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Slogan: Change the world one gesture at a time.

Button: Donate!

Bloc services

Open school: Équiterre has been entrusted by the MEES to create a new section on food that complements the educational exploration course.

Demand local: Unfortunately, it is not always easy to find fruits and vegetables from here. Here are a handy instruction manual to require more local food from your grocery store.

Recipes: Not sure what to do with your French chard? Here you will find the recipes that will highlight your vegetable baskets.

Button: Learn more

Recent news

Land use planning: Urban sprawl on agricultural land and natural environments... (21-08-29)

Collective mobilization: A few weeks ago, Health Canada sparked controversy by announcing... (21-09-07)

A pedal stroke: What if Quebecers were busy riding electric bikes to... (21-08-29)

Button: Read more

Donation block

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Goal: Équiterre works to make the transitions towards an ecological and just society tangible, accessible and inspiring.

Button: Donate!

Footer

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Email: info@equiterre.org

Testimonials

Stacy M.: "Donec mauris nisi, rutrum in elit nec, consectetur iaculis neque. Vivamus sed nisi ut eros." 'Quebec, Canada

Dan H.: "Donec mauris nisi, rutrum in elit nec, consectetur iaculis neque. Vivamus sed nisi ut eros." 'Quebec, Canada

Shwetta T. : "Donec mauris nisi, rutrum in elite nec, consectetur iaculis neque. Vivamus sed nisi ut eros." 'Quebec, Canada

News Hub

2019 FEATURED CONFERENCE - OBSOLESCENCE: WHAT ROLE FOR THE CONSUMER?

20 December 2018

In 2016, 44.7 million tonnes of ITA waste (electronic devices and household appliances) were generated worldwide, and by 2021 this volume will increase by 17% (source: UNEP, 2017). What is behind this statistic? Overconsumption, ready-to-throw,...

[READ MORE →](#)



THE ADVENTURES OF A FAMILY FARMER: A BOOK TO ENJOY NOW!

May 7, 2018

It is not every day that it is possible to interfere in the daily lives of our family farmers. This is now the case thanks to the book *Des Régüines et des Hommes* by Julie Myre-Bisaillon, a cheerful and colorful book. The author has drawn her...

[READ MORE➔](#)



FARMERS OF EXCELLENCE IN OUR NETWORK!

March 29, 2018

The 4th winners of Équiterre's Family Farmers Network (RFF) Recognition Awards were unveiled on March 15 at an annual meeting. The RFF now has more than 120 farms, is the largest network of its kind in the world...

[READ MORE➔](#)

GIFTS BELONG TO THOSE WHO SUBSCRIBE EARLY!

March 23, 2018

Pssst, lover of organic and local food, you want a good tip? Those who subscribe to organic baskets for the summer season by April 15 have a chance to win enticing prizes! A SÉPAQ gift card (worth 300...

[READ MORE➔](#)

EXPERIENCE THE ONLY 100% ECO-RESPONSIBLE RACE!

March 15, 2018

Spring is finally knocking on our doors! It's time to take out your running shoes and stretch your legs with the Équiterre team! Whether you are in your very 1st or 1000th race, whether you want to take up the CHALLENGE to companies or live a...

[READ MORE➔](#)



THE PESTICIDE CRISIS IN QUEBEC: WHEN WILL TRANSPARENCY TAKE PLACE?

March 15, 2018

An unprecedented crisis is shaking the world of agriculture and public research in agronomy. A situation against which Équiterre has been fighting for many years and which must stop. We recently learned: That the Ministry of Agriculture of the...

[READ MORE➔](#)

SUBSCRIBE TO ORGANIC BASKETS NOW!

March 15, 2018

Pssst, there is still time to subscribe to organic baskets for the summer season! Some farms still have room. so do not hesitate! Find your delivery point and subscribe! The organic family farmers:...

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4 ACTIONS TO SAVE #NOTREHIVER!



