



*Ginger Ale, Milk in a Bag, Caesar Cocktail and Clamato*

### Canadian Drinks

**Ginger Ale:** It is a somewhat bitter, ginger-flavoured soda invented by a Toronto pharmacist in 1919. Canada Dry remains the leading brand of ginger ale.

**Milk in a bag:** Some stores sell milk in plastic bags that you can use to refill your pitcher with minimum waste.

**Whisky:** Rye whisky has long been Canada's most famous hard liquor, with Canadian Club and Crown Royal being among the best known.

**Water:** Canada is home to some of the largest freshwater reserves on earth. "Glacier fresh" Canadian bottled water can be found just about everywhere.

**Beer:** Homegrown beers, particularly lagers, are perhaps the single proudest Canadian drink. Corporations such as Molson and Labatt's dominate the market. Most major cities have their own local breweries as well.

**Wine:** Canadian winemaking has undergone a change in the last few years especially in British Columbia and Ontario. We tend to make Chardonnays, Cabernets and Pinots.

## Quick Facts

- Most Canadians eat a typically American/western diet.
- Some of the most famous Canadian foods are natural ingredients such as fruits, vegetables and meats.
- As Canada has become more multicultural, foreign cuisine has become very popular.



Saskatoon Berries

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### Canadian Foods

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# Canadian Foods

*Prepared by Protocol  
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## Unique Food of Canada



## Breakfast, Lunch and Dinner

Canadians usually eat three meals a day; breakfast, lunch and dinner. Each meal is distinct.

### Breakfast:

- Usually eat first thing in the morning
- Intent is to provide nourishment for the day.
- Traditional breakfasts consist of cooked eggs, bacon or sausage, hash browns, toast, pancakes, fruit or cereal.

### Lunch:

- Often a light meal eaten around noon.
- Lunch can consist of sandwiches, soups or salads.

### Dinner:

- Almost always the largest and well-prepared.
- Canadians have many different items for supper.
- Usually there is a large meat entrée such as chicken, steak or pork.
- Vegetables such as peas, corn, green beans and either potatoes, rice or pasta are served.

**Nanaimo Bar:** Originating from Nanaimo, British Columbia. They are made from a thick, buttery cream sandwiched between two kinds of chocolate.

**Poutine:** French Fries smothered in gravy and lumps of white cheese curd.

**Coffee Crisp:** perhaps Canada's most iconic chocolate bar. It is coffee-flavoured wafers in a milk chocolate coat.

**Butter Tart:** A flaky pastry shell filled with a rich sugary mixture of eggs, brown sugar and raisins.

**Beaver Tail:** A hearty hunk of deep-fried dough, usually covered in sugar and cinnamon.

**Maple-flavoured things:** Canadian is the home of maple syrup. It is also the home to all sorts of maple-flavoured cookies, candies and treats.

**Timbits:** Made by Tim Hortons. They are donut holes in many flavours.

[Tourtiere and McIntosh Apple]

**Tourtiere:** A French-Canadian favourite. It is a savoury pie made with ground beef and spices.

**McIntosh Apple:** Most popular Canadian apple – first grown in eastern Ontario.

**Smoked Salmon:** Cooked for many hours in a special wood-burning 'smoke oven', this is the traditional aboriginal way to enjoy famous British Columbia salmon.

**Potatoes:** Potatoes thrive in winter climates and have become a staple crop of farmers. The province of Prince Edward Island is known for its potatoes.

**Rye Bread:** Rye is a natural Canadian crop. The rye bread is light and fluffy.