

Taste of India Festival

Outdoor Activities | Cultural Events



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WHAT MAKES IT MEANINGFUL

A vibrant celebration of Indian culture—food, music, dance, crafts—offering a rich sensory experience, community connection, and cultural learning for all ages

TIME

- Saturday, August 2 (12 p.m.–11 p.m.) & Sunday, August 3 (12 p.m.–10 p.m.) Nathan Phillips Square, 100 Queen St W, Toronto
- Time is flexible: can spend any amount of time at the festival

MATERIALS

- Admission is free; no tickets required
- Dress according to weather: Hat, sunscreen, jacket/hoodie, water bottle, snacks
- Comfort items: Portable chair or cushion for rest
- Sensory aids: Ear protection, sunglasses/headwear
- Cash/Wallet: For food, crafts, workshops

INSTRUCTIONS

1. Plan arrival: Choose a day and time (e.g., midday Sunday)
2. Before arrival: Review festival map, scheduled performances, or activities



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3. Arrival steps: Enter via accessible route, orient using landmarks (stage, food zones)
4. Engage:
 - a. Sample various foods (chaat, dosas, sweets)
 - b. Watch live performances (classical dance, Bollywood, Bhangra)
 - c. Explore artisan booths: henna, crafts, interactive demos
5. Sensory breaks: Locate quiet areas or shade for rest
6. Support options: Offer help with ordering food, understanding cultural signage, navigating crowds
7. Wrap-up: Exit together, maybe debrief on favorite foods or performances

RESOURCES

- <https://www.overheretoronto.com/taste-of-india-festival/>
- <https://indian.community/events/taste-of-india-festival-2025-toronto/>

SUPPORTS NEEDED

- Visual schedule
 - Provide a picture-based timeline of activities & areas
- One-on-one support
 - A volunteer or caregiver can assist with navigation & food ordering

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- Sensory regulation
 - Use ear protection; take quiet breaks during loud performances
- Social guidance
 - Teach polite queueing, gentle interaction with crowds
- Choice prompts
 - Offer simple options (“Would you like samosa or gulab jamun?”)
- Physical aids
 - Provide seating or wheelchair access; help with carrying items
- Emotional support
 - Reassure during overwhelming moments; praise efforts and participation
- Debrief
 - Use verbal or visual reflection tools to discuss highlights and feelings

OTHER THINGS TO NOTE

- Admission is free for all ages and the location is wheelchair accessible
- 100+ food vendors, 1,100+ performers (classical, Bollywood/Bhangra)
- Food sampling, performances, artisan crafts, kids’ zones