February 15, 2018

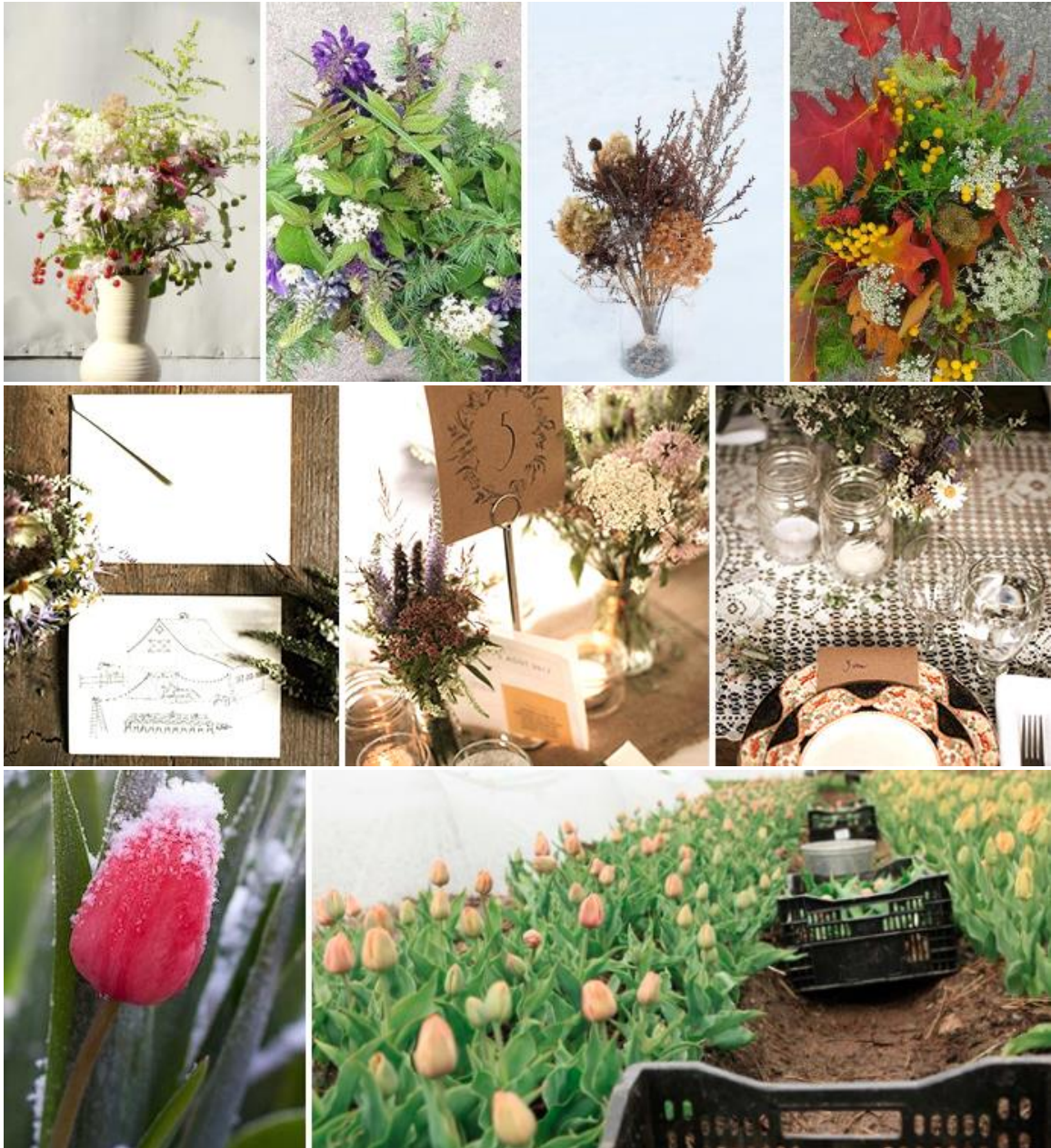
Équiterre and the MEC outdoor cooperative are proud to partner again this year to fight climate change. Because we love winter and want to continue enjoying it for a long time!

1. Publish your most beautiful photos...

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GESTURE OF THE MONTH OF FEBRUARY: THIS FEBRUARY 14TH... LET'S SULK THE ROSE!





February 1, 2018

Cupid's day is synonymous with emotional demonstrations of all kinds (read here we ♥ love). 14 Feb is also a day of great attendance at florists. In the United States alone, \$2 billion is spent on flowers and \$250 billion...

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POPULARIZATION OF SCIENCE, CLIMATE CHANGE AND FOOD IN THE ARCTIC: THE 9TH LAURE WARIDEL SCHOLARSHIP AWARDED TO MARIANNE FALARDEAU-CÔTÉ



April 28, 2017

The 9th Laure Waridel Scholarship was awarded at the Rendez-vous des membres d'Équiterre to Marianne Falardeau-Côté, PhD candidate in renewable resources at McGill University. The winner, who is one of 30 Canadians under the age of 30 who are...

[READ MORE →](#)

WINTER, THE BEST TIME TO NETWORK BETWEEN FAMILY FARMERS!

March 6, 2017

On February 28, Équiterre organized a day of continuing education for family farmers. Winter is indeed a good time to network, share good shots and deepen your knowledge, Équiterre organizes such days for the...

[READ MORE →](#)

NATURE SLEEPS, NOT ATRAZINE



January 12, 2017

Did you know that atrazine, a harmful pesticide that has been banned throughout the European Union for more than 10 years, is still widely used in Canada? This substance is currently under special review by the Government and the...

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COMMITTED STUDENT SOUGHT: \$10,000 TO CHANGE THE WORLD WITH THE LAURE WARIDEL SCHOLARSHIP



November 29, 2016

Passionate about the environment? Are you familiar with the Laure Waridel Scholarship for Student Researchers? It funds action-oriented research that is useful to society through the award of a \$10,000 grant. This year, the proposed themes are...

[READ MORE➔](#)

News Details

2019 FEATURED CONFERENCE - OBSOLESCENCE: WHAT ROLE FOR THE CONSUMER?

In 2016, 44.7 million tonnes of ITA waste (electronic devices and household appliances) were generated worldwide, and by 2021 this volume will increase by 17% (source: UNEP, 2017).

What is behind this statistic? Overconsumption, ready-to-throw, environmental degradation, greenhouse gas emissions, indebtedness, i.e. the main impacts of the obsolescence phenomenon. To address this troubling issue, this conference offers a current perspective on obsolescence and Canadians' understanding of the causes of rapid replacement of common appliances and possible solutions to increase their lifespan. Also find out why obsolescence is not always planned and how it is a shared responsibility between citizens, businesses and public authorities.

THE ADVENTURES OF A FAMILY FARMER: A BOOK TO ENJOY NOW!

<https://www.fermierdefamille.org/>

FARMERS OF EXCELLENCE IN OUR NETWORK!

<https://www.fermierdefamille.org/>

GIFTS BELONG TO THOSE WHO SUBSCRIBE EARLY!

<https://www.fermierdefamille.org/>

EXPERIENCE THE ONLY 100% ECO-RESPONSIBLE RACE!

