

Climate Change & Traditional Food

FACT SHEET

Nutritional & cultural information about our traditional foods — our berries, wildlife, and the land and water we depend on — and how climate change will impact them for generations to come.



Rooted in Cree Knowledge.
Sustaining Our Future.



Climate Change & Traditional Food Fact Sheet

Cree Nation Government

Cree Board of Health and Social Services of James Bay

July 2026



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Disclaimer:

This work was completed in collaboration with the Cree Nation Government, the Cree Board of Health and Social Services of James Bay, Elders, land users, tallymen, and youth. Please note that perspectives on climate change and Traditional Knowledge vary among communities.

Each community has its own knowledge systems, lived experiences, and ways of knowing and being. The information presented should be understood within this context and may not reflect the perspectives of all Cree communities.



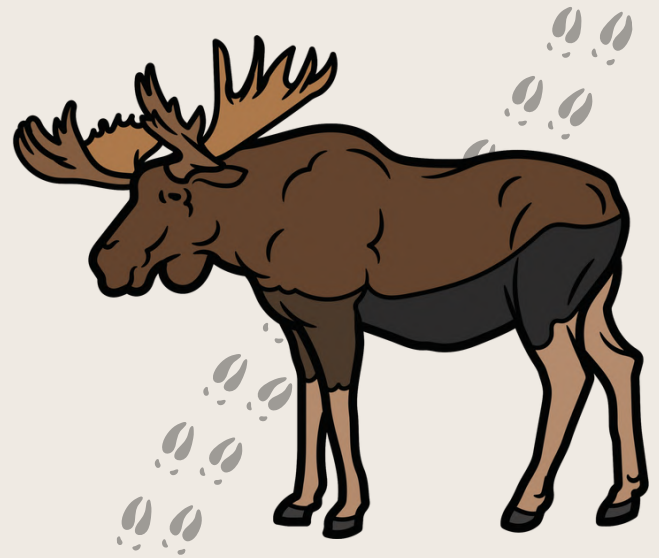
Part 1

Traditional Food



Climate Change and Traditional Food Fact Sheet

Moose



Cultural significance



Important traditional food source.



One moose can provide food for several families.



Hides are used for clothing, tools, and cultural practices.



Most hunters harvest moose during the fall "moose break" and usually avoid hunting in the spring/summer.



Portion Information



100g



slightly bigger than a deck of cards



Nutritional Benefits

For 100g of roasted moose meat:



Excellent source of protein, iron, zinc & Vitamin B12.



Good source of phosphorus & potassium.



Did you know?

Moose meat is an **excellent** source of lean protein, which gives you energy, helps you feel full for longer, and helps build and repair your muscles, skin, hair, and other body tissues.

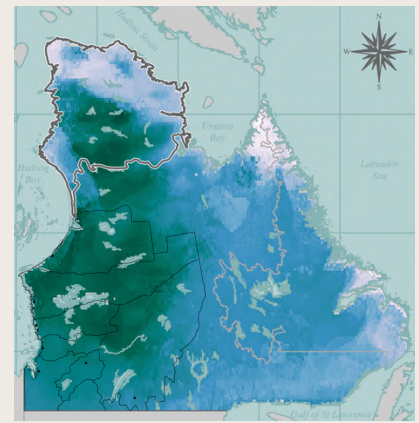
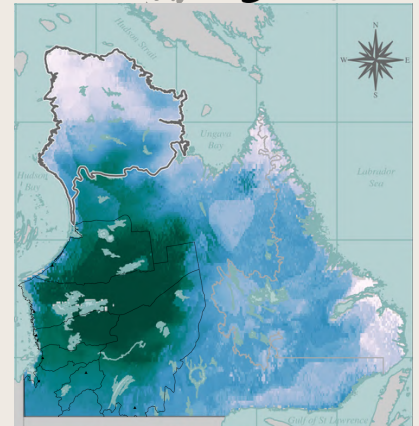
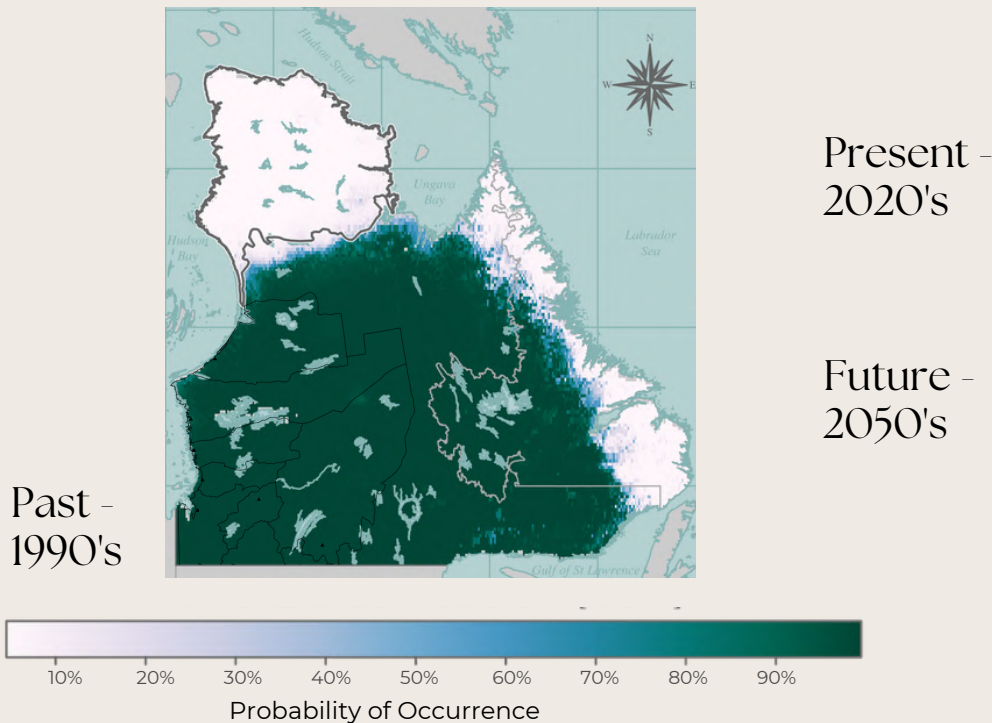


Climate Change and Traditional Food Fact Sheet

Moose | jh



Range shift with climate change



Key Facts

Moose are moving north, but so are ticks and predators. Moose are resilient to forest fires:

- ↑ Shrub habitat, longer growing season → Moose moving north.
- ↑ Threats for moose in the south of Eeyou Istchee (↑ parasites, predators, heat stress in summer) → ↑ Mortality, ↓ Moose health, ↓ Meat quality.
- Moose like new growth → They come back quickly after forest fires. Calves are more vulnerable during fire season.

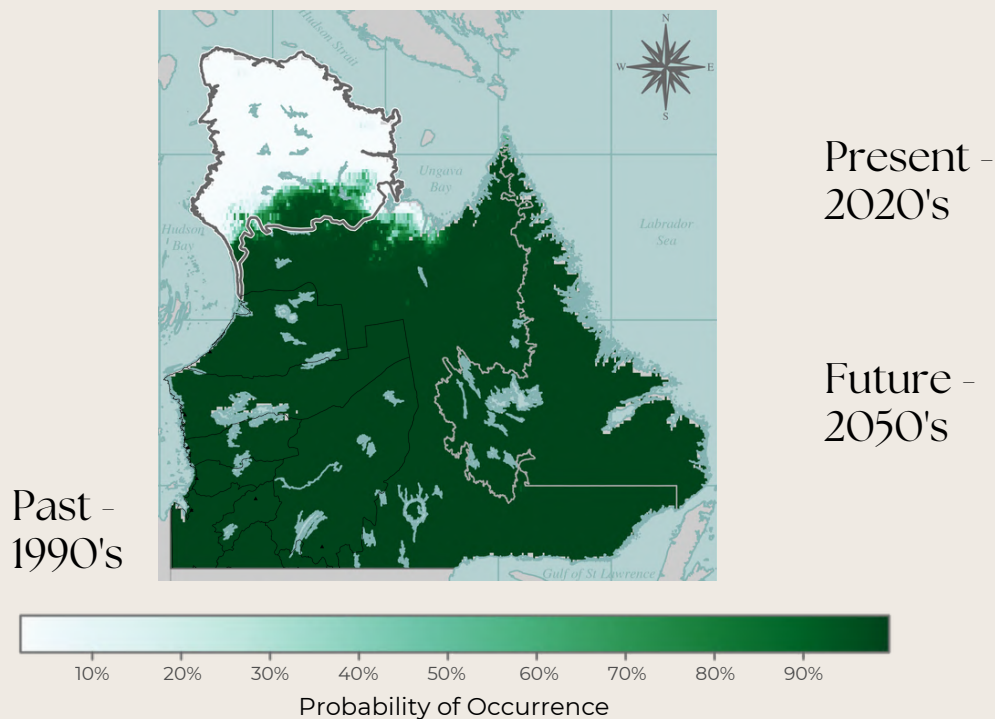


Climate Change and Traditional Food Fact Sheet

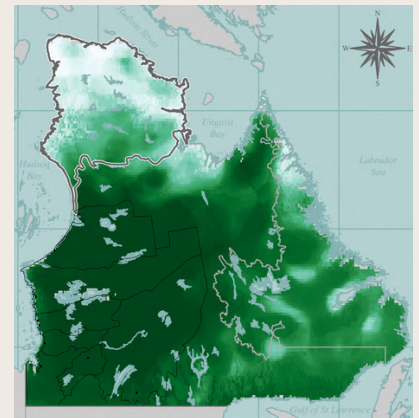
Bear | ᐅᐅᐅᐅ



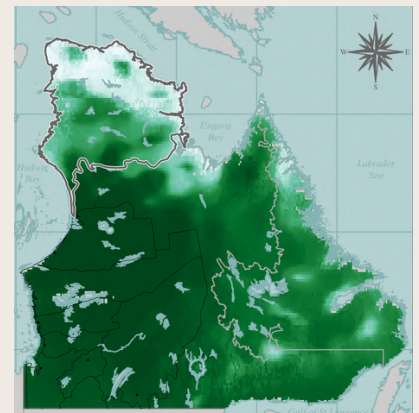
Range shift with climate change



Present - 2020's



Future - 2050's



Key Facts

Bears are adaptable and are expected to become more abundant and expand their range northward.

- ↑ Vegetation growth, longer growing season → Black Bear moving north.
- Later snow, earlier snow melt → Shorter hibernation period.
- Resilience to forest fires → Bears like new growth and more open habitat.



Climate Change and Traditional Food Fact Sheet

Caribou ᐱᐅᐅᐅ

Cultural significance



Sustains Cree life and traditions.



Provides wide range of resources like food, tools, clothing, shelter, and crafts.



Central to Cree diet and culture. Every part is used.



Some Eeyouch traditionally used bone marrow as medicine to treat colds, while caribou fat was applied to soothe skin rashes.



Portion Information



100g



slightly bigger than
a deck of cards



Nutritional Benefits

For 100g cooked caribou meat:



Excellent source of protein, iron, zinc and Vitamin B12.



Good source of phosphorus and potassium.



Did you know?

Most parts of caribou have less fat compared to store-bought meat because they live a more active lifestyle than animals raised in commercial farming.

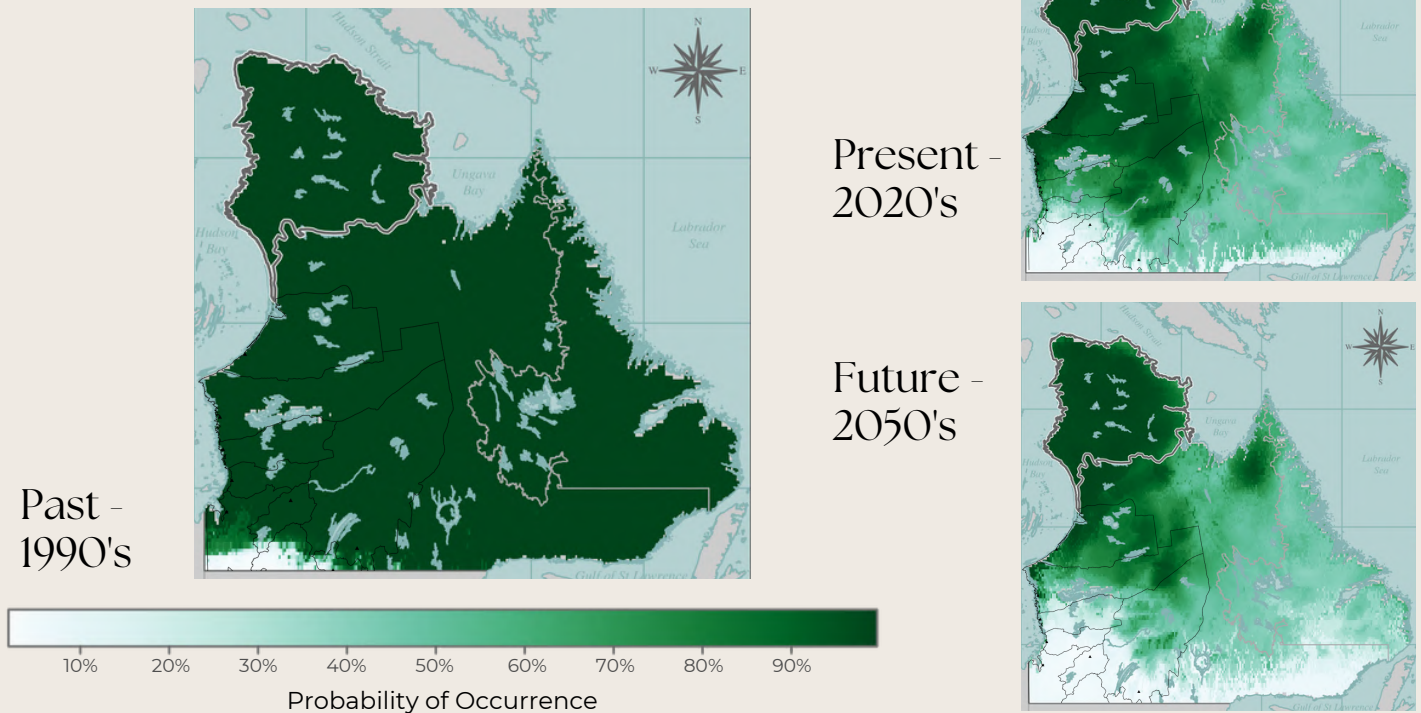


Climate Change and Traditional Food Fact Sheet

Caribou | ᐱᐃᐃᐃ



Range shift with climate change



Key Facts

Migratory caribou are moving north, woodland caribou are impacted by climate change and other human activities:

- Earlier thaw → Mismatch between the peak of spring food availability and the needs of reproducing females.
- ↑ Forest fires → ↓ Caribou habitat and ↓ lichen, an important food source that needs old forests to grow.
- ↑ Winter rain and snow → Harder to forage for food.
- Caribou depend on carbon-rich wetlands → Wetlands store carbon and support ecosystems if protected, and become a carbon source if disturbed.
- Cree adapt to environmental change → Respectful hunting protects caribou. Take only what is needed → Support population recovery.



Climate Change and Traditional Food Fact Sheet

Goose ᑭᓐᑭᓐ

Cultural significance



Goose hunting, a tradition during the spring “Goose Break,” follows the natural migration of the geese.



