



Ontario, Canada
QCWA Country of Study - 2025

COMMUNITY ACTIVITY GUIDELINES

qcwacountrykitchens.com.au







Contents

| | |
|--|-----------|
| Introduction to QCWA Country Kitchens | 2 |
| QCWA Country Kitchens 5 Key Messages | 3 |
| Training PATHway | 4 |
| QCWA Country Kitchens Program Overview | 5 |
| Background | 6 |
| Country Kitchens Country of Study Activities and Resources | 6 |
| Ontario, Canada | 7 |
| Agriculture | 7 |
| Popular Ontario and Canadian Dishes | 10 |
| Activity 1 - Ontario Recipe Promotion | 11 |
| Overview | 12 |
| Resource Guide | 13 |
| Session Checklist | 14 |
| Session Plan | 15 |
| Activity 2 - Ontario Showcase | 16 |
| Overview | 17 |
| Resource Guide | 19 |
| Session Checklist | 20 |
| Session Plan | 21 |
| Activity 3 - Walk Ontario | 23 |
| Overview | 24 |
| Resource Guide | 28 |
| Session Checklist | 29 |
| Resources | 30 |
| Activity 4 - Ice Hockey Stretches | 31 |
| Overview | 32 |
| Resource Guide | 33 |
| Session Checklist | 34 |
| Appendix | 35 |
| Country Kitchens Ontario Recipes | 36 |
| Notes | 49 |

Introduction to QCWA *Country Kitchens*

The QCWA Country Kitchens program is a partnership between the Queensland Country Women's Association and Health and Wellbeing Queensland.

Funded by the Queensland Government through Health and Wellbeing Queensland, the Country Kitchens program has been supporting Queenslanders to improve their health by adopting healthier lifestyle behaviours since 2015.

The aim of the QCWA Country Kitchens program is to improve food and nutrition literacy amongst Queenslanders. The program has three fundamental objectives:

1. To engage with a volunteer workforce of QCWA members building skills in health promotion and food and nutrition literacy
2. To empower both QCWA members and their communities to initiate and/or participate in healthy lifestyle initiatives that will result in positive lifestyle behaviour changes
3. To support the engaged QCWA members (Country Kitchens Facilitators) in their community

5 key messages underpin the program content and Country Kitchens Facilitators promote them at every opportunity. Each message is supported by scientific evidence to reduce the lifestyle associated risks of chronic diseases including obesity, diabetes, cardiovascular disease and cancer.

5 Key Messages



**Get more fruit
and veg into
your meals**



**Cook at
home**



**Check your
portion size**



**Be aware of
sugar in your
drinks**



**Sit less,
move more**

The QCWA Country of Study

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Country of Study through the lens of the Country Kitchens 5 key messages. These Community Activity Guidelines were produced for the 2025 Country of Study - Ontario, Canada, and are designed to be used by QCWA members.

These Community Activity Guidelines provide an overview of the food and agriculture in Ontario, as well as guidelines for four health promotion activities that support Levels 2 and 3 of the Country Kitchens PATHway (pg. 4). The first activity promotes the key messages *get more fruit and veg into your meals* and *cook at home*, and involves completing a healthy Ontario recipe promotion at your branch meeting or showcase. Other activities involve promoting Ontario through a Country Kitchens showcase, as well as two *sit less, move more challenges*; a team-based virtual walk around Ontario and a hockey warm-up stretching sequence. The team would love to see how you incorporate the Country Kitchens Ontario, Canada Community Activity Guidelines into your branch and community. Tag Country Kitchens in your Facebook photos or posts (@qcwacountrykitchens) or send a message to countrykitchens@qcwa.org.au.

As always, the team is here to help. Reach out to your Country Kitchens buddy for assistance with planning and implementing any of the activities mentioned in these guidelines. Please remember to include all Country Kitchens Country of Study activities in your monthly reports!

QCWA Country Kitchens 5 Key Messages



Get more fruit and veg into your meals

Incorporating more vegetables and fruit into each meal is a great way to improve you and your family's health. Research shows that the more veggies we eat, the lower our risk of developing heart disease, stroke and cancer. But Queenslanders aren't eating enough. **Only 8.0% of adults and 4.6% of children** are eating the recommended **5 serves of vegetables each day**. We are better at eating fruit but still many of us don't eat 2 serves of fruit each day. The Country Kitchens *Healthy Cooking Guidelines* outline all serve sizes recommended in the Australian Dietary Guidelines Summary. Fruit and vegetables are a great source of minerals and vitamins, dietary fibre and a range of phytochemicals.



Cook at home

Based on ABS household expenditure data, the trend away from home cooking toward eating out and fast foods has continued in recent years. The proportion of money spent on food eaten outside of home **increased from 25 per cent in 1988-89 to 34 per cent in 2015-16**.¹ In Health and Wellbeing' Queensland's 2023 A Better Choice Report, **more than half of respondents indicated they eat out at least once a week**.² Discretionary foods are typically high in saturated fat, added sugars, added salt and alcohol. Cooking at home allows you to prepare healthier options and make a few simple changes to add nutritional value to your recipes.



Check your portion size

Food and drink portions have increased dramatically over the past 25 years—the age of super-sizing. The health cost for upsizing food serves is huge. **Just 38% of Queensland adults are within the healthy weight range and 26% of Queensland children are in the overweight and obese range, according to the 2023 Report of the Chief Health Officer Queensland**. Larger portions often have more kilojoules. Here are some tips for checking your portion sizes:

- ½ of your plate should be vegetables (think variety and colour).
- ¼ of your plate should be good-quality carbohydrate rich food—such as potatoes or wholegrain cereals such as wholemeal pasta, brown rice, oats and quinoa.
- ¼ of your plate should have food sources of protein, like lean meat, poultry, eggs or legumes.



Be aware of sugar in your drinks

Sugar in drinks continues to be a major health concern, particularly for children and youth. Sugar sweetened beverages can lead to tooth decay and excessive weight gain. Added sugars include white sugar, brown sugar, raw sugar, honey and syrups to name a few.

Limit your intake of beverages such as soft drinks, vitamin waters and fruit drinks.

Water is always the best option!



Sit less, move more

Being physically active every day is important for the health of all, no matter your age or ability. It gives you more energy, increases self-confidence and can help increase bone strength. The National Physical Activity Guidelines recommend **30 minutes of moderate physical activity every day**. Moderate intensity activities include brisk walking, digging in the garden, mowing the lawn, or medium paced cycling or swimming.

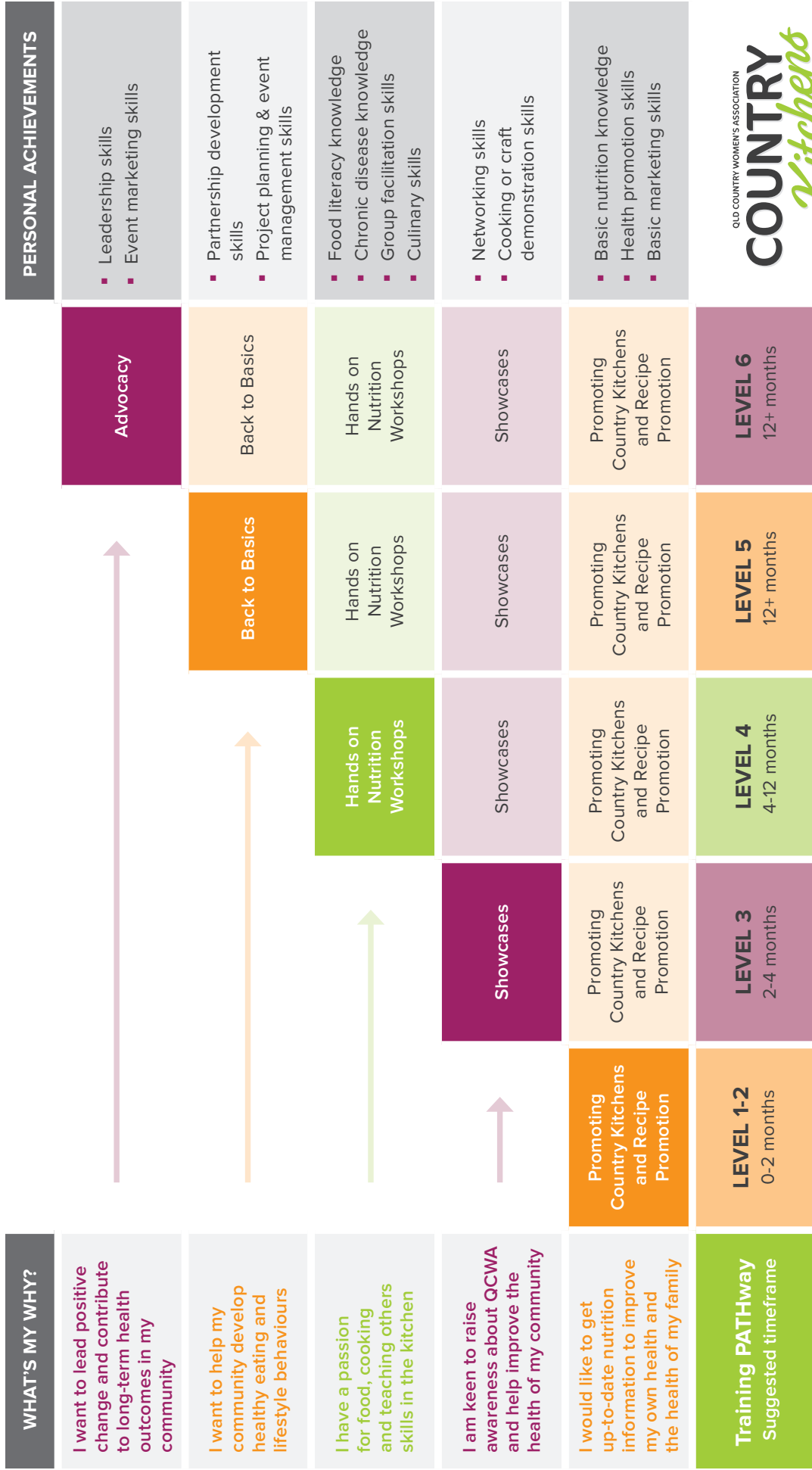
¹ Australian Bureau of Statistics (2018); Household Expenditure Survey and Survey of Income and Housing, User Guide, Australia, 2015–16. Australian Bureau of Statistics.

