

Fish are a traditional part of the Penobscot sustenance diet. There are many good reasons to catch and eat fish from Penobscot Nation\* waters today:

- Catching wild fish stretches the household budget
- Fishing is fun for the whole family, and connects us to our ancestors.
- Wild freshwater fish are safe and healthy to eat if you follow the guidelines of this brochure.

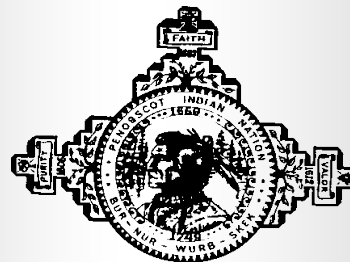
**\*Penobscot Nation waters refers to the Penobscot River and waters of Penobscot Nation Trust Lands**



## For additional information Contact

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# WILD FOODS SAFETY SERIES FISH

Learn how you can enjoy meals of traditional  
**freshwater fish safely**

