

MANICOUAGAN



GUIDE 4

EATING IN MANICOUAGAN

Manicouagan is one of those spaces that stands naturally apart from the rest. Those unspoiled lands where opportunities abound. Those Côte-Nord regions where the warmth of the people, as much as the beauty of the landscape, takes your breath away.

Here, the feeling of immensity is intertwined with a true culture of proximity. In Manicouagan, dynamism and enthusiasm go hand in hand with the philosophy of living in the present and making the most of every moment.

Choosing to live in Manicouagan means contributing to the bright future of the territory, all while making your own dreams come true.

As a newcomer, this guide is for you. It was created to help you settle and integrate into Manicouagan. In it, you will find a wealth of practical information on the resources and services available.

WELCOME HOME!

FIRST EDITION, JANUARY 2025

Please do not hesitate to write to us at info@mrcmanicouagan.qc.ca to let us know about any changes that may have occurred since the writing of this guide.

LAND ACKNOWLEDGMENT

The Manicouagan municipalities are located on Nitassinan, the traditional unceded territory of the Innu people. In a spirit of friendship and solidarity, the municipalities acknowledge and honour the First Nations for the important contributions they made and continue to make to this territory.

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FOOD & DRINK

When we travel around the world, one of the greatest culture shocks is unquestionably the food. But trying the local cuisine is also one of the most rewarding experiences. In Manicouagan, you can enjoy a variety of high-quality locally made and grown products. Locals celebrate the arrival of spring with crab and shrimp rolls. They feast on smoked salmon and drink local beer around the bonfire. They sip locally roasted coffee with their pastries. And they relish the fresh strawberries, honeyberries, and vegetables grown in the nearby fields.

Discover local flavours, growers and producers, food establishments, and a few tips on where and what to eat.



FARMERS' MARKETS

Farmers' markets are held throughout the summer. Exhibitors are Manicouagan farmers and producers who grow, make, and process high-quality, often organic, products. At farmers' markets, you can buy fruits and vegetables, herbs, mushrooms, and so much more. Shopping at farmers' markets is a great way to get fresh, first-rate products and meet new people.

© Camille Charette-Gagné / Agence Caribou Côte-Nord



PRACTICAL INFORMATION

Dates and locations of farmers' markets
www.facebook.com/marchespublicsmanicdesjardins

SUPERMARKETS AND GROCERY STORES

Quebeckers tend to shop in supermarkets. These stores offer a wide range of foods, as well as baby products, cleaning products, health and beauty products, pet food, alcohol, and cigarettes. Supermarkets are open every day (except holidays) and business hours vary from store to store. Neighbourhood grocery stores and other specialty food stores also sell meats, bread, prepared meals, and more.

In Côte-Nord, we are fortunate to have access to fresh seafood and fish. Crab, shrimp, and lobster are popular regional products and a source of pride.

Ask your fishmonger when they are in season to enjoy them fresh.

+ Here are a few keywords for your search:
Épicerie (grocery store), marché (market), boucherie (butcher), poissonnerie (fishmonger), boulangerie (bakery), repas (meals).

DÉPANNEURS

Dépanneurs are convenience stores that offer everyday products and are open later than other stores. They are usually located in residential neighbourhoods and at gas stations. They carry staples (milk, juice, bread, coffee, etc.) as well as newspapers, magazines, chips, snack bars, soft drinks, beer, wine, cigarettes, and sometimes even meals prepared on site.



GOOD TO KNOW

Prices are often higher in dépanneurs than in supermarkets.

Dépanneurs are typically open from 7 a.m. to 11 p.m. and some are even open 24 hours.

SEASONAL PRODUCTS

Some Québec-grown products are cheaper during harvest season than at other times of the year. For example, it is best to buy strawberries between June and October, as they are grown in Québec. The rest of the year, they are imported so they are not as fresh and are often less tasty.

WHAT DOES "EATING SEASONALLY" MEAN CONCRETELY?

It means eating fresh, local produce that is in season. In spring, this means asparagus, Nordic shrimp, cabbage, and zucchini. In summer, it means berries, turbot, lettuce, corn, and wild mushrooms. In the fall, tomatoes, root vegetables, and broccoli. And in the winter, potatoes, squash, gratin made with Québec cheeses, to name a few.



© Camille Charette-Gagné / Agence Caribou Côte-Nord

LOCAL PRODUCTS

The bio-food production and processing niche is growing in Côte-Nord. An increasing number of market gardeners, berry growers, beekeepers, fishermen, and animal farmers are ensuring fresh, locally produced foods are more readily available. Several locally made items such as jams and jellies, ready-to-eat meals, beers and spirits, dried foods, desserts, and even cosmetics are now for sale in Manicouagan stores. As the Côte-Nord terroir is still little-known, opportunities to develop and promote it will likely continue to grow in the coming years.

INTERNATIONAL PRODUCTS

Is there a food from your country that you miss a lot? Do not hesitate to ask your local supermarket manager to order it. It might be possible to import it. Most supermarkets have an aisle dedicated to international foods.