Shows how Eeyouch have long adapted to changing weather and seasons.



Goose fat was traditionally used as medicine by rubbing it on the chest or drinking it to help when sick.



Portion Information



100g



slightly bigger than
a deck of cards



Nutritional Benefits

For 100g roasted goose meat:



Excellent source of protein, iron, phosphorus and zinc.



Good source of potassium and vitamin B12.



Did you know?

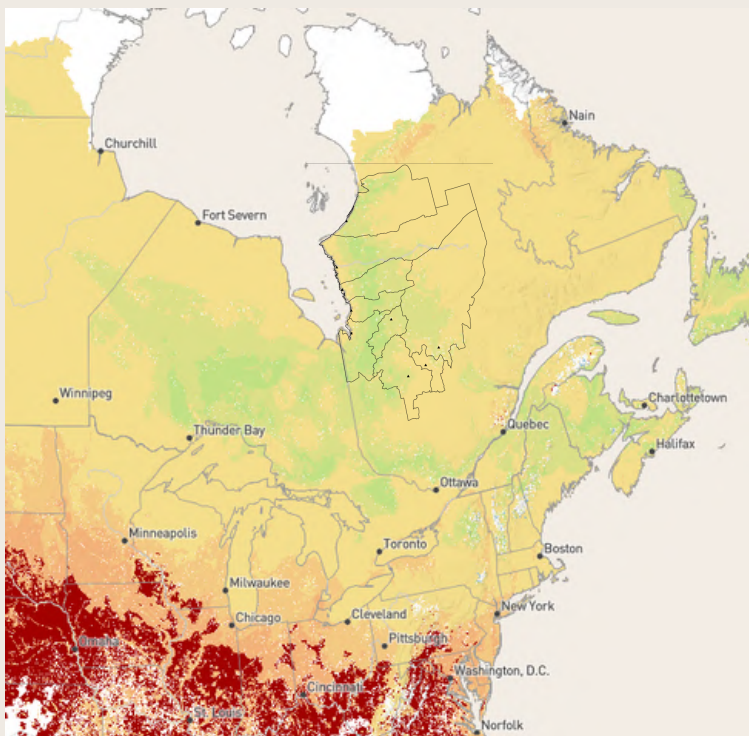
Goose meat is an **excellent** source of phosphorus, a mineral that helps turn food into energy and builds strong bones and teeth.



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Goose | ᑭᓇᑭᓂ

Range shift with climate change



Future - 2050's
(presuming 2°C warmer)

Map Legend

- Range gained
- Improving
- Slightly improving
- Stable
- Slightly worsening
- Worsening
- Range lost

<https://www.audubon.org/field-guide/bird/canada-geese>



Key Facts

Geese adapt to their changing environment, modifying their flight routes:

- ↳ Eelgrass on the coast is declining due primarily to hydroelectric development, with climate change also contributing.¹
- ↳ Fewer geese stop on the coast, and they fly higher.
- ↳ Cree hunting activities and traditions are impacted.
- ↳ Crees hunting practices are adapting.

1. Eeyou Coastal Habitat Comprehensive Research Project (CHCRP) (2023).

<https://canwin-datahub.ad.umanitoba.ca/data/en/publication/chcrp-key-findings-english/resource/b0f40d61-66ca-43b0-bed3-b0d4267b6d46>



Climate Change and Traditional Food Fact Sheet

Beaver



Cultural significance



Beaver meat helps keep Eeyouch healthy and strong.



Valued for its fur, meat, and strength, the beaver has long supported Eeyou livelihoods; especially during the fur trade.



After a beaver was harvested, its head was traditionally hung as a sign of respect and honour for the animal.



Portion Information



100g



slightly bigger than a deck of cards



Nutritional Benefits

For 100g roasted beaver meat:



Excellent source of protein, iron, and vitamin B12.



Good source of phosphorus, potassium, and zinc.



Did you know?

Beaver meat is an **excellent** source of vitamin B12, which helps make healthy blood, prevent tiredness, and supports the growth of healthy hair, skin, nerves, and muscles.

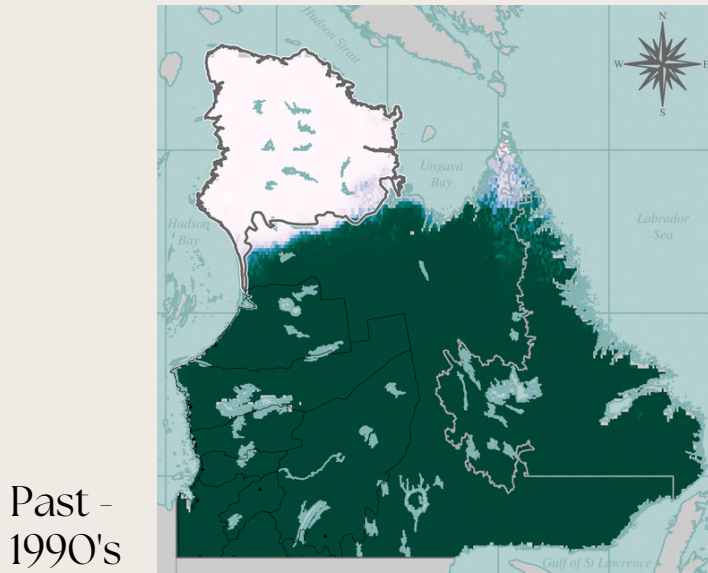


Climate Change and Traditional Food Fact Sheet

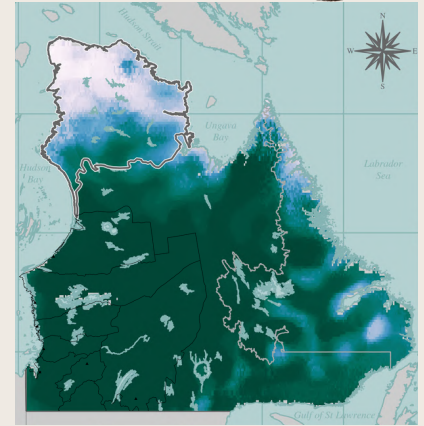
Beaver



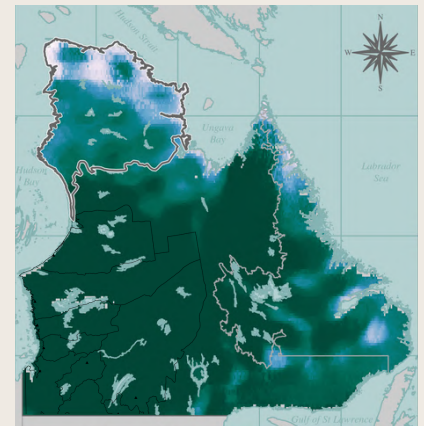
Range shift with climate change



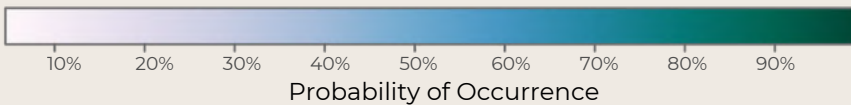
Past -
1990's



Present -
2020's



Future -
2050's



Key Facts

Beavers are well-adapted and can help reduce climate change impacts.

- Shrubs are moving north, winters are milder → Beavers thrive and are expanding northwards.
- Beavers are ecosystem engineers → Beaver dams help mitigate floods, droughts, and increase resilience to wildfires.¹
- Tallymen in Mistissini and Whapmagoostui reported skinnier, less healthy-looking beavers.^{2,3}

1. Moravek et al. (2025). Maximizing the potential benefits of beaver restoration for fire resilience and water storage. <https://doi.org/10.1002/eap.7010>

2. Cree Nation of Mistissini (2018) Climate Change Adaptation Action Plan.

https://www.cngov.ca/wp-content/uploads/2018/05/climate-change-adaptation-action-plan_community-proposal_mistissini_march-2018_fv.pdf

3. Cree Nation of Whapmagoostui (2019) Climate Change Adaptation Action Plan.

<https://www.cngov.ca/wp-content/uploads/2019/11/cng-whapmagoostui-report-final.pdf>



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Snowshoe Hare



Cultural significance



Hare have long provided food for Eeyou families.



Hare snaring is a traditional Eeyou hunting practice that has been passed down through generations.



Before radios, some Eeyouch used part of the shoulder blade as a traditional "GPS," providing clues about the direction, timing, and proximity of visitors.



Nutritional Benefits

For 100g roasted rabbit meat:



Excellent source of protein, iron, zinc & vitamin B12.



Good source of phosphorus.



Portion Information



100g



slightly bigger than a deck of cards



Did you know?

Hare meat is an **excellent** source of protein, iron, and vitamin B12, which help build strong muscles, healthy blood, and provide energy for growth and overall health.



Climate Change and Traditional Food Fact Sheet

Fish ᓇᓴᓐ | ᓇᓴᓐ

Cultural significance



Eeyou Istchee has various species like trout, burbot, suckers, walleye, whitefish, cisco, sturgeon, arctic char, and pike.



Fishing traditions reduce reliance on less nutritious store-bought foods by providing access to healthy Eeyou meechum.



Traditionally, fish broth is valued as medicine, supporting breastfeeding, building strength and energy, and promoting recovery when sick.



Portion Information



100g



slightly bigger than
a deck of cards



Nutritional Benefits

For 100g cooked fish:



Excellent source of protein & vitamin B12.



Good source of selenium, vitamin D, phosphorus, and potassium. Many fish found in Eeyou Istchee are a source of omega-3 fatty acids.



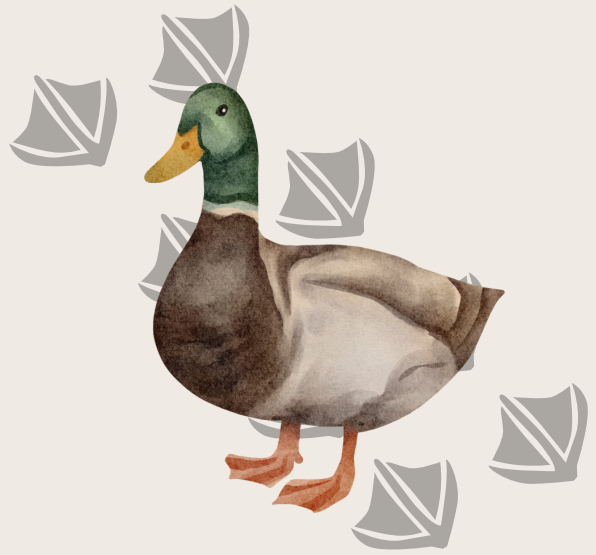
Did you know?

Many fish found in Eeyou Istchee are a source of omega-3 fatty acids, a type of fat that helps prevent heart and blood vessel diseases, while DHA (one type of omega-3 fatty acid) supports healthy brain, eye, and nerve development, especially in young children.



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Ducks < ᑕᑦᑭᑦ



Cultural significance



Ducks are vital to Cree diet and culture.



Duck fat was traditionally used to help relieve coughing, rubbed on the body, or consumed to restore energy.



Today, carved wooden ducks are a popular form of Cree artwork, reflecting the tradition and craftsmanship of Eeyou Istchee.



Portion Information



100g



slightly bigger than
a deck of cards



Nutritional Benefits

For 100g of cooked duck:



Excellent source of protein and iron.



Good source of phosphorus and zinc.



Did you know?

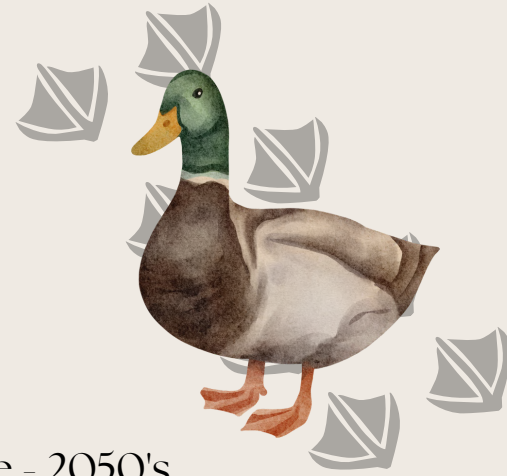
Duck is an **excellent** source of iron, a mineral that helps carry oxygen in the blood, keeping it healthy and helping you stay energized and strong.



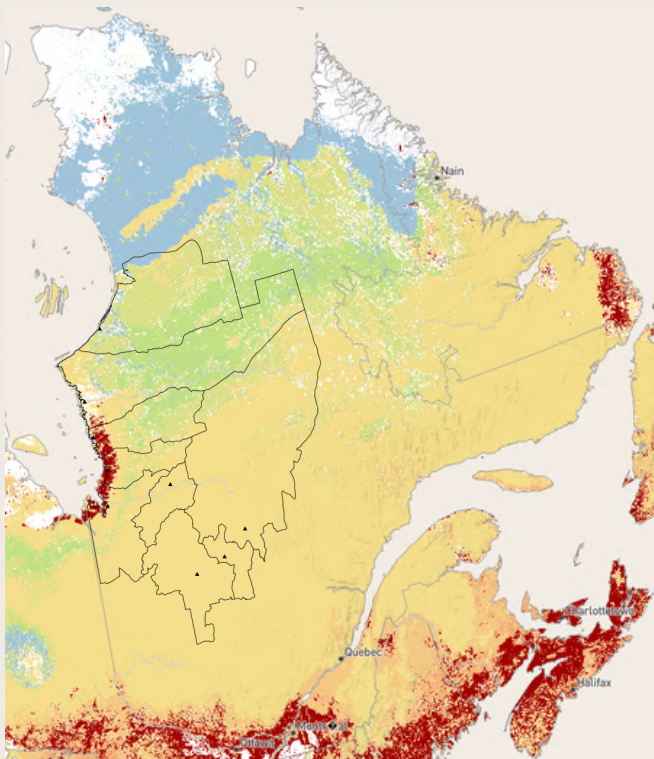
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Ducks | ᐃᐃᐃᐃᐃᐃ

Range shift with climate change
for a representative species: The American Black Duck



Future - 2050's
(presuming 2 degrees
warmer)



Map Legend

- Range gained
- Improving
- Slightly improving
- Stable
- Slightly worsening
- Worsening
- Range lost

<https://www.audubon.org/field-guide/bird/american-black-duck>

Key Facts

Ducks are migrating north and are impacted by changes in temperature and rain:

- Spring Heat Waves → Spring heat waves endanger young birds in the nest.¹
- Heavy Rain → Can flood nests and impede parents from feeding their chicks.¹
- Wildfires → Wildfires incinerate habitat, and if they burn repeatedly, prevent it from recovering.¹

¹<https://www.audubon.org/field-guide/bird/american-black-duck>

Climate Change and Traditional Food Fact Sheet

Ptarmigan

Λ 5° | Λ " 4°

Cultural significance



Ptarmigan are an important part of the Eeyou diet, providing food and materials that support families and traditions.



The ptarmigan's feeding sack, which stores buds and other plant material, can be used to make a sheesheegun (a traditional baby rattle).



Their feathers change with the seasons: white in winter to blend with the snow and darker in summer.



Portion Information



100g



slightly bigger than
a deck of cards



Nutritional Benefits

For 100g of cooked ptarmigan:



Excellent source of protein & iron.



Good source of phosphorus.



Did you know?

