



Fact Sheet

JOURNEY TO YOUR GOOD HEALTH

The popular Journey to Your Good Health exhibit is back at The Royal Agricultural Winter Fair this year. The newly expanded exhibit features dozens of interactive displays that educate guests about safe, healthy, and nutritious eating, helping them to embrace the “journey” to making healthy choices throughout their lives. The exhibit also celebrates the many advances made in agriculture and features companies that are leading the movement towards innovative food products and crops.

The Journey To Your Good Health educational feature provides visitors with the knowledge and desire to live healthier lives through nutritional choices and an active lifestyle. Visitors will enjoy the many samples of nutritious and great tasting foods that are all part of Canada’s New Food Guide.

Visitors to The Royal will be able to start their personal Journey To Good Health by asking questions at the Ask a Dietitian and Ask a Farmer kiosks.

Taste Tour of Canada’s Food Guide

If you love food, then come enjoy over 200,000 food samples at The Royal Agricultural Winter Fair! The array of foods from Canada’s Food Guide will have your taste buds dancing as you sample something from each of the food groups.

Journey Café

Addicted to a sample? Come visit the Journey Café, where you can buy a variety of snacks and meals made from the very ingredients sampled at The Royal!

(more)

Be Healthy Stage

For once you can *play* with your food! The Be Healthy Stage will host a variety of food demonstrations. Highlights to look out for are the food scientists and health professionals bringing light to health and beneficial properties that allow our body to feel in balance and in good shape. Skits showcasing the benefits of healthy food alternatives performed by students from Sheridan College's Theatre and Art School will also be of great appeal.

Ask a Dietitian

Get the best advice for your health from the best! Dietitians will be on site to inform you on the latest food and research findings. Take advantage of the opportunity to design a diet that suits your lifestyle by asking a dietitian.

Ask a Farmer

Want to know what goes into your food? Want to find out how the foods you put into your body affect your personality? Ask a Farmer is where these important facts are provided to transform individuals into smart food shoppers. Your lifestyle and food purchasing patterns will dramatically change as a result of the knowledge gained from these super smart farmers!

For more information on The Royal Agricultural Winter Fair visit www.royalfair.org

Materials and images can be downloaded from the website and reproduced for media use

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