COMMUNITY SPIRIT

COMMUNITY GARDENS AND EDIBLE LANDSCAPING

As food resilience is a global issue, Manicouagan is organizing the growing of a portion of the food resources for its communities. Community gardens and edible landscape are being set up in the different municipalities.

The Maison des familles de Baie-Comeau is also spearheading a project to create a food-producing network to develop knowledge and growing capacities and promote region-specific agriculture. The network's main goal is to reach families, encourage healthy lifestyle habits, and fight food insecurity.

People who want to grow their own food but do not have the land to do so can become members of a community garden. The community garden concept is simple: you rent a plot of land for the season and everyone collaborates and shares tasks. This is a great way to learn about gardening and work with others.



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PRACTICAL INFORMATION

Contact the Maison des familles de Baie-Comeau

programmation@mdfbc.org
www.mdfbc.org/en
 418-589-2117

COMMUNITY FRIDGES

Community fridges are a way to reduce food waste in the community and pay it forward. Anyone can access the community fridges. And all residents are encouraged to drop off any food surplus and mention it on the Frigos communautaires de la Manicouagan Facebook page.

FIND A FRIDGE

Maison des familles de Baie-Comeau
985 Joliet Blvd, Baie-Comeau

Unité Domrémy
170 La Salle Blvd, Baie-Comeau

Centre de loisirs
493 chemin Principal, Pointe-aux-Outardes

Carrefour familial
37 de l'Église Street, Chute-aux-Outardes

Maison des jeunes La Boîte
(at the back)
519 route 138, Ragueneau



For more information, visit:
www.facebook.com/frigoscommunautaires?locale=fr_CA

COLLECTIVE KITCHENS

Collective kitchens are made up of a small group of people who come together and pool their time, money, and skills to prepare meals.

Maison des familles de Baie-Comeau
www.facebook.com/MaisondesfamillesdeBaieComeau

Carrefour jeunesse Manicouagan
www.facebook.com/cjemanic

Carrefour familial
37 de l'Église Street, Châte-aux-Outardes

L'accueil Marie-de-l'Incarnation
451 Marguerite Street, Baie-Comeau
www.accueilmariedelincarnation.com

COMMUNITY MEALS

Some organizations offer low-cost community meals. For more information, contact the community and family organizations in your municipality.



FOOD AID AND ASSISTANCE

If you are having a hard time feeding yourself because of a lack of money or a drop in income, you can receive food aid, specifically free food, if you meet certain eligibility criteria. The quantity received will depend on the size of your family and food availability.

Every year, during the holidays, low-income families can also request a Christmas basket.



FOR MORE INFORMATION

Comptoir alimentaire l'Escale
418-589-6869

A sharing cupboard with nonperishable goods and clothing is also available at the **Carrefour Jeunesse de Manicouagan**, located at 872 de Puyjalon Street in Baie-Comeau.

CLASSIC QUÉBÉCOIS DISHES

Poutine is the most iconic Québécois fast food and a source of national pride. The mix of cheddar cheese curds, brown gravy, and French fries is sure to win you over. Other typical Québécois dishes include **tourtière** (meat pie), **cipâte** (sea-pie), **pea soup**, **sugar pie**, and the delicious **pouding chômeur** (poor man's pudding)!

AN INTRODUCTION TO QUÉBÉCOIS CUISINE

1

Ricardo Larrivée is a well-known Québécois chef. His recipes are very popular
www.ricardocuisine.com

2

Mordu is Radio-Canada's foodie destination
www.ici.radio-canada.ca/mordu

3

Discover local Québec products
www.mangezquebec.com

4

Canada's Food Guide
www.food-guide.canada.ca/en

5

Get information on nutrition
www.nutritionnisteurbain.ca

RESTAURANTS

Manicouagan has many restaurants: popular international fast food chains as well as specialty restaurants.



For more information, visit:
www.tourismecote-nord.com/en/eat-savour



TO HELP YOU WITH YOUR SEARCH

Keywords: restaurant, cuisine, gastronomie (gastronomy), terroir, bistro, cantine (canteen).

TIPPING AT RESTAURANTS

In Québec, a tip is given as a token of thanks for the quality of service received, and is generally not included in the bill. It is customary to give 15% of the pre-tax price for the product consumed or service received. Minimum wage for bar and restaurant employees in Québec is lower than for other workers: tips make up for lost earnings.



For more information, consult the
[Managing Your Budget and Expenses Guide](#).

SAQ THE SOCIÉTÉ DES ALCOOLS DU QUÉBEC

The SAQ is a state-owned corporation that sells alcoholic beverages and offers a wide range of high-quality products. The SAQ sells wines, beers, spirits, among others.

www.saq.com



MICROBREWERIES AND DISTILLERIES

Manicouagan is home to a microbrewery and several distilleries where you can buy locally made beers and spirits. These companies often use ingredients sourced right from the area.



