

Journey to your Good Health Pavilion plants seeds for balanced lives

TORONTO, ON (October 8, 2010) – Learn a little, nosh a little. The Journey to your Good Health pavilion offers brain food for every family visiting the Royal Agricultural Winter Fair, November 5 to 14. Look for the big, bright apple in Hall B of the Direct Energy Centre that invites everyone to take a bite of all the information tidbits and tasty samples.

This year's themes focus on:

From the Farm, Bernardin teaches wannabe canners on the latest techniques for preserving local foods while Dairy Farmers of Canada offers everyone a chance to milk a "cow." In the same aisle, other exhibitors will be celebrating the bounty of the counties – everything from beef to milk, eggs, fruits and vegetables.

Science of Food Learn about CurioCity, a new career-oriented program for teenagers sponsored by Vineland Research and Innovation Centre. Also sample a variety of functional foods: Becel pro.activ, Dempster's bread, Natura-Soy beverages and Natrel Milk. They all do double duty as food and preventative maintenance for busy bodies.

Protect your Health... Think of this section as a tune-up for your active body. The Partnership for Consumer Food Safety Education can recommend the do's and don'ts of kitchen safety. And if there's a hot potato burning in your household, why not ask an expert in the Hot Topics kiosk.

Healthy Home Meals. This aisle offers a cornucopia of ideas and samples from Campbell's and seven other food companies...

Back by popular demand is the Toronto Youth Food Policy Council's contest: **So You Think You(th) Can Cook.** On Nov 6 and 13. Students aged 13 to 27 will demonstrate their creative culinary skills in recipes including at least three Ontario-grown ingredients from three food groups within a \$20 budget.

The entertainment roster includes the ever-popular Sheridan Performing Arts Preparations students. Their Cinderella theme will be sure to have a modern twist.

For details on sponsors and programming on the Be Healthy! Stage, go to www.royalfair.org and click on "What to See and Do." And Journey to your Good Health.

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