Spring is finally knocking on our doors! It's time to take out your running shoes and stretch your legs with the Équiterre team!

Whether you are in your very 1st or 1000th race, whether you want to take up the CHALLENGE to businesses or live an outdoor experience, this sporting, ecological, family and festive event is for you!

For a 3rd edition in Montreal and a VERY FIRST in Quebec City, we are pleased to invite you to come and experience the most eco-responsible race in Quebec: The Changer le monde race, an Équiterre event presented by CN.

SIGN UP BY MARCH 23 AND GET A 10% DISCOUNT

Two events not to be missed, bringing together participants of all ages, who came to support Équiterre's environmental projects. The addition of The Changer le monde race in Quebec City attests to the dazzling success of previous events, which have become a ritual for all outdoor and sports enthusiasts, with their festive entertainment, kiosks and green touch. Lots of other surprises are coming, stay informed!

A 100% UNIQUE RACE

This is the only 100% eco-responsible race (goodbye plastic bottles, waste and promotional items, hello zero waste water points, ecological participation prizes, fair trade products, etc.), all in enchanting settings: in the heart of Mount Royal Park in Montreal and the Rivière-Saint-Charles linear park in Quebec City. Fun guaranteed!

It is therefore an appointment on Saturday, May 26 in Montreal and Saturday, June 16 in Quebec City. We have set ourselves the goal of bringing together more than 1000 runners/walkers. Be many to answer the call!

You can participate in different ways:

In solo

As a team

As part of the BUSINESS CHALLENGE

You don't have to be an athlete to participate. The walking or running activity is accessible to everyone, young and old, including strollers. Take the opportunity to invite one or more members of another generation who share your environmental values.

Let's gather around an inspiring gesture for the planet!

Find out more about the eco-responsible measures of the event.

This year Équiterre is launching the CHALLENGE to companies that have the environmental cause at heart to change the world as a team and support our actions in the environment. Thank you to CN, the official presenter of our race, for being the first to answer the call!

Do you work for an organization or do you know of a small or large committed company that could take up the Change the World Race's Business CHALLENGE? Contact Lyne Royer lroyer@equiterre.org, 514 522-2000 ext. 293.

THE PESTICIDE CRISIS IN QUEBEC: WHEN WILL TRANSPARENCY TAKE PLACE?

An unprecedented crisis is shaking the world of agriculture and public research in agronomy. A situation against which Équiterre has been fighting for many years and which must stop.

WE RECENTLY LEARNED:

That the Ministère de l'Agriculture des Pêcheries et de l'Alimentation (MAPAQ) had failed to publish studies by the Centre de recherche sur les grains (CEROM), conducted on fields throughout Quebec, "demonstrating that yield gains for corn producers who use neonicotinoids are only 0.5% and are even zero for soybean producers," even as the Ministère du Développement durable, de l'Environnement et de la Lutte aux changements climatiques (MDDELCC) was studying its new pesticide regulations
That MAPAQ has great difficulty in accessing information at CEROM and is kept away from major decisions concerning pesticide research

That CEROM's board of directors was dominated by the private sector and industry, actors often in positions of conflict of interest: grain producers, pesticide and seed suppliers, etc.

That members of CEROM's management and board of directors put pressure on the dissemination and interpretation of the results of research projects

That most agronomists who can prescribe pesticides have ties to industry

The great presence and influence of the industry at all stages surrounding the regulation and use of pesticides

That at the federal level, Health Canada admits to authorizing pesticides based mainly on manufacturers' studies (read Thomas Gerbet's survey).

Remember that MAPAQ finances this research with public money, and must therefore be transparent in the dissemination of results.

These revelations have given rise to a rare public outing by eminent researchers and professors, who are demanding funds to ensure independent research on pesticides (read the open letter "For an independent research fund on pesticides" published in *Le Devoir* on Saturday, March 12, 2018).

ÉQUITERRE ACTS

Équiterre asked in a letter sent directly to Premier Couillard:

Substantially increase and immediately transfer from MAPAQ to another department the management of funds to finance pesticide research.

To stop funding research that is not independent.

To immediately suspend CEROM funding and redirect these funds to researchers, research institutes or bodies independent of industry and without conflict of interest.

Conduct a public inquiry into government funding for agricultural research and the non-publication of studies by MAPAQ on neonicotinoids at the same time as the government was studying a draft regulation to ban these substances.

Équiterre is still waiting for the Prime Minister's response. We will keep you informed of the evolution of this issue. In the short term, consult our text on this subject for all the information on this file (see "Équiterre reacts to the revelations on funding in pesticide research").

At the federal level, the situation is as opaque. You can also ask the federal Minister of Health to ban all "neonic" pesticides, which are deemed ineffective in the vast majority of cases.

SUBSCRIBE TO ORGANIC BASKETS NOW!

<https://www.fermierdefamille.org/>

4 ACTIONS TO SAVE #NOTREHIVER!

Équiterre and the MEC outdoor cooperative are proud to partner again this year to fight climate change. Because we love winter and want to continue enjoying it for a long time!

1. POST YOUR BEST WINTER PHOTOS ON INSTAGRAM WITH THE HASHTAG #NOTREHIVER

In town or deep in the woods, we would like to admire your frosted binettes! For each photo posted on Instagram with the hashtag #notrehiver, MEC will donate \$2 to Équiterre up to a maximum of \$10,000. Deadline to publish your photos: March 20, 2018. *Pssst: you can retroactively add the hashtag on your old photos ;)

2. PLAY OUTSIDE IN A GREEN WAY

Numerous studies show that spending time outdoors helps reduce stress, leads to better physical and mental fitness, improves creativity and helps with concentration. Children would particularly benefit! They would become adults more connected with their environment and more inclined to take care of the planet. Consult the article on the Green Outdoors for a wide range of suggestions to play outside in an eco-responsible way. Thank you for taking care of our climate and #notrehiver!