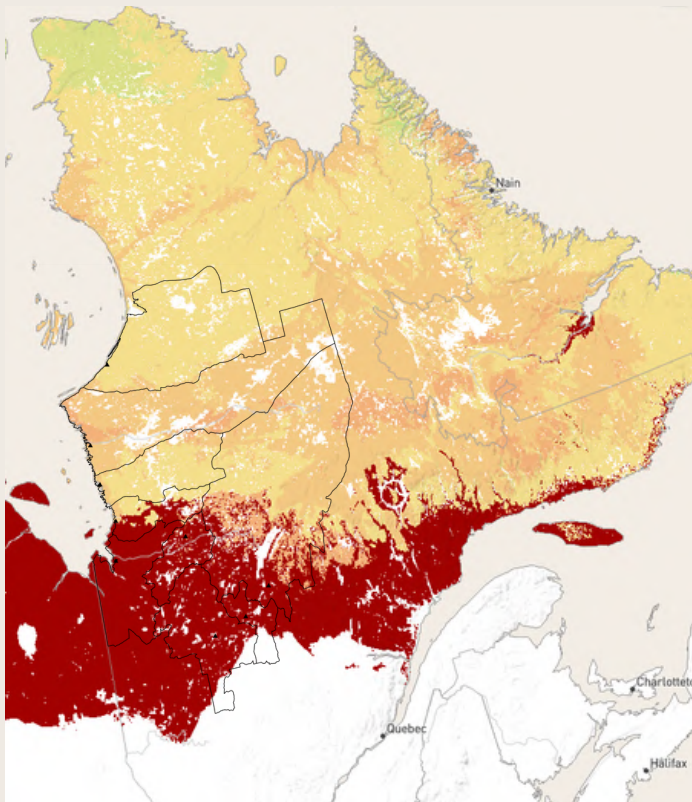
Ptarmigan is a **good** source of phosphorus, a mineral that helps turn food and drinks into energy and builds and maintains strong bones and teeth.



Climate Change and Traditional Food Fact Sheet

Ptarmigan

Range shift with climate change



Future - 2050's
(presuming 2 degrees warmer)



Map Legend

- Range gained
- Improving
- Slightly improving
- Stable
- Slightly worsening
- Worsening
- Range lost

<https://www.audubon.org/field-guide/bird/willow-ptarmigan>

Key Facts

Ptarmigan habitat is moving north with fewer birds in Southern Eeyou Istchee:

- Winter Rain → Harder to access food sources through icy layers.
- Winter rain → Harder to bury in snow, leading to more ptarmigans in spruces and increasing their exposure to predators.
- Shorter winters → Risk of mismatch in timing of seasonal colour moults.
- ↑ Shrub in the tundra → Expansion of habitat in the North.

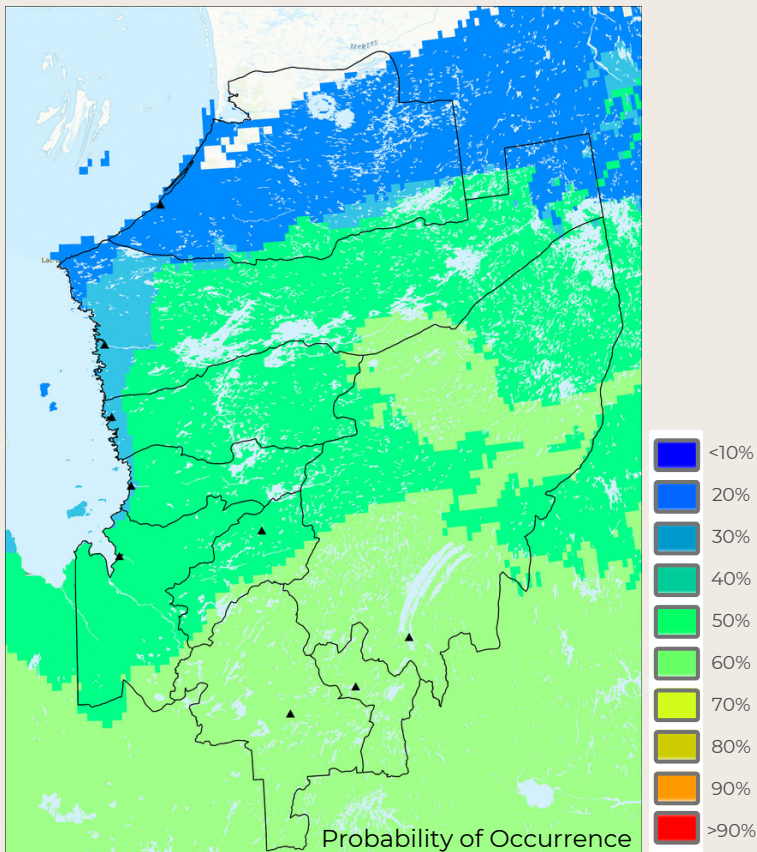


Blueberries



Present distribution

for a representative species: The Low Bush Blueberry



Nutritional Benefits

For ½ - ¾ cup raw blueberries:

- **Source** of vitamin A, vitamin C, folic acid & fiber.
- **Vitamin A** helps keep your skin, bones, and teeth healthy, supports normal and night vision, and helps your body fight infections.

Climate Change Impacts¹

- Shorter winters → Longer growing season.
- Earlier snow melt → ↑ Risk of spring freeze → ↓ Fruit production.
- ↑ Forest fires → Blueberries are one of the first species to come back after fires.
- ↑ Shrub growth → ↑ Competition with blueberries².



Did you know?

Berries provide many nutrients that we need each day to stay healthy, such as fiber, vitamin A, folic acid, and vitamin C.

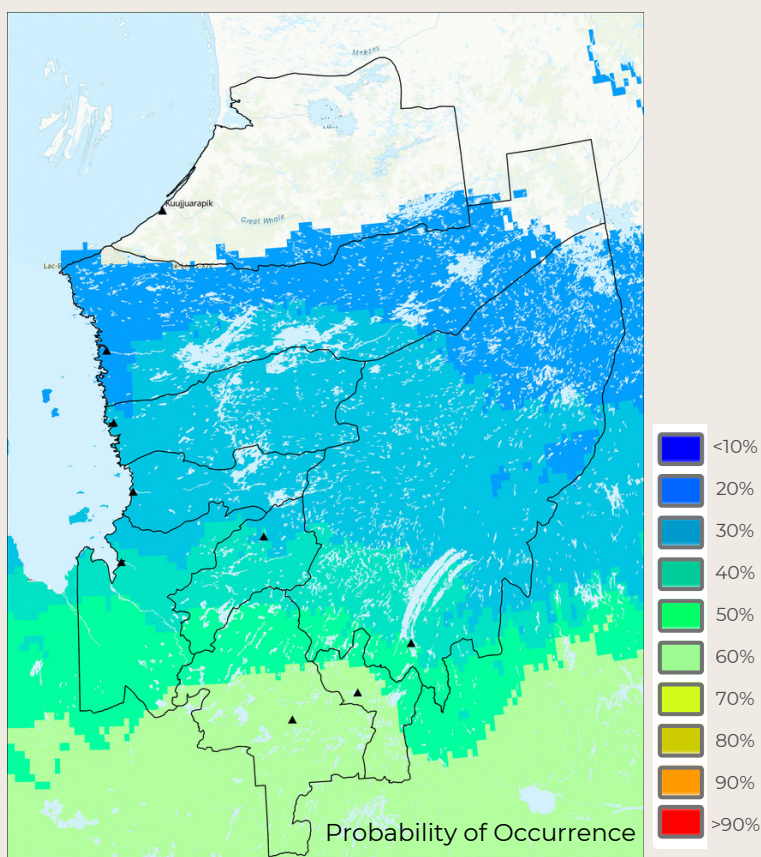
1. https://agriclimat.ca/wp-content/uploads/Fiche-bleuet_SLSJ.pdf
2. Cuerrier (2019) « Berry plants and berry picking in Inuit Nunangat: traditions in a changing socio-ecological landscape », *Human Ecology*, 47(1), 81-93. <https://doi.org/10.1007/s10745-018-0044-5>



Raspberries

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Present distribution



Nutritional Benefits

For ½ - ¾ cup raw raspberries:

- **Excellent** source of fiber.
- **Source** of vitamin C.
- **Fibre** is a type of carbohydrate that comes from foods like fruits, vegetables, whole grains, and legumes, and helps prevent constipation, keeps you feeling full, and supports healthy blood sugar after meals.

Climate Change Impacts

- Raspberry range will expand northward.
- Shorter winters → Longer growing season.
- Earlier snow melt → ↑ Risk of spring freeze → ↓ Fruit production.
- Hotter summers → ↑ Heat stress → ↓ Fruit production¹.



Did you know?

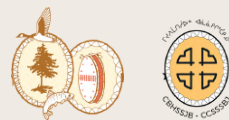
Berries provide many nutrients that we need each day to stay healthy, such as fiber, vitamin A, folic acid, and vitamin C.

1. <https://indigenousclimatehub.ca/2025/02/small-berries-big-lessons-a-reflection-on-natures-wisdom-and-the-impacts-of-climate-change/>



Part 2

Climate Change Maps

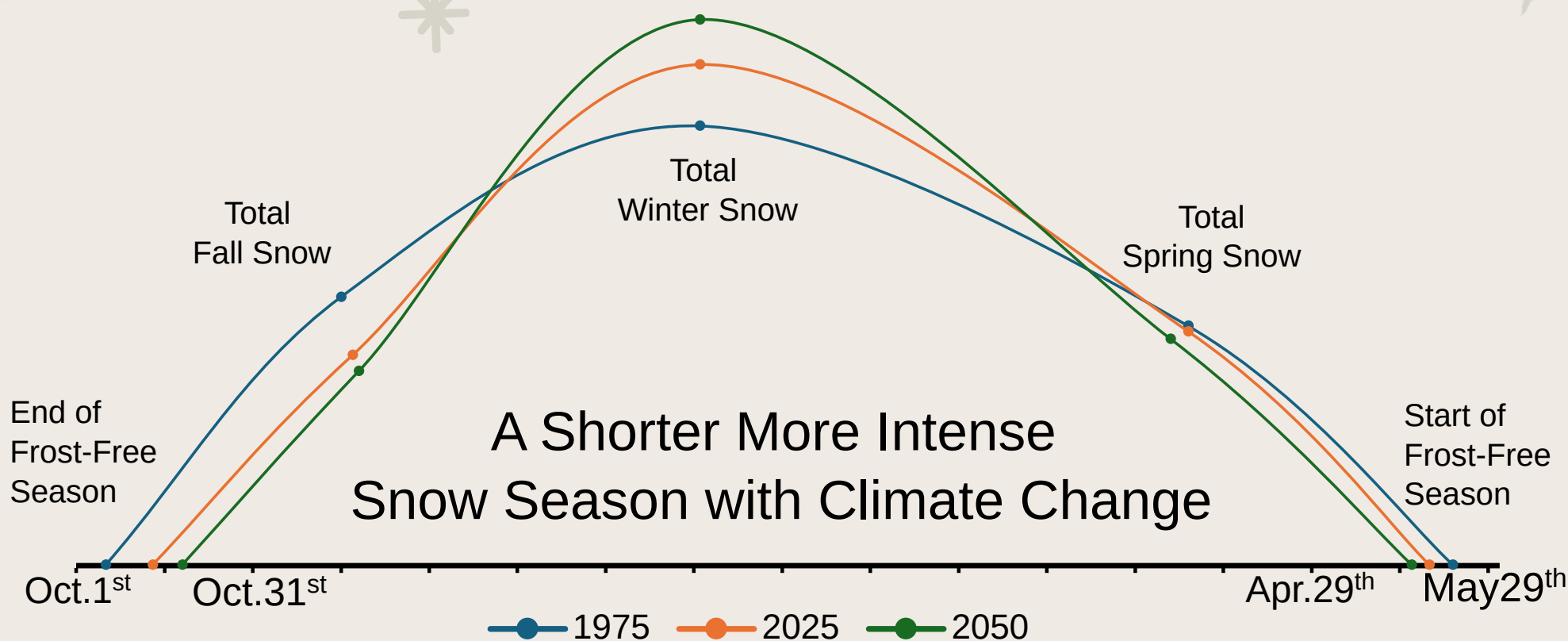


Shorter warmer
winters with
more snow

Shifting Seasons

A longer
growing season
with more
intense forest
fires

Eeyou Istchee Average



A Shorter More Intense
Snow Season with Climate Change



Mean Winter Temperature

Winter is the season experiencing the most extreme changes in temperature. Currently the average temperature between December and March varies from -10°C to -22°C .



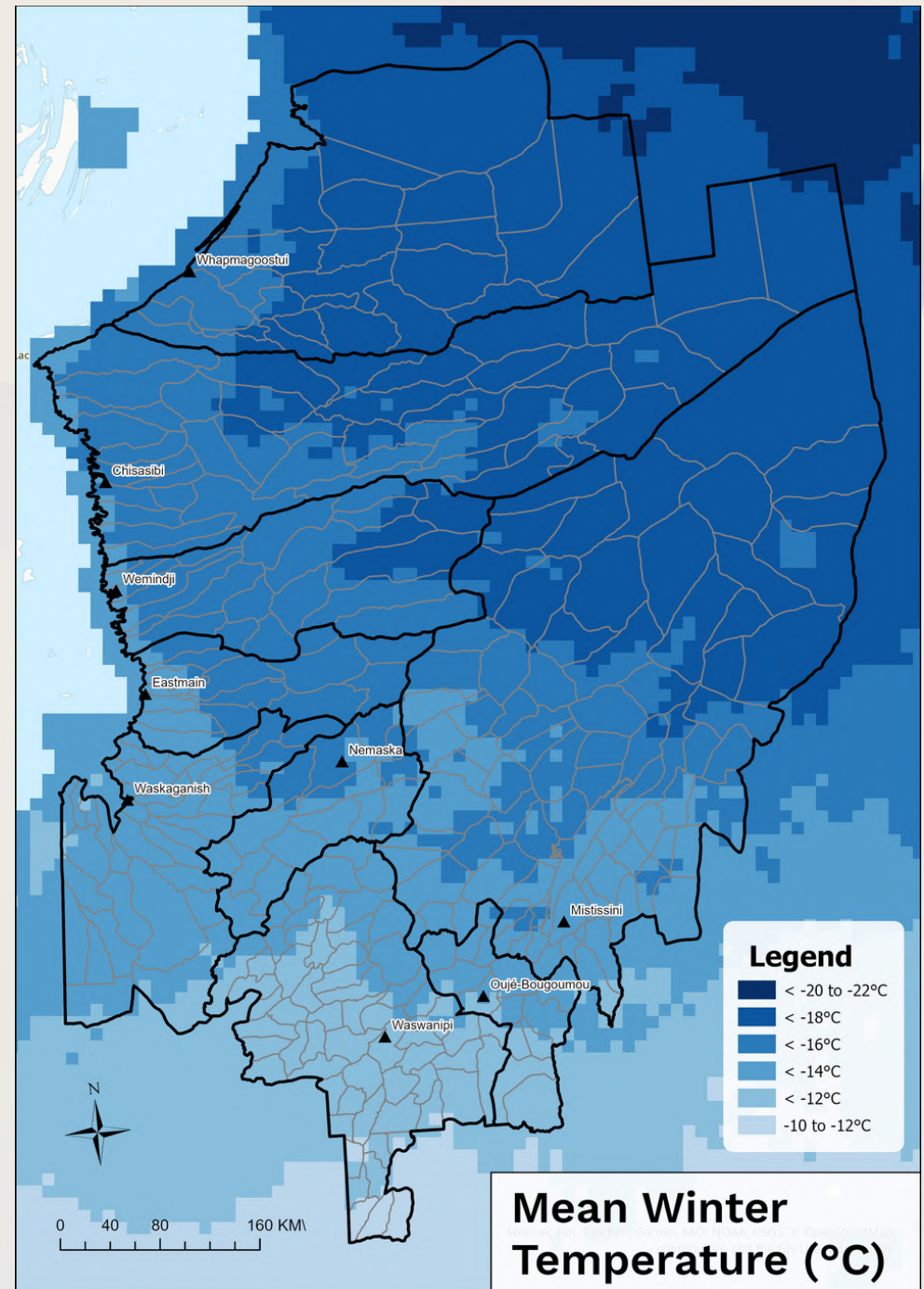
Winters today are already $2.5 - 4^{\circ}\text{C}$ degrees warmer than 50 years ago with the northern part warming the fastest. The region is expected to warm another $2-3^{\circ}\text{C}$ degrees by 2050.



