**Let’s Taste Canada - Our Food Adventure.**Submitted by Irena Forbes, Registered Dietitian - Food Advocate

**An open invitation to join OUR Food Adventure.** Together we will explore, celebrate, love, laugh and learn about Canadians, feasting, food culture, health, food sy­stems, sustainability and friendship through the eyes of an excitable foodie, food advocate and dietitian. Let’s celebrate Canada 150 eh?

Three focuses of the trip are:

1. **To learn what people in Canada think about food.** What does food mean? What is Canadian food? Let’s share our food thoughts, feelings, resources, and knowledge. Let’s share who is doing what with food, food initiatives and food policies. What is Canada’s relationship with food?
2. **To question what is Canada’s relationship with food and promote a healthy relationship with food.** Let’s savour our food, listen to our bodies’ needs and be proud of our Canadian food culture. It is important to bring love, emotion, positivity and connection back into food while we nourish our bodies. I am also curious what that looks like on a larger scale.
3. **To highlight a) household food insecurity and community food security issues in Canada, and b) the incredible food initiatives** completed by often humble and resilient individual Canadians, indigenous food experts, policy experts, professionals, food producers, organizations and businesses. There is hope and we need to be transparent about what is working and what is needed to improve.

In a true grassroots approach, Canadians’ food opinions, interests, ideas, places, expertise, curiosity, suggestions and support will make this a success by driving LetsTasteCanada.ca blog’s content and who is interviewed. Interviews will be released after as podcasts. Interviewees include: dietitians, chefs, food producers, indigenous food experts, policy experts, food organizations, food businesses, food events, and fellow Canadians with lived food experiences. Am I missing something? Let me know. We started in NS to drive to BC but won’t forget the territories!

I invite you to join and share the trip broadly – this is OUR Food Adventure. So Let’s Taste Canada!

Much Love,

**Irena**604 727 2323. irena@letstastecanada.ca

“Irena’s journey is the adventure of a lifetime not just for her but for all of us who will follow her vicariously. She is building vital connections within the Canadian food community with her amazing project.” **– Chef Michael Smith**

“Irena has earned respect and support among professionals as well as community members. Her quirky energy and enthusiasm is infectious and she is inspiring to others,”
**– Christine Johnson, Registered Dietitian,Health Equity Lead Public Health**

“Irena has committed herself to learning and understanding the context and culture of Canadian food”.**-Colleen Cameron, Blueberry Farmer and Food Security Activist**