

# Grocery Store Scavenger Hunt

Search your local store for these traditional Native American ingredients!

How does your experience searching for these items in the grocery store compare to how native peoples may have gathered this food in the wild?



Corn

Maple Syrup



Cornmeal

Pecans



Cranberries

Onion



Salmon

Pumpkin



Sage

Allspice



Sweet Potato

Blackberries



**Rad Research:** Which of these three items combine together to make the “three sisters?”  
What does this term mean and where does it come from?