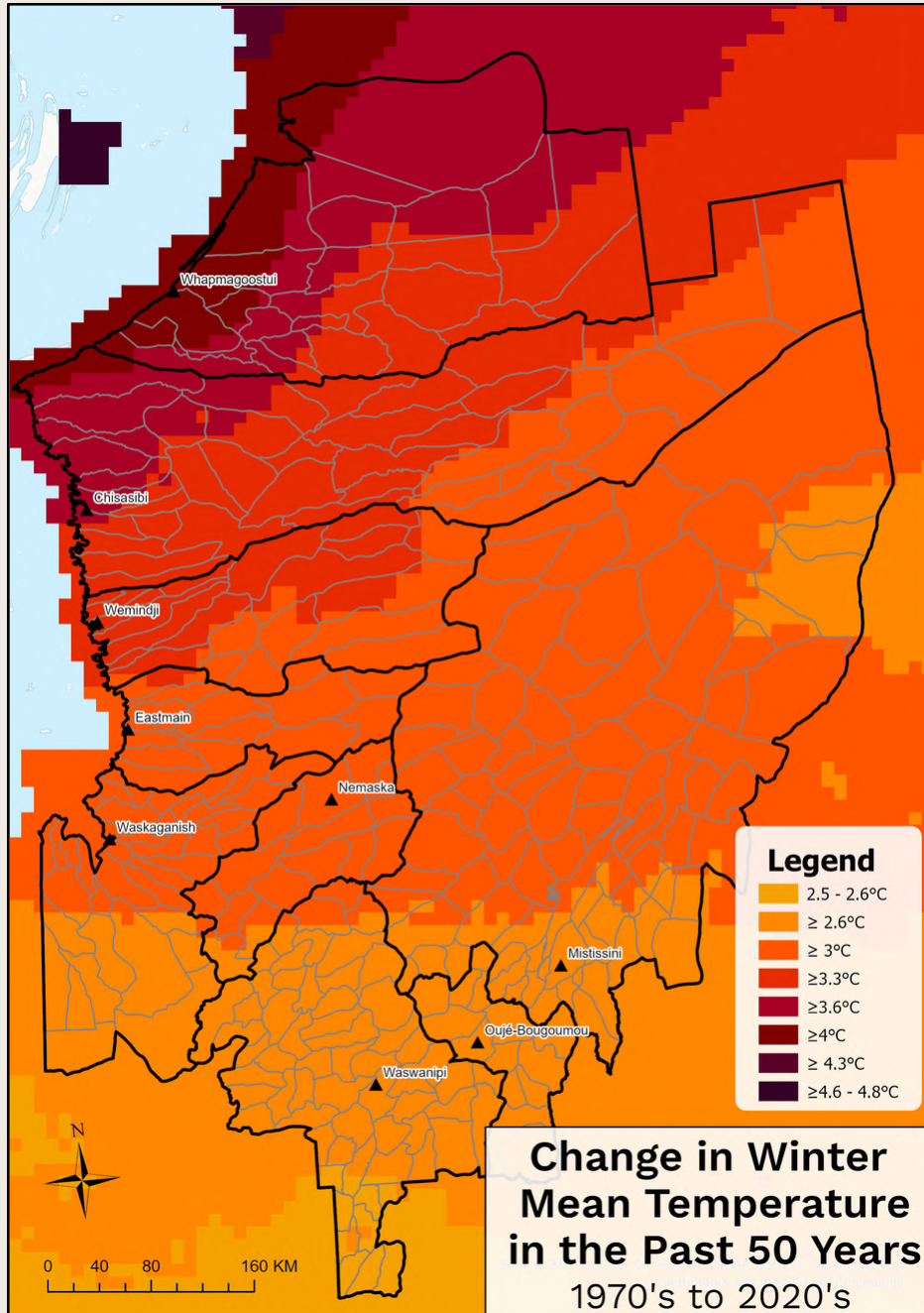
Crees use snow and ice to travel on the land. Cold weather is essential for the creation of ice. Models predict a 50% decrease in ice thickness and up to two additional months without ice by 2050 compared to historical levels.



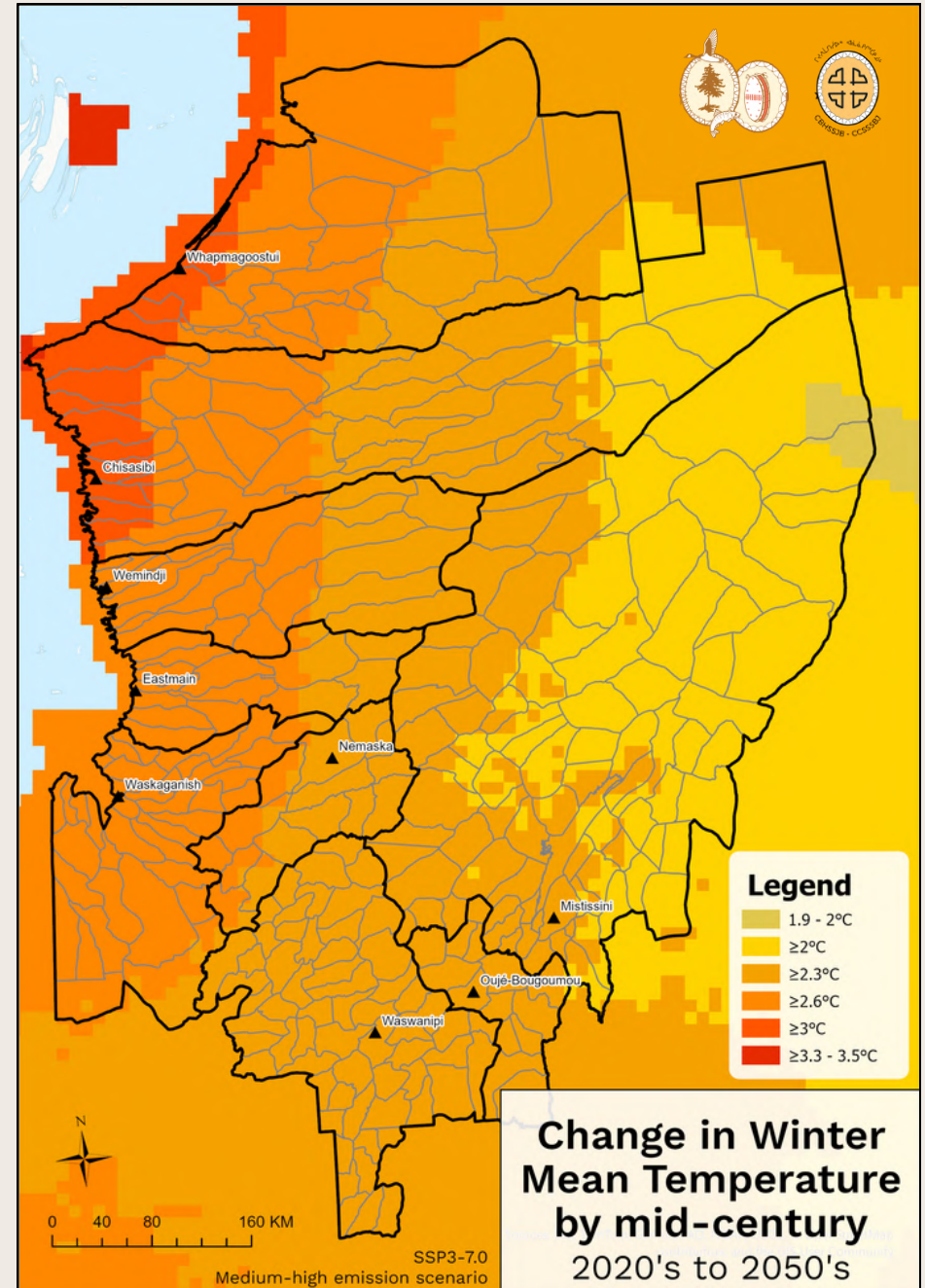
To mitigate these risks, programs are being put in place, such as ice monitoring, ice safety and rescue training.



Past → Present



Present → Future



Mean Summer Temperature

Currently the average temperature between June and September varies from 10°C to 18°C.



Summers today are already 1.3 - 1.9°C degrees warmer than 50 years ago. The region is expected to warm another 1-2°C degrees by 2050.



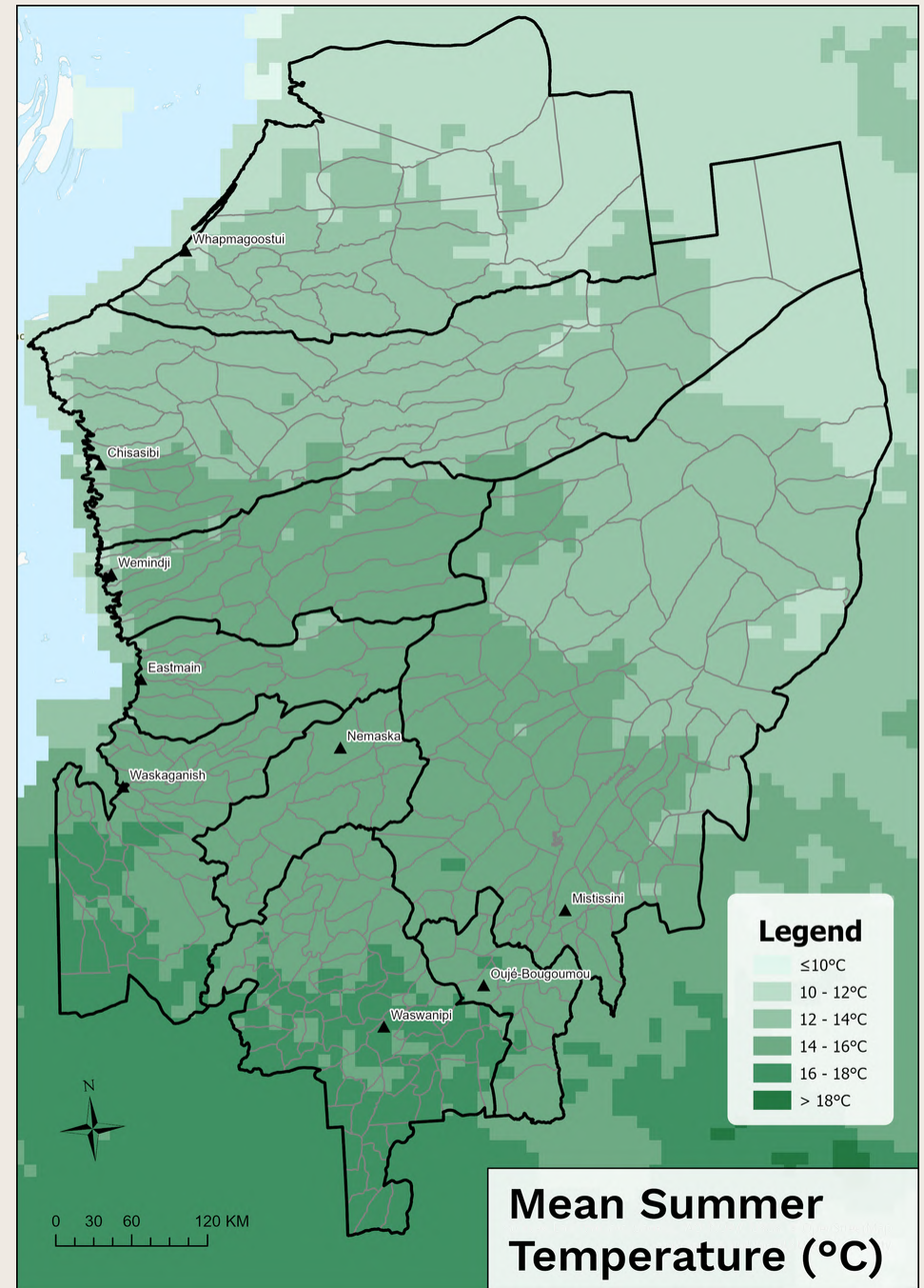
While less extreme than winter warming, even a small increase in temperature leads to a large increase in evaporation, which can result in more severe droughts and forest fires.



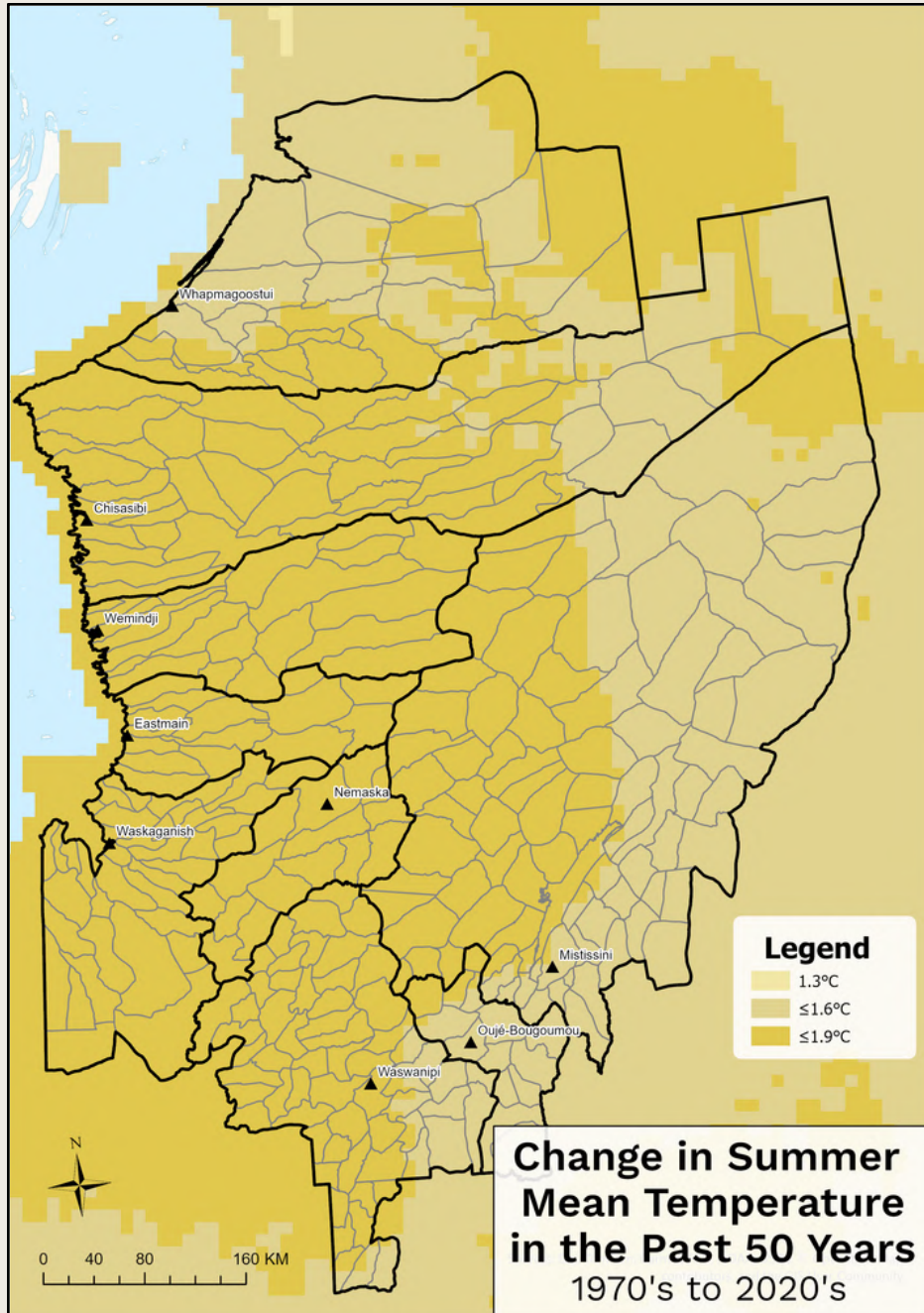
Warmer weather also means new species, diseases, more zoonotic diseases and an overall increase in shrubs and greenery.



