



Wednesday, March 18, 2009

For Immediate Release

## York Region celebrates with local eating establishments that measure up and *Eat Smart!*

*110 eating establishments in The Regional Municipality of York receive top honours*

**NEWMARKET** – The Regional Municipality of York is pleased to announce that 110 York Region eating establishments have earned a 2009 *Eat Smart!* award. This prestigious award recognizes the efforts of local food premises that meet excellent standards in nutrition, food safety and smoke-free dining.

“York Region restaurants and food establishments that meet the *Eat Smart!* standards are a valuable part of our community,” said York Region Chairman and CEO Bill Fisch. “They provide a safe and healthy dining experience for our residents and visitors and are an incentive to others to follow their lead.”

The *Eat Smart!* award program is Ontario’s Healthy Restaurant Program offered by The Regional Municipality of York through the Community and Health Services Department. This exclusive program recognizes restaurants and food premises that offer:

- Exceptional standards in food safety, including kitchen staff certified in safe food handling
- A variety of healthier food choices on the menu and by request
- 100 per cent smoke-free dining

“Research demonstrates that a high percentage of York Region residents choose to eat out,” said Town of Markham Deputy Mayor Jack Heath, Chair of the Region’s Health and Emergency Medical Services Committee. “The same research shows approximately 77 per cent of York Region residents are influenced by award of excellence programs such as *Eat Smart!* when they make decisions about where to dine.”

To be eligible for an *Eat Smart!* Award, eating establishments are nominated by York Region public health inspectors based upon excellent food safety inspection records. Once nominated, each premise undergoes a rigorous review to ensure it meets the high *Eat Smart!* standards. While separate from *Eat Smart!* criteria, York Region also acknowledges restaurants that are breastfeeding-friendly and provide barrier-free access.

“Healthy eating, daily physical activity and living a tobacco-free lifestyle significantly contributes to the reduction of chronic diseases such as cancer, heart disease and asthma,” said Dr. Karim Kurji, York Region’s Medical Officer of Health. “Safe food handling also reduces the risk of food-borne illness such as *Salmonella* and *E.coli*.”

The York Region Community and Health Services Department participates in this provincial program in partnership with the Heart and Stroke Foundation of Ontario and the Canadian Cancer Society. Awards are granted on an annual basis and individual award ceremonies will be held in each of the nine local municipalities where *Eat Smart!* winners reside.

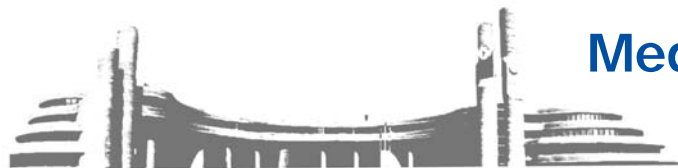
For more information on the *Eat Smart!* program or for more information on healthy eating, please contact York Region *Health Connection* at 1-800-361-5653 or visit [www.york.ca/eatsmart](http://www.york.ca/eatsmart)

For more information on The Regional Municipality of York, please visit [www.york.ca](http://www.york.ca)

- 30 -

**Media Contact:** Jennifer Mitchell-Emmerson, Community and Health Services, York Region  
Phone: 905 830-4444 Ext. 4016 /After-hours Cell: 905 251-5553  
Email: [jennifer.mitchellemmerson@york.ca](mailto:jennifer.mitchellemmerson@york.ca)

**Attachment:** 2009 Eat Smart! Award Winners



## York Region celebrates with local eating establishments that measure up and *Eat Smart!*

*110 eating establishments in The Regional Municipality of York receive top honours*

**NEWMARKET** – The Regional Municipality of York is pleased to announce that 110 York Region eating establishments have earned a 2009 *Eat Smart!* award. This prestigious award recognizes the efforts of local food premises that meet excellent standards in nutrition, food safety and smoke-free dining. Establishments are identified by each the nine local municipalities.