3. POSE IN THE WINTER PHOTO BOOTH "SAVE #NOTREHIVER"

During the Nuit blanche in Montreal's Quartier des spectacles, come and take a photo in front of a grandiose winter landscape of your choice (+ funny winter accessories) and leave with a souvenir photo of this gesture for the planet!

Share your photo overnight with the hashtag #notrehiver for a chance to win one of 2 MEC gift cards worth \$250 each. The winners will be drawn from all those who posted a photo between 8 p.m. on Saturday, March 3 and noon on Sunday, March 4. (Those who will not be able to go to the photomathon are also eligible for the contest, just publish a photo during the night with the same hashtag!)

What: Winter photo booth "Save #notrehiver" Location: At the entrance of the Maison du développement durable, 50 sainte-Catherine Street West Date: Saturday, March 3, 2018 Time: March 3 to 1 a.m. on March 4 Price: Free

More activities during the Nuit Blanche at the Maison du développement durable (MDD) Bistro Marius will offer participants who wait for the photo booth hot drinks at friendly prices. Inside the PRIVATE, ATSA (When Art Takes Action) will invite you to sit down with a new friend "Time for a Soup", to reflect and discuss climate change.

4. CHEER ON THE ÉQUITERRE TEAM #NOTREHIVER FOR THE SNOW PENTATHLON.

This home-made event will take place in Quebec City and combines winter biking, snowshoeing, cross-country skiing, ice skating and running. We will share our delegation's training and green tips on a Équiterre Facebook album (zero waste local snacks, use of used equipment, carpooling, etc.). Our team is not cold in the eyes!

GESTURE OF THE MONTH OF FEBRUARY: THIS FEBRUARY 14TH... LET'S SULK THE ROSE!

Cupid's day is synonymous with emotional demonstrations of all kinds (read here we ♥ love). February 14 is also a busy day for florists. In the United States alone, \$2 billion is spent on flowers and 250 million roses are bought for that day alone!

As 2/3 of the flowers sold in Quebec come from outside, we wondered if this was a responsible purchase for the planet and workers. Lessons learned: You have to be very careful with the purchase of imported flowers and there are many ways to bloom your life locally and responsibly.

Potted flowers, local and seasonal flowers, fair trade flowers: you will find in this article everything you need to please while consuming locally!

Obviously, don't forget that the greenest (and most beautiful) gift is immaterial... ♥

14 FEBRUARY: INTERNATIONAL WORKERS' DAY. EUSES OF THE FLOWER

It is very likely that behind your pretty bouquet of imported flowers, bought with love and good intentions, hides a work done mostly by women and children. These have precarious, underpaid jobs and conditions conducive to sexual harassment, (not great for the feast of love _(⊙_⊙)_/). For example, in Kenya where the majority of the world's roses are produced, the median wage for a person working in the floral industry is the equivalent of \$83 per month, while the minimum required to meet basic needs is about \$155.

Also, since importers demand flawless flowers, the use of pesticides, fungicides and chemical fertilizers is higher in the floral industry than in any other agricultural sector. Workers are usually not protected and the surrounding population suffers the consequences of water pollution and contamination.

To learn more about the reality of these workers, we invite you to watch the documentary "À fleur de peau, un bouquet de la Colombie", presenting the rose industry in Colombia.

OUR SUGGESTIONS FOR EATING FLOWERS RESPONSIBLY

1. OPT FOR POTTED FLOWERS

Potted flowers (or plants) are much more durable than cut flowers. They are also necessarily grown in Canada since it is forbidden to import land into the country. You can also favor a choice of plant whose seed comes from Quebec. Why not give an even more personal gift by seeding by yourself? Julie Duzyk, florist at Les Bois Les Feuilles: "All orchids are great for this reason: they have a flowering that lasts a season. If there are some 3, 4 or 5 buds left to open, we have a plant whose flowering will continue for 6, 8 or even 10 weeks. Beyond that, it is a plant that is really easy to maintain and requires very little lighting and does not want direct sun. At the symbolic level, almost all orchids bloom again a year after their first flowering. Not only do you offer a gift that is durable, but it will bloom again on the date of receipt of the gift: it is as if the gift repeats itself. I have already seen some who were 17, 22 and 24 years old!

Wowwww, touching and symbolic, a flower in the image of love that lasts!

2. OPT FOR SEASONAL PLANTS

Buying plants from here according to the seasons is the most ecological choice: it avoids the energy expenditure of greenhouse production. In winter, cedar and casseroles are

found in abundance in Quebec. In addition to being an original, inexpensive and eco-responsible choice, foliage does not require packaging compared to flowers, which often require 2 to 3 layers to withstand the Quebec cold.

Seasonal flowers for a seasonal wedding: yes I want it!

Your wedding is probably the time in your life when you will invest the most money in flowers. Take advantage of this opportunity to make a meaningful and responsible choice. With the help of a florist, you could create a local arrangement with field/wild/river flowers and different greenery. Leaves, bark, fir and pretty branches can make beautiful decorations, and flowers could garnish the bride's bouquets or crown. Enough to make it shine!

For other wedding ideas, check out the gesture of the month An eco-responsible wedding: yes I want it! , from Steven Guilbeault's wedding in 2016.