² A Better Choice (2023); Eating out in Queensland: Understanding the drivers behind food choice, 2022. Health and Wellbeing Queensland.

PATH - Promoting and Advocating Together for Health



What can QCWA Country Kitchens do for you as a member?



Connecting women who have the power to heal their communities

QCWA Country Kitchens Program Overview



Level 1-2: Promoting QCWA Country Kitchens

Facilitators trained in Level 1-2 have learnt the basics of the QCWA Country Kitchens program and health promotion. Activities they might be involved in include:

- Promoting the Country Kitchens *Monthly Munch* newsletter
- Promoting healthy recipes, including taste testers
- Healthy catering with Country Kitchens recipes

Level 3: Perfecting Your Showcase

Facilitators trained in Level 3 have learnt how to promote the Country Kitchens program using health promotion displays including:

- Static displays with program resources and recipe cards
- Interactive showcases with activities or healthy taste testers
- Demonstration showcases which include craft or cooking demonstrations



Level 4: Hands on Nutrition Workshops

Facilitators trained in Level 4 may choose to run a HONW with a local organisation, school or community group. These workshops include:

- Cooking or craft demonstrations
- Nutrition education around the 5 Key Messages, healthy lunchboxes or recipe modification
- Group cooking or craft class

Level 5: Back to Basics

Facilitators trained in Level 5 may choose to run a Back to Basics workshop series. These cooking workshops are delivered across 4-8 sessions. The two Back to Basics series include:

- Back to Basics: Food Literacy - targeted to adults
- Back to Basics: 5 Key Messages - targeted to children



Level 6: Advocacy

Level 6 of the QCWA Country Kitchens program is currently under development. Facilitators trained in Level 6 may advocate for nutrition and health related issues in their local communities by:

- Campaigning to foster community support
- Raising resolutions at QCWA conferences

Background

Country Kitchens Country of Study Activities and Resources

Each year the Country Kitchens program releases a suite of resources and activities that correspond to the QCWA Country of Study and promote the 5 key messages.

Community Activities

These Community Activity Guidelines outline three Country Kitchens activities for the 2025 QCWA Country of Study - Ontario, Canada. These can be run at your branch or with small community groups, and are set out in a similar way to the activities in the Country Kitchens Facilitator Guidelines.

Each activity includes a resource guide, session checklist and session plan template to help you plan and undertake the activity. Get in touch with your Country Kitchens (CK) buddy if you would like help planning any of the activities listed in this booklet:

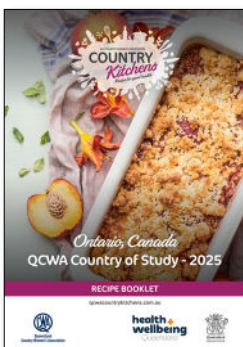
- Ontario recipe promotion (pg. 11)
- Ontario showcase (pg. 16)
- Walk Ontario (pg. 23)
- Ice hockey stretches (pg. 31)



Resources

The following resources can be incorporated into activities already taking place at branches (e.g. a static showcase) or can be used to support events at branches, divisions and within the community. Get in touch with your CK buddy to order any of the 2025 Country of Study resources listed below:

- Ontario recipe booklet
- Ontario recipe cards
- Ontario produce and cuisine flip cards
- Ontario poster
- Walk Ontario posters



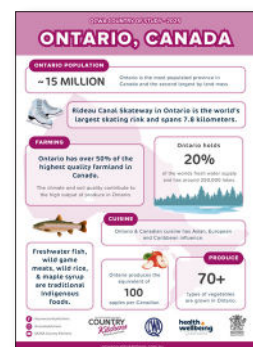
Ontario
Recipe Booklet



Ontario
Recipe Cards



Ontario Produce
and Cuisine Flip Cards



Ontario Poster

Ontario, Canada

Ontario is the most populous province in Canada, with a population of about 15 million people. It is the second largest province by land mass and is situated in the central east of the country, bordered by Manitoba, Quebec and the United States. Ontario is a dynamic and diverse province, known for its blend of natural wonders and vibrant urban life. From Niagara Falls and expansive Great Lakes, to its vast forests and scenic parks, Ontario is a paradise for nature lovers. Its major cities, Toronto and Ottawa, offer a rich variety of cultural attractions, museums, and culinary scenes. Ontario contains about 20% of the world's fresh water supply, with over 250,000 lakes throughout the province. Ontario is home to several indigenous groups and 133 First Nations communities. The major First Nations groups in Ontario are the Anishinaabe, Cree, Haudenosaunee (Iroquois), Algonquin and Métis people. Ontario's climate varies widely due to its large size. Southern Ontario experiences humid summers and cold winters, influenced by the Great Lakes, which moderate temperatures and bring substantial snowfall in winter. Northern Ontario has a more extreme climate, with shorter, cooler summers and long, harsh winters with heavy snowfall. This diverse climate supports a range of ecosystems, from lush forests in the south, to boreal forests and tundra in the north.



Bruce Peninsula National Park

Agriculture

Ontario is a pivotal contributor to Canadian agriculture and holds the largest share of farms and farm operators in the country. Ontario produces a wide variety of field crops, fruits and vegetables. Its diverse climate, access to water and fertile soil allows for its diverse production. Greenhouses are key for the production of local fruit and vegetables year-round and Ontario has the most greenhouses in the country.

Field Crops

Ontario is a key producer of field crops in Canada, with corn, soybeans, and wheat being the dominant crops. These are primarily grown in the fertile southern and southwestern parts of the province, which benefit from a moderate climate and rich soils. Primary field crops include:

- **Wheat:** both winter and spring varieties are grown, with winter wheat being the most common. Wheat is primarily used for flour production and animal feed, supporting both domestic markets and exports.
- **Corn:** Ontario is Canada's leading corn producer, growing both field corn (for animal feed, ethanol, and industrial uses) and sweet corn (for direct consumption).
- **Soybeans:** until the 1970's, almost all of Canada's soybeans were grown in southern Ontario. They are an important crop in terms of acreage and production.
- **Oats:** commonly grown in northern and eastern Ontario, oats are primarily used for animal feed and food products, including cereals.



Corn fields

- **Barley:** grown mainly for livestock feed and brewing, Ontario's barley production supports both the agricultural and brewing industries.
- **Rye:** less common than other grains, rye is grown in smaller quantities for use in food products, animal feed, and some spirits, including Ontario-made rye whiskey.

Fruit

Ontario is the top fruit producing province in the country, accounting for about 30% of Canada's fruit crop. The Niagara Fruit Belt on the southwest shore of Lake Ontario is a major fruit production area within the province. Major fruits produced in the province include:

- **Apples:** Ontario produces the equivalent of 100 apples per Canadian! Popular varieties include McIntosh, Gala, and Honeycrisp. Orchards are concentrated in regions like the Niagara Peninsula.
- **Grapes:** known for wine production, especially in the Niagara and Prince Edward County regions, Ontario grows varieties like Cabernet Sauvignon, Merlot, and Chardonnay.
- **Peaches:** grown in the warmer climates of southern Ontario, particularly in areas like the Niagara region, Ontario peaches are known for their sweetness and quality.
- **Pears:** common in southern Ontario, particularly in the Niagara region, where varieties like Bartlett and Bosc are cultivated.
- **Cherries:** Ontario produces sweet and tart cherries, with the majority grown in the Niagara region, which has a climate well-suited for these fruits.
- **Plums:** varieties such as European plums are grown in the province, especially in areas with a temperate climate.
- **Strawberries:** one of the first fruits of the growing season, strawberries are widely grown across Ontario and pick-your-own farms are popular in the province.
- **Blueberries:** Ontario has a significant blueberry industry, particularly in regions like Simcoe County and along the shores of the Great Lakes.
- **Cranberries:** Ontario's cranberry farms are often located in areas like Muskoka and Simcoe County, where bog-like environments can be constructed for optimal growing conditions.