### Town of Aurora

Name	Address	Telephone number/website
Brown's Fine Foods at St. Andrew's College	15800 Yonge Street	905 727-3178 <a href="http://www.sac.on.ca">www.sac.on.ca</a>
Chinook	302 Wellington Street	905 841-4434 <a href="http://www.chinookrestaurant.ca">www.chinookrestaurant.ca</a>
Jonathan's Mediterranean & More	14845 Yonge Street	905 841-1807
Moon Garden	15229 Yonge Street	905 727-3101
Oakland Hall Inn	16003 Yonge Street	905 713-6655 <a href="http://www.oaklandhallinn.com">www.oaklandhallinn.com</a>

### Town of East Gwillimbury

Name	Address	Telephone number/website
Manchu Wok	18203 Yonge Street	905 967-0269 <a href="http://www.manchuwok.com">www.manchuwok.com</a>
Swiss Chalet	18195 Yonge Street, Unit 8	905 836-4046 <a href="http://www.swisschalet.com">www.swisschalet.com</a>

### Town of Georgina

Name	Address	Telephone number/website
Little Bangkok in Keswick	443 The Queensway South	905 989-8000 <a href="http://www.littlebkk.ca">www.littlebkk.ca</a>
Peninsula Restaurant & Riverside Patio	202 Holmes Point Road	705 437-1890 <a href="http://www.peninsularesort.net">www.peninsularesort.net</a>
The Briar's Resort & Conference Centre	55 Hedge Road	905 722-3271 <a href="http://www.briars.ca">www.briars.ca</a>
The Cornerhouse Bistro	240 Church Street	905 476-4800
Our Lady of the Lake Catholic College School Cafeteria	185 Glenwoods Avenue	905 656-9140

### Township of King

Name	Address	Telephone number/website
Aramark Canada Ltd. Seneca College King Campus	13990 Dufferin Street	416 491-5050 <a href="http://www.aramark.ca">www.aramark.ca</a>
The Kingbridge Centre	12750 Jane Street	905 833-3086 <a href="http://www.kingbridgecentre.com">www.kingbridgecentre.com</a>

**Town of Markham**

<b>Name</b>	<b>Address</b>	<b>Telephone number/website</b>
Aramark Canada Ltd. - AMD	1 Commerce Valley Drive East	905 882-2600 <a href="http://www.aramark.ca">www.aramark.ca</a>
Aramark Canada Ltd. - Bur Oak Secondary School	133 Bur Oak Avenue	905 471-9830 <a href="http://www.aramark.ca">www.aramark.ca</a>
Aramark Canada Ltd. – Pierre Elliot Trudeau High School	90 Bur Oak Avenue	905 887-5300 <a href="http://www.aramark.ca">www.aramark.ca</a>
Atrium Café at Aramark Canada Ltd.- Johnson & Johnson	88 McNabb Street	905 968-2395 <a href="http://www.aramark.ca">www.aramark.ca</a>
Bombay Bhel Thornhill	230 Commerce Valley Drive East - Unit 3	905 771-6957 <a href="http://www.bombaybhelthornhill.com">www.bombaybhelthornhill.com</a>
California Thai Markville Mall	5000 Hwy. #7 East, Unit 068B	905 305-8223 <a href="http://www.californiathai.ca">www.californiathai.ca</a>
Coconut Island Restaurant	8362 Kennedy Road - Unit A7	905 943-9628
Compass Group – IBM (Eurest Dining Services)	3600 Steeles Avenue East	905 316-3303 <a href="http://www.compass-canada.com">www.compass-canada.com</a>
Compass Group – IBM (Eurest Dining Services)	4175 14th Avenue	905 316-7074 <a href="http://www.compass-canada.com">www.compass-canada.com</a>
Compass Group – IBM (Eurest Dining Services)	8200 Warden Avenue	905 413-4673 <a href="http://www.compass-canada.com">www.compass-canada.com</a>
Compass Group (Windows on Main) – Markham Stouffville Hospital	381 Church Street	905 472-7056 <a href="http://www.compass-canada.com">www.compass-canada.com</a>
Compass Group – Philips Electronics (Eurest Dining Services)	281 Hillmount Road	905 201-4125 <a href="http://www.compass-canada.com">www.compass-canada.com</a>
Compass Group – Terrace Café (Eurest Dining Services) American Express	101 Mc Nabb Street	905 474-8142 <a href="http://www.compass-canada.com">www.compass-canada.com</a>
Cora's Breakfast and Lunch	3760 Hwy. #7 East, Unit 2	905 489-2446 <a href="http://www.chezcora.com">www.chezcora.com</a>
Daikoku Sushi & Ramen Bistro	8865 Woodbine Avenue, Unit 15	905 307-3328
Elegant Chinese Cuisine	5328 Hwy. #7 East, Unit 4	905 209-1313
Essence of Unionville - Hilton Suites Conference & Spa	8500 Warden Avenue	905 470-8500 <a href="http://www.torontomarkham.hilton.com">www.torontomarkham.hilton.com</a>
Ladies Golf Club of Toronto	7859 Yonge Street	905 889-3531 <a href="http://www.ladiesgolfclub.com">www.ladiesgolfclub.com</a>
Lena's Catering Services at Trillium Café - Tyco Electronics Canada	20 Esna Park Drive	905 475-6222
Little Bangkok Thai Cuisine	277 Main Street North	905 471-8818
Longo's Kitchen Longo Brothers Fruit Markets	3085 Hwy. #7 East	905 479-8877 <a href="http://www.longos.com">www.longos.com</a>
Made in Japan Teriyaki Experience	8601 Warden Avenue, Unit 15	905 300-2288 <a href="http://www.markhamtownsquare.ca/teriyakiexperience">www.markhamtownsquare.ca/teriyakiexperience</a>
Mandarin Restaurant	7660 Woodbine Avenue	905 479-6000 <a href="http://www.mandarinbuffet.com">www.mandarinbuffet.com</a>
Markham Sushi	17 Wootten Way North	905 294-4616
Pasta Vita	5990 16th Avenue	905 471-2224