3. ASK YOUR FLORIST QUESTIONS

What are your fair trade flowers?

Fair trade flowers help ensure higher social and environmental standards, such as health and safety rules, a decent schedule, a reduction in pesticide use and a salary at least equal to the national average. However, the production and transport of flowers remains polluting. It is best to ensure that the flowers purchased are certified by one of the following certifications: Fairtrade, Rainforest Alliance, Veriflora, Florverde and Sierra Eco. Sierra Eco is an organization that offers a research platform to easily identify Quebec florists who own fair trade flowers. L'actualité magazine has created a list of 15 fair trade florists in Quebec.

What are your local flowers? Where do they come from?

Encouraging local florists rather than foreign importers can, among other things, significantly reduce CO2 emissions from transport. Nevertheless, the production of flowers in greenhouses remains rich in energy expenditure: it may be good to learn about the practices of local producers.

Advice from Julie Duzyk, florist at Les Bois Les Feuilles: "I propose for Valentine's Day bouquets of tulips. At the moment the local tulip is beautiful (it comes from eastern Canada). It is also very affordable. The tulip, when it freezes, becomes translucent like porcelain. It's possible to have fun with it and make bouquets that you can leave outside and that become frosty, giving a completely different rendering. There are also other local flowers like chrysanthemum and daisy. We don't think about it, but we can ask the florist to mount a bouquet differently and get a result that is unique! »

4. AVOID BIG BOX STORES, GROCERY STORES AND CONVENIENCE STORES

In supermarkets, flowers are mislabeled (it is not mandatory to indicate their origin, unlike food) and all plants are watered indiscriminately. In addition to environmental problems, there is the risk of contamination of plants and woodwork. This is because plants purchased in supermarkets have a higher risk of being infected with parasitic fungi, insects or mites, which can be transmitted to your other plants.

* Ask your questions to natural or organic food grocery stores that can source local, organic and/or fair trade flowers.

POPULARIZATION OF SCIENCE, CLIMATE CHANGE AND FOOD IN THE ARCTIC: THE 9TH LAURE WARIDEL SCHOLARSHIP AWARDED TO MARIANNE FALARDEAU-CÔTÉ

The 9th Laure Waridel Scholarship was awarded at the Rendez-vous des membres d'Équiterre to Marianne Falardeau-Côté, PhD candidate in renewable resources at McGill University. The winner, who is one of 30 Canadians under the age of 30 who stand out in the field of sustainable development, is interested in the impacts of climate change on the marine ecosystem and Inuit communities of the Canadian Arctic. The \$10,000 grant, donated by Équiterre and the Caisse d'économie solidaire Desjardins, will enable him to carry out numerous research, scientific communication and animation activities in northern and southern Canada.

"The study of northern ecosystems quickly sparked my interest because they are among the most vulnerable on the planet. I use the ecosystem services (ES) approach, an innovative approach that makes it possible to recognize all the benefits that humans derive from ecosystems and to better weigh the impacts of environmental decisions," explains the young researcher. His case study takes place in Cambridge Bay (Ekaluktutiak) in Nunavut. The interdisciplinary research conducted by the student highlights the importance of ecosystem services in the community, such as nutrient-rich and health-promoting marine foods. It then assesses the effects of climate change on the Arctic marine ecosystem and on food and resources of importance to local communities.

POPULARIZATION OF SCIENCE, LOCAL FOOD AND NORTH-SOUTH DIALOGUE

The popularization of science is a key element of the work of the one who organized a science camp for Inuit youth, led workshops in Quebec schools, gave interviews in the media, participated in children's programs and the design of a comic strip on her career and doctoral research (Curium magazine).

"The Laure Waridel scholarship will allow me to organize several workshops in Quebec schools to raise young people's awareness of climate change in the Arctic and the actions they can take to reduce their ecological footprint and thus make a difference. I will also disseminate, in Quebec and Nunavut, the results of my research and the benefits of local food. I want to get young people thinking about northern environmental changes and their implications, as well as the effects of our consumption choices on the environment and northern populations. " she says. The PhD candidate would like to combine schools in northern and southern Quebec to encourage exchanges and conduct creative workshops. Finally, she will write articles for the general public, policy makers and managers in the North, with a view to the sustainable management of northern environments.

HIGHLIGHTS OF THE WINNER:

Named one of Canada's Top 30 Under 30, October 2016;

Winner of Le Soleil/Radio-Canada, Commitment to the Environment, October 2016;
Participated in more than 7 expeditions to the Arctic and Antarctic;
Uses social media and a blog to spread your research (Twitter @Marianne_Fa);
Co-hosted a science camp for Inuit youth in Cambridge Bay;
Has written mainstream articles including Unravelling the Mysteries of an Arctic Ocean in Transition (New Project, Sep. 2015) and Save the Planet, but Now (Le Devoir, Dec. 1, 2015, Le Soleil, Nov. 27, 2015).

WINTER, THE BEST TIME TO NETWORK BETWEEN FAMILY FARMERS!

<https://www.fermierdefamille.org/>

NATURE SLEEPS, NOT ATRAZINE

Did you know that atrazine, a harmful pesticide that has been banned throughout the European Union for more than 10 years, is still widely used in Canada? This substance is currently under special review by the government and the recommendation of officials is currently to renew its registration!

We need your help to reach thousands of other people to demand that the federal government ban atrazine. The more of us there are, the more our voice will carry! Atrazine is ubiquitous in our environment and its effects on living organisms are numerous, especially on children, pregnant women and fetuses, but also on frogs and other aquatic invertebrates.

