

FOOD AND NUTRITION

QUÉBEC CITY, LEADING THE WAY

The Food and Nutrition sector is a cutting-edge industry that contributes to the economic growth of the Québec City area.

The ingenuity of its entrepreneurs has allowed it to stand out in national and international markets.

Its numerous research and training centres have made the Québec City area a nexus for innovation in the food and nutrition sector. This encourages the growth of businesses that become leaders of the pack in the functional food industry, also known as health food industry.





EDUCATION ESTABLISHMENTS FEEDING THE INDUSTRY

Laval University's Faculty of Agriculture and Food Sciences trains professionals who ensure the advancement of knowledge in the agrifood and consumption sectors. Its programs cover the entirety of the biofood chain from production to consumption, including all of the steps involved in industrial preparing and marketing.

The **Cégep de Limoilou** offers technical training in dietary science, preparing future technicians to manage food services, perform quality control in the food industry and contribute to clients' healthy diets.

The region also benefits from **several culinary schools**, including the École hôtelière de la Capitale, the École hôtelière Fierbourg and Merici College.

A DIRECTORY OF QUÉBEC FOOD PROCESSING EXPERTISE

Launched in 2015 by Québec International and the Québec Health Food this tool lists Québec experts who can support the industry in developing nutritionally-enhanced foods. bit.ly/expertises-alimentaire-quebec *Website in French only



AN ECOSYSTEM CENTERED ON FOOD INNOVATION

The **Institute of Nutrition and Functional Foods (INAF)** is the largest team of Canadian researchers entirely dedicated to understanding the complex relationships between foods, food components, nutrition and health.

Within the INAF are the **Innovation Support Services, Dairy Science and Technology Research Centre (STELA)** and the **Observatoire de la qualité d'offre alimentaire**. www.inaf.ulaval.ca/en

TransBIOTech is a biotechnology research and transfer centre for companies. TransBIOTech primarily focuses on the development of proof of concept and innovation projects aimed at improving health in the functional foods, nutraceuticals and natural health products sectors. www.tbt.qc.ca/en/

AG-Bio Centre is an incubator-accelerator-facilitator that meets the needs of innovation industries, especially in the agrobiotechnology sector. It coaches businesses during their start-up, growth and commercial development. www.agbiocentre.com *Website in French only

The **Quebec Heart and Lung Institute Research Centre** has an **obesity-metabolism** component that is considered to be one of the greatest Canadian groups working in the field. www.criucpq.ulaval.ca

Through its **Health and Wellness Laboratory, the Leclerc Group** and its R&D experts collaborate with universities and research centres, using the latest nutritional discoveries to improve their processes and drive competitive ingenuity. www.leclerc.ca/en

BÉNÉFIQ is an international on healthy ingredients. It combines science and business, driving innovation for fields with a large socioeconomic reach. www.benefiq.ca



Photo: INAF



THE FOOD PROCESSING INDUSTRY IN QUÉBEC CITY

160 businesses
6,750 jobs
\$1.33B
in revenue

10 centres, chairs, groups
and research institutes

138 researchers in research centres

2016 data for the Québec City census metropolitan area (CMA)
by Québec International

MAJOR MANUFACTURERS IN THE AREA

- Agropur
- Alex Coulombe
- Atrium Innovations
- Maguire Bakery
- Canada Bread
- Chocolats Favoris
- Frito Lay Canada
- Fruit d'Or
- Krispy Kernels
- Leclerc Group
- Labatt
- Molson Canada
- Nutriart
- Olymel
- Laura Secord
- Saputo

FOCUSING ON DEVELOPING HEALTHY FOODS



Many of the region's industry players are part of the **Québec Health Food Cluster**. These entrepreneurs are committed to developing and marketing value-added products, giving people healthier food options.

The helps its members share contact networks, cutting-edge technologies and applied knowledge, which allows new health foods to be developed and contributes to the growth of the region's industries.

HOME-GROWN HEALTHY INNOVATIONS

- Nutritious and organic cookies and bars
- Organic beverages
- Natural and organic meats
- Fair-trade, organic and functional chocolate
- Fruit and vegetable extracts
- High-protein content foods
- Light and specialty cheeses
- Organic oils and condiments
- Allergen-free prepared meals and desserts
- Organic honey and maple products
- Veggie chips and mixed nuts
- Fortified with whole grains, low fat and low salted and gluten free breads
- Berry-based products
- Gluten-free game-based products
- Trans-fat-free pastry products
- Low-sodium smoked salmon
- Hormone-free game meats

Along with its passion for food, the Québec City region stands out in the nutraceuticals and nutritional health products sector.



Photo: Groupe Leclerc

LOCAL FUNDING AND EXPERTISE

Many ministries and regional, provincial and national organizations are located in the Québec City area. In addition to their detailed knowledge of the industry, these groups provide funding solutions that are adapted to food processing businesses.

Here are some examples: Capital Financière agricole Inc.; Farm Credit Canada; the Ministry of Agriculture, Fisheries and Food (MAPAQ); the Ministry of Economy, Science and Innovation (MESI) and Fondation's Nutressor program.

QUÉBEC CITY IS N° 1 IN CANADA AND THE UNITED STATES IN STARTUP AND OPERATING COSTS

Startup and operating costs for agrifood processing businesses are 9.3% lower in Québec City than they are in most cities in the United States.

Source: Competitive Alternatives, KPMG 2016



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Québec International is a regional economic development agency that has been mandated by all three levels of government to support the growth of businesses, develop strong industries and attract talent and investments to the area.