



TIMISKAMING FIRST NATION

Eating berries helps
reduce your chance
of getting cancer.

GOOD CHOICE FOR A HEALTHY DIET

Buying berries from the store or picking at a nearby farm is convenient, and berries may be available for many months when wild berries are not ready.



BETTER CHOICE FOR A BALANCED LIFE

Picking wild berries with your family, friends and elders not only feeds your body, but also increases your physical activity, emotional and spiritual connections.



BE AWARE

Captan and Cyprodinil are examples of some of the most commonly detected pesticides on store-bought blueberries, raspberries and strawberries. These pesticides are not currently thought to cause cancer in people.

Pesticides containing glyphosate are the most commonly used for weed control along transmission lines and roadways. Glyphosate is classified as a 'probable carcinogen', and people who work with these pesticides, or people who eat a lot of contaminated wild berries for many years are more at risk.



REDUCE YOUR EXPOSURE

Ni Dakinan is working with Hydro Quebec to ensure they stop using pesticides for weed control.

Look for posted signs that pesticides have been sprayed recently in picking areas along roads and transmission line corridors.

Do not pick from wild plants with withering leaves. It can take up to a week before plants start to die after being sprayed with glyphosate weed killers.

Wash your wild or store-bought berries before eating, cooking or canning.

Choose organic berries when buying at the store, if possible.