We are counting on you to share the petition around you over the next few weeks in order to reach as many people as possible!

COMMITTED STUDENT SOUGHT: \$10,000 TO CHANGE THE WORLD WITH THE LAURE WARIDEL SCHOLARSHIP

Passionate about the environment? Are you familiar with the Laure Waridel Scholarship for Student Researchers? It funds action-oriented research that is useful to society through the award of a \$10,000 grant. This year, the themes proposed are renewable energies, transport, pesticides and organic food (another theme with an accepted environmental or social vocation).

Students enrolled in the master's or doctoral program at a Quebec university have until January 15, 2017 at midnight to send their application by email or mail.

See eligibility requirements.

Each year, Équiterre awards the winners \$5,000, an amount doubled by the Caisse d'économie solidaire, the leading financial institution specializing in social economy and responsible investment (RI) in Quebec. Here are some examples of projects implemented by the winners of past editions:

Development and dissemination of an educational and pedagogical kit "École-o-champ" to bring sustainable agriculture and food into schools and other public institutions;
Comparative analysis of four modes of agricultural wheat production in Quebec;

Study on the impact of neonicotinoid pesticides on bees.

Discover all the projects of the winners of past years.

Projects using a transdisciplinary approach will be privileged, i.e. those developed in close collaboration with the various actors in the field involved in the field of the research project.

Share with eligible students to help us find concrete solutions to change the world, one thing at a time.

Services

EAT

Open School

Organic baskets

Peel your city to eat local

Demand local

Working on a farm

Recipes



Details services

Open School



A year ago, the Ministère de l'Éducation et de l'Enseignement supérieur (MEES) launched the educational platform L'ecoleouverte.ca to equip parents and young people to continue learning in the unprecedented context of the coronavirus crisis. Équiterre has been entrusted by the MEES to create, in collaboration with the Table québécoise sur la saine alimentation (TQSA), a new section on food in the "Other activities" section of the government platform, which complements the educational exploration trail.

"During my career at Équiterre, I had the chance to rub shoulders within the TQSA with a multitude of people all passionate like me about healthy, local and eco-responsible food and who have through their organizations developed golden resources to transmit to our children the importance but especially the pleasure of eating well! It was important for me to share them with everyone, to multiply them in our homes in these very special times, but especially so that it is easier and more pleasant to do it with our cocos! Whether through play, advice, a recipe or with both hands in the ground, this new section can equip you, inform you, inspire you or simply make your mouth water! Only one ingredient is unavoidable: pleasure! Because it is by having fun eating well, buying local, cooking and gardening with the family that we can transmit healthy lifestyle habits to our children! »

- Murielle Vrins, Institutional Food Program Manager

The Eating section offers many web resources to students and their families by unfolding around four main themes:

Eating well - for public health/prevention, for a healthy lifestyle;

Buy local – for our food sovereignty, for the solidarity and resilience of farmers;

Cooking - to improve food literacy and know-how, strengthen family and social ties;

Gardening - to get closer to the land, to appropriate what grows here, to develop a sustainable lifestyle.

It is now possible to discover this new Eating section, on each of the Preschool, Primary and Secondary pages (in the Other activities section) of the ecoleouverte.ca site. This section will offer you:

- useful resources to learn more about healthy eating and its principles;- direct links to promote our local foods and thus encourage our agricultural producers;- culinary activities to discover with children and plenty of easy recipes to do at home;- tips and tricks to start your seedlings, garden with children and have fun putting your hands in the ground.

With its expertise in sustainable food, Équiterre has the global vision of a resilient food and agricultural system where local and sustainable food and supply are at the forefront of solutions, both for health and for the environment.

We are very excited to see the government place these issues at the heart of the education of future generations and we hope that this unprecedented opportunity to be more resilient in the way we see and consume food, in an unprecedented context, will bring about the paradigm shifts needed in our society.

Organic baskets

PEEL YOUR CITY TO EAT LOCAL

Peeling your city is:

Explore a multitude of innovative projects and original initiatives to put local food on the menu;

Meet inspiring people who are committed to our products;

Learn a wealth of historical anecdotes and information on agri-food issues;

Discover how to value and demand more Quebec fruits and vegetables.

REQUIRE LOCAL



Would you like to see more local products on the shelves of your grocery store, but you don't know how to act? Unfortunately, it is not always easy to find fruits and vegetables from here. Here are a handy instruction manual to require more local food from your grocery store.

1. Understand why eat local

Before demanding local products from your grocer, it is important to be informed and to know your arguments well. Buying local has many social, economic and environmental benefits. Among other things, it encourages the local economy, creates jobs, preserves Québec's agricultural heritage and contributes to food sovereignty.

2. Know how to spot local fruits and vegetables

Identify the origin of fruits and vegetables

It is not always easy to find your way around the grocery store to find out where our food comes from. Here are the in-store tools that will help you know where your favorite foods have been grown.

Signage for Quebec: Aliments du Québec is a certification initiated and recognized by the Quebec agri-food industry. This logo is often found on the product packaging or on the price poster.

Regional logos: Several regions of Quebec have developed their own campaigns, often accompanied by a logo to promote local products. Discover the one near you! Examples: Gaspésie Gourmande, Goûtez Lanaudière, Croquez l'Outaouais, Le bon goût frais des Îles-de-la-Madeleine.

Food labelling: In the absence of signage, a small 4- or 5-digit label is often (but not necessarily) attached to bulk fruits and vegetables. It is the PLU (Price Look-Up) code that is used to identify the product once at checkout. The country of origin is often indicated on this label, keep an eye out!

