Hungry for Comfort Schedule (subject to change):

8:30 a.m. to 9:00 a.m. General Registration Opens

Registration for Competition Entries

Morning Refreshments

9:00 a.m. to 9:10 a.m. Welcome remarks by Fort York NHS and the Culinary Historians of Ontario

9:10 a.m. to 9:45 a.m. Keynote Speaker:

**Alison Norman**, Research Advisor in the Ontario Ministry of Indigenous Relations and Reconciliation Toronto, and Research Associate in the Frost Centre for Canadian Studies & Indigenous Studies at Trent University, will speak on "Culinary Exchange in Upper Canada: How Indigenous People Helped Settlers Survive”

9:45 a.m. to 11:00 a.m. Panel with speakers:

**Virginia Barter**, a Métis historical writer and cultural advisor

**Fiona Lucas**, co-editor of "Catharine Parr Traill’s Female Emigrant’s Guide: Cooking with a Canadian Classic"

**Chantal Véchambre**, chef and author of "French Taste in Atlantic Canada, 1604-1758, A Gastronomic History"

**Shawn Adler,** chef and owner of the Pow Wow Café, and attended the Indigenous Studies Program at Trent University

11:00 a.m. to 11:30 a.m. Master Class with chef Shawn Adler

11:30 a.m. to 11:45 a.m. Door Prizes

11:45 a.m. to 12:45 p.m. Lunch (with optional museum tour)

Book Signing by Authors (Fiona Lucas, Chantal Vechambre, Rose Murray)

12:45 p.m. to 2:00 p.m. Workshops (see link for details)

2:00 p.m. to 2:20 p.m. Afternoon Speaker: Rose Murray author of "Rose Murray's Comfortable Kitchen Cookbook"

Dessert

2:20 p.m. to 3:30 p.m. Competition results

Grand Prize

Concluding remarks