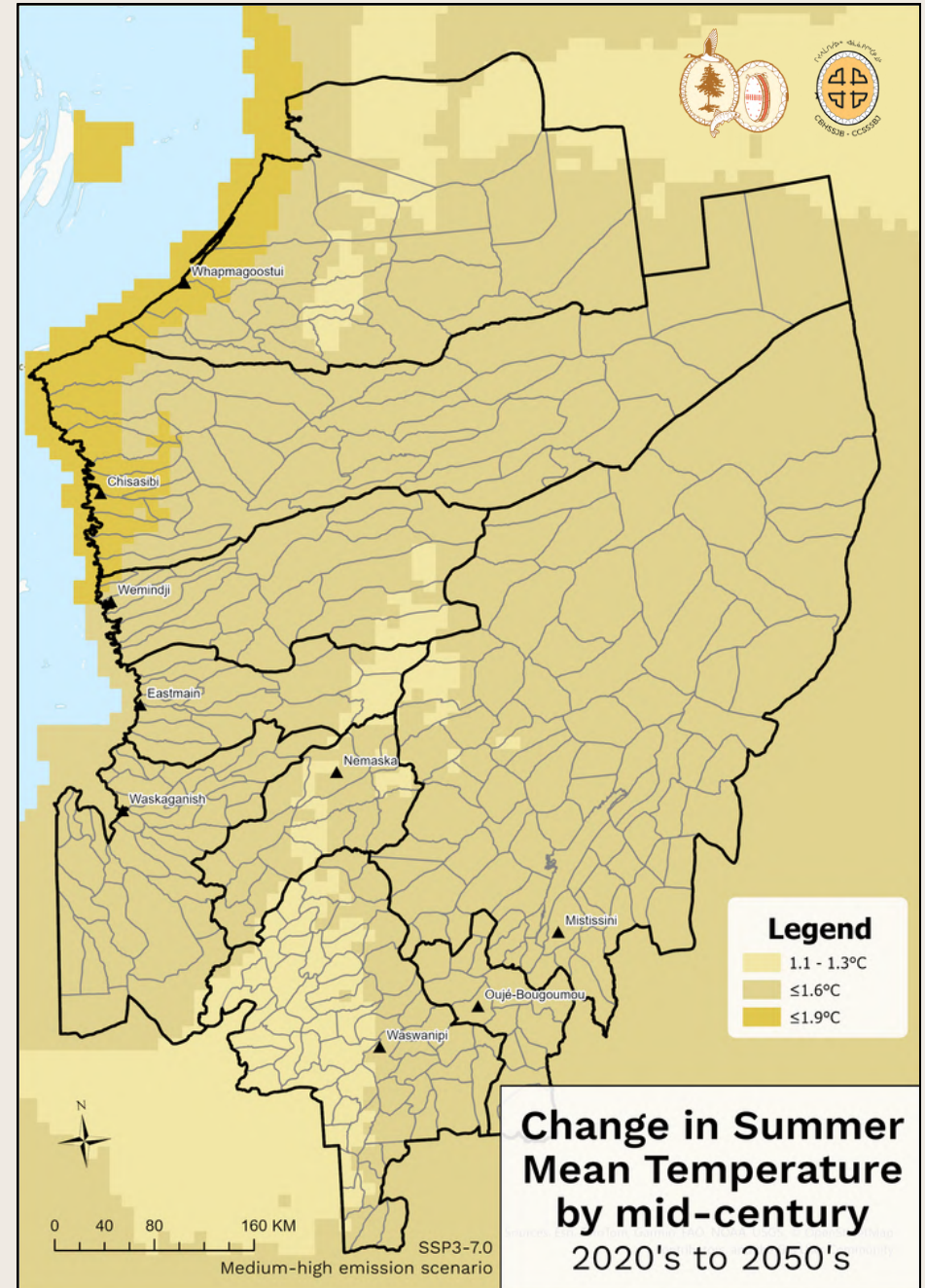
On the plus side, it means new opportunities for gardens and greenhouses.



Past → Present



Present → Future



Winter Snow

The snow season is becoming shorter. While the total amount of snowfall has and will remain relatively stable, the season is starting increasingly late.



We've seen a 23% drop in snowfall between September and November in the past 50 years and are expecting another 9% decrease by 2050.



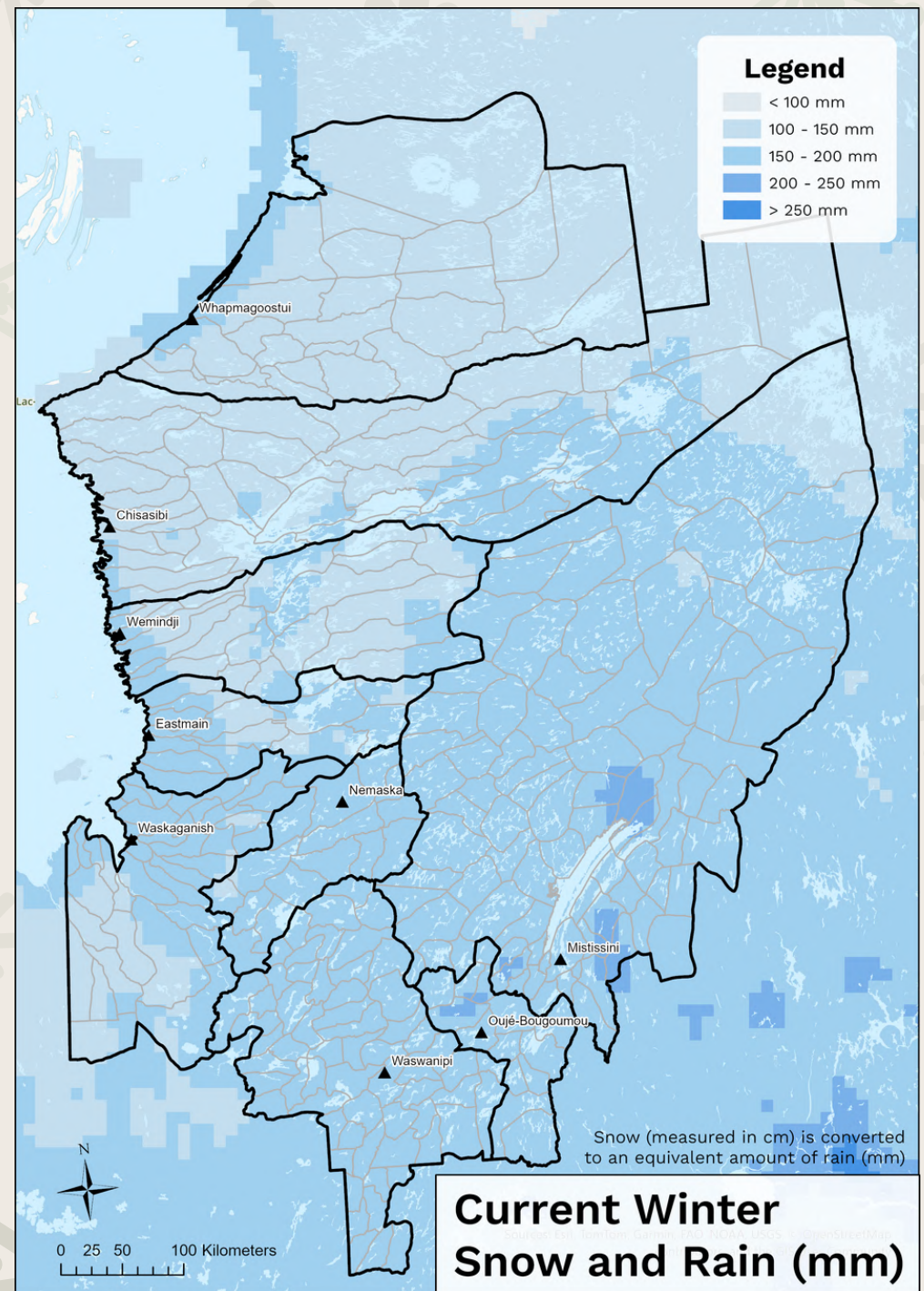
Meanwhile, winter snow has increased by 15% in the past 50 years and will increase by another 7% by 2050.



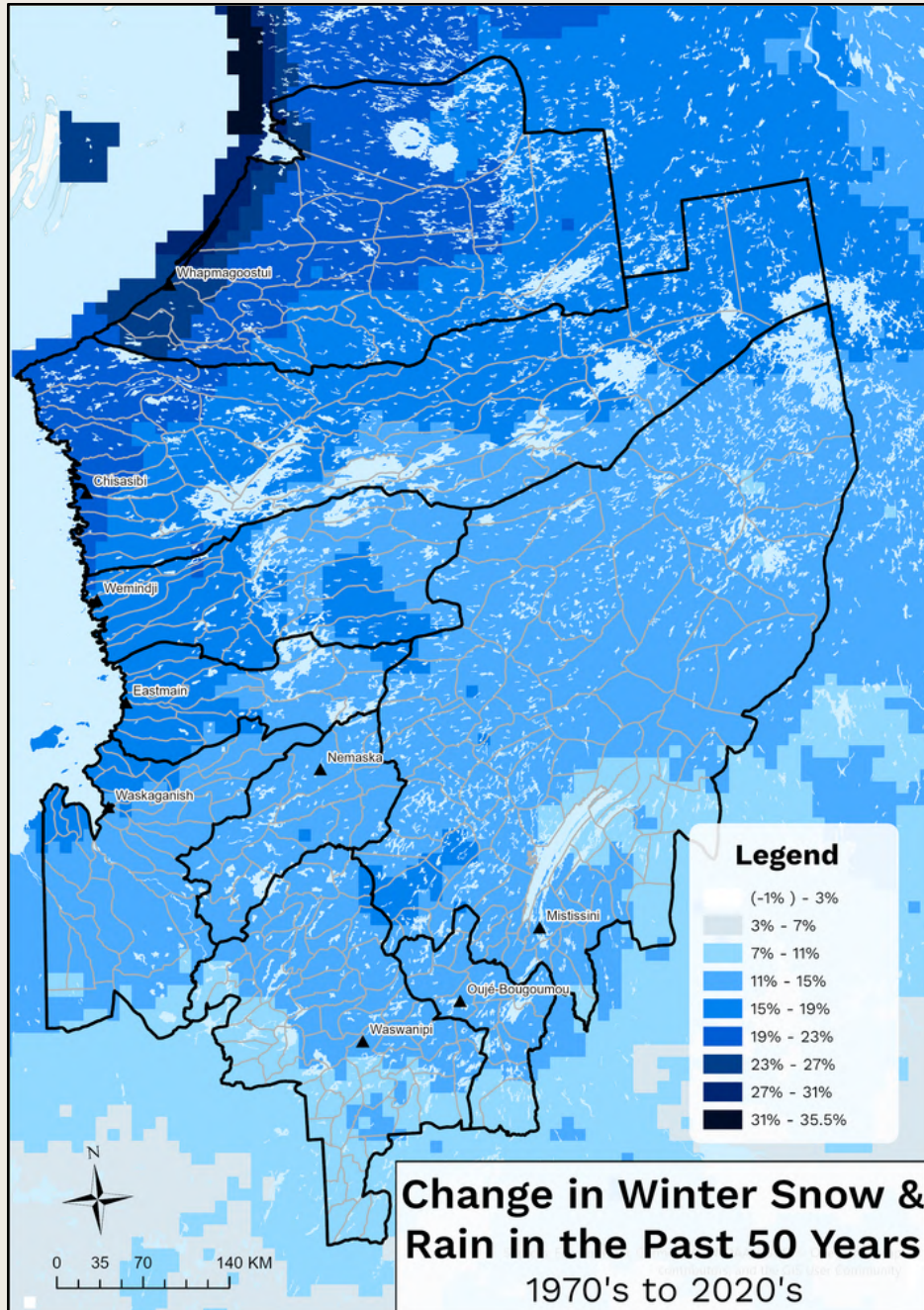
The spring (March-May) is seeing a reduction in snowfall (4.5% in the past 50 years, 3% by 2050).



