



How Quebec Maple Syrup Supports Healthy, Sustainable Food Systems

Healthy, sustainable food systems provide nutrient-rich, affordable, and culturally acceptable foods to all, while reducing the environmental impacts of bringing food to our tables.^{1,2}

Maple syrup is a distinctive product of Quebec, Canada. Its producers help preserve the history and tradition of Quebec's maple production while caring for the forests year-after-year.



ENVIRONMENT

Quebec maple forests shelter trees and biodiversity, store carbon, and provide valuable ecosystem services.



ECONOMIC

Maple syrup production supports local livelihoods and empowers women producers while meeting growing global demand.



SOCIAL

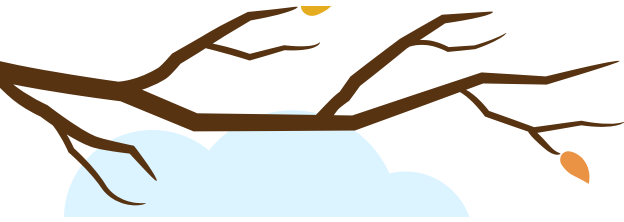
Maple syrup is a culturally iconic food enjoyed by millions of households globally in a variety of dishes.



HEALTH

100% pure maple syrup is a source of a number of vitamins and minerals and when consumed in moderation, can be part of a healthy, sustainable diet.





ENVIRONMENT

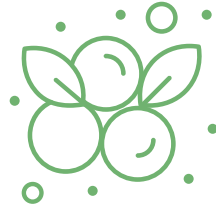
ECOSYSTEM BENEFITS OF QUEBEC'S MAPLE FORESTS

From regulating the climate to providing valuable forest products, Quebec's maple forests provide often overlooked ecosystem benefits.³



REGULATING

Climate Control
Air Quality
Erosion Control
Biological Control
Pollination
Water Quality
Water Supply



SUPPLY

Maple Sap
Other Forest Products



CULTURAL

Recreation
Education
Aesthetic Values
Cultural Values

THE POWER OF ONE

Maple trees currently used for maple production produce \$1.6 billion CAD of ecosystem services each year but if all maple forests in Quebec were used in maple production, they would generate at least \$8.4 billion CAD in total value per year.³



When you use
1 tsp. of a Maple
Product...



instead of 1 tsp. of
another sweetener
each day for a year...



you put 1.3 maple trees
into production – and
under protection.⁴





ENVIRONMENT



PROTECTING BIODIVERSITY THROUGH HABITAT PRESERVATION

964K

hectares of land are protected through maple forests in Quebec.⁵



Canadian maple forests provide a home for a variety of species through protected habitat, supporting rich biodiversity for years to come.

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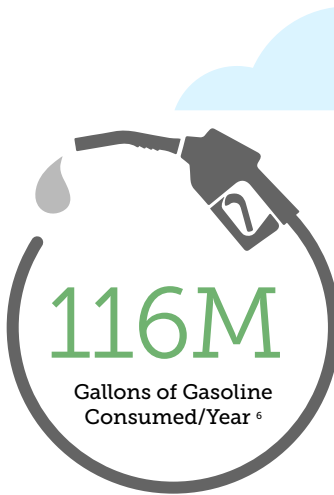
threatened, vulnerable and likely to be designated as threatened or vulnerable **wildlife species** can potentially be found in Canadian maple forests.³

40

threatened, vulnerable and likely to be designated as threatened or vulnerable **plant species** can potentially be found in Canadian maple forests.³

HOW MAPLE PRODUCTION HELPS REDUCE CARBON EMISSIONS

The amount of carbon absorbed and stored in Quebec's maple-producing forests is equivalent to the quantity of emissions from...



OR



Maple forests in Quebec are an important source of carbon storage, helping to reduce global climate change.



744K

Quebec's maple syrup-producing forests store 743,674 metric tons of carbon each year — that's over 11 times more carbon than the maple syrup production process releases.³



ECONOMIC

LOCAL BUSINESSES, GLOBAL IMPACT

Canadian maple production is supporting local economies and empowering women, while meeting growing global demand for maple syrup.



10,500

full-time equivalent jobs created.⁷



24%

of maple syrup producers are women.^{8,9}



72%

of maple syrup production worldwide.^{9*}



90%

of Canada's domestic production is in Quebec.⁹

\$800M

Quebec maple industry's contribution to Canada's gross domestic product (GDP) in 2020.⁹

150M

pounds of maple syrup produced annually.^{9*}

120M

more taps needed by 2080 to meet global demand.¹⁰ Quebec has 192M potential taps available for future production.³

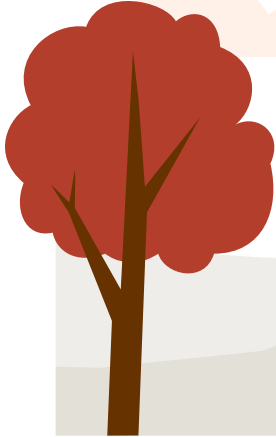
*average of the last five years



SOCIAL

**PAST AND PRESENT:
A KEY PART OF CANADA'S CULTURE AND COMMUNITY**

From "sugar season" to artisan practices shared across generations, maple production is deeply ingrained in Canada's culture, supporting recreation, education, and heritage.¹¹



RECREATION

- Sugar Party
- Cabin Meal
- Visit to Sugar Shack(s)

HERITAGE

- Sugar Season
- Multi-Generational Maple Producers

EDUCATION

- Artisan Production Practices
- Sugar Apprentices

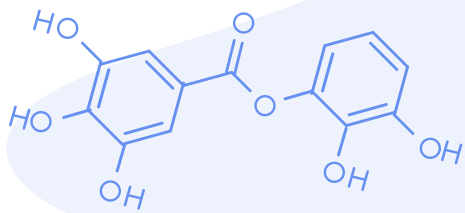
**VERSATILE, RICH FLAVOR
ENJOYED ACROSS THE GLOBE**

With its rich flavor, pure maple syrup can be used in both sweet and savory culinary applications in many types of cuisines, or as a replacement for other sweeteners.^{12,13}

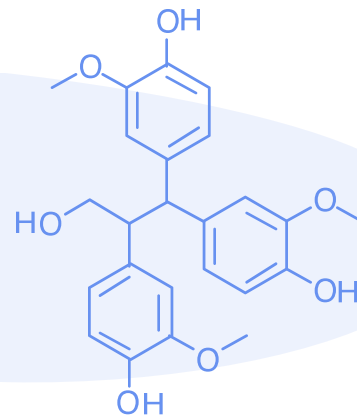


**QUEBEC MAPLE
SYRUP'S UNIQUE
FLAVOR IS PART OF
DIETS IN HOUSEHOLDS
ACROSS THE GLOBE¹⁴**





HEALTH



STRAIGHT FROM THE SOURCE AND PROVIDES BENEFICIAL NUTRIENTS

Maple syrup is derived directly from the maple tree's sap and provides beneficial vitamins and minerals.

C_u

Good source
of Copper.¹⁵

→ Copper is a factor in the maintenance of good health.¹⁵

67

→ bioactive phytochemicals with potential health benefits.¹⁶

M_n

Excellent source
of Manganese and Riboflavin (B₂).¹⁵

→ Manganese is a factor in energy metabolism.¹⁵

B₂

→ Riboflavin is a factor in energy metabolism and tissue formation.¹⁵



Quebec Maple Syrup Producers invests in nutrition research to explore new uses and expand the knowledge base of nutritional benefits from pure maple syrup.

\$1M

invested in nutrition research annually.

Maple Infographic References

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6. Greenhouse Gas Equivalencies Calculator. US Environmental Protection Agency (EPA). March 2022.
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8. PPAQ-Feuille d'érable Database.
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