



Preserving, promoting, and developing Wellington North's unique cultural resources to build a vibrant community and a prosperous economy.

CULTURAL MOMENT FOR FEBRUARY 21ST CELEBRATES ANITA STEWART

On her shoulders is an exhibit on display at the Mount Forest Museum & Archives that showcases some of the unique women in the history of Mount Forest. Today's cultural moment celebrates Anita Stewart ; 1947 - 2020.



Anita Stewart was a hero, not because of one single heroic act, but because of a lifetime of devotion and courage towards her passion; to shed a spotlight on Canadian cuisine. When most Canadians were building a nation through politics, sport or education, Anita knew that food had to be at the heart of every home, every region and every country. Through her thoughtful activism and her patient disruptions to the norm, Anita changed the food industry in Canada and how Canadians eat.

In 1959, at twelve years of age, Anita moved to Mount Forest with her mother Anne. Anita's father Cliff had died a few years before, and Anne needed to find a new life for herself and her daughter. In her mother's kitchen during those lean years, Anita discovered how to cook simply, cheaply but also deliciously. Her active high school years in Mount Forest unveil the dynamo to come. Anita went on to finish her BA in Child Psychology, her MA in Gastronomy from Australia and raise four sons, all of whom work in the Canadian food scene.

As a prolific cookbook author, Anita's writing educated the world about what we grow, forage, fish and raise. She went even further by connecting and nourishing the people who contribute to the food industry through agriculture, tourism, fishing, and of course the chefs. She travelled from sea to sea to sea by dogsled and boat to discover the diversity and beauty of Canadian cuisine.

Anita's efforts were rewarded by being the first Food Laureate at the University of Guelph, by becoming a Member of the Order of Canada in 2012, and most recently by the successful adoption of her vision for a National Canada Food Day. This bill, sponsored by MP John Nater and passed unanimously in 2022, formally establishes Food Day in Canada on the Saturday before the first Monday in August.



Our local hero Anita died before knowing that her vision was complete, and she is buried in Mount Forest beside her hero, her mother Anne.

Submitted by all the volunteers at the Mount Forest Museum & Archives who mounted the exhibit "On Her Shoulders: Unique Women in the History of Mount Forest"