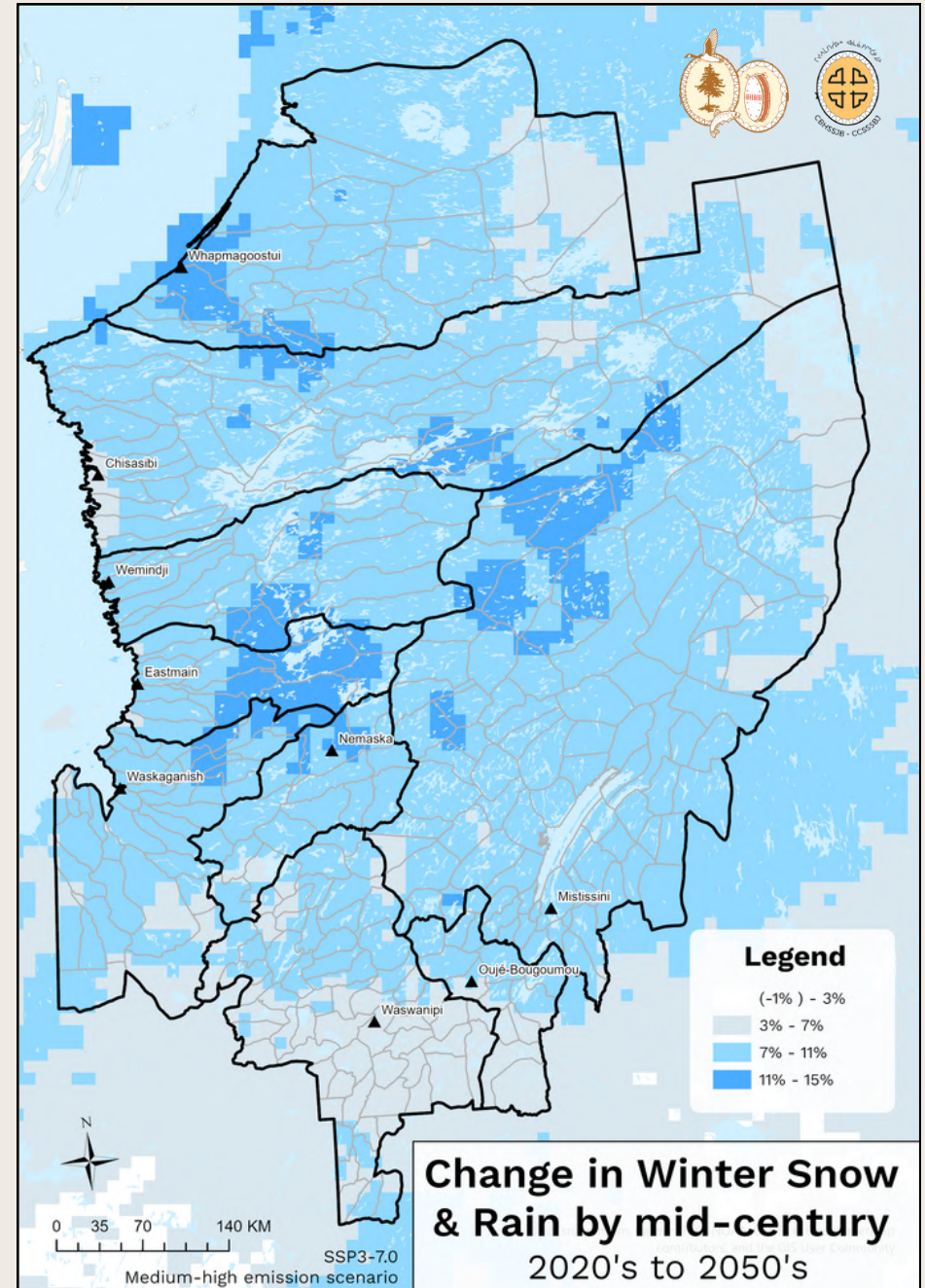
Snowcover is essential for travelling on the land. More drastic season changes can lead to increased risk of travel accidents or spring flooding.



Past → Present



Present → Future



Summer Rain

There is a slight increase in summer rain over most of Eeyou Istchee. The average total precipitation over the summer months (June, July & August) has gone from 304 mm to 306 mm over the past 50 years and is expected to increase to 315 mm by 2050. Changes are minimal compared to winter.



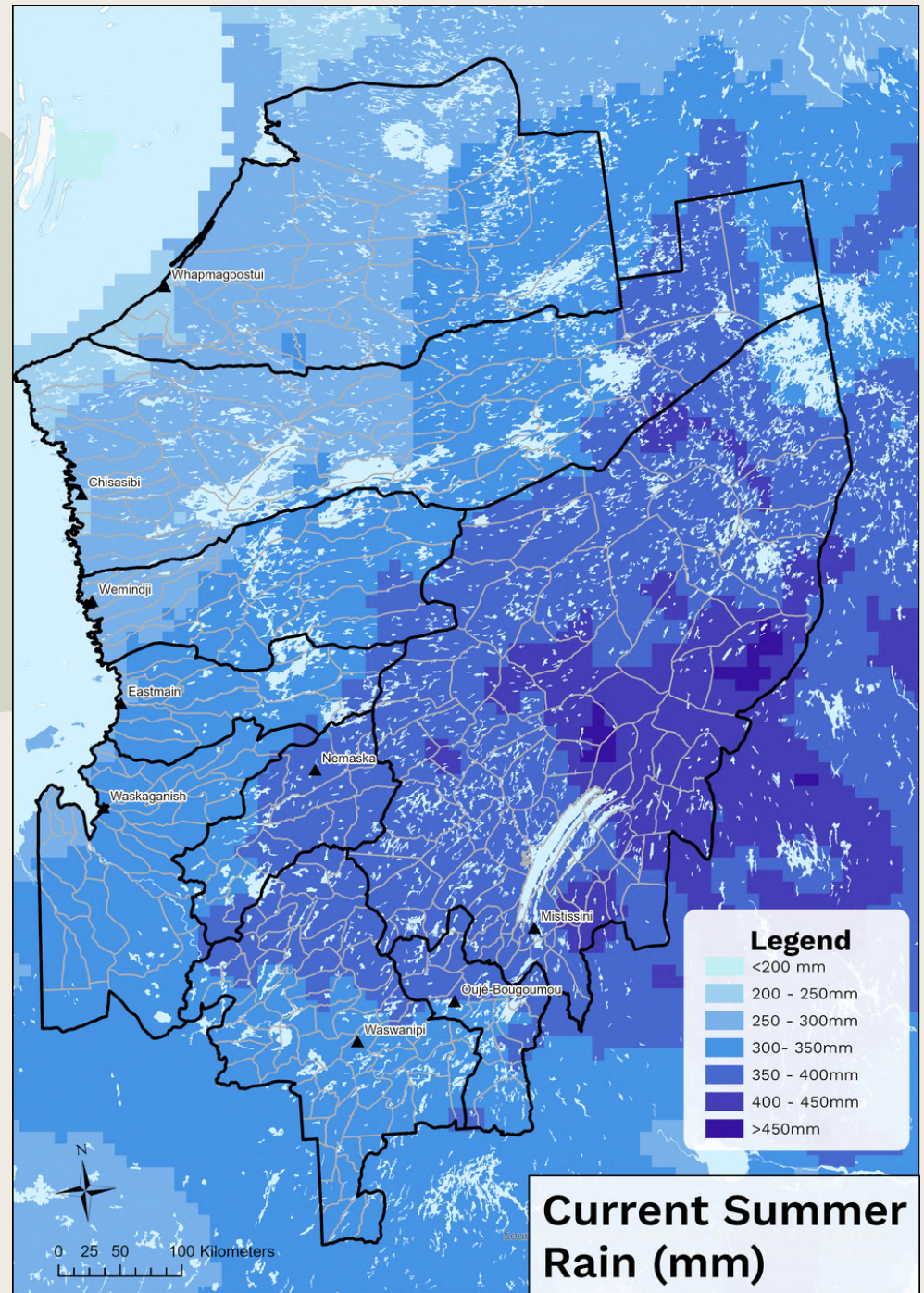
Even with a slight increase in summer rain over most of Eeyou Istchee, the increase in temperature will lead to more evaporation, leaving the ground and vegetation drier.



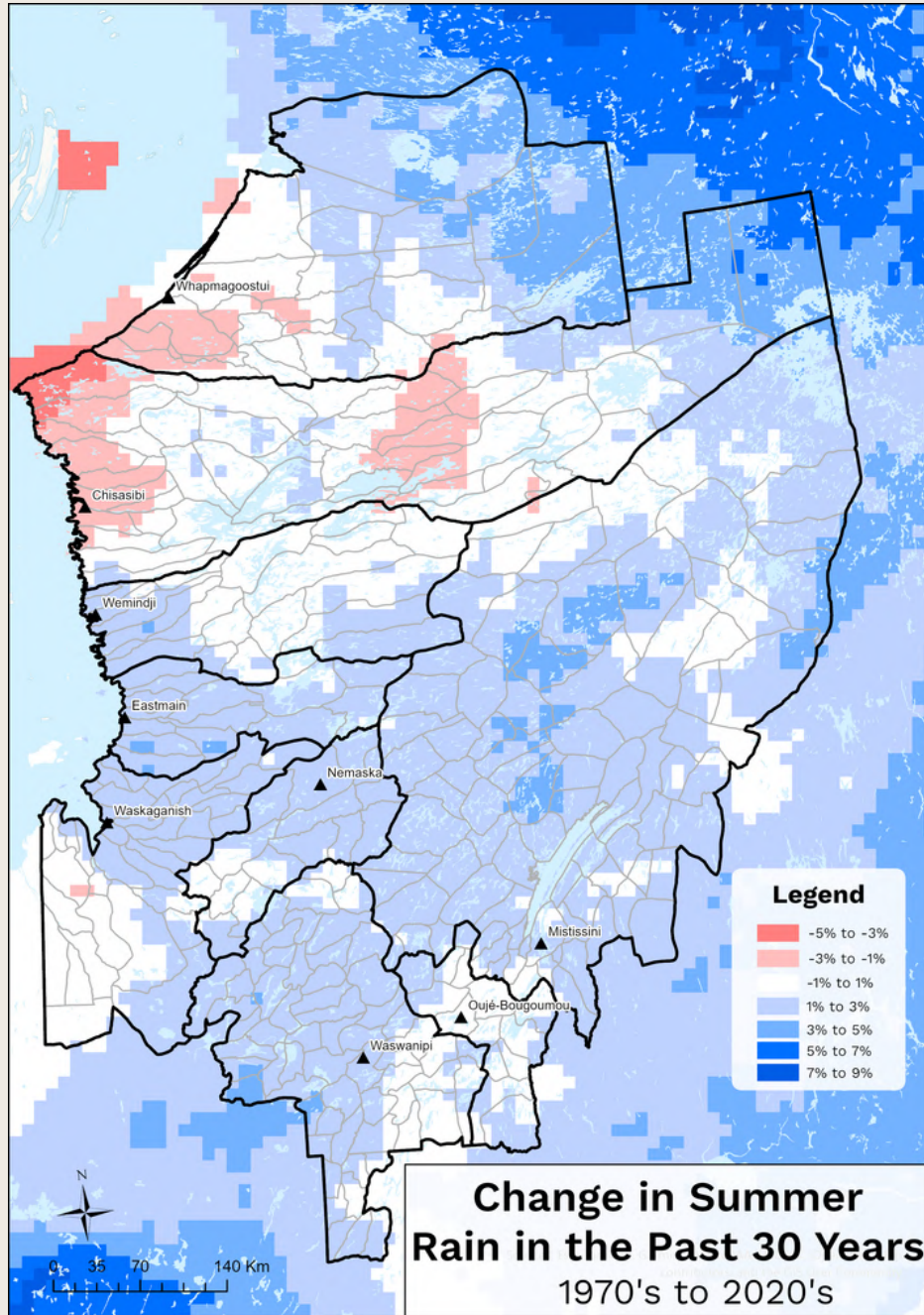
Cree land users report that precipitation and wind patterns are becoming less predictable which affects reliance on traditional knowledge.



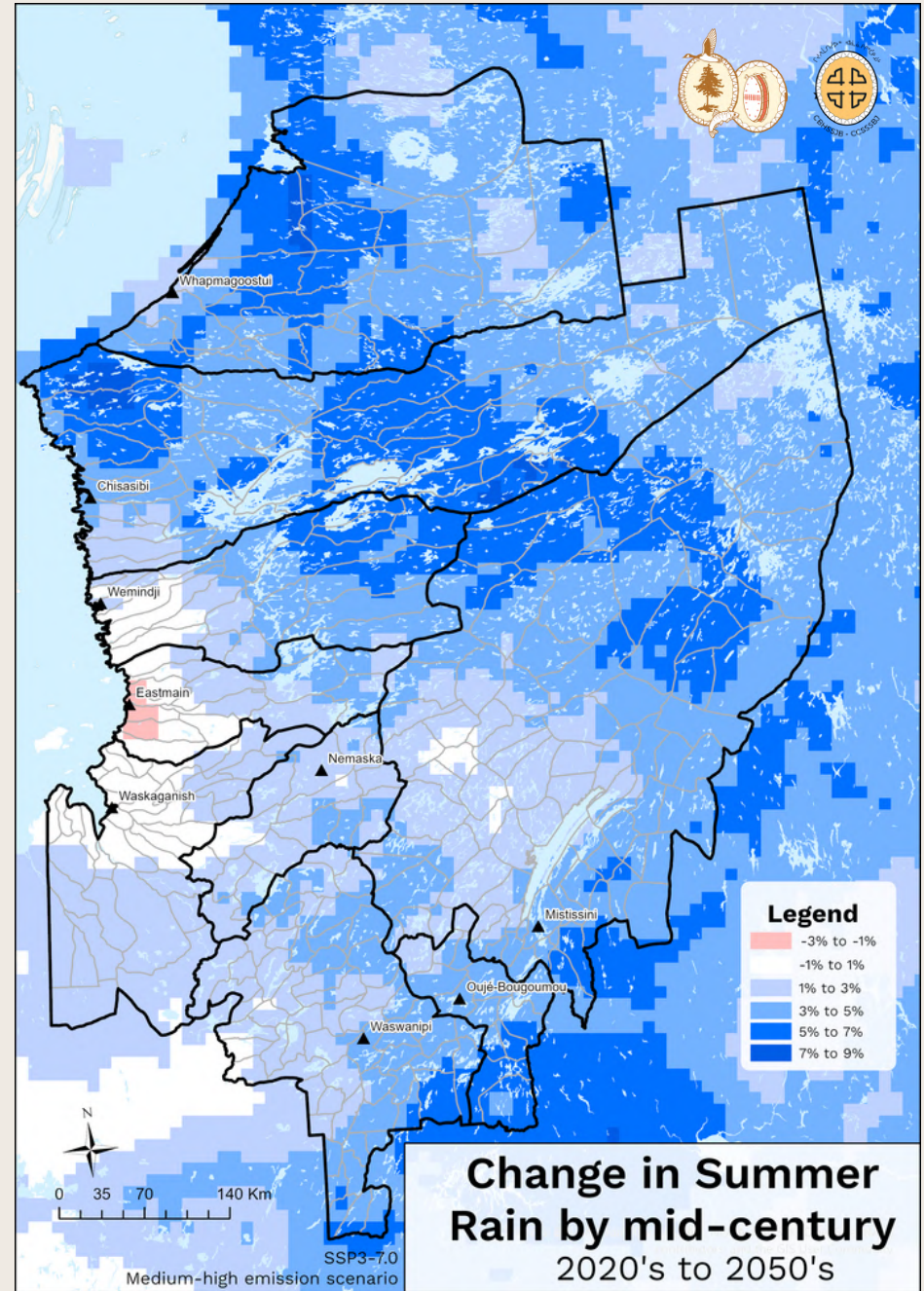
Additionally, many have reported an increase in lightning during summer storms, which is the leading cause of forest fires.



Past → Present



Present → Future



Forest Fires

Fires are a part of the natural landscape of Eeyou Istchee; they help rejuvenate the forest, which allows for new types of plants and animals to thrive.



