



BUSH FOODS

KIDS IN NATURE NETWORK ACKNOWLEDGE THE TRADITIONAL CUSTODIANS OF THE LAND ON WHICH WE LIVE, LEARN AND PLAY



WHAT ARE BUSHFOODS?

Bushfoods are edible plants, which are traditionally used for foods and medicines by First Nations peoples. Many bushfoods can also be found as ingredients in our supermarkets! Depending on your region, climate, and the time of year, different bushfoods are available.

LOCAL SPECIES

Find out which native plants and animals are local to your area. Contact local Indigenous groups or local councils to find out if there is any information on which plants are classified as bushfoods



TRY TO SPOT BUSH TUCKER

Go out to your local nature place and see if you can find spot any bushfoods. Do you have any growing in your home garden? Remember, it is very important to make sure you can identify the plants before you try tasting them.

TASTE TEST

Can you find any bush foods in your local supermarkets and cafes? Do you have any growing in your home or local community gardens? Ask an adult to help you harvest and try some!

Learn more about bush foods and try to grow some yourself next season!



Learning about local bush foods helps to establish a sense of belonging and connection to place, while also raising awareness of native plants and food.

