



CANADIAN FOUNDATION FOR DIETETIC RESEARCH

480 UNIVERSITY AVENUE, SUITE 604, TORONTO, ONTARIO M5G 1V2 CANADA

T: 416.357.3022 F: 416.596.0603 WWW.CFDR.CA

CHARITABLE REGISTRATION NO. 89270 2150 RR0001

CFDR's 5th Annual *Go Gourmet* Showcases Culinary Excellence, Dietetic Research

TORONTO, ON - April 28, 2016 - The fifth annual *Go Gourmet* was held on April 27, 2016, welcoming 170 guests and raising over \$21,000 net proceeds for dietetic research. The annual gala is an upscale "foodie" fundraiser celebrating culinary excellence and nutrition, and features a multi-course dinner custom-designed by some of Canada's top culinary experts.

The 2016 edition of the event welcomed guest chefs: [Ted Reader](#), "Godfather of the Grill," professor at the Canadian Food and Wine Institute of Niagara and cookbook author; [Nettie Cronish](#), vegetarian and organic food chef and cookbook author; [Emily Richards](#), professional home economist, food writer and cookbook author; [Dufflet Rosenberg](#), founder of Dufflet Pastries which supplies over 500 restaurants, cafés, hotels, caterers, grocers and specialty gourmet shops throughout Canada and the US; and master of ceremonies [Claire Tansey](#), former food director at *Chatelaine* magazine and current principal of food and recipe consultancy Claire Tansey's Kitchen. The evening also featured a special cameo appearance by Canada's favourite comedian/home economist [Mairlyn Smith](#).

As part of the unique format of *Go Gourmet*, each chef designs recipes around delicious local ingredients and the ideas that cooking is truly an art and that great food should be celebrated. The evening features a panel discussion where each chef speaks about the inspiration behind their ideas and offers tips on how home chefs can re-create their fantastic dishes.

All funds raised support the Canadian Foundation for Dietetic Research (CFDR), a registered charitable foundation that provides grants for research in dietetics and nutrition. This research supports quality advice, programs and resources that ultimately enhance the health of Canadians.

Go Gourmet is a wonderful night used to celebrate these initiatives and the joys of cooking, and is a great example of how delicious food can also be nourishing and beneficial to the soul.

In addition to our chefs and MC, CFDR would like to thank our sponsors: [Pulse Canada](#), [Dairy Farmers of Canada](#), [Quaker](#), [Pure Leaf tea](#), [Avocados from Mexico](#), [Canadian Sugar Institute](#), [KBS Montreal](#) and [Three Farmers Products](#).

For more information and event photos visit: cfdrr.ca/gogourmet

For further information, contact:
Greg Sarney, Executive Director
Canadian Foundation for Dietetic Research
Phone: 416-357-3022
Email: greg.sarney@cfdrr.ca