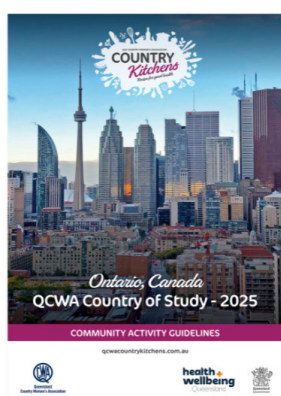




QCWA 2025 Country of Study: Ontario, Canada

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Country of Study through the lens of the 5 key messages.

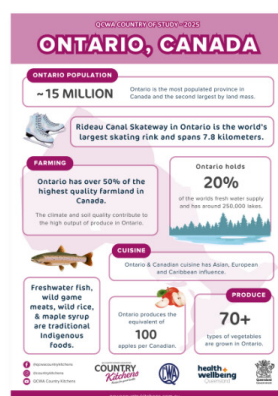
To help you promote Ontario, Canada in your branch and community throughout 2025, Country Kitchens has launched four new resources, including: (1) *Ontario, Canada Community Activity Guidelines*; (2) *Ontario Produce and Cuisine Flip Cards*; (3) *Ontario, Canada Poster*; and (4) *Ontario, Canada Recipe Booklet*.



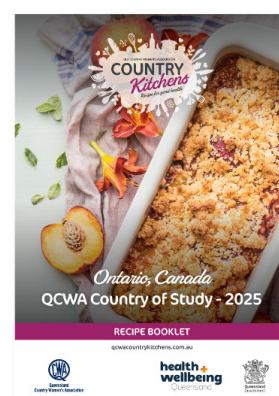
Ontario Community Activity Guidelines



Ontario Flip Cards



Ontario Poster



Ontario Recipe Booklet

Ontario, Canada Community Activity Guidelines

The *Ontario, Canada Community Activity Guidelines* provide background information on agriculture, cuisine, and popular dishes. They also outline the four activities that you or your branch can complete to promote this year's Country of Study. These activities support Level 2 and/or 3 of the Country Kitchens PATHway.

The activities are set out in a similar way to the activities in the Facilitator Guideline training booklets, and consist of a resource guide, event checklist, and session plan template to help you undertake the activities.

Activity 1: Recipe Promotion

Choose from the collection of Country Kitchens approved recipes in the *Ontario Recipe Booklet*.

There are 10 delicious recipes to choose from for your next recipe promotion at your branch or community event.

Complete this activity to promote the key messages 'get more fruit and veg into your meals' and 'cook at home'.



Activity 2: Ontario Showcase

Incorporate Ontario, Canada into your next showcase with our colourful resources. Display the *poster* and interact with the public with our *flip cards* about Ontario produce and cuisine. Prepare a taste tester from the *Ontario Recipe Booklet*, or kick it up a notch and complete a live cooking demonstration! This activity promotes all of the Country Kitchens 5 key messages.



Activity 3: Walk Ontario

Reach your physical activity goals by completing this *Walk Ontario* activity with your branch, family, or group of friends! Stop at seven attractions around the province as you accumulate 1,783,600 total steps over time. This is a great way to learn about the different destinations of the Country of Study, and engage in some healthy competition! Complete this activity to promote the key message 'sit less, move more'.

Activity 4: Ice Hockey Stretches

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. This activity involves a series of six short stretches which have been inspired by the game, and aim to warm up your body and improve coordination and flexibility. This activity promotes the 'sit less, move more' key message.

Using the Country of Study Resources

Each branch will receive a Country Kitchens Ontario, Canada resource pack, consisting of one hardcopy of the *Community Activity Guidelines*, *Flip Cards*, *Poster* and *Recipe Booklet*. These will be distributed to delegates at the International Study Conference, or posted to facilitators following the conference.

To order more copies of the *Ontario Recipe Booklet* or to request recipe cards, get in touch with your Country Kitchens buddy. Alternatively, you can download a digital copy of the resources [here](#).

If you use any of the Country Kitchens Ontario, Canada resources, please let us know! We would love to see how you incorporate the activities and materials into your branch and community. Send us a message, give us a call, or tag us on social media (Facebook: @qcwacountrykitchens, Instagram: @countrykitchens). And as always, don't forget to include any Country Kitchens Ontario, Canada activities in your monthly branch reports! We hope you enjoy the resources as much as we do.