Apple orchard

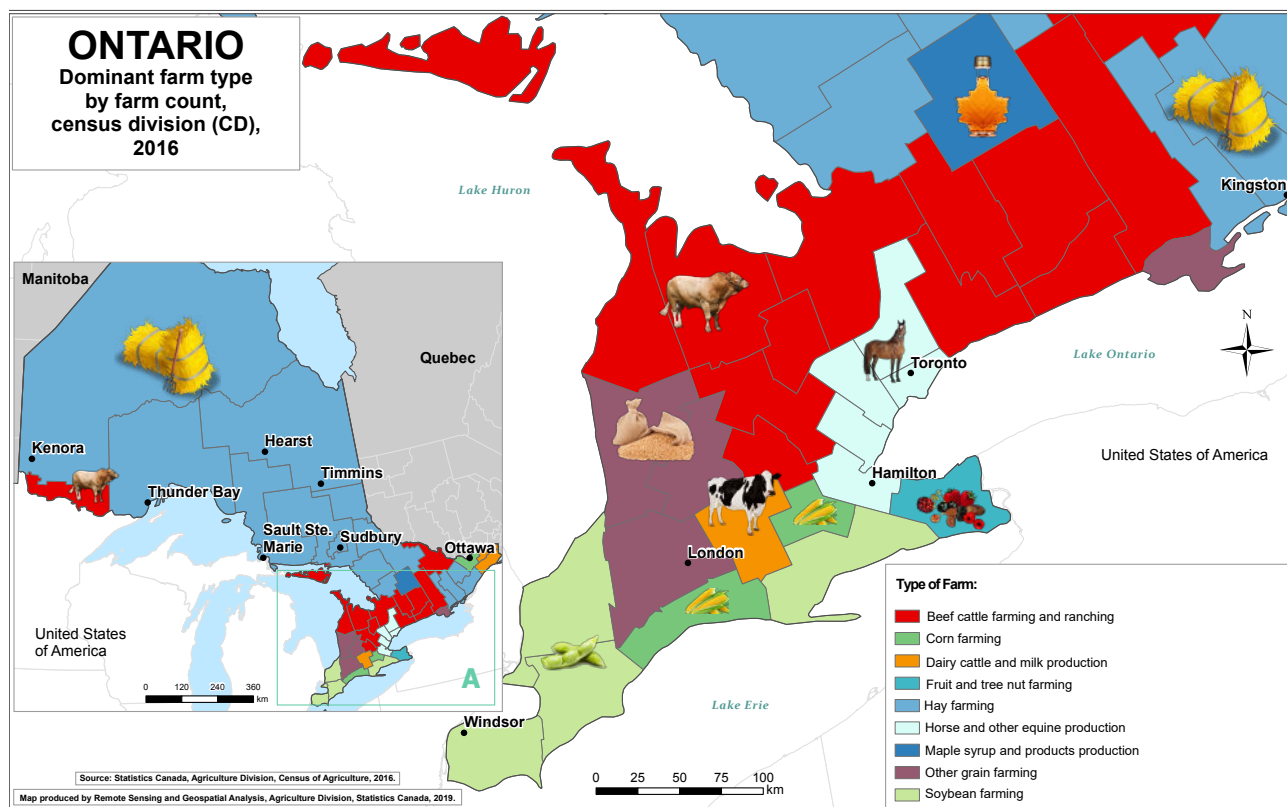


Cranberry bog

Vegetables

There are over 70 types of vegetables grown throughout the province, including both field grown and greenhouse vegetables. The Holland Marsh area located just north of Toronto is known as Ontario's "vegetable basket". Popular vegetables include:

- **Tomatoes:** both field-grown and greenhouse tomatoes are abundant in Ontario, with greenhouse production allowing for year-round availability.
- **Cucumbers:** are produced both for fresh consumption and pickling.
- **Carrots:** are a staple vegetable for both domestic consumption and export.
- **Onions:** Ontario is known for producing high-quality onions, including yellow, red, and green varieties.
- **Lettuce:** various types of lettuce, including romaine and iceberg are grown throughout the province, with greenhouse production allowing for year-round harvests.
- **Peppers:** including capsicums and different varieties of chillies are grown in Ontario.
- **Cabbage:** a key crop in Ontario, cabbage is widely grown and is used in a variety of dishes, including sauerkraut.
- **Potatoes:** Ontario produces a wide range of potatoes, including russet, white, and specialty varieties, mainly in the southwestern region.
- **Beans:** Ontario grows a variety of beans, including green beans, lima beans, and kidney beans, for both fresh and processed markets.
- **Beets:** Ontario is known for producing high-quality beets.
- **Spinach:** is grown in Ontario in the cooler months.
- **Squash:** both summer squash (like zucchini) and winter squash (like butternut) are produced in Ontario.



Map showing the predominant farm type/produce grown around Ontario.

Popular Ontario and Canadian Dishes

Similar to Australian cuisine, Canadian and Ontario cuisine has been influenced by diverse cultures, including Indigenous peoples, settlers and migrants. In Ontario, the cuisine draws strong influence from Indigenous, Asian, European and Caribbean foods. Some examples are highlighted by key ingredients and common dishes below:

Indigenous: For at least 15,000 years, First Nations and Inuit people have practiced their culinary traditions across Canada. Traditional Indigenous foods include:

- Wild rice – native to the Great Lakes region, wild rice was a staple ingredient for Indigenous people
- Wild game – venison, moose, elk and caribou are eaten across Canada
- Maple syrup – maple syrup has long been collected and used by Indigenous people in Canada. The sweet, golden syrup is made from the sap of maple trees. The syrup is made by harvesting or “tapping” the sap and boiling it to evaporate the water and concentrate the sugars.
- Freshwater fish – perch and pickerel are popular freshwater fish. They are lean and tasty and can be fried, grilled, baked or broiled.

European: Pre and post war migration influenced the food culture in Ontario and Canada more broadly. Some notable Ontario dishes and products include:

- Pierogies – pierogies are dumplings of Central and Eastern European origin. Large numbers of Ukrainian and Polish migrants settled in Ontario sharing their traditional cuisine, such as pierogies.
- Summer sausage - summer sausage is a semi-dry, smoked and cured meat, similar to salami. This sausage is thought to have originated from the German Mennonites. Mennonites are a religious-cultural group, with the first Mennonites arriving in the late 18th century, initially settling in Southern Ontario.
- Cheese – Ontario has a long dairy farming tradition, with cheeses commonly crafted in traditional European style. Oxford County in Ontario is known as the Dairy Capital of Canada.

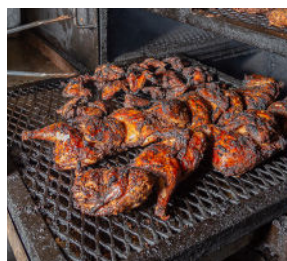
Caribbean: There is a large Caribbean community in Canada, particularly in the provinces of Ontario and Quebec. Every summer, Toronto hosts a Caribbean Carnival, celebrating Caribbean culture through music, dance and food. A popular Caribbean dish is jerk chicken. Jerk is a style of cooking native to Jamaica, in which meat is marinated with a hot spice mixture, including ingredients such as allspice and Scotch bonnet peppers.



Butter tarts



Pierogies



Jerk chicken



Peameal bacon

Other quintessential Canadian foods:

- Canadian or peameal bacon – typically a loin cut from the back, compared to American bacon, which is typically cut from the belly. Traditionally, ground dried yellow peas were used to pack around the meat to preserve it, giving it the name ‘peameal’. Cornmeal is now commonly used in place of peas.
- Butter tarts – butter tarts are small, sweet pastries traditionally filled with a mixture of butter, sugar, syrup and egg. It is thought that the first published tart recipe was a 1900 entry into the Women’s Auxiliary of the Royal Victoria Hospital Cookbook in Barrie, Ontario. There is considerable controversy over what constitutes the perfect tart.
- Beaver tails – beaver tails are deep-fried doughy pastries that are usually topped with sweet condiments, such as cinnamon and sugar. They resemble a beaver’s tail, with their round, flat shape.

ACTIVITY 1 ONTARIO RECIPE PROMOTION

Preparation and Planning

Use this activity guide to:

- Complete a healthy Ontario recipe promotion
- Promote the key messages 'get more fruit and veg into your meals' and 'cook at home' in the context of the 2025 QCWA Country of Study



Overview - Ontario Recipe Promotion

Recipe Promotion

Completing a healthy recipe promotion is one of the activities involved in Level 2 of the QCWA Country Kitchens PATHway. You can complete a recipe promotion at your branch meeting or a community event, or even on social media. By choosing recipes from the Country Kitchens *Ontario Recipe Booklet*, you can easily incorporate a healthy recipe promotion into any QCWA Country of Study event (e.g. branch or division international days). For a full refresher on recipe promotions, refer to the Level 1-2 Facilitator Guidelines pg. 18-36. A brief summary of things to consider when doing a Country Kitchens recipe promotion has been provided below.

STEP 1. Choose a recipe

Choose a recipe from the Country Kitchens *Ontario Recipe Booklet* or turn to the appendix (pg. 37-48) for a full list of the recipes.



STEP 2. Share and discuss

Share your recipe at your branch meeting or event. Remember to take photos! Discussion points may include:

- Why did you choose this recipe? What's great about it? Was it easy to prepare?
- What makes the recipe healthy (the five elements)
- What tips and tricks do you have for making this recipe?
- Would you make any changes to the recipe in the future?

Use a Country Kitchens stamp of approval marker to indicate that the recipe is a healthy choice.



STEP 3. Report your activity

Make sure to include your recipe promotion activity in your Country Kitchens monthly report. If you are not a facilitator, we would still love to see photos from the day! Share them with the team at countrykitchens@qcwa.org.au or tag us on social media (@qcwacountrykitchens on Facebook or @countrykitchens for Instagram).

