



From kids to elders: celebrating healthy food during every decade

TORONTO, ON (October 27, 2009) – Two parts education, two parts entertainment, the Journey to your Good Health pavilion is a destination worth exploring with the entire family at the Royal Agricultural Winter Fair, November 6 to 15. Whether you're a school student, a busy mom or a retired senior, this pavilion has news morsels for you – all easy to digest in a fun-filled format.

This year's themes focus on local foods grown in Ontario, everything from apple slices to whole carrots to ginseng tea. Some exhibitors are giving away samples of functional foods such as yogurt with probiotics. Other exhibitors are talking about ethnic foods and in particular, how Asian foods can be tweaked for those susceptible to diabetes. But most of all, the stage programming emphasizes how to eat a healthy diet that's creative and affordable at the same time. New this year is the Toronto Youth Food Policy Council's contest: So you(th) think you can cook. Students aged 13 to 25 will demonstrate their creative culinary skills in recipes including a least three Ontario-grown ingredients within a \$15 budget using only a skillet, pot or hot plate.

All the experts are on hand, from farmers to dietitians to home economists to researchers. Want to locate a farmers' market? Want to become sodium savvy? Want some new recipes to spice up your meals for one? Journey to your Good Health provides the answers in a credible way, linking agriculture to health.

For details on sponsors and the stage schedule go to www.royalfair.org and click on Journey to your Good Health under the title What to See and Do. The pavilion is located in Hall B, Direct Energy Centre.

For media enquiries, contact:
Karen Davidson
416-252-7337 office or 416-557-6413 cell