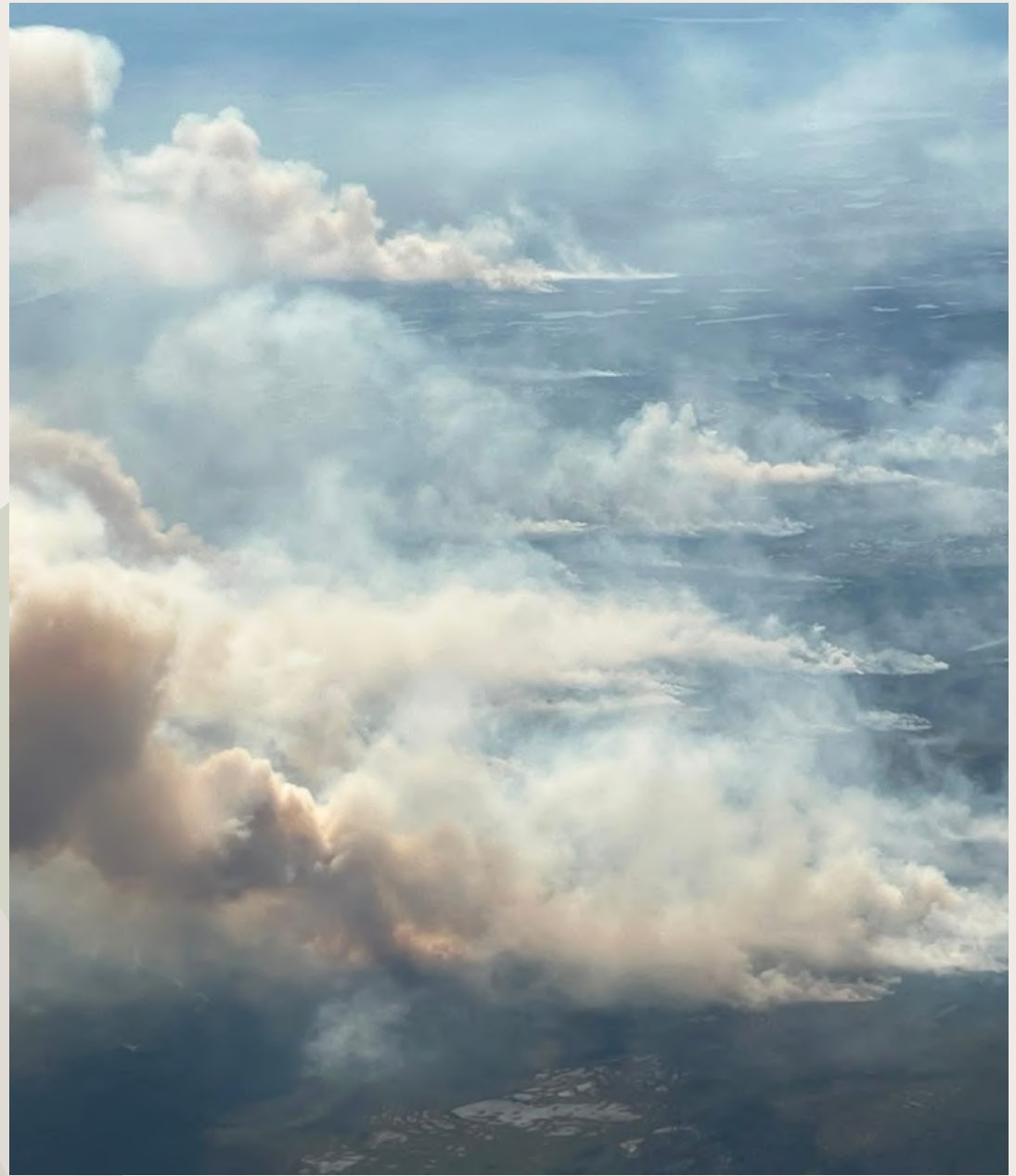
However, weather favourable to extreme fire seasons like that of 2023 is 7x more likely to occur because of climate change. Such extreme hot and dry weather is expected every 20-25 years.¹



11% of Eeyou Istchee burned in the 2023 fire season, and around 150 cabins.



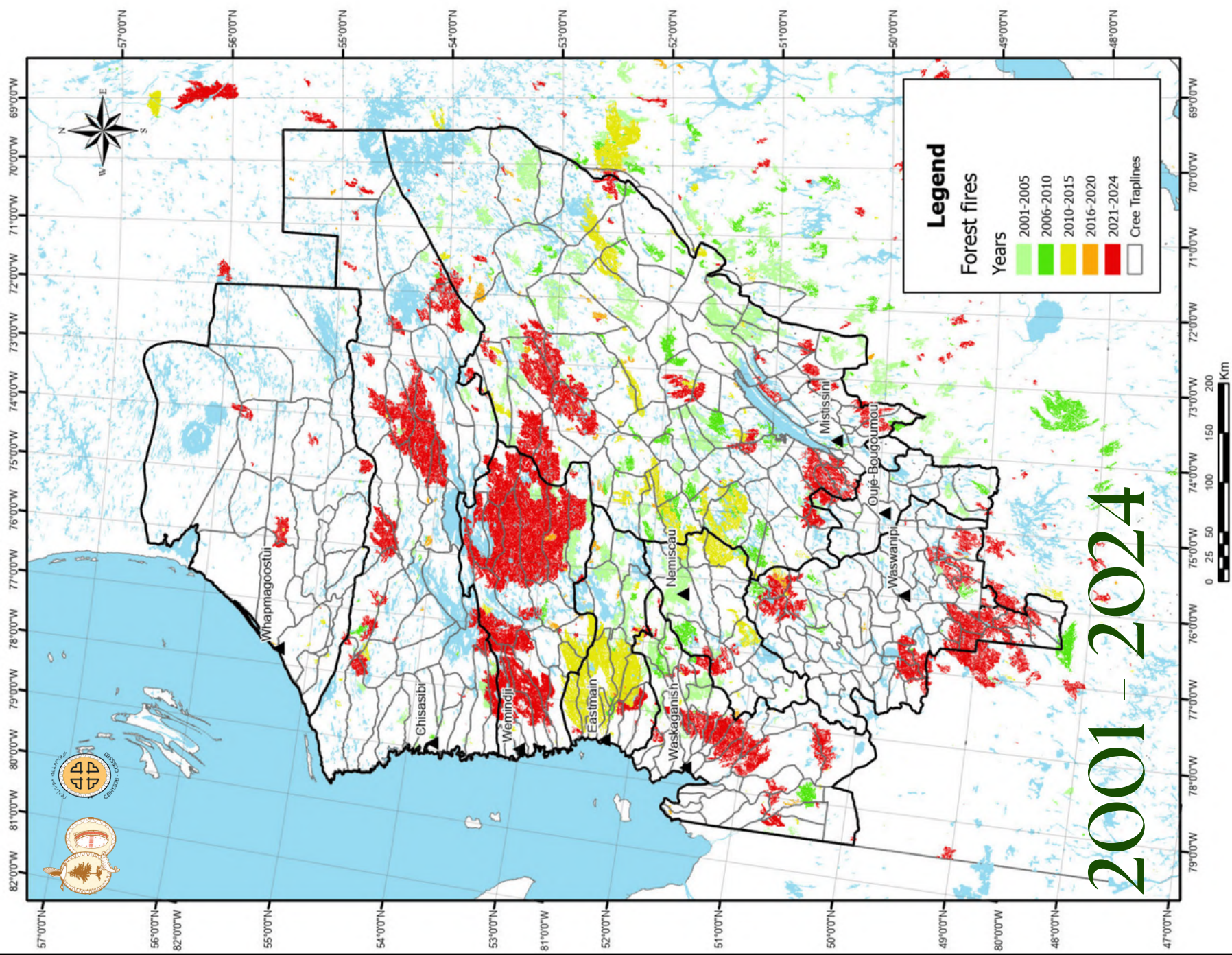
While the destructive effects of forest fire are an important risk both in the communities and on the land, quick fire response, prevention, and safety measures help reduce negative impacts. These include fire brigades, fire barriers, air quality measurement, air purifiers, and adaptive harvesting practices to help ecosystems recover.



1. Barnes, C. et al. (2023). Climate change more than doubled the likelihood of extreme fire weather conditions in Eastern Canada. Imperial London College pages 1-26. <https://ostrnrcan-dostrnrcan.canada.ca/handle/1845/270105>

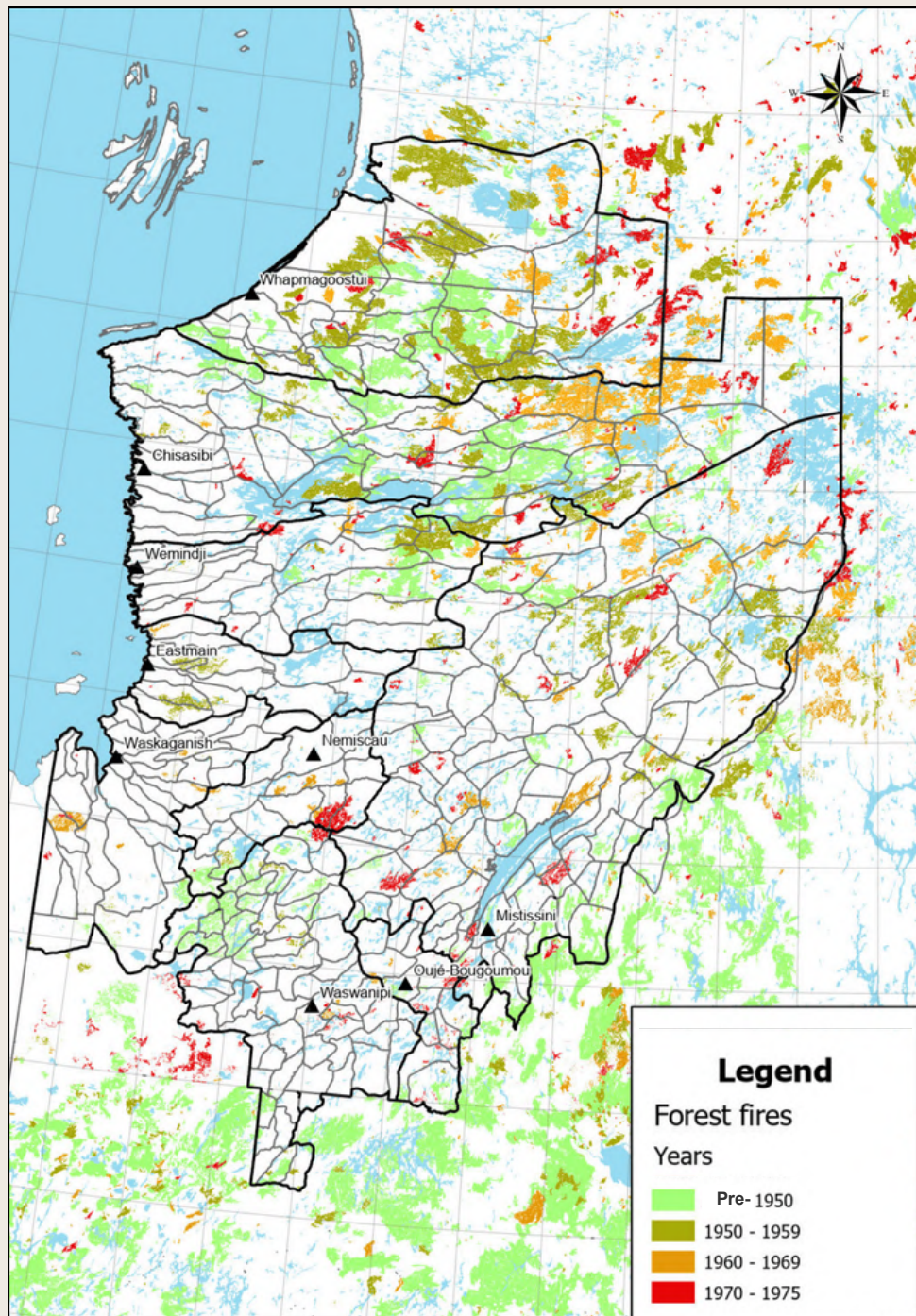


Forest fires between 2001 and 2024

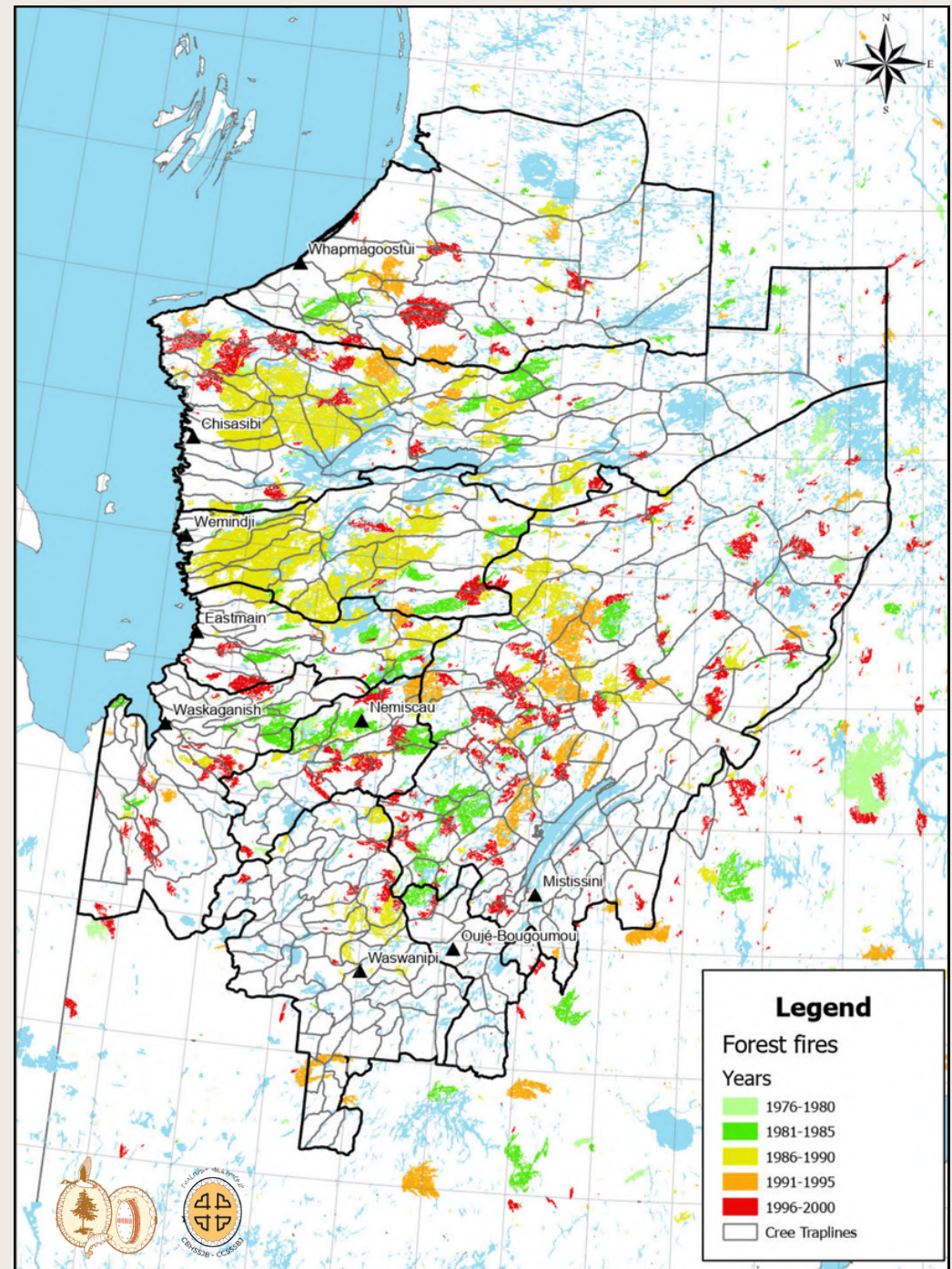


2001 - 2024

Pre-1976



1976-2000



Forest Fires

The potential intensity and spread of fires is based on the amount of burnable wood and the type of wood (coniferous trees are more flammable).

