UNPACKING

FOOD LITERACY

NOVEMBER 15, 2018
CHESTNUT CONFERENCE CENTRE, TORONTO
WWW.NUTRITIONNRC.CA
Organization

Click on the logos to learn more about the organizations.

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- OPHA (Ontario Public Health Association)
- DCC (Dietitians of Canada)
- Ontario Dietitians in Public Health
- FoodShare

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- Helderleigh Foundation
- Canola!
- Brescia University College
- Ryerson University
- College of Social and Applied Human Sciences
- Ontario Federation of Agriculture
- Ontario Dairy Producers

**Exhibitor**

- BABY-FRIENDLY Initiative Strategy Ontario

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  - Nutrition Resource Centre

- **Elsie Azevedo Perry**
  - Haliburton, Kawartha, Pine Ridge District Health Unit
  - Ontario Dietitians in Public Health Food Literacy Workgroup

- **Jennifer Buccino**
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- **Erin Colburn**
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  - Sustain Ontario

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## Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:30</td>
<td>Registration, Exhibits &amp; Posters</td>
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<tr>
<td>8:30</td>
<td><strong>Why Does Food Literacy Matter?</strong> (Barbara Finley, Gwen Chapman)</td>
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<td><strong>Unpacking Food Literacy</strong></td>
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<td>Food Literacy: A Critical Tool in a Complex Foodscape</td>
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<td>(Joyce Slater)</td>
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<td>What is Food Literacy and How is it Measured?</td>
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<td>(Elsie Azevedo Perry)</td>
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<td>Exhibits, Posters &amp; Networking Break</td>
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<td>10:30</td>
<td><strong>Unpacking the Potential for Policy Initiatives to Advance Food Literacy for All</strong></td>
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<td>Population-Level Food Literacy Policies and Interventions</td>
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<td>(Lana Vanderlee, Melissa Fernandez)</td>
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<td>Educating for Children’s Health: Media Literacy and Food Marketing</td>
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<td>(Charlene Elliot)</td>
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<td>11:45</td>
<td>Exhibits, Posters &amp; Lunch</td>
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<td>12:45</td>
<td><strong>CONCURRENT SESSION A</strong></td>
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<td>Implementing Food Literacy Programs in Real Time – Unpacking What Happens on the Ground</td>
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<td><strong>PROGRAMMING FOR CHILDREN &amp; YOUTH</strong></td>
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<td>(Andrew Fleet, Shiba Anjum, Mara Alexanian-Farr, Susan Wright)</td>
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<td><strong>COMMUNITY PROGRAMMING</strong></td>
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<td>(Chwen Binkley, Diana Chard, Adeline Cohen, Alissa Vieth)</td>
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<td><strong>INDIGENOUS PROGRAMMING</strong></td>
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<td>(Crystal Bomberry, Kathleen LaForme, Kelly Gordon, Russell de Souza, Kanina Terry)</td>
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<td><strong>CONCURRENT SESSION B</strong></td>
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<td>Getting Practical About Food Literacy and How We Communicate with Clients and Consumers</td>
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<td><strong>AT SCHOOL</strong></td>
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<td>(Diane O'Shea, Gwen Chapman, Barbara Finley)</td>
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<td><strong>IN THE COMMUNITY</strong></td>
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<td>(Christine Callaghan, Nadine Devin, Harinderjit Ruby Samra, Brittney Urban)</td>
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<td><strong>AT HOME</strong></td>
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<td>(Angela Wallace, Janet Nezon, Nishta Saxena)</td>
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<td>2:45</td>
<td>Exhibits, Posters &amp; Networking Break</td>
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<td><strong>Unpacking Innovative Strategies to Shift Attitudes, Social Norms and the Food Environment</strong></td>
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<td>Creating Environments to Support Food Literacy in Populations: Examples from Eat Play Live (Rachel Prowse)</td>
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<td>Exploring Family-Based Strategies to Shift Attitudes, Social Norms and the Food Environment (Jess Haines)</td>
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<td>Developing SmartAPPetite for Youth: Using Smartphone Technology to Improve Food Literacy, Food Purchasing, and Diet of Teens (Jason Gilliland)</td>
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<td>Teaching Food Literacy: Why Age-Appropriate &amp; Inclusive Language Matters (Amy MacDonald)</td>
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<td>Repacking the Box: Closing Remarks</td>
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Morning Presentations

Why Does Food Literacy Matter?

To start off the day, we heard from two food literacy champions who shared their insights on the potential for food literacy to empower people of all age groups to live well. Both speakers inspired Forum attendees to take action on implementing strategies to improve food literacy in their areas of work.

Expert Insights:

- Food literacy education teaches kids many valuable life skills.
- Food literacy has the potential to transform the ways people act within the food system.
- Food literacy intersects with health, environmental and ethical concerns.

Top: Barbara Finley
Director, Project CHEF Education Society

Bottom: Gwen Chapman
Dean of the College of Social and Applied Human Sciences, University of Guelph

Food Literacy: A Critical Tool in a Complex Foodscape

In this presentation, Dr. Joyce Slater discussed “food literacy” as a concept, skill set, health promotion strategy and pedagogical tool. She examined whether food literacy is merely moral panic in our changing world, simply a re-branding of unexamined nutrition messages, or holds the potential to transform our relationships with our selves, our families and our communities.

Expert Insights:

- Food literacy can be functional, interactive or critical.
- Education should focus on food and wellbeing, not weight.
- Food literacy initiatives should: a) be evidence informed, b) be best or promising practices, c) avoid moral panic, d) avoid victim-blaming and e) be mindful of terminology.

Dr. Joyce Slater
Associate Professor of Community Nutrition, Department of Food and Nutritional Sciences, University of Manitoba
Unpacking Food Literacy in a Complex Food Environment

In her talk, Elsie Azevedo Perry discussed the research that has been conducted by the Locally Driven Collaborative Project to conceptualize and measure food literacy in Ontario. This includes a 2016 scoping review published in the Journal of Public Health Nutrition, a Delphi process and several collaborative projects.

**Expert Insights:**

- Food literacy attributes can be organized into five categories: Food and Nutrition Knowledge, Food Skills, Self-Efficacy and Confidence, Ecologic (Beyond Self) and Food Decisions.
- These attributes should be considered as interconnected.
- Food literacy measurement tools are important for program planning and evaluation.

Population-Level Food Literacy Policies and Interventions

This presentation provided a mix of scientific findings, evidence-informed recommendations and practical considerations about population-level food literacy interventions and conducting research with government stakeholders.

**Expert Insights:**

- Instead of education campaigns to help people understand nutrition facts labels, we should work on making those labels inherently easier to understand.
- Effective mass media campaigns have: a) a single focused message, b) high saturation coverage c) the support of a broader program and d) the involvement of multiple stakeholders.
Morning Presentations

Educating for Children’s Health: Media Literacy and Food Marketing

Media literacy programs aim to teach children to identify, assess and evaluate messages from various sources. Detailing some of the challenges children face in understanding packaged foods, Dr. Elliott presented some key content modules from two evidence-based Media Literacy & Food Marketing Lesson Plans developed for elementary and junior high school children.

**Expert Insights:**

- Kids