Things to consider

- **Nutrition criteria** - every Country Kitchens recipe meets our essential nutrition criteria for either everyday or discretionary foods. The *Ontario Recipe Booklet* indicates whether recipes fall under the everyday or discretionary food category.
- **Food safety** - It can be easy to forget that food can be potentially dangerous if not handled, stored and prepared correctly. Before undertaking any activities involving food, make sure you are familiar with the food safety information shared in the Country Kitchens Healthy Cooking Guidelines (pg. 44-46). Some important things to consider when sharing taste testers as part of a recipe promotion are personal and kitchen hygiene, safe temperature zones, storage of food when travelling to and from your event, and food labels.
- **Recipe cards** - reach out to your CK buddy if you would like to order Ontario recipe cards for your recipe promotion. Please allow at least two weeks for the team to post these to you.
- **Recipe suitability** - take into consideration where your recipe demonstration will be taking place (e.g. as part of a branch meeting or a larger event). If you will be including taste testers, make sure the recipe is suitable for portioning into bite-sized pieces.
- **Additional talking points** - extra information about each recipe is provided in the appendix (pg. 37-48) under the heading 'What's Great About It'. Try incorporating some of this information as talking points while doing your recipe promotion.

Resource Guide - *Ontario Recipe Promotion*

DIFFICULTY

| | | | | |
|------------------------------|---|--|--|--|
| Helping hands |  | | | |
| Cost |  | | | |
| Time |  |  | | |
| Venue resources | Table/chairs Toilets | Stove/oven Fridge | | |
| Equipment | Banner <i>(optional)</i> | | | |
| Promotional materials | Printed resources: - Recipe cards - Stamp of Approval markers - Recipe booklet | Posters <i>(optional)</i> : - Australian Guide to Healthy Eating - Food safety | | |



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Ontario Recipe Promotion*

BEFORE ACTIVITY

| | |
|--------------------------|--|
| <input type="checkbox"/> | <i>Optional:</i> re-read the recipe promotion 'Overview and Activities' section of the Level 1-2 Facilitator Guidelines (pg. 18-31) for a refresher on recipe promotions |
| <input type="checkbox"/> | Confirm venue resources (i.e. tables, chairs, serveware, cold storage) |
| <input type="checkbox"/> | Choose a recipe from the Country Kitchens <i>Ontario Recipe Booklet</i> or appendix (pg. 37-48) |
| <input type="checkbox"/> | <i>Optional:</i> order resources from your CK buddy (minimum 2 weeks prior) |
| <input type="checkbox"/> | Confirm participant numbers |
| <input type="checkbox"/> | Purchase ingredients |
| <input type="checkbox"/> | Prepare the recipe as per food safety guidelines (refer to Healthy Cooking Guidelines pg. 44-46) |
| <input type="checkbox"/> | Using the session plan (pg. 15), identify the five elements that make your recipe a healthy choice (to present on the day) |
| <input type="checkbox"/> | Gather promotional materials and equipment (banner, posters, Stamp of Approval markers, recipe cards) |

ON THE DAY

| | |
|--------------------------|--|
| <input type="checkbox"/> | Set up promotional materials and equipment |
| <input type="checkbox"/> | Arrange tables and chairs for participants |
| <input type="checkbox"/> | Introduce yourself, the program and the 5 key messages using the session plan (pg. 15) |
| <input type="checkbox"/> | Promote the recipe using the points listed in the session plan (pg. 15) |
| <input type="checkbox"/> | Take a photo of your recipe with the Country Kitchens Stamp of Approval marker |
| <input type="checkbox"/> | Share taste testers of your recipe with participants |
| <input type="checkbox"/> | Pack up and leave the venue as found |

POST ACTIVITY

| | |
|--------------------------|---|
| <input type="checkbox"/> | Post photos to social media and tag Country Kitchens |
| <input type="checkbox"/> | Include your recipe promotion activity in your Country Kitchens Monthly Report under the 'Level 2 - Recipe Promotion' section |
| <input type="checkbox"/> | Reflect on what worked well and what could be done differently next time |

Session Plan - *Ontario Recipe Promotion*

INTRODUCTION TO COUNTRY KITCHENS

Introduce the program and the 5 key messages:

RECIPE PROMOTION

Talk about the five elements that make your recipe a healthy choice:

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional information to share about Ontario and your chosen recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe promotion activity until you feel confident doing it without one.

ACTIVITY 2

ONTARIO SHOWCASE

Preparation and Planning



Use this activity guide to:

- Complete an Ontario showcase activity at your branch or for an event
- Promote the Country Kitchens 5 key messages in the context of the 2025 QCWA Country of Study

Overview - Ontario Showcase

Introduction to Showcases

A showcase is a display that promotes the Country Kitchens program and 5 key messages. There are three different types of Country Kitchens showcases that you can deliver: **static**, **interactive**, or **demonstration**. They range in complexity, with a static showcase being the simplest and a demonstration showcase being the most comprehensive. The type of showcase you choose to do will depend on many factors such as the event, resources available at your venue and the number of helpers you have. For a full refresher on showcases, refer to the Level 3 Facilitator Guidelines. A brief summary of the different types of showcases has been provided below.

Static Showcase

A static showcase is a fixed display that can be set up in a number of different locations. You do not need to be there to man this showcase the whole time - it is for members and visitors to take information away at their own discretion. You will just need to make sure that the information is updated regularly, and that the resources are well stocked.

Interactive Showcase

An interactive showcase is where you get to engage with members of your community to promote the Country Kitchens program face-to-face. There are a range of interactive activities that you are able to include in your showcase to attract people to your display. Examples include a sugary drinks display, a flip card activity, a competition or raffle with a prize (e.g. a Country Kitchens cookbook) or handing out taste testers of healthy recipes. Interactive showcases can be completed at your branch or at a community event.

Demonstration Showcase

A demonstration showcase builds on an interactive showcase by including a cooking demonstration. Although it requires more organising and helpers on the day, it is the most rewarding kind of showcase. A cooking demonstration is also a great way to attract an audience to your showcase and make your display stand out.

Ontario Showcases

All three types of showcases outlined above can be given a Ontario theme using the various Country Kitchens QCWA Country of Study resources and activities. Below are some suggestions for how you can incorporate these activities and resources into each type of Country Kitchens showcase.

Ontario Static Showcase

Give your static showcase a Canadian theme by including Ontario recipe cards, themed bunting, or the Ontario poster. Keep it stocked with the other Country of Study resources such as the *Ontario Recipe Booklet* and a set of the *Ontario Produce and Cuisine* flip cards. Remember, you don't need to be there in person. Just make sure the resources are kept stocked and current.



Ontario Interactive Showcase

Use the *Ontario Recipe Booklet* and the recipe promotion guide (pg. 11-15) to find a recipe that is suitable for providing taste testers. If cooking isn't your thing, you can do the *Ontario Produce and Cuisine* flip card activity with your group instead!



Ontario Demonstration Showcase

Kick it up a notch by including a live cooking demonstration at your showcase! You can choose from any of the recipes in the *Ontario Recipe Booklet*. Be sure to get in touch with your CK buddy to get some recipe cards and demonstrator cheat sheets supplied for your chosen recipe.







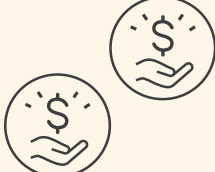

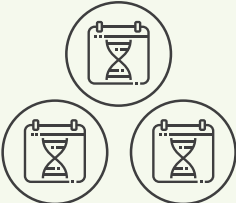
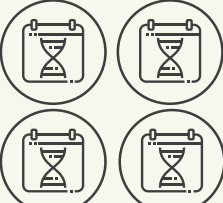
Resource Guide - Ontario Showcase

DIFFICULTY

STATIC

INTERACTIVE

DEMONSTRATION

| | | | | |
|------------------------------|--|--|--|--|
| Helping hands |  |  |  | |
| Cost | |  |  | |
| Time |  |  |  | |
| Venue resources | Shelter | Shelter Nearby parking Bathrooms Cold storage | Shelter Nearby parking Bathrooms Kitchen facilities Power | |
| Equipment | Tablecloth Display stands Banner <i>(optional)</i> Backdrop <i>(optional)</i> | Tablecloth Display stands Banner Backdrop Table | Kitchen tub/s Induction Tablecloth Banner Backdrop Table Extension leads | |
| Promotional materials | Printed resources | Printed resources Cookbooks Recipe cards Flip cards | Printed resources Cookbooks Recipe cards Flip cards | |



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Ontario Showcase*

BEFORE ACTIVITY

| | |
|--------------------------|---|
| <input type="checkbox"/> | Decide on the type of showcase you will deliver (static, interactive or demonstration) |
| <input type="checkbox"/> | Organise and book the venue/space |
| <input type="checkbox"/> | Print/order resources from your CK buddy |
| <input type="checkbox"/> | Advertise your event (<i>optional</i>). Use the templates provided in the <i>Publicity Resource Kit</i> |
| <input type="checkbox"/> | Locate equipment/promotional gear in your division and organise use for the day/period of time |
| <input type="checkbox"/> | Organise tables, chairs and shelter for your event (interactive or demonstration showcases only) |
| <input type="checkbox"/> | Select recipes, purchase groceries and prepare food (interactive or demonstration showcases only) |

ON THE DAY

| | |
|--------------------------|---|
| <input type="checkbox"/> | Promote Country Kitchens and the 5 key messages |
| <input type="checkbox"/> | Network with key community stakeholders |
| <input type="checkbox"/> | Promote upcoming Country Kitchens community activities in your local area with a sign up sheet |
| <input type="checkbox"/> | <i>Optional</i> : run an activity (<i>Ontario Produce and Cuisine</i> flip cards) |
| <input type="checkbox"/> | <i>Optional</i> : set up chairs for the audience for your demonstration (demonstration showcase only) |
| <input type="checkbox"/> | Use Country Kitchens stamp of approval markers and serving platters for taste testers |
| <input type="checkbox"/> | Discuss food safety with your audience (demonstration showcase only) |
| <input type="checkbox"/> | Pack up: remove all promotional gear and leave the venue tidy |
| <input type="checkbox"/> | Take photos! |

POST ACTIVITY (ONGOING FOR STATIC SHOWCASE)

| | |
|--------------------------|--|
| <input type="checkbox"/> | Reflect on what worked well and what could be done differently next time |
| <input type="checkbox"/> | Include your showcase activity in your Country Kitchens Monthly Report under the 'Level 3' section |
| <input type="checkbox"/> | Post photos of the event to social media. Don't forget to tag Country Kitchens and any other relevant parties |
| <input type="checkbox"/> | Subscribe email address of attendees who elected to receive the Monthly Munch. You can do this on the Country Kitchens website or forward to your CK buddy |
| <input type="checkbox"/> | <i>Optional</i> : Use the template provided in the <i>Publicity Resource Kit</i> to write a post event media release |

Session Plan - *Ontario Recipe Demonstration*

INTRODUCTION

Introduce yourself, your branch and the program

5 ELEMENTS OF A HEALTHY RECIPE

If you have chosen to do a recipe demonstration, you might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional tips/tricks or things you could highlight about the recipe:

Food safety:

What you will highlight:

Ingredients:

List the ingredients you need to prepare ahead of time as well as for use during the demo

Equipment:

(e.g. induction cooktop, small bowl, measuring cups etc.)