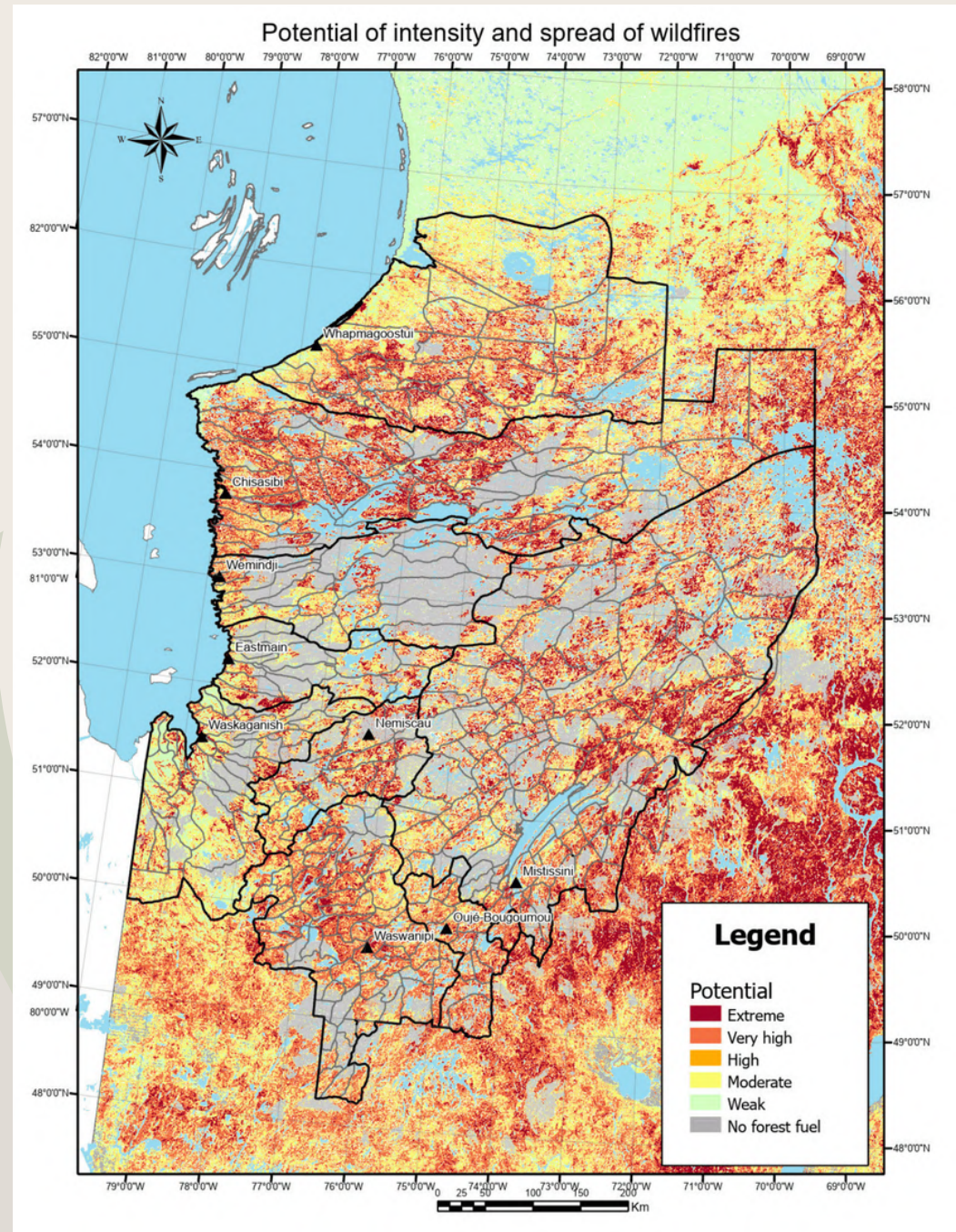


Areas that burned recently are in gray, as there is little wood left to burn. Areas with lots of coniferous trees and active fire suppression (under the forestry line) have higher fire intensity and spread potential (bottom right).



If a forest burns and then burns again before the trees have reached the age to produce seeds, there is a risk of regeneration failure, where the boreal forest turns into a more open lichen woodland. A study found that this has already affected 9% of forests in the past 50 years and could affect nearly 15% of forests in southern Eeyou Istchee by mid-century.¹

1. Bartek et al. (2018) Analyzing risk of regeneration failure in the managed boreal forest of northwestern Quebec. DOI: [10.1139/cjfr-2018-0278](https://doi.org/10.1139/cjfr-2018-0278)



Plant Hardiness Zones

Eeyou Istchee spans hardiness zones 0a to 2b, characterized by very cold winters and a short but sunny growing season.

The growing season has lengthened by almost 2 weeks (13 days) in the last 50 years in Eeyou Istchee and is expected to increase by another week by 2050.

The longer growing season is providing new opportunities for gardens and greenhouses.

- 1a - Whapmagoostui (surrounded by 0b)
- 1b - Chisasibi (at the limit with zone 1a), Wemindji, Eastmain, Nemaska, Waskaganish, Mistissini
- 2a - Ouje-Bougoumou, Waswanipi

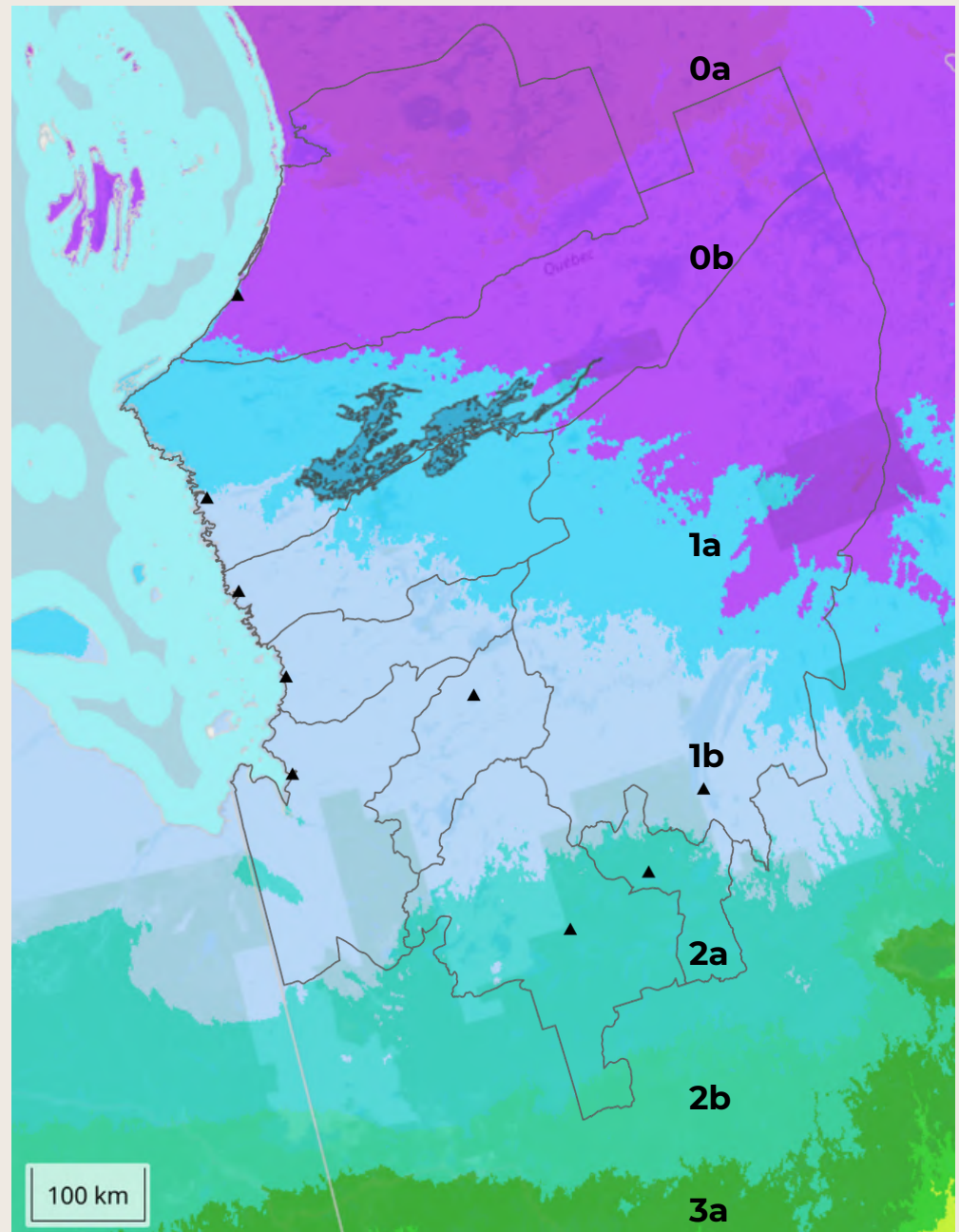
Cold-hardy crops:

Leafy greens: kale, spinach, lettuce

Root vegetables: radish, beets, carrots, turnips

Others: snow peas, green onions, onions, garlic

Sprout indoors: potatoes, broccoli, cabbage



Acknowledgment

From the Cree Nation Government:

- Project Lead: Katia Forgues, Climate Change and Youth Engagement Consultant. ***katia.forgues@gmail.com***
- Data and GIS Lead: Danny Bisson, Progigraph Val D'Or. ***progigraph.vd@hotmail.com***
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- Graphic Design: Sarah Mudrosky, Communications Officer, Department of Environment and Remedial Works
- Food Security and Climate Change Advisory Committee:
 - McGill University, Northern Wildlife Knowledges Lab: Manuelle Landry-Cuerrier, Research and Training Coordinator,
 - CBHSSJB: Catherine Dickson, Public Health Physician, Chantal Vinet-Lanouette, Public Health Nutritionist, Catherine Godin, PPRO, Reggie Tomatuk, PPRO, Imi Khailat, PPRO.
 - CNG: Rodney Mark, Director of Social and Cultural Development
 - CTA: Stephanie Varty, Environmental Manager

For this project, we engaged and consulted with many Youth, Elders, land users, and decision-makers, drawing on their wisdom, traditional knowledge, and lived experience to help guide the selection of priority species and relevant climate impacts. Below is a list of groups and events where people contributed to this work:

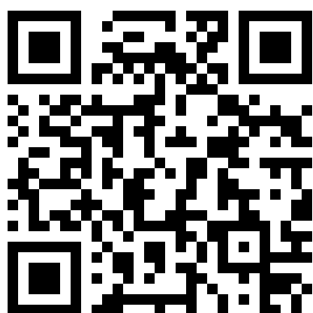
- Each community's band council, The Cree Nation Youth Council, The Cree Women of Eeyou Istchee Association, The Cree Trappers Association, Cree Students at the Voyageur Memorial (Mistissini) and Big River (Chisasibi) High schools, and multiple individuals who came to speak with us during various conferences and events (CTA AGA 2025, CNYC AGA 2026, Climate Change Adaptation & Environmental Emergency Preparedness Workshop in Mistissini and Chisasibi 2025).



Acknowledgment

From the Cree Board of Health and Social Services:

- Project Lead (visuals, cultural content, and climate change content) : Haylee Petawabano - Programming, Planning, and Research Officer (PPRO)
- Cree translator: Mary Shem (First Nations Research and Education/BSW McGill)
- Editors (climate change) : Imi khailat (PPRO), Maya Côté (PPRO), Anna Manor (Field Epidemiologist)
- Advisors: Justine Daoust-Lalande (Health protection coordinator), Reggie Tomatuk (PPRO), and Catherine Dickson (Public Health Advisor)
- Cree knowledge: Clifford Washipabano (Elder and Tallyman) and general information from consultations with Land users
- Nutritionists: Chantal Vinet-Lanouette Public Health Nutritionist/PPRO, Catherine Godin Diabetes Training Officer
- Editor (nutrition): Helene Porada (PPRO) Chronic disease prevention, Healthy Lifestyle Promotion



[Link here](#)

**If you have any questions reach out to
118TCR.Environmental.Health@ssss.gouv.qc.ca**



Information

Part 1: Traditional Foods

Inspired by Nutritional Food Fact Sheet Series - Government of Northwest Territories Health and Social Services

- <https://www.hss.gov.nt.ca/en/services/nutritional-food-fact-sheet-series>

Climate change impacts on wildlife species are taken from the Wildlife, Environmental Change, and Local Indigenous Food Systems project led by McGill University (2021) in Eeyou Istchee and Nunavik (WECLIFS). All other sources are cited directly on the page.

- <https://drive.google.com/file/d/1gvmkco81EFVqOm7n6zeuRwex4m17HYli/view>
- Website: <https://www.weclifs.net/home>

Maps of habitat migration with climate change:

For terrestrial animals, the climate change maps are drawn from the Tundra Nunavik Project (2018). We use the climate model RCP 4.5 (moderate emissions). The past, present and future represent the time periods of 1980-2010, 2010-2040, and 2040-2070, respectively. The maps cover Nunavik and the Northern half of Eeyou Istchee. For birds, the climate change maps are drawn from Audubon field guides and show change in distribution, presuming a global warming of two degrees, which is likely to occur by mid-century (links on fact sheets). For plants, the data comes from the Northern Hardiness website. We use the current distribution. The plant hardiness zones are from the same source. For fish, we used government of Québec Data on changes in lake temperature with climate change. We used the climate model RCP 4.5 (moderate emissions). Reference links are provided below.

- <https://ahasverus.shinyapps.io/bioclimaticatlas/>
- <https://planthardiness.gc.ca/?m=23&lang=e>
- <https://experience.arcgis.com/experience/655f887307164a0b820cd7cb2a134668/page/ Carte-interactive?views=Changement-projet%C3%A9-%28CP%29-%2CChangement-projet%C3%A9-%28CP%29-----%2CIndicateur-N%E2%81%B01%2CValeur-de-l%27indicateur-%28VI%29-%2CValeur-de-l%27indicateur-%28VI%29--->



Information

The cultural significance information is based on the knowledge shared by Elders and tallymen through the VRAC-PARC consultations and one-on-one interviews. The nutritional information is based on nutrition claims compiled by Public Health Nutritionists for this project. Reference links are provided below.

- <https://www.creehealth.org/health-tips/VRAC-PARC>
- <https://www.canada.ca/en/health-canada/services/food-nutrition/nutrition-labelling/nutrition-claims/nutrient-content-claims-what-they-mean.html>
- <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/table-permitted-nutrient-content-statements-claims/table-document.html>
- <https://www.canada.ca/en/health-canada/services/technical-documents-labelling-requirements/table-daily-values/nutrition-labelling.html#p2>
- <https://inspection.canada.ca/en/food-labels/labelling/industry/nutrient-content/specific-requirements>

Part 2: Climate Change Maps

Climate maps were built with data from Ouranos' Portrait Climatique for Eeyou Istchee. Unless otherwise specified, we use three time series:

- 1961-1990, which is referred to as the past, the 1970's and/or 50 years ago.
- 2011-2040, which is referred to as the present and/or the 2020's
- 2040-2070, which is referred to as the future, the mid-century scenario and/or the 2050's.

For future climate projections, we are using the medium-high emissions scenario SSP3-7.0.

All references in the text are from the VRAC-PARC report : A Cree-led risk and vulnerability assessment and adaptation response:

- <https://www.creehealth.org/health-tips/VRAC-PARC>
- All other references are cited directly in the text.