



FOOD AND HEALTH DAY WEBSITES

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Geography Awareness Week 2009

Canadian Association of Geographers

This year's Food and Health day takes us across Canada in search of local food specialties for residents and culinary tourists! These websites include geographical information on **points** - 'where' local products are grown or can be purchased, **lines** – routes for travelling to sample local delicacies, and **areas** – regions unified by locally grown products and cuisine. Local eating for residents offers fresh products, helps support local economies and agricultural resource bases, and cuts down on transportation energy and emissions. Culinary tourism can broaden travellers' horizons and is an excellent way to learn more about the local physical environment, customs, culture, and people. The following websites are only a minute sampling of the wide diversity of offerings across Canada.

1. We begin our journey on the east coast of Canada where we can obtain local delicacies such as oysters, lobsters, and fiddleheads:

Select Nova Scotia Local Products

<http://www.selectnovascotia.ca/index.php?cid=6>

2. Next, we move to Québec, where we can embark on a gourmet tour to sample locally raised and crafted products such as duck, maple syrup, and apple cider:

The Gourmet Route

<http://www.parcours gourmand.com/eng/tour.asp>

3. While we are in Central Canada, we can also enjoy a slice of Québec or Ontario cheddar cheese as listed in the Canadian Dairy Information Centre's Canadian Cheese Directory:

http://www2.agr.gc.ca/dairyinfo/english/chees-from-v_e.cfm



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10. Finally, at the end of our journey, we can enjoy a glass of wine at one of the Hidden Wineries of BC:

<http://www.winegrowers.bc.ca/index.php>

Dr. Nairne Cameron conducted the website search and selection process for Food and Health Day. Her contribution to the Theme Days program, Geography Awareness Week 2009, is very much appreciated. Questions about the search and selection process for the websites that follow should be directed to Nairne.Cameron@algomau.ca.

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