Checklist

| | |
|--------------------------|--|
| <input type="checkbox"/> | Demonstrator cheat sheet |
| <input type="checkbox"/> | Ingredients |
| <input type="checkbox"/> | Equipment list |
| <input type="checkbox"/> | Resources organised (stamp of approval markers, recipe cards etc.) |
| <input type="checkbox"/> | Food safety |

If you need to, make copies of this session plan and use each time you are running a showcase activity until you feel confident doing it without one.

A photograph of two women walking away from the camera on a dirt path through a lush green forest. The woman on the left is wearing a brown patterned sweater, blue pants, and red boots. The woman on the right is wearing a grey cardigan, black pants, and a purple hat. The path is surrounded by tall trees and dense undergrowth.

ACTIVITY 3 WALK ONTARIO Preparation and Planning

Use this activity guide to:

- Complete a walk around Ontario activity with a small group e.g. branch, community group, walking group
- Promote the key message 'sit less, move more'



Overview - *Walk Ontario*

Walk Ontario

Sit less, move more is one of the Country Kitchens 5 key messages, as being physically active every day is important for your health and wellbeing. Walking for an average of 30 minutes or more a day can lower your risk of heart disease, stroke and type 2 diabetes. Regular physical activity can also improve balance and coordination, and improve your daily mood.

To help you reach your walking goals, try completing this Walk Ontario activity with your branch, family or group of friends! Appoint a team captain, recruit your team, and use the table on page 30 to tally the steps of your team until you reach the total required. To complete the walk around Ontario, your team must reach a total of 1,783,600 steps (approximately 1274 kilometres). There are seven stops on the trip. Check out the map below for the list of attractions you will be visiting, and to track how far you have walked around the province. Be sure to have your team captain share the fun facts about each stop on your journey as your team reaches the destinations!





Parliament Hill, Ottawa

1. Ottawa - 0 kilometers, 0 steps

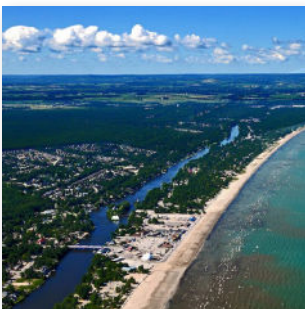
We start our journey in Ottawa, the capital city of Canada, located in the eastern part of the province of Ontario, along the Ottawa River. Ottawa is home to key federal institutions, including Parliament Hill, the official residence of the Prime Minister, and the Governor General. The city is bilingual, with English and French widely spoken.



Algonquin Park

2. Algonquin Park - 270 kilometers, 378,000 steps

Algonquin Park is one of Canada's most renowned and oldest provincial parks, established in 1893. The park is famous for its canoeing routes, hiking trails, and abundant wildlife, including moose, black bears, wolves, and over 250 bird species. Algonquin is also a prime spot for fall foliage, attracting visitors with its vibrant autumn colours.



Wasaga Beach

3. Wasaga Beach - 479 kilometers, 670,600 steps

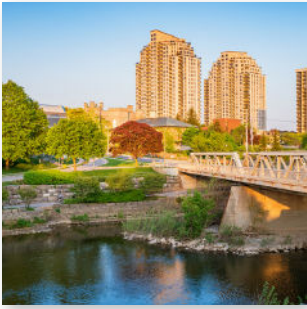
Wasaga beach is a 14 kilometre long sandy beach and is the longest freshwater beach in the world. The town is a popular destination for outdoor recreation, including swimming, sunbathing, boating, and hiking. In the winter, the town transforms into a hub for snow sports, including cross-country skiing and snowshoeing.



*Flowerpot Island,
Tobermory*

4. Tobermory - 669 kilometers, 936,600 steps

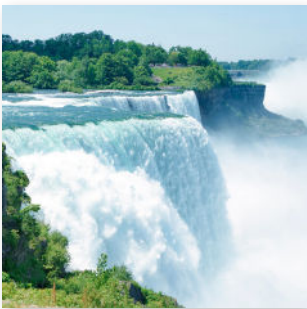
Tobermory is a picturesque small community located on the northern tip of the Bruce Peninsula, where Lake Huron meets Georgian Bay. It is renowned for its stunning natural landscapes, including rugged cliffs, clear turquoise waters, and unique rock formations. Tobermory is known as the "Scuba Diving Capital of Canada" due to the numerous shipwrecks preserved in the Fathom Five National Marine Park, which also features iconic landmarks like Flowerpot Island.



London, Ontario

5. London - 958 kilometers, 1,341,200 steps

Often called the "Forest City" due to its abundance of green spaces and parks, London is a regional hub for education, healthcare, and culture. The city is home to Western University and Fanshawe College, contributing to its vibrant student population. London has a thriving arts scene with venues like the Grand Theatre and the Museum London, as well as numerous festivals, including SunFest and the London Fringe Festival.



Niagara Falls

6. Niagara Peninsula - 1145 kilometers, 1,603,000 steps

The Niagara Peninsula, located in southern Ontario between Lake Ontario and Lake Erie, is a region known for its diverse landscapes, fertile soils, and significant cultural and economic contributions. It includes the famous Niagara Falls, one of the world's most iconic natural attractions. The peninsula is a major agricultural hub, celebrated for its vineyards and wineries. The region also boasts lush orchards, producing a variety of fruits, including the renowned Niagara peaches.



Toronto

7. Toronto - 1274 kilometers, 1,783,600 steps

Toronto is the largest city in Canada and the capital of the province. Known as a global hub for business, arts, and culture, Toronto is one of the most diverse cities in the world, with over half its population born outside of Canada. Its vibrant neighbourhoods, like Chinatown, Little Italy, and the Distillery District, offer a variety of cultural experiences, dining, and shopping. Toronto is also a centre for professional sports, home to teams like the Raptors (National Basketball Association - NBA), Maple Leafs (National Hockey League - NHL), and Blue Jays (Major League Baseball - MLB).

10,000 Steps Resources

The 10,000 Steps program is a physical activity initiative that encourages Australians to increase their day to day activity through the use of step counting pedometers or activity trackers. If you would like to use the 10,000 Steps platform to log your steps for the Walk Ontario challenge, head to their website and create a free account. They also have various resources and articles available on their website to help you with your challenge. Finished walking around Ontario? Don't stop now! Try one of the many other challenges listed on the 10,000 steps website:

www.10000steps.org.au/



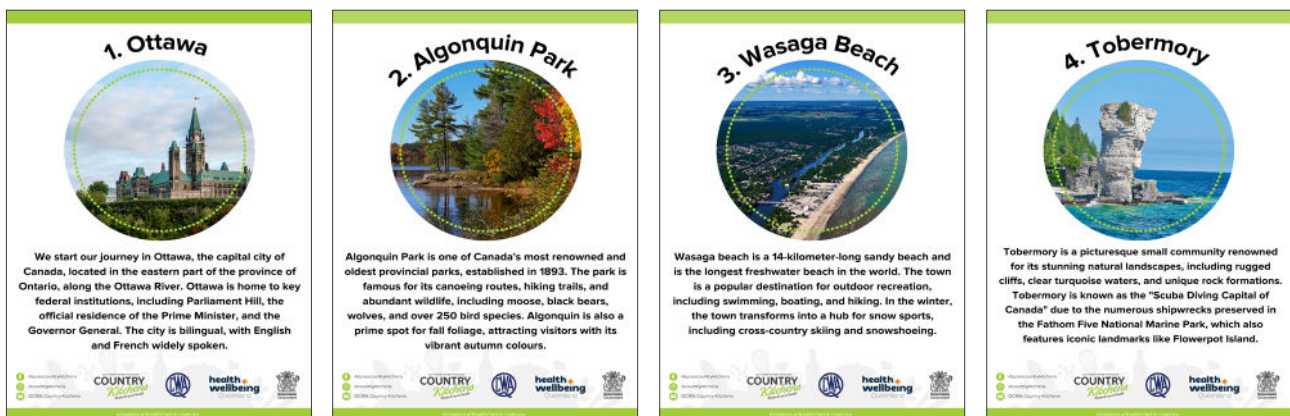
Completing the Challenge

Completing all 1,783,600 steps will be a challenge! If you take the challenge over a year, you need to take 4887 steps per day individually or as a team. To help get as many steps each day as possible, yourself and your team could try the following strategies:





- Take the dog for a walk. If you don't have a dog yourself, you might like to volunteer to walk a friend or family member's dog.
- Make it a social walk. Instead of catching up for a coffee, lunch or dinner, suggest a walk with a family member or friend to get some extra steps in.
- Wear your tracker or keep your phone in your pocket when you are doing household chores. You will be surprised by the number of steps you will take doing these everyday tasks.
- Try music, a podcast or audiobook. Get lost in your thoughts as you listen to something engaging whilst out on a walk.
- Include the family. Instead of an afternoon movie, go for a walk or hike together on the weekends.
- Increase your steps at work. Try walking to your colleague's desk instead of sending an email, organising a walking meeting, scheduling some workday walking breaks, or taking a short walk on your lunch break.
- Walk while waiting. Take a walk instead of sitting when you're early for an appointment or waiting for a train, bus or flight.
- Park farther away from the entrance to increase the steps you need to take.
- Take the stairs instead of the lift.