Sao Viet Noodle Restaurant	5 Glen Cameron Road, Unit 23	905 482-3171
Stars of Thai Cuisine	3150 Hwy. #7 East, Unit 1	905 946-9466 <a href="http://www.thaicuisine.ca">www.thaicuisine.ca</a>
Swiss Chalet	5070 Hwy. #7 East	905 305-1809 <a href="http://www.swisschalet.com">www.swisschalet.com</a>

**Town of Newmarket**

Name	Address	Telephone/website
Al Casale Ristorante	17766 Leslie Street	905 898-0550 <a href="http://www.alcasaleristorante.com">www.alcasaleristorante.com</a>
Chatters Café and Juice Bar	79 Davis Drive	905 853-8583
Cora's Breakfast and Lunch	16655 Yonge Street	905 954-1317 <a href="http://www.chezcora.com">www.chezcora.com</a>
Cynthia's Chinese Restaurant	16715 Yonge Street, Unit 18	905 836-8113 <a href="http://www.cynthiaschinese.com">www.cynthiaschinese.com</a>
India Gate Exclusive Indian Cuisine	130 Davis Drive, Unit 10	905 954-0289 <a href="http://www.indiagate.ca">www.indiagate.ca</a>
Juice Zone - Upper Canada Mall	17600 Yonge Street	905 836-7969
Juceppe's Café - Nature's Emporium Wholistic Market	16655 Yonge Street, Unit 27	905 898-1844 <a href="http://www.naturesemporium.ca">www.naturesemporium.ca</a>
Made in Japan Teriyaki Experience - Upper Canada Mall	17600 Yonge Street	905 836-4570 <a href="http://www.teriyakiexperience.com">www.teriyakiexperience.com</a>
Mr. Dumpling	16640 Yonge Street, Unit 7A	905 836-1188 <a href="http://www.mrdumpling.ca">www.mrdumpling.ca</a>
Sizzling Wok-Upper Canada Mall	17600 Yonge Street	905 953-8837
Thai Golden Bell	16925 Yonge Street, Unit 17	905 954-0954 <a href="http://www.thaigoldenbell.com">www.thaigoldenbell.com</a>
The Buttery Restaurant	17565 Yonge Street	905 836-0303 <a href="http://www.thebutterynewmarket.com">www.thebutterynewmarket.com</a>
Tuptim Thai Restaurant	450 Mulock Drive, Unit 1	905 898-3599

