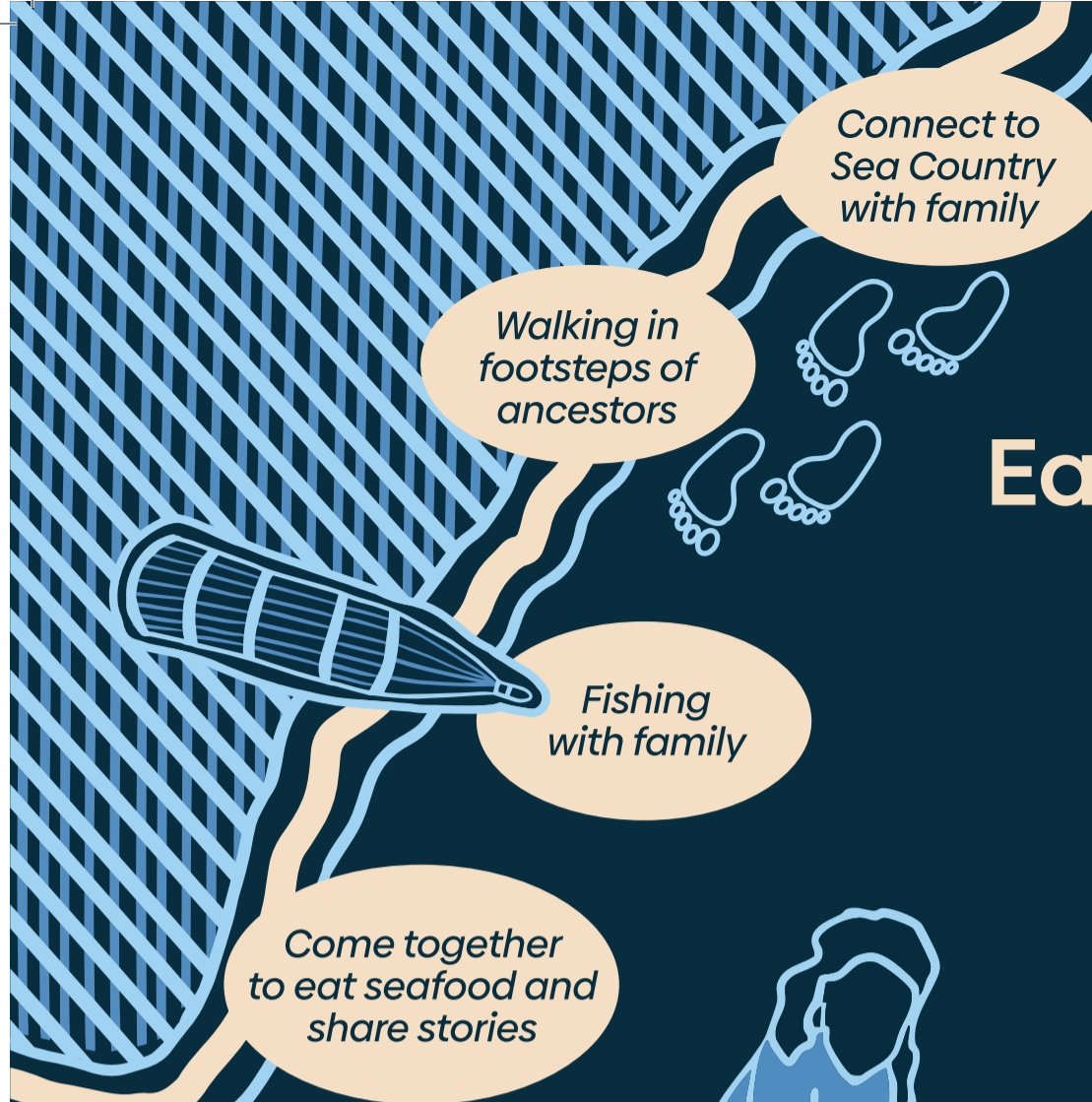
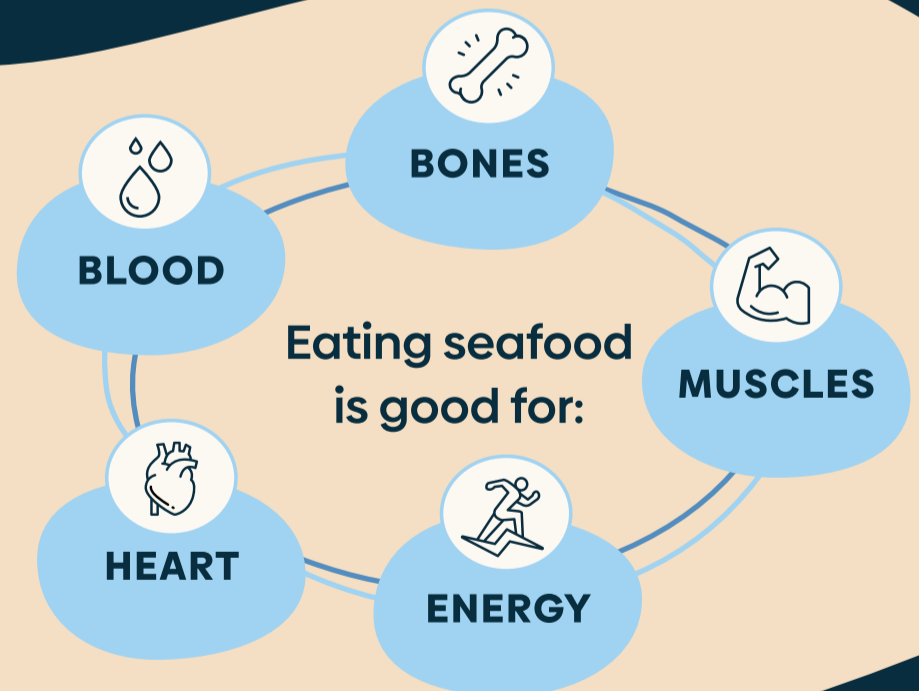
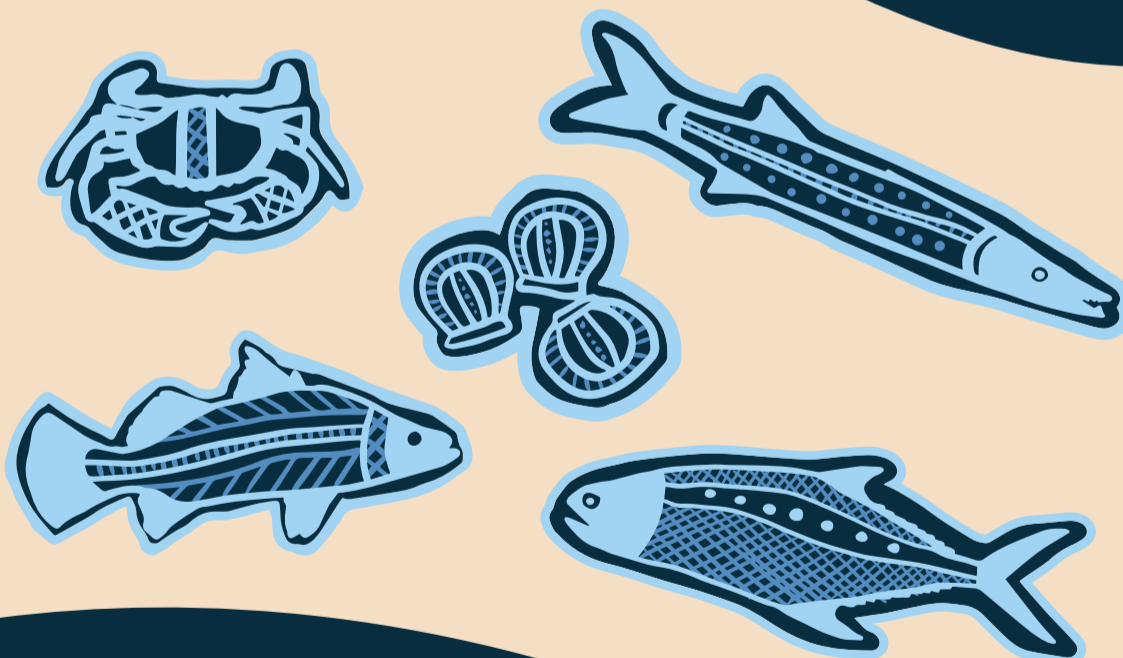


Maningrida Saltwater Story:

Eat Seafood, Stay Strong, Connect to Country and Family



Healthy seafood:



“

Cooking seafood the traditional Aboriginal way in a ground oven is healthier than using cooking oil and frying and it is important to choose fresh fish over greasy foods.

Don Wilton

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