Know the harvest schedule

Knowing the local products also means following the rhythm of the seasons and knowing when each fruit and vegetable grows. Knowing that strawberries come out in June and corn only arrives in July, it will be easier for you to anticipate new arrivals of fruits and vegetables from here and adapt your diet as the weeks go by.

3. Be aware of the law

In the event that there is no indication to identify the origin of a fruit or vegetable, the Eat at Home survey, why? has shown that one in two Canadians substitutes it or inquires about its origin with an employee.

Few people know this, but the display of the origin of fruits and vegetables is mandatory in Quebec. According to the regulation respecting fresh fruits and vegetables (1) of the Quebec Food Products Act, "the following indications must appear prominently above the product displayed for sale: (...)

the name of the country of origin or, in the case of a Canadian product, the word "Canada" or the name of the province of origin, for a product of provenance outside Québec;

the expression "Product of Québec" for fruits and vegetables produced in Québec. »

Make sure these rules are followed!

4. Talk to your grocer

Once well informed, there are several effective ways to take action. As a general rule, focus on direct contact with the manager (in person, by phone, in writing) rather than with clerks who are often temporary employees and do not always have the opportunity to make a difference.

Report omissions or errors in the posting to your grocery store manager. By explaining that the law in Quebec requires it, he or she will be required to make the necessary corrections.

Demand more local fruits and vegetables all year round! A wide variety of vegetables could be found on our shelves during the winter, thanks to their long-lasting capacity: potatoes, carrots, onions, rutabagas, celeriacs, cabbages, etc. Take inspiration from our sample letter to write to your grocery store manager.

Grocery stores are committed to customer satisfaction and are attentive to your needs. Do not hesitate to fill out the satisfaction surveys and be demanding!

Use social media to give your opinion. Some branches even have their own Facebook page. Applaud the good moves too! Your grocer will appreciate the positive comments all the more: "Thank you for offering blueberries from Quebec, my children love them!" Some banners have already set local sourcing targets, encourage them!

You can also contact the customer service of your grocery chain (Metro, IGA, Provigo, etc.) directly for a wider impact. The vast majority (about 90%) of your banner purchases are centralized and then distributed to each of the branches. You will find their contact details easily on their website.

5. Encourage those around you to eat local

The more people ask for them, the more local food will be available and visible! Let your loved ones know about your efforts and initiatives to increase your support or share them on Équiterre's Facebook page and tell us if they have paid off! You'll inspire thousands of people to take action!

Be proud to prepare your meals with family or friends with local foods and share your recipes and your best tips for preparing food from here and in season!

6. Take it one step further

For the intrepid or the convinced, go further!

Demand local in all departments

In addition to fruits and vegetables, it is also possible to require local from your grocer for other products, such as meat, dairy products, grain products, etc. These logos will help you easily spot the foods produced or prepared here:

Eat organic and local

Also take the opportunity to try the organic version of your favorite local foods. Organic products have been growing steadily in recent years and it is now easier to find them in grocery stores and supermarkets. Take the opportunity to fill your basket with these new surprises!

Diversify your sources of supply

Why not try other ways to source your supplies, favoring more direct relationships with local producers. Neighbourhood markets, virtual markets or the Family Farmers Network are all ways to stock up on fresh and tasty products, while focusing on local food!

Discover inspiring initiatives

Explore Montreal through its local food projects thanks to the web documentary *Épluche terville*!

(1) Quebec (1981). Regulation respecting fresh fruits and vegetables, Québec, official publisher of Québec, R.R.Q., c. P-29, r. 3, s. 22.

Working on a farm



<https://www.fermierdefamille.org/les-fermes-reseau>

Recipe

CHOCO FAIR TRADE CAKE

Do you have a good recipe from a local food to suggest? Write to us! Did you like this recipe or do you have a suggestion to make it even more enticing? Add a comment at the bottom of the page.

News

Type of dish:

Dessert

Bread & Pastry

Ingredients:

chocolate

egg

Ingredients

5 organic eggs

5 organic egg yolks

75ml (1/2 cup) organic fair trade sugar

220g (8oz) pure organic fair trade chocolate, chopped

250ml (1 cup) organic unsalted butter

75ml (1/3 cup) organic flour

Instructions

Mix the eggs, egg yolks and sugar, whisk to whiten the eggs or until they fall into ribbon.

In the upper part of a water bath, melt the chocolate and butter.

Stir in the egg mixture to the melted chocolate.

Sift the flour over the preparation, stir it in by folding.

Pour into porcelain ramekins or into small buttered molds sprinkled with sugar or cocoa.

Let cool in the fridge for 1h30.

Preheat for 6 to 8 minutes before serving.

The heart of the cake will remain melting. Accompany with a fruit coulis, ice cream or sorbet.

Team

Équiterre's employees form an ingenious and experienced team that deploys its talents daily around a common desire: to contribute to building a more ecological, equitable and supportive world. Coming from all walks of life, employees live and work to implement their values and convictions within Quebec society.

Thanks to its team, Équiterre can accomplish ambitious actions that are part of the objectives of its strategic plan. In addition, the permanent team has the immense privilege of being supported by many interns and volunteers to carry out its mission. Naturally, Équiterre aims to offer an exceptional work environment for everyone's development.

At Équiterre, we work to change the world one gesture at a time!