**Town of Richmond Hill**

Name	Address	Telephone number/website
Akasaka Japanese Restaurant	280 West Beaver Creek Road Unit L10	905 764-9291 <a href="http://www.akasaka.ca">www.akasaka.ca</a>
Ambassador Chinese Cuisine	280 West Beaver Creek, Unit 38	905 731-5570
Bon Appetite Food Services - Staples Business Depot	6 Staples Avenue	905 737-1147
Café en Passant	10133 Yonge Street, Unit 4A	905 883-0575 <a href="http://www.cafeenpassant.com">www.cafeenpassant.com</a>
Chartwells at Holy Trinity School	11300 Bayview Avenue	905 737-1114 <a href="http://www.hts.on.ca">www.hts.on.ca</a>
Choice of the Orient	9555 Yonge Street, Unit 24	905 737-7373
Crave Restaurant - Sheraton Parkway Hotel	600 Hwy. #7 East	905 882-2121 <a href="http://www.sheratonparkway.com">www.sheratonparkway.com</a>
Dana Hospitality Inc. - Apotex	380 Elgin Mills Road	905 884-2050
Fellini's Italian Eatery	13162 Yonge Street	905 773-2211 <a href="http://www.fellinisitalianeatery.com">www.fellinisitalianeatery.com</a>
Lake St. George Conservation Field Centre	950 Bethesda Side Road Station B	905 773-5525
Mitsui Japanese Restaurant	10815 Bathurst Street, Unit 28	905 884-1188
Nellas Canada - St. Theresa of Lisieux Catholic High School	230 Shaftsbury Avenue	905 770-5518 <a href="http://www.nellascanada.com">www.nellascanada.com</a>
Redwood's Bistro - Richmond Hill Country Club	8905 Bathurst Street	905 731-2800 <a href="http://www.richmondhillcountryclub.com">www.richmondhillcountryclub.com</a>

Sapporo Sushi	330 Hwy. #7 East Unit 109	905 882-7877
Select Sandwich	95 Mural Street, Unit 101	905 882-5550 <a href="http://www.selectsandwich.com">www.selectsandwich.com</a>
Shiki Sushi	10593 Yonge Street, Unit 1	905 884-7500
Shiraz Middle Eastern Cuisine	13075 Yonge Street, Unit 8	905 773-2334
Sweet Basil Pan Asian Cuisine	10610 Bayview Avenue, Unit 1	905 508-7361 <a href="http://www.sweetbasilpanasian.com">www.sweetbasilpanasian.com</a>
Taj Odyssey	10620 Yonge Street, Unit 10	905 884-4512
Tomo Japanese Restaurant	9625 Yonge Street, Unit 1-2	905 770-2129

### City of Vaughan

Name	Address	Telephone number/website
A Taste of Japan	4411 Hwy. #7 West	905 856-2856 <a href="http://www.atasteofjapan.com">www.atasteofjapan.com</a>
Basilico Ristorante	5100 Rutherford Road	905 893-2774
Bollywood Bistro	3175 Rutherford Road Unit 52, Bldg. J	905 532-0731 <a href="http://www.bollywoodbistro.com">www.bollywoodbistro.com</a>
Choice of the Orient	5694 Hwy. #7 West	905 850-8388
Ciao Bella Ristorante	665 Millway Avenue, Unit 17	905 660-3586 <a href="http://www.ciabellaristorante.com">www.ciabellaristorante.com</a>
Courtyard Café - Courtyard by Marriott	150 Interchange Way	905 660-9938 <a href="http://www.coutyardvaughan.com">www.coutyardvaughan.com</a>
Cynthia's Chinese Restaurant	7700 Bathurst Street, Unit 51	905 882-8887 <a href="http://www.cynthiaschinese.com">www.cynthiaschinese.com</a>
Eastern Sense	200 Marycroft Avenue, Unit 9-11	905 264-1688 <a href="http://www.easternsense.ca">www.easternsense.ca</a>
FDR Catering - Father Bresanni Catholic High School	250 Ansley Grove Road	905 850-0606
Ikea Vaughan	200 Interchange Way	905 695-3699 <a href="http://www.ikea.com">www.ikea.com</a>
Il Cavallino Ristorante	8077 Islington Avenue North, Unit 5	905 850-3629 <a href="http://www.ilcavallinoristorante.com">www.ilcavallinoristorante.com</a>
Koganei Japanese Seafood Restaurant	3901 Hwy. #7 West Suite 103, Bldg. BDC	905 265-2288 <a href="http://www.koganeisushi.com">www.koganeisushi.com</a>
Lewisfoods - Kohl & Frisch	7622 Keele Street	905 660-7622 <a href="http://www.lewisfoods.ca">www.lewisfoods.ca</a>
Longo's Kitchen - Longo Brothers Fruit Market	2810 Major Mackenzie Drive West	905 417-0207 <a href="http://www.longos.com">www.longos.com</a>
Made in Japan Teriyaki Experience	3120 Rutherford Road, Unit 9	905 832-9111 <a href="http://www.teriyakiexperience.com">www.teriyakiexperience.com</a>
Made In Japan Teriyaki Experience	3330 Steeles Avenue West	905 761-9882 <a href="http://www.teriyakiexperience.com">www.teriyakiexperience.com</a>
Made in Japan Teriyaki Experience	7600 Weston Road, Unit 35	905 265-7388 <a href="http://www.teriyakiexperience.com">www.teriyakiexperience.com</a>
O Corisco Churrasqueira	9587 Weston Road, Unit 10	905 879-4500 <a href="http://www.ocorisco.net">www.ocorisco.net</a>
Pasta Varone	190 Marycroft Avenue, Unit 20	905 264-0125
Piacere Ristorante	9311 Weston Road, Unit 1-2	905 417-6400 <a href="http://www.piacereristorante.ca">www.piacereristorante.ca</a>
Ristorante Brettone	830 Rowntree Dairy Road, Unit 5	905 856-0506 <a href="http://www.brettone.com">www.brettone.com</a>
Siamese Thai Cuisine	200 Whitmore Road, Unit 11-12	905 856-7288 <a href="http://www.thairestaurant.ca">www.thairestaurant.ca</a>