Extra Resources

If you would like to set up a display in your branch or in a community facility, you can request the Walk Ontario posters from your CK buddy to display around a room or hall.



Resource Guide - *Walk Ontario*

| | | | | |
|------------------------------|---|---|--|--|
| Helping hands |  | | | |
| Cost | | | | |
| Time |  |  |  | |
| Venue resources | Safe walking track | | | |
| Equipment | Smart phone, activity tracker or pedometer | | | |
| Promotional materials | | | | |



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Walk Ontario*

BEFORE ACTIVITY

| | |
|--------------------------|--|
| <input type="checkbox"/> | Create one or more teams and set a team captain for each |
| <input type="checkbox"/> | Organise a way to count your steps (e.g. pedometer, activity tracker, smart phone) |
| <input type="checkbox"/> | <i>Optional:</i> set a daily step goal |
| <input type="checkbox"/> | Print a copy of the step log (pg. 29) for each team captain |

DURING THE CHALLENGE

| | |
|--------------------------|--|
| <input type="checkbox"/> | Have each participant track their daily steps |
| <input type="checkbox"/> | Send daily step counts to the team captain on a regular basis |
| <input type="checkbox"/> | <i>Optional:</i> organise a team walk to reach your goal faster! |
| <input type="checkbox"/> | <i>Team captain:</i> record and tally step totals using the step log (pg. 30). Provide updates to your team each time a new city is reached using the information on pg. 25-26 |
| <input type="checkbox"/> | <i>Optional:</i> take photos! |

POST ACTIVITY

| | |
|--------------------------|---|
| <input type="checkbox"/> | <i>Optional:</i> post photos to social media tagging all relevant parties |
| <input type="checkbox"/> | Include your walking activity in your Country Kitchens Monthly Report under the 'Level 3' section |

ACTIVITY 4

ICE HOCKEY STRETCHES

Preparation and Planning



Use this activity guide to:

- Complete an ice hockey stretches activity with a small group e.g. branch or community group
- Promote the key message 'sit less, move more'



Overview - *Ice Hockey Stretches*

Ice Hockey in Canada

Canada is considered the birthplace of ice hockey, with the contemporary sport originating in Montreal. It is the official national winter sport of Canada. Simply referred to as “hockey”, it is widely considered as the country's national pastime, with high levels of participation by both children and adults at various levels of competition.

The National Hockey League (NHL) is a professional ice hockey league in North America consisting of 32 teams - seven of which are from Canada. The Stanley Cup is the oldest professional sports trophy in North America and is awarded to the league playoff champion at the end of each season. The Stanley Cup is considered to be one of the most important championships available to the sport, and as such, is one of the most highly anticipated playoffs. The Montreal Canadiens team have won the Stanley Cup the most times out of any other team in the league.



Ice Hockey Stretches Activity

To celebrate and share Canada's love for the sport, try completing this ice hockey stretching activity with a small group, such as your QCWA branch.

Warming up and performing stretches is a crucial part of the game. As hockey is such a dynamic and physical sport, it's important that players complete a variety of both static and dynamic stretches to prevent injury and improve mobility and performance. This Country Kitchens activity involves a series of six short stretches which have been inspired by the game, and aim to warm up your body and improve co-ordination and flexibility. Start by running through the series with your group once. You may then choose to run through the stretches as many times as your group is comfortable with.

Things to consider:

Listed below are a few things to consider if you choose to complete this activity with your branch, division or other community group.

- **Venue** - this activity requires all participants to move in a number of different directions. Make sure your venue has enough space for the number of participants that will be involved. About two square metres of space per person should be sufficient. You may even like to start with a short walk outside, followed by the stretching.
- **Position** - ensure that participants can see and hear you as you instruct them through the stretches.
- **Fitness and mobility** - exercise progression is unique to every person. Ensure that participants only attempt exercises that they are comfortable with.

Tips before you get started:

- Practice the stretch sequence before you run through the activity with participants. This will help with the flow of the stretches. It will also help you to build confidence before you complete the activity in front of a group.

Exercise 1: Shoulder Rolls

Stand with your feet shoulder width apart or sit up straight with your feet flat on the floor. Shrug your shoulders up to your ears and roll them back then down and all the way back around to the starting position in a smooth circular motion. Repeat this movement, making five full circles. Repeat in the opposite direction for five full circles.



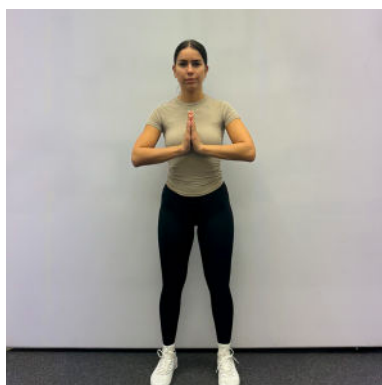
Exercise 2: Seated Side Bend

Sit up straight on a chair and bend to the left, bringing your right arm up and over to the left, keeping it stretched out. Place your left palm on the chair for balance. Stay here for 10 seconds then go back to starting position. Repeat on the other side. Complete a total of three times on each side.



Exercise 3: Torso Twist

Stand with your feet shoulder width apart. Hold your arms in front of your body with your palms together. Keep your arms in front of you and your feet facing forward as you twist your body from left to right for 30 seconds.



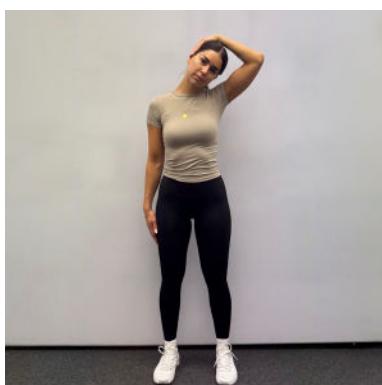
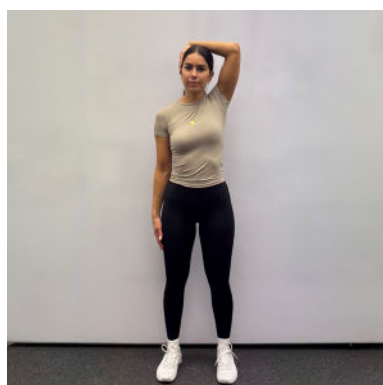
Exercise 4: Posterior Shoulder Stretch

With your shoulders back and down and your elbow straight, cross your arm across your body. Use your other arm to clamp behind the elbow of the arm being stretched. Use the bent arm to pull the straight arm across your body until you feel a stretch. Hold for 30 seconds then repeat on the other side.



Exercise 5: Neck Side Stretch

Stand with your feet hip width apart. Reach over your head with your left hand and place your palm on your right ear then gently drop your left ear toward your shoulder. Hold for 10 seconds then return to the starting position. Repeat on the other side. Complete a total of three times on each side.






Exercise 6: Groin Stretch

Stand with your feet wide apart. Bend one knee as you shift your hips to the same side until you feel a stretch in the inner thigh of your straight leg. Hold for 30 seconds then repeat on the other side.



Resource Guide - *Ice Hockey Stretches*

DIFFICULTY

| | | | | |
|------------------------------|--|--|--|--|
| Helping hands |  | | | |
| Cost |  | | | |
| Time |  | | | |
| Venue resources | Open space | | | |
| Equipment | Banner (<i>optional</i>) | | | |
| Promotional materials | Posters (<i>optional</i>) | | | |



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Ice Hockey Stretches*

BEFORE ACTIVITY

| | |
|--------------------------|---|
| <input type="checkbox"/> | Confirm venue meets space requirements |
| <input type="checkbox"/> | <i>Optional:</i> organise promotional materials and equipment (banner, posters) |

ON THE DAY

| | |
|--------------------------|--|
| <input type="checkbox"/> | <i>Optional:</i> set up promotional materials and equipment |
| <input type="checkbox"/> | Introduce yourself, the Country Kitchens program, and the activity |
| <input type="checkbox"/> | Spread participants out so everyone has enough space to complete the movements |
| <input type="checkbox"/> | Lead participants through the ice hockey warm-up stretches |
| <input type="checkbox"/> | Take photos during the activity |
| <input type="checkbox"/> | Pack up and leave venue tidy |
| <input type="checkbox"/> | <i>Optional:</i> organise the next sit less, move more session with the group |

POST ACTIVITY

| | |
|--------------------------|--|
| <input type="checkbox"/> | Post photos to social media tagging all relevant parties |
| <input type="checkbox"/> | Include your ice hockey stretches activity in your Country Kitchens Monthly Report under the 'Level 3' section |



APPENDIX

Ontario Recipes

The Country Kitchens team has put together a collection of ten healthy recipes to feature for the 2025 QCWA Country of Study - Ontario, Canada. These recipes encompass the diversity of Canadian food culture and utilise a number of staple ingredients and fresh produce found in the province of Ontario. Request extra copies of the Country Kitchens *Ontario Recipe Booklet* from the team.



