



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, mostly in Ontario, 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 craft 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, Rieslings, Cabernets, Pinots and Ice Wines.

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, ethnic cuisine has become very popular.



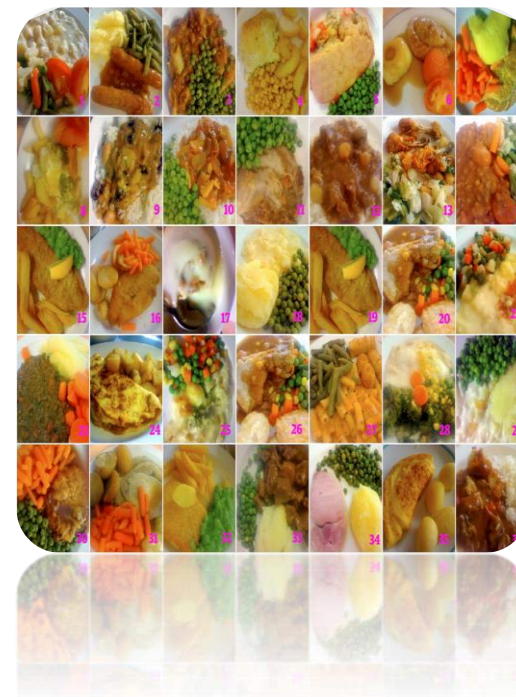
Saskatoon Berries

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Canadian Foods

*Prepared by the Parish Pastoral
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Breakfast, Lunch and Dinner

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

Breakfast:

- Usually eaten 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 may 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, beef or pork. Fish is another common entrée.
- Vegetables such as peas, corn, green beans and either potatoes, rice or pasta are served.

Unique Food of Canada



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

Poutine: Originating in Quebec, it is French Fries smothered in gravy and white cheese curd.

Coffee Crisp: perhaps Canada's most iconic chocolate bar. It is coffee-flavoured wafers in a milk chocolate coat. There are numerous uniquely Canadian candy bars.

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: Canada 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.