Sodexo Canada - Canadian Tire	336 Courtland Avenue	905 836-7417 <a href="http://www.sodexo.ca">www.sodexo.ca</a>
Sodexo Canada - Toronto Star	1 Century Place	905 850-6580 <a href="http://www.sodexo.ca">www.sodexo.ca</a>
Steeles Garden Restaurant	3850 Steeles Avenue West, Unit 13	905 850-7740
Swiss Chalet	205 Marycroft Avenue	905 856-2948 <a href="http://www.swisschalet.com">www.swisschalet.com</a>
Swiss Chalet	3737 Rutherford Road	905 264-4017 <a href="http://www.swisschalet.com">www.swisschalet.com</a>
Upscale Epiphany Restaurant & Lounge	4000 Steeles Avenue West Unit 14	905 856-5008 <a href="http://www.upscaleepiphany.com">www.upscaleepiphany.com</a>
Vinsanto Ristorante	28 Roytech Road, Unit 3	905 264-3991 <a href="http://www.vinsanto.ca">www.vinsanto.ca</a>
Yang's Teppanyaki & Sushi	3255 Rutherford Road Unit 15-18	905 761-0268 <a href="http://www.yangssushi.com">www.yangssushi.com</a>
ZiZi Trattoria	4040 Hwy. #7 West, Unit 3	905 850-9875 <a href="http://www.zizi.ca">www.zizi.ca</a>

### Town of Whitchurch-Stouffville

Name	Address	Telephone number/website
Aramark Canada Ltd. - Stouffville District Secondary School	801 Hoover Park Drive	905 642-3103 <a href="http://www.aramark.ca">www.aramark.ca</a>
Imperial Café	37 Sandiford Drive, Unit #108	905 640-2150
Scarlett House Catering - Novopharm Stouffville	5691 Main Street	1-800-268-4127
Swiss Chalet	15 Sandale Road	905 640-4780 <a href="http://www.swisschalet.com">www.swisschalet.com</a>

For more information on the *Eat Smart!* program or for more information on healthy eating, please contact York Region *Health Connection* at 1-800-361-5653 or visit [www.york.ca/eatsmart](http://www.york.ca/eatsmart)

For more information on The Regional Municipality of York, please visit [www.york.ca](http://www.york.ca)

- 30 -

**Media Contact:** Jennifer Mitchell-Emmerson, Community and Health Services, York Region  
Phone: 905 830-4444 Ext. 4016 /After-hours Cell: 905 251-5553  
Email: [jennifer.mitchellemmerson@york.ca](mailto:jennifer.mitchellemmerson@york.ca)