Visualizing Nutrition Everyday Choices Canadian Edition

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in a world of shifting tides and global uncertainties a powerful sentiment echoes from coast to coast to coast a deep seated pride in

being canadian this is more than just emotion it s a growing desire to actively participate in the prosperity and resilience of our homeland but how do we channel this patriotic energy into meaningful action how do we as individuals contribute to the strength and vibrancy of the nation we cherish this essential guide choose canada a guide to patriotic action answers that call it provides a clear roadmap for every canadian looking to translate their national pride into tangible support for our communities our economy and our shared future discover the profound impact of choosing canadian made products understand how every purchase supports our farmers workers and entrepreneurs keeping jobs within our borders and reinforcing the high standards of quality and safety that define us learn to navigate the marketplace with confidence decoding labels like product of canada and made in canada not just as text but as symbols of canadian ingenuity and labour uncover practical strategies for identifying and championing the small and medium sized businesses that form the very backbone of our local communities the neighbours and innovators who drive our economy but choosing canada extends beyond the checkout this guide inspires you to explore the breathtaking landscapes of our vast nation supporting local tourism and deepening your connection to the land it encourages engagement with our rich cultural tapestry the stories arts and media that capture the unique canadian spirit delve into our shared history and heritage understanding the foundations upon which our nation is built learn how supporting our athletes and understanding the measures that protect our borders are also integral parts of our national fabric this is your handbook for active patriotism it s a call to invest in ourselves to build a stronger more self reliant canada and to proudly stand behind the maple leaf through conscious informed choices embrace the opportunity to make a difference answer the call choose canada

the first book of its kind this volume explores women and non binary people in popular culture in canada with a focus on intersectional analysis of settler colonialism race white privilege ability and queer representations and experiences in diverse media the chapters include discussions of film television videogames music and performance as well as political events journalism social media fandom and activism throughout this collection readers are encouraged to think carefully about the role women play in the

cultural landscape in canada as active viewers creators and participants covering a wide range of topics from historical perspectives to recent events media and technologies this collection acts as an introduction an archive and a continuing commitment to lifting the voices and stories of women and popular culture in canada this book is a must read for gender studies and media studies courses that focus on popular culture canadian feminism and canadian media features includes questions for critical thought that stimulate discussion focuses on intersections of race gender ability and sexuality provides contemporary canadian content from an interdisciplinary and intersectional lens

thoroughly revised and updated the fifth edition of the rough guide to canada covers this vast and geographically diverse country in impressive detail there are insightful accounts of every canadian city from vibrant montréal to laid back vancouver and vivid descriptions of canada s varied landscapes from the magnificent rocky mountains and the stormy coasts of the maritimes to the northern arctic reaches throughout there is practical advice on skiing whale watching kayaking hiking and a host of other outdoor pursuits thousands of listings recommend the best accommodation options restaurants bars and clubs in every price range

in recent years energy policy has been increasingly linked to concepts of sustainable development in this timely collection editor g bruce doern presents an overview of canadian energy policy gathering together the top canadian scholars in the field in an examination of the twenty year period broadly benchmarked by energy liberalization and free trade in the mid 1980s and by canada s ratification of the kyoto protocol in 2002 the contributors examine issues including electricity restructuring in the wake of the august 2003 blackout the implications of the bush administration s energy policies energy security northern pipelines and aboriginal energy issues provincial changes in energy policy and overall federal provincial changes in regulatory governance they also demonstrate that since per capita energy usage has actually increased in the past several years sustainable development remains very much a struggle rather than an achievement when the kyoto protocol and its requirements for reductions in greenhouse gas emissions are

factored in the canadian record is especially dubious in basic energy terms canadian energy policy and the struggle for sustainable development is key to understanding many of the issues in canada's endeavour to live up to its energy related environmental responsibilities

the otesha book from junk to funk is a key resource for anyone interested in creating positive change educators parents students and concerned citizens alike this creative and informative read represents the collaboration of a dozen authors and provides a behind the scenes look at how our daily actions change the world packed with cool graphics engaging issue backgrounders and inspiring stories from junk to funk covers six main topics water clothing media food transportation and fair trade each topic is explored in depth encouraging readers towards empowerment and action

centring the voices and experiences of trans identified people as experts on their own lives and agents of change trans activism in canada opens up a dialogue between scholars and community members in an effort to improve the lives of sex and gender variant people the first of its kind this anthology brings together activists and allies to examine the various strategies and forms of resistance needed to transform oppression into opportunity for change reflecting upon the challenges trans communities face and offering insight into achieving institutional reform the themes addressed range from poverty and isolation to health care and best practices using personal narratives archival material and qualitative research as well as case and community based research this text demonstrates the leading role of trans and two spirit activists in generating social change by drawing on feminist anti racist and social justice frameworks the contributors approach oppression and activism as inseparable from hetero patriarchal colonialist and capitalist power relations written for trans activists scholars and allies trans activism in canada is poised to enrich transgender theorizing by focusing on concrete experiences and practical knowledge gained from the everyday lives of trans people

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