



Orientation to Ontario

CULTURE AND SPIRITUALITY

Did You Know?

Ontario is the most multicultural province in Canada. Half of all newcomers to Canada settle in Ontario. Over 100 languages are spoken here.

There are many ways to enjoy diversity and celebrate your own heritage.

world. The best way to learn about local markets and restaurants is through “word of mouth” so talk to people in your community, at your place of worship and search online.

- All major supermarkets carry many foods used in international cuisines. Some supermarkets have 1-2 aisles devoted to international food ingredients.
- To find a listing of ethnic stores, visit yellowpages.ca
- Apps are available that will guide you to ethnic grocery stores and restaurants. To find these, go to the appropriate apps store depending on your platform.
- Restaurant review websites also organize listings by cuisine type, including vegetarian.
- Farmers’ markets allow vendors to sell produce and other products throughout the year. These markets are held in buildings, parking lots or parks on specific days. You can find a market in your area at farmersmarketsontario.com
- Seasonal foods – to learn more about when fruits and vegetables are in season, visit Ontario Foodland at ontario.ca/foodland

MEDIA

The Canadian Broadcasting Corporation (CBC) is a publically funded national broadcaster. The CBC provides local and national news coverage and cultural programming on TV, radio and online. Learn more at cbc.ca

There are many ethnocultural newspapers published in Canada. The National Ethnic Press and Media Council provides a list of publications on their website nationalethnicpress.com

Many television and radio stations broadcast in multiple languages. OMNI TV is a multicultural network that has programming in Mandarin, Cantonese, Italian, Punjabi and other South Asian languages. For more information, visit omnitv.ca

FOOD

There are ethnic markets and major supermarkets that sell imported products and produce from all over the

FESTIVALS AND CULTURAL CENTRES

There are many museums, theatres and cultural centres in large and small communities across the province.

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- **Museums:** visit museumsontario.org to get a listing of museums.
- **Film:** search online or in your local newspaper for a film festival in your community.
- **Theatre:** visit Theatre Ontario at theatreontario.org for a listing in your community.
- **Art:** for a listing of art centres/ galleries, search online for one in your community.
- **Music and Dance:** search online or in your local newspapers for a local event.
- **Canada Day:** celebrations are held across Ontario on July 1.
- **Indigenous events:** to see Ontario's listing of National Indigenous Peoples Day events, visit the Ministry of Indigenous and Northern Affairs Canada at rcaanc-cirnac.gc.ca
- **Francophone festivals:** for a listing of festivals and other events, visit voyagesontario.com

For many more events, visit festivalsandeventsOntario.ca

To learn about festivals and cultural events happening in your community, visit ontariotravel.net

Cultural and multicultural festivals including art, film, food and music are held throughout the year. Community centres and libraries often have information about local festivals. Local and ethno cultural media will promote cultural events. Some examples of festivals include:

- Caribana, a celebration of Caribbean cultures caribanatoronto.com
- DesiFest, a South Asian music festival desifest.ca
- The International Dragon Boat Race Festival in Toronto dragonboats.com
- Winterlude in Ottawa, canada.pch.gc.ca/eng/1416239267950
- Oktoberfest in Kitchener, oktoberfest.ca
- Ontario Pride, ontariotravel.net
- Toronto African Film & Music Festival, torontoafricanfilmmusicfest.com

- Fiesta London Mexican Festival, in London fiestalonion.ca
- Latin Arts Festival in Toronto, ontariolatinartsfestival.ca
- Brantford International Villages Cultural Festival, brantfordvillages.ca
- Belleville Waterfront and Ethnic Festival, bellevillewaterfrontfestival.com

SPIRITUAL

Ontario is a secular society, but people of all faiths are free to worship as they choose. You can find churches, mosques, synagogues and temples in the local phone directory or by searching online.

- Mosques and Islamic Centres muslimcanada.org
- Synagogues - cjccc.ca
- Hindu Temples - shaivam.org
- Sikh Temples - worldgurudwara.com
- Buddhist Centres - buddhist.ca
- Anglican Churches - anglican.ca
- Roman Catholic Churches - catholiclinks.org
- United Church of Canada - locator.united-church.ca
- Baptist Churches in Canada - baptist.ca
- Canadian Multifaith Federation - omc.ca

