



What is hunting all about?



Hunting isn't for everyone, but those who participate, speak fondly about the reasons they are drawn to the woods and waters each year. Hunting brings friends and families together, provides nutritious food, pays for conservation, honors our heritage and offers a chance to pass down traditions. Hunting also develops survival skills and provides a chance to experience ecosystems, habitats and game species up close and personal. Hunters are part of these ecosystems rather than apart from them, which is one of the reasons why eating game is so rewarding. For many, hunting is the common denominator that connects them with the food they eat, their environment, their family and friends and especially themselves. Hunting is not just something we do, but it is a part of who we are.

Did you know that...

- In **1957**, Ontario became the first Canadian province to establish a hunter safety training course. In **1960**, hunter safety training became mandatory in Ontario.
- Venison (deer meat) has less calories and fat than lean beef? Venison also has more vitamins and minerals per serving.
3oz venison = 134 calories and 3g of fat
3oz lean beef = 247 calories and 15g of fat
- There are approximately **425,000** licenced hunters in Ontario.

Our story is not always well known or well understood outside of the hunting community. It is a story fuelled by a sincere passion for wildlife and conservation.

HUNTING IS SAFE

Hunting has proven to be a safe and compatible activity in multi-use recreation areas. To become a hunter in Ontario, you must successfully complete hunter safety training and the Canadian Firearms Safety course. According to Statistics Canada, hunting is statistically safer than golf, horseback riding, bicycling, baseball, swimming and boating. Hunters also play a role in reducing vehicle collisions with wildlife.

HUNTING IS HEALTHY

Hunting is both physically and mentally challenging (walking long distances over various terrain, climbing tree stands, carrying heavy equipment, staying still for long periods, concentrating, problem solving and creative thinking). Being outdoors lowers stress, allows you to unplug from the daily grind, provides fresh air and oxygen to your body, exposes you to the sun and vitamin D and can provide an adrenaline rush which kick starts your body to produce energy. Wild game meat helps supplement grocery bills and provides lean, free-range protein for meals.

HUNTING IS CONSERVATION

Hunters, anglers and trappers demanded the first game laws and they pay for wildlife management through licences and game seals. The money gets reinvested in habitat improvement, enforcement, science and education in the province. Hunters also donate their own time and resources to conservation projects that help our lands and wildlife. Hunters contribute to wildlife research by completing harvest reports and providing wildlife samples to scientists. The research is used by wildlife biologists to inform management decisions.

HUNTING IS SUSTAINABLE

Hunters follow strict science-based rules and regulations that ensure healthy wildlife populations while allowing for some animals to be harvested. Following these regulations today, means that wildlife will be available for tomorrow.

HUNTING IS PART OF CANADIAN HERITAGE

This great country was founded on the strength of natural resources. Canadian furs and skins were our first currency. Forestry, mining, fishing, hunting and trapping provided jobs, food and survival for Canadians. Many feel a strong sense of pride in carrying on traditional activities that honour our Canadian history, culture and heritage.

HUNTING IS GOOD FOR THE ECONOMY

Many hunters travel long distances to remote areas to hunt. They often rely on the services of towns and communities for fuel, food, lodging and equipment by providing seasonal boosts in local economies. Collectively, the hunting, trapping and fishing industries contribute more than \$15-billion to the Canadian economy each year.