TO HELP YOU WITH YOUR SEARCH

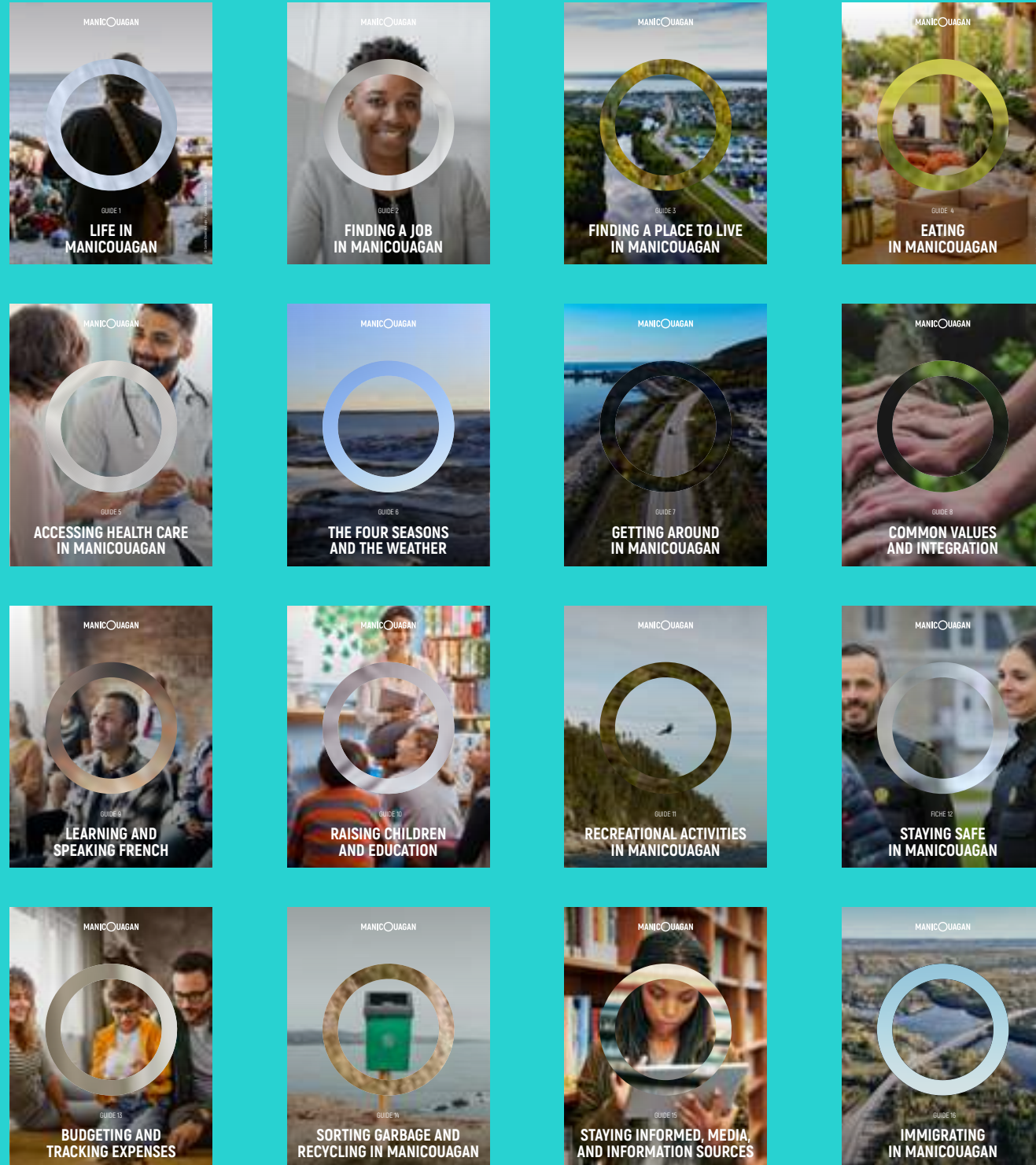
Keywords: bière (beer), spiritueux (spirits), distillerie (distillery), microbrasserie (microbrewery), alcool (alcohol), bar, bistro, usine (brewery).

GOOD TO KNOW



In Québec, you must be 18 years of age to buy alcohol. You might be asked for a photo ID to confirm your age. The sale of alcohol is allowed between 8 a.m. and 11 p.m. every day of the week.

CONSULT THE OTHER GUIDES



THANK YOU TO OUR PARTNERS

The success of this project is a testament of the strength of our collaborative partnership. The Manicouagan RCM would like to thank all its partners and collaborators for their trust and their vital contributions to the project.

WORKING COMMITTEE

An initiative of



With the collaboration of



FINANCIAL PARTNERS



This project is carried out as part of the sectoral agreement that aims to attract new residents and encourage long-term settlement in the Côte-Nord and with the financial support of the following partners: Caniapiscou RCM, Golfe-du-Saint-Laurent RCM, Haute-Côte-Nord RCM, Manicouagan RCM, Minganie RCM, Sept-Rivières RCM, le ministère des Affaires municipales et de l'Habitation, and the Société du Plan Nord.

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