Apple Slaw

Serves: 6

Prep time: 25 minutes + 20 minutes rest time

Cook time: 0 minutes



1 serve per portion

Ingredients

3 cups green cabbage, shredded

1 large carrot, unpeeled and grated or sliced into thin matchsticks

1 red apple, unpeeled and cored, sliced into thin matchsticks

1 Granny Smith apple, unpeeled and cored, sliced into thin matchsticks

Dressing:

1/3 cup reduced fat natural yoghurt

2 tablespoons extra virgin olive oil

2 tablespoons lemon juice

1 garlic clove, minced

1 teaspoon honey

Salt and pepper, to taste

Method

ADD cabbage, carrot and apples to a large bowl.

COMBINE dressing ingredients in a small bowl or jar and mix well.

POUR dressing over the vegetables and combine well. Leave slaw to sit in the fridge for at least 20 minutes (ideally for 2 hours or overnight) for the vegetables to soften and absorb the flavours.

MIX well before serving.

What's Great About It?

There are apples grown on nearly 16,000 acres of land across Ontario. Each year the state produces the equivalent of about 100 apples per Canadian! To celebrate this versatile fruit, try making our delicious apple slaw the next time you need a crisp and refreshing side salad. This recipe is perfect for a summer BBQ, piled onto sandwiches, or as a side to your favourite meat dish. The cabbage, carrot and apples used in this slaw are all great sources of dietary fibre. Remember to leave the carrot and apples unpeeled to boost the fibre content even further!



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada

Baked Pumpkin Pancake

Serves: 4

Prep time: 15 minutes

Cook time: 25 minutes



1 serve per portion

Ingredients

2 cups pumpkin, peeled and cut into 1cm cubes

2 cups plain flour

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon ground nutmeg

½ teaspoon ground ginger

½ teaspoon ground cinnamon

2 eggs

1 cup reduced fat milk

1 teaspoon vanilla extract

2 cups mixed berries, to serve

Maple syrup, to serve

Method

STEAM pumpkin in microwave or on stovetop until soft. Set aside to cool.

PUREE cooled pumpkin in a food processor or blender until smooth.

PREHEAT oven to 220°C and line a large ovenproof frypan or baking dish with baking paper.

ADD flour, baking powder, baking soda, and spices to a mixing bowl and whisk together.

WHISK together eggs, milk, and vanilla in a separate bowl or jug. Add to dry ingredients and whisk until well combined.

POUR batter into prepared frypan or baking dish. Bake for 20-25 minutes, or until the pancake is set and the top is golden brown.

REMOVE from oven and allow to cool slightly.

TOP with berries and maple syrup and slice to serve.

What's Great About It?

Pumpkins, or winter squash, are native to Northern America and have been grown in Canada for hundreds of years. In Ontario, pumpkins are in season in September and October. Delicious served for either breakfast or dessert, this baked pumpkin pancake is an infusion of traditional pancake flavours paired with festive season spices. The pumpkin, vanilla, berries and maple syrup add plenty of sweetness to this dish, removing the need for sugar to be used as an ingredient in the pancake.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada

Heirloom Tomato Salad

Serves: 4

Prep time: 20 minutes

Cook time: 0 minutes

 1 ½ serves per portion

Ingredients

1kg heirloom tomatoes*, sliced or cut into wedges

1 small red onion, thinly sliced

Pinch of salt

1 tablespoon white wine vinegar

2 tablespoons olive oil

2 garlic cloves, minced

1 teaspoon dried thyme

Pinch of white pepper

Fresh basil leaves, torn

*Note: heirloom tomatoes can be substituted for any other tomatoes such as gourmet or cherry

Method

ADD tomatoes and red onion to a large salad bowl. Season with salt and set aside for 15 minutes.

ADD vinegar, olive oil, garlic, thyme and pepper to a bowl and whisk together.

POUR dressing over tomato and red onion. Gently toss to coat tomatoes.

TOP with fresh basil and serve.

What's Great About It?

Ontario is a major producer of tomatoes, with over 300 varieties grown commercially. This easy recipe combines simple, fresh ingredients to create a salad that tastes like summer on a plate. With one and a half serves of vegetables per portion, the hero of this dish is the tomatoes, so try to select ripe, juicy varieties that have plenty of sweetness. This healthy salad makes a great accompaniment to all kinds of dishes. Pair it with grilled chicken, fish, or steak, or add in some avocado and a protein of your choice.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada

Jerk Chicken

Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes

 1 serve per portion

Ingredients

2 tablespoons olive oil
1 tablespoon reduced salt soy sauce
2 limes, juiced
2 teaspoons ground allspice
2 teaspoons dried thyme
1 teaspoon ground black pepper
1 teaspoon ground ginger
½ teaspoon ground nutmeg
1 brown onion, roughly chopped
2 spring onions, roughly chopped
1-2 chillies, roughly chopped
2 garlic cloves
4 skinless chicken thighs, fat trimmed
4 cups mixed salad leaves

Method

MAKE jerk seasoning by blending all ingredients except for the chicken and salad leaves in a blender until well combined and almost smooth.

COAT chicken in jerk seasoning in a medium bowl and let sit for 5-10 minutes or marinate overnight.

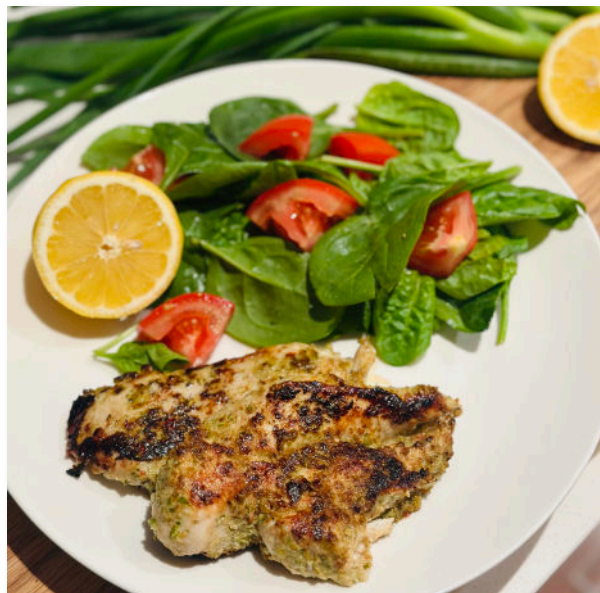
HEAT a non-stick fry pan over medium heat and add chicken to the pan.

GRILL chicken for 5-6 minutes on each side, or until chicken is browned and cooked through.

SERVE chicken with side salad.

What's Great About It?

There is a large Caribbean community in Canada, particularly in the provinces of Ontario and Quebec. Jerk is a style of cooking native to Jamaica, in which meat is marinated with a hot spice mixture, including ingredients such as allspice and scotch bonnet peppers. This healthy jerk chicken recipe is bursting with bold, aromatic flavours from a blend of spices, paired with zesty lime juice. This recipe is perfect for a quick and nutritious meal, as it combines the spicy chicken with a fresh and crunchy side salad that is a great source of dietary fibre, and provides one serve of vegetables per portion.



EVERYDAY FOOD


Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada

Maple Glazed Cod

Serves: 2

Prep time: 15 minutes

Cook time: 15 minutes

 1 serve per portion

Ingredients

1 ½ tablespoons balsamic vinegar

1 ½ tablespoons maple syrup

1 ½ tablespoons lemon juice

2 teaspoons olive oil

1 teaspoon cornflour

2 fillets cod, skin on (about 400g)

Fresh parsley, chopped

2 cups salad leaves

Method

PREHEAT oven to 200°C.

WHISK vinegar, maple syrup, lemon juice, olive oil and cornflour together in a small saucepan.

BRING sauce to a boil over high heat and continuously stir. Remove from heat once sauce has thickened and set aside.

LINE a baking tray with baking paper and place fish skin side down.

DRIZZLE half the maple balsamic glaze over the cod so that it is well covered.

BAKE fish in oven for 12 minutes or until desired doneness.

TRANSFER fish to serving plates. Drizzle over remaining sauce and top with chopped parsley.

SERVE with salad of choice.

What's Great About It?

Ontario is Canada's third-largest maple syrup producing province, behind Quebec and New Brunswick. In 2023, it produced 4.8% of Canada's maple syrup or 3,016,518kg of syrup! The maple balsamic glaze used in this recipe is a great addition to any meat or fish. This dish uses cod, which is an excellent source of lean protein. The glaze is also delicious paired with salmon, ham, or drizzled over vegetables before roasting them. Make sure to serve alongside plenty of salad greens or vegetables of choice for a quick and tasty meal.

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada



EVERYDAY FOOD

Mushroom Pierogies

Serves: 4 (makes 15-20)

Prep time: 45 minutes

Cook time: 60 minutes



½ serve per portion

Ingredients

Pierogi dough:

50g plant based spread or margarine

½ cup water

2 cups plain flour

1 teaspoon salt

1 large egg

Pierogi filling:

500g potatoes, peeled and quartered

1 tablespoon plant based spread or margarine

2 brown onions, sliced

250g mushrooms, finely diced

½ cup reduced fat cheddar cheese, grated

To serve:

Reduced fat sour cream

Method

To make the pierogi dough:

HEAT water and spread in a saucepan over medium heat until spread has just melted. Remove from heat.

WHISK flour and salt together in a mixing bowl. Make a well in the centre and add the melted spread and water mixture, and the egg. Gently mix to combine.

TRANSFER the mixture onto a lightly floured surface. Knead until dough becomes smooth.

WRAP in cling film and leave on the counter to rest for 30 minutes.

To make the pierogi filling:

HEAT spread in a saucepan over medium-low heat and add onions. Sauté for 20-30 minutes, stirring only occasionally, until deep brown and caramelised.

MEANWHILE, place potatoes in a saucepan filled with cold water and bring to the boil. Cook until soft and easily pierced with a fork. Drain and mash in a large bowl until smooth.

ADD mushrooms to the onions and sauté until tender, about 5 minutes.

FOLD the onion and mushroom mixture and cheese through the mashed potato.

To wrap the pierogies:

ROLL out dough on a lightly floured surface until 3mm thick. Cut into rounds using a 7.5cm cutter.

SCOOP one tablespoon of filling into the middle of a round. Dip your finger in water and run along the edge of the half circle. Fold dough over and gently press until mixture is sealed. Repeat until all dough and filling is used.

BRING a large pot of water to boil, then lower to a simmer. Add pierogies and cook for about 6-7 minutes. They should float to the top. Remove with a slotted spoon and continue to cook in batches, if required.

SERVE warm with sour cream.



DISCRETIONARY FOOD

Mushroom Pierogies

What's Great About It?

Pierogies are filled dumplings originating from Eastern Europe. They are adored in Canada, as the Polish variation of the pierogi accompanied the waves of immigrants arriving throughout the late 19th and 20th centuries. This delicious recipe includes a filling of potato, caramelised onions, mushrooms and cheese, but they can also traditionally be filled with ingredients such as quark, sauerkraut, ground meat, or fruits. To reduce the amount of unhealthy saturated fat found in this dish, make sure you opt for reduced fat cheese and sour cream. Instead of boiling, try frying the dumplings in a small amount of olive or other unsaturated oil until crispy and golden brown.

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada

Peach Cobbler

Serves: 8

Prep time: 20 minutes + 1 hour rest time

Cook time: 30 minutes



1 ½ serves per portion

Ingredients

1.5kg yellow peaches, cut into eight wedges

¼ cup caster sugar

1 teaspoon cornflour

1 tablespoon lemon juice

1 teaspoon demerara or brown sugar

½ teaspoon ground cinnamon

Reduced fat vanilla yoghurt, to serve

Topping:

1 ¼ cups plain flour

¼ cup caster sugar

1 teaspoon baking powder

Method

PLACE peaches and ¼ cup caster sugar in a large bowl and toss together. Set aside for 40 minutes to macerate and let the peaches leach juice and sweat.

PREHEAT oven to 210°C (200°C fan forced).

DRAIN peaches in a colander, saving the juices.

PLACE ¼ cup of the peach juice in a large bowl. Add cornflour and lemon juice. Mix well.

ADD peaches to the juice mixture and toss to coat.

POUR peaches and juice into a medium glass or ceramic baking dish. Bake for 12 minutes then remove from oven and set aside.

WHISK together flour, ¼ cup caster sugar, baking powder, and baking soda in a large bowl. Add spread and rub it in with your fingers until it resembles breadcrumbs.

ADD plain yoghurt and gently fold through until a dough is formed. Stop mixing when yoghurt is mostly mixed in with some streaks of flour still visible.

CRUMBLE lumps of the topping across the peaches. Do not fully cover the surface to allow the heat to come through and reduce the syrup. Sprinkle demerara sugar and cinnamon on top.

BAKE for 20 minutes or until topping is golden. Remove from oven and set aside for 20 minutes to allow syrup to thicken.

SERVE with reduced fat vanilla yoghurt.

What's Great About It?

Peach cobbler traces its origins back to the early days of America, where European settlers brought their culinary traditions, including various fruit-based desserts, to the New World. Ontario is a major producer of peaches, with the Niagara Peninsula accounting for 90% of the province's peach crop. This delicious recipe uses plant-based spread and yoghurt instead of butter to limit the amount of saturated fat. White and yellow peaches, nectarines and plums all work well in this recipe, so use whatever is in season or available to you.



DISCRETIONARY FOOD

½ teaspoon baking soda

85g (6 tablespoons) plant-based spread/margarine

½ cup reduced fat plain yoghurt

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada

Three Ingredient Bagels

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

1 $\frac{3}{4}$ cups self-raising flour

1 cup reduced fat Greek yoghurt

1 egg, whisked well with 1 tablespoon of water for egg wash

To serve:

2 tomatoes, sliced

2 cups lettuce leaves

4 slices reduced fat cheese

1 avocado, sliced

Salt and pepper, to taste

Method

PREHEAT oven to 180°C and line a baking tray with baking paper.

COMBINE flour and yoghurt in a medium mixing bowl and mix well until fully combined.

FORM a ball of dough.

SPREAD 2 tablespoons of extra flour on a chopping board and knead dough until coated.

CUT dough into 4 equal pieces before rolling each piece into a thick sausage-like shape.

FORM 4 bagels by joining both ends of the rolled dough together.

PLACE bagels on the lined baking tray and brush with egg wash.

BAKE bagels in the oven for 20-22 minutes or until golden brown.

REMOVE from the oven and allow to cool.

CUT bagels through the centre. Add avocado, cheese, lettuce and tomato before serving fresh.

What's Great About It?

The bagel was brought to North America by Jewish immigrants from Poland and other Eastern European countries. This easy, three ingredient bagel recipe is a healthy and versatile option for a homemade meal, providing a serve of veg per portion when paired with fresh toppings like avocado, tomato, and lettuce. The use of Greek yoghurt adds protein and balances the flavour of the bagel. For extra crunch, sprinkle sesame or poppy seeds on top before baking, or, after cooking, spread pesto or hummus onto the bagel before adding the salad ingredients.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada

Three Sisters Soup

Serves: 6

Prep time: 20 minutes

Cook time: 35 minutes



3 serves per portion

Ingredients

1 tablespoon vegetable oil
1 brown onion, finely diced
6 garlic cloves, minced
2 tablespoons fresh thyme, chopped
2 ½ cups butternut pumpkin, peeled and diced
1 large carrot, diced
2 reduced salt chicken stock cubes
6 cups reduced salt vegetable stock
420g can corn kernels, drained
2 x 420g cans four bean mix, drained
1 ½ cups green beans, trimmed and chopped
2 tablespoons fresh parsley, chopped

Method

HEAT oil in a heavy-based saucepan over medium-high heat. Add onion, garlic and thyme and cook for 3 to 5 minutes or until softened and fragrant.

ADD pumpkin and carrots. Cook, stirring occasionally, for an additional 3 to 5 minutes or until heated through.

ADD chicken stock cubes, vegetable stock, corn, and four bean mix. Cook for 10 to 15 minutes or until pumpkin and carrots are tender.

STIR in green beans and cook for a further 3 to 5 minutes or until tender crisp.

STIR in parsley and serve.

What's Great About It?

This Native American soup is made from corn, beans, and squash (pumpkin), known collectively as the “three sisters”. They are the main ingredients used by the Mohawk, Oneida, Onodaga, Cayuga, Seneca and Tuscarora First Nations, as three crops offer collective benefits when planted in combination. This hearty, delicious meal is packed with fibre and flavour, and is a culinary celebration of Indigenous cultures.

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada



EVERYDAY FOOD

Wild Rice Salad

Serves: 4

Prep time: 15 minutes

Cook time: 50 minutes



2 ½ serves per portion

Ingredients

2 medium sweet potatoes, cut into 1cm cubes

1 teaspoon olive oil

¼ cup mixed seeds or nuts, chopped

1 cup wild rice, rinsed

5 cups spinach leaves

½ cup flat leaf parsley, chopped

½ cup green onions, thinly sliced

½ cup salt reduced feta, crumbed

¼ cup dried cranberries

Dressing:

2 tablespoons white wine vinegar

6 tablespoons olive oil

1 garlic clove, minced

1 orange, juiced

Pinch of salt and pepper

Method

PREHEAT oven to 200°C and line a tray with baking paper.

PLACE sweet potato on tray and drizzle with olive oil. Bake for 20-25 minutes then remove from oven and set aside to cool.

LINE a second tray with baking paper. Spread seeds or chopped nuts on the tray and cook in oven for 3-4 minutes. Remove and set aside.

BRING a large pot of water to boil. Add the wild rice and reduce to low heat. Cover and simmer for 50 minutes.

REMOVE pot from heat. Keep lid on and set aside for 10 minutes. Drain rice if needed.

MIX spinach leaves, parsley and green onions in a serving bowl.

PLACE cooked rice, sweet potato, feta, cranberries and mixed seeds or nuts on top of greens.

COMBINE dressing ingredients. Drizzle over salad and mix well just before serving.

What's Great About It?

Native to the Great Lakes region, wild rice was a staple ingredient for Canadian Indigenous peoples. Rich in vitamins, minerals, protein and dietary fibre, wild rice is packed with health benefits. This delicious salad can be adjusted to suit taste preference and availability. If you are unable to source wild rice or are short on time, try substituting the wild rice for 250g microwavable brown and wild rice blend.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada



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