



HARE

ENVIRONMENTAL HEALTH – CONTAMINANTS FACT SHEETS



WHAT DO WE KNOW ABOUT CONTAMINANTS IN HARE?

Hares are small mammals that are found throughout the NWT all year round.

Hares are land-based animals. Land-based animals are less likely to build up high levels of contaminants than marine animals (like beluga or ringed seal).

Hares eat plants and are low on the food chain. Animals that do not eat other animals tend to have low levels of contaminants. As well, hares usually only live for a few years. Animals that do not live very long usually do not have time to build up high levels of contaminants.

Hares have been sampled for contaminants in the NWT and have been shown to have low levels of contaminants.

HARE IS GOOD FOR US!

Hare meat is an excellent source of iron and protein. Iron is used to make healthy blood. Protein is needed to build and repair all parts of the body.

Hare meat also provides us with B vitamins. These vitamins help our bodies use energy from foods.

For more nutritional information on hare, see the GNWT Health and Social Services Nutritional Food Fact Sheets Series (<http://www.hss.gov.nt.ca>).

IS HARE SAFE TO EAT?

Yes! Hare is safe to eat. It is also one of the healthiest foods available. The benefits of consuming hare are much greater than the risks of contaminant exposure. A consumption notice has never been issued by the NWT's Chief Public Health Officer to limit the intake of hare.