



Let's talk about that!



Inuit and scientists have worked together to give you their best tips.

Interviews were done with locals from four communities.

Us, the real experts!



Samples were collected by Inuit from across Nunavik through subsistence walrus hunts.



Samples were tested for parasites, contaminants, and nutrients (good stuff!) at the Nunavik Research Centre and another lab in Quebec city.



Our findings

Eating walrus has many health benefits!

• High levels of good fats



• Good levels of various nutrients



Selenium, protein and vitamins help your body fight stress and stay strong.

• Low level of mercury



Nothing to worry about!

However, eating it raw, like aged walrus, presents two risks:



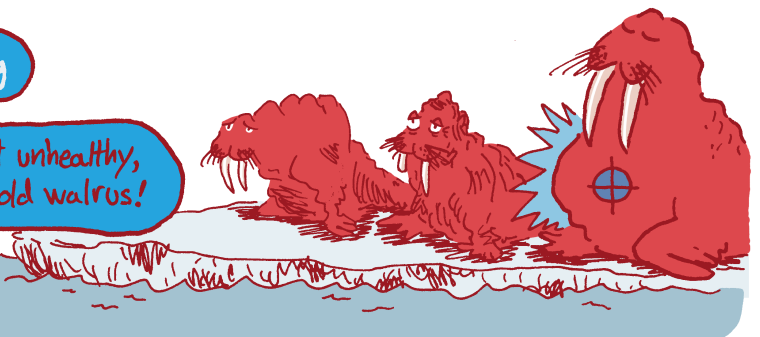
The microscopic parasite *Trichinella nativa* which causes trichinellosis.

The bacteria *Clostridium botulinum* which causes botulism.

Inuit knowledge on hunting, butchering, and preparing aged walrus is **key** to a safe consumption.

Tip #1: Hunting

Don't hunt unhealthy, skinny or old walrus!





Tip # 2: At the butchering site

This ice platform is clean, but if not use a clean tarp.

Don't forget to clean your tools back at home!



Be careful! Don't eat raw walrus. It can be infected with a parasite, Trichinella.



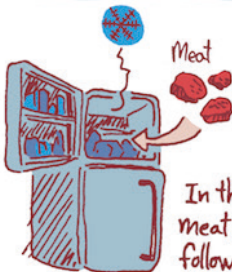
It is very important to test the meat and wait for the results before eating it!

Once you get the results confirming that your meat is Trichinella free...

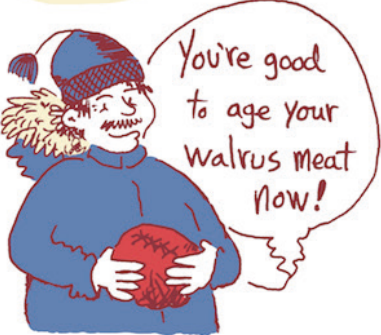
Tip # 3: Testing

Send a sample of the tongue to the Nunavik Research Centre.

Refrigerate the meat while waiting for the results.



In the rare event that the meat is contaminated follow the public health recommendations. Don't forget: Aging the meat doesn't kill the parasite!



Tip # 4: Safely ageing the meat

Put the meat in a well ventilated container.

Put the meat in a cool place protected from the sun and ventilated

If you hunt in the summer, Public Health recommendations are to keep the raw meat in the freezer and age it when the temperature gets cooler.



Tip # 5: Storage

Put your igunaq in the freezer once it is ready!



With the warming climate and more frequent mild spells, your igunaq may ferment too much or go bad, so you can't eat it anymore.

The most important thing is...

Enjoy this fabulous Inuit delicacy with your whole family and the community!



Martin PM