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Speaker

Marie Normand

Advisor and Assistant to the Branch

Marilyne Tremblay Coutu

Executive Assistant

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Accounting Technician

Patricia Boivin

Accounting Technician

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Human Resources Advisor

Philippe Mercier

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Assistant Director - Communications and Marketing

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Communications Officer - Media Relations

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Communications Officer

Dale Robertson

Communications Officer - Visual creation and community management

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Anthony Laurent
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Coordinator - Mothers at the Front.

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Telephone Ambassador
Sarah-Maude Landriault
Telephone Ambassador

Story



26 years already!

26 years ago, a few idealists who dreamed of changing the world participated in the Rio Earth Summit process. A few months later, Laure Waridel, Steven Guilbeault, François Meloche, Elizabeth Hunter, Patrick Henn and Sidney Ribaux founded Équiterre, the first Quebec organization dedicated to building a social movement that encourages citizens, organizations and governments to make ecological, equitable and solidarity-based choices. These committed young visionaries had two convictions: that major global issues such as climate change, world hunger and biodiversity loss would become the greatest challenges of their generation. And that the only way to act on these global issues was to work at the local level, making Gro Harlem Brundtland's motto their own, Think globally, act locally.

Over these 26 years, Équiterre has set up several avant-garde initiatives, and innovated in its awareness and mobilization campaigns, including:

by establishing Community Supported Agriculture (CSA) with its organic vegetable basket formula;

by cycling across Quebec to raise awareness among the population and elected officials about climate change and renewable energies;

and by being pioneers in the promotion of fair trade.

A multitude of projects have emerged during these two decades, but it is these 3 major themes (agriculture, climate change and fair trade) that have remained pillars of our organization. They were joined by other topics, such as green transport, local food, sustainable building, ecological horticulture, responsible consumption and the issue of food sovereignty.

ÉQUITERRE SHARES ITS STORIES

For 26 years, Équiterre has sown innovative projects, nurtured bold dreams, grown campaigns and watched change flourish. Despite the obstacles, the constant challenges to overcome, the organization has stayed the course and continues to do everything possible for a more just, equitable and environmentally friendly world.

For its 20th anniversary, Équiterre tells its story

The beginning of the community-supported agriculture network

ÉQUITERRE APPOINTS 20 HONORARY MEMBERS

For the occasion, Équiterre highlighted the exceptional contribution of 20 individuals to the organization, becoming honorary members of Équiterre.

- Tim Brodhead, former President of the McConnell Foundation
- Pauline D'Amboise, Secretary General and Vice-President of Cooperation Support at Desjardins Group
- Louis Drouin, Head of the Urban Environment and Health Sector at the Public Health Department of the Agence de la santé et des services sociaux de Montréal
- Philippe Dunsky, President of Dunsky Expertise en énergie
- Patrick Henn, wind project developer and co-founder of Équiterre
- Beth Hunter, Senior Program Officer of the J.W. McConnell Foundation and co-founder of Équiterre
- Michel Labrecque, Chairman of the STM Board of Directors
- Normand Laprise, Chef-Owner of Toqué! and Brasserie T!
- Monique Laroche, farmer
- Brigitte Lepage, Director of Human Resources STICorp
- Gervais L'Heureux, Executive Director of AQOCI
- François Meloche, Extra-Financial Risk Manager at Bâtirente and co-founder of Équiterre
- Esperanza Moreno, pioneer of international development and former Chair of the Board of Directors of Équiterre
- Sylvie Parent, ecologist and lawyer
- Lucie Poirier, environmentalist and Teacher at cégep de Rimouski in social service work
- Hugo Seguin, partner at the Centre d'études internationales de Montréal (CEIM)
- Edith Smeesters, pioneer in the field of ecological horticulture in Quebec
- Éric St-Pierre, photographer specializing in fair trade
- David Suzuki, co-founder of the David Suzuki Foundation
- Laure Waridel, ecosociologist specializing in international development and the environment and co-founder of Équiterre

ÉQUITERRE... IN A NUTSHELL

Discover what the organization means to employees and interns, in a nutshell!

About us

Équiterre is one of Quebec's leading environmental organizations with, in 2018:
130,000 supporters, 25,000 members, 200 volunteers, 23 interns and 53 creative and dedicated employees

125,000 fans on social media

More than one million unique users of its website.

1,670 media releases

450 interview requests

40 meetings of political leaders at the provincial level and 80 at the federal level.

MISSION

Équiterre works to make the transitions to an ecological and just society tangible, accessible and inspiring.

VISION

By 2050, Équiterre will have contributed to the emergence of solutions on the ground, the transformation of social norms and the adoption of public policies to realize new ways of eating, producing, consuming and moving that are low-carbon, compatible with ecosystems and social justice, and designed at the scale of our territories and their communities.

STRATEGY

Through demonstration, education, awareness-raising, research, support and mobilization projects, Équiterre mobilizes citizens, social groups, businesses, public organizations, municipalities, researchers and elected officials who influence government public policies.

HISTORICAL

Rio de Janeiro, 1992: At the Earth Summit, young people from all over the world meet and consult on common values of solidarity and respect for the environment. Among them, some Quebecers returned from Rio with the project of creating a citizen organization capable of proposing concrete solutions to the problems caused by pollution, large-scale industrialization and the exploitation of workers in the South. An organization was created in 1993, under the name ASEED: Action for Solidarity, Equity, Environment and Development. It obtained the status of non-profit organization in 1995 and officially took the name Équiterre in 1998.

Since its beginnings, Équiterre has brought together enthusiasts from various fields of expertise. With the help of citizens, organizations and governments, they develop projects in the fields of food, transport, fair trade, sustainable energy, responsible consumption and the fight against climate change.

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