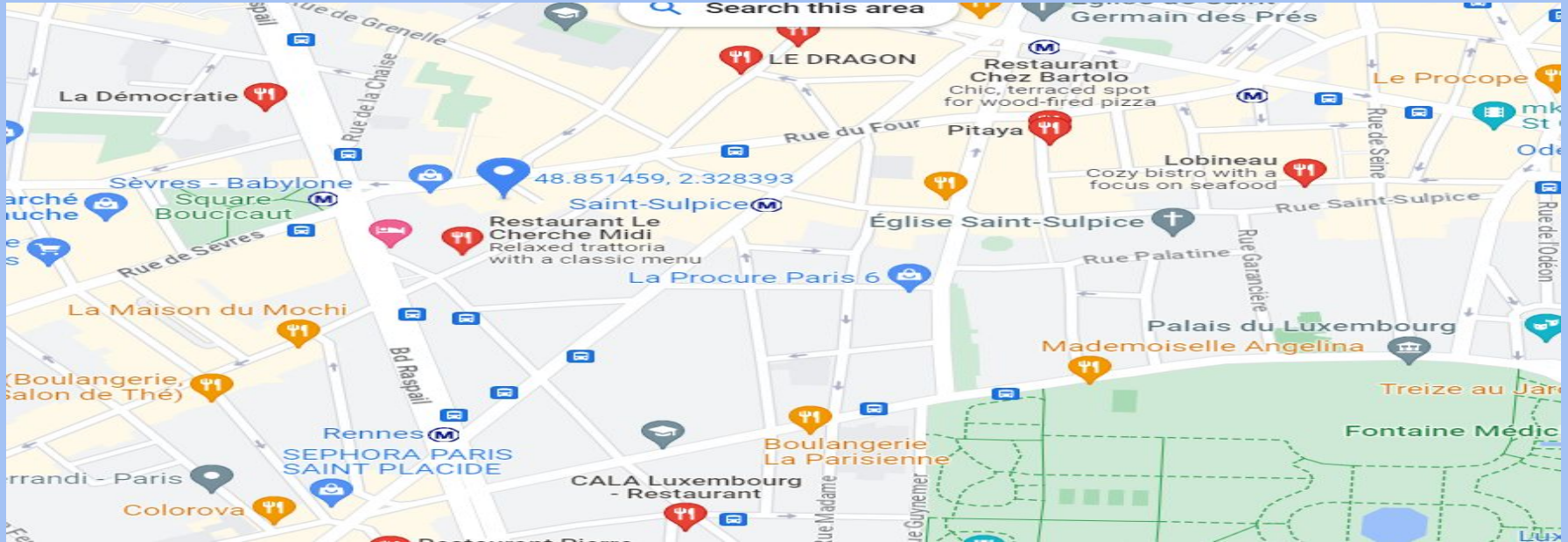


A vibrant Parisian street scene. On the left, a two-story stone building features a balcony with a blue and white striped awning. Lush green trees and bushes are in the foreground. A paved sidewalk leads into the distance, lined with more trees and parked bicycles. The scene is bright and sunny, with shadows cast on the pavement.

Walking Tour of Paris

Saint Germain Neighborhood Tour



The Saint Germain Neighborhood in Paris-St. Germain des Pres Subway Stop



Food Markets and Retail Stores in Paris

Culinary importance in a neighborhood

The Culture of Food in France (Literary Review):

French people associate food with more than simple sustenance. It embodies everything they love about their culture; it is a chance to slow down and savor time with friends and family.

Foodies from across the world travel to Paris to experience the tastes, smells, and sights of unparalleled French cuisine

The role of food is central to French traditions. Recipes are passed down from generation to generation, strengthening the country's culinary history. In a country known for its dedication to art and beauty, food is no exception. French cuisine is widely considered an art form, and chefs' strict commitment to high-quality ingredients, presentation, and precision is well-known throughout the world.

(Bennett, Paul. Context Travel. Website 2023)

Why is French Gastronomy so important?

Conclusions from research:

Food is not just a point of eating for the French, it is a social component that is very important to its citizens and a quality in making the cuisine that includes:

- *The purchase of good products, preferably local, whose flavors harmonize.
- *Careful choice of diversity of dishes to be served, sometimes based on region.
- *Marriage of food and wine.
- *Quality of the kitchen.
- *Aesthetics of the table.
- *Seasonality matters.

(Gastronomos. 2022)

Five questions I have for the proposed field trip:

1. What has made the Saint Germain neighborhood such a destination for food lovers?
2. How does packaging play such an important part in gourmet food sales?
3. How do visuals from French stores differ from those of their US counterparts? What can we learn from this?
4. How does the use of display play a role in why we buy something from a store?
5. How does customer service play a role in small gourmet shops and restaurants? How do we feel as tourists shopping in a different country? How important is it to know English in Paris?

Morning Tour of Food Shops, Bakeries, Cafes & Park

Our morning walking tour of the Saint Germain neighborhood starts at the Saint Germain des Pres subway station in the heart of the 6th Arrondissement of Paris. This is the heart of the literary and artisan section of Paris and is home to many wonderful parks, museums, bakeries, cafes and food stores.

Our tour starts as we step out of the subway station at Saint Germain Des Pres and begin our walk down Rue de Rennes for breakfast. There are two choices that that I thought were nice: Eggs & Co. at 11 Rue Bernard Palissy or continuing down the road to our second stop Bon Marche Department Store's cafe, La Grand Epicure de Paris at 38 Rue de Sèvres. Both have highly regarded breakfasts (TripAdvisor).

Breakfast Ideas: Eggs & Co or Bon Marche Cafe



Tour of Bon Marche Department Store Gourmet Shop

The Bon Marche Department Store is one of the oldest and most prestigious stores in Paris founded in 1838.



Gourmet tour down the Rue de St. Placie

Les Chocolats Yves Thuriès

3 Rue St. Placide
(Chocolate Shop)



Maison Paries

9 Rue St. Placide
(Cakes & Chocolates)



Gourmet tour down the Rue de St. Placide

Fruitti by Mo

24 Rue St. Placide
(Ice Cream & Ices)



Mille & Un

32 Rue St. Placide
(French/Korean Pastries)



Gourmet Tour down Rue de Cherche Midi

Le Chocolat Alain Ducasse, Le Comptoir Cherche-Midi

47 Rue de Cherche Midi
(Chocolate Shop)



La Meringaie Cherche-Midi

41 Rue de Cherche Midi
(Meringue pastries)



Gourmet Tour continues to Rue de Saint Placide

La Maison du Mochi

39 Rue de Cherche Midi
(Asian Inspired Rice desserts)



Le Cafe Pierre Herme

43 Rue de Saint Placide
(Pastries)



Gourmet tour continues to Rue de Notre Dame

L'Étoile du Berger

56 Rue de Saint Placide
(Pastries)



Bakery Thevenin

5 Rue de Notre Dame
(Excellent well known bakery)



Proposals for lunch that afternoon (Weather permitting)

Bread & Roses Paris

7 Rue de Fleurus

(Sandwiches and pastries)



Cafe Fleurus

2 Rue de Fleurus

(Sandwiches and Pastries)



Alternate: By the Le Jardin du Luxembourg

Kim Ly

15 Rue Royer-Collard
(Chinese)



Steam Bar

2 Rue de Sabot
(Chinese)



Budget for Breakfast and Lunch:

For lunch, I watched on the videos with Vloggers Antoine and Colleen Dupont's "Les Frenchies" and there is a formula to lunches at the bakeries (boulangerie). The lunch formulas include a sandwich, a dessert and a beverage for between \$10.00-\$12.00 (Euros-2022).

For breakfast, depending on where we want to go, pastries at Bon March are about \$6.00-\$8.00 and breakfast \$10.00-\$15.00 (Euros-2022). Eggs & Co. pricing is about the same depending on what you order. Both are tourist friendly.

Finish at Le Jardin du Luxembourg: Group Picture

Le Jardin du Luxembourg



Statue of Liberty for the Group Picture



Resources: Academic

1. Paris Insiders Guide to Saint Germain des Pres Paris. “20 Great Things about Saint Germain Des Pres”. Website 2022.
2. Volcov, Daniele and Goldman, Karen. Gastronomos. “Understand why French Gastronomy is unique and the greatest national Pride”. 2022.
3. Bennet, Paul and Bevacqua, Lani. Context Travel. “Top neighborhoods in Paris-With recommended Paris food tours”. Website 2023.
4. “Fine Stores and upscale local food shops”. Paris Tourism Office. Official Website. 2023.
5. Bateman, Kristen. “Choux, Confitures and Caviar: The Best Specialty Food Shops in Paris”. Vogue Daily Website. July 2017.

Resources: Non-Academic

1. Dupont, Antoine and Colleen. “Les Frenchies: We tried 10 Street Foods in St. Germain in Paris.” YouTube Vloggers. 2022.
2. Dupont, Antoine and Colleen. “Les Frenchies: We tried 12 of the best food stops in St. Germain Paris.” YouTube Vloggers. 2022.
3. Dupont, Antoine and Colleen. “Les Frenchies: We tried 12 street foods where the locals eat.” YouTube Vloggers. 2022.
4. Dupont, Antoine and Colleen. “Les Frenchies: 10 things to know about ordering in French.” YouTube Vloggers. 2022.
5. Dupont, Antoine and Colleen. “Les Frenchies: Finding the best sandwiches and treats in Paris.” YouTube Vloggers. 2022.

Alternate Places to visit in case of rain: Gourmet Shops

Galleries Lafayette

40 Boulevard Haussmann



Printemps

64 Boulevard Haussmann

