



It's going to be a busy two days, so take some time to stop and experience all the flavours of the Canadian Food Summit.

Toronto is the centre of one of the most productive and diverse growing regions in the world. We've worked closely with the Metro Toronto Convention Centre's executive chef to create two days of inspiring menus that are sure to please. We've sourced fresh, local foods to provide you with not only a great learning and networking experience, but a great eating experience too. We've themed our meals "Eat Locally, Eat Globally" and will be serving an "international" local meal that features foods from Toronto's diverse neighbourhoods.

Our "Dine Around" evening reception will allow you to savour many delectable dishes while you network. Visit our sponsor showcase area and sample many of their tempting specialty products. Or recharge with a cup of fair trade and organic coffee or tea while reflecting on what you've taken in so far.

We'd like to thank our sponsors for their generous contributions, which have helped us bring you the following menus for the summit:

Marketplace Breakfasts

Start your day off with a hot buffet breakfast featuring fresh, local Ontario eggs; Country Naturals bacon and ham; warm fruit compotes; a fine selection of local breads, fruits, and pastries; fair trade and organic coffees and teas; and fresh fruit juices. Be sure to save room the morning of Day Two for our "build your own" yogurt parfait bar.

The Cappuccino Network

Keep up the pace throughout the day with a visit to this fun, interactive café. Sample a customized selection of fair trade and organic coffees and teas from a variety of regions, as described for you by the knowledgeable baristas on site. Sit back and enjoy a specialty drink created just for you. See what the buzz is all about. And bring your business cards—you never know who you'll meet! Open daily.

How to Cook Everything

Keynote speaker Mark Bittman isn't the only one who knows *How to Cook Everything*. Relax and enjoy a locally sourced lunch prepared by Executive Chef Angelo Fernandes, while Mark discusses the changes he sees coming about in our food system from the simple actions of individuals as they commit themselves to cooking and eating healthier foods.

“Internationally Local”

Take a trip around Toronto at this market-style lunch, with stops in some of the region's deliciously diverse neighbourhoods. Pull into the Danforth Station, fill your cart at the South-Asian Marketplace, or stroll through Corso Italia. Wherever you stop, you'll be sure to enjoy the diversity that Toronto has to offer.

Let's Eat!

After a long day of listening and learning, it's time to relax with food and drink. Meet us at the Marketplace—and bring an appetite. This casual “Dine Around” reception offers a wide variety of hot and cold hors d'oeuvres, international and local dishes, and select specialty products from our sponsors. Enjoy a robust range of food and drink that will keep you networking straight through to the evening debate.

The Conference Board of Canada is pleased to be working with the Metro Toronto Convention Centre to ensure that any unused food from the Canadian Food Summit does not go to waste. Any remaining food will be donated to Touchstone Youth Centre, a Toronto-based emergency shelter for young people aged 16 to 24 who are homeless or otherwise at risk. For more information on Touchstone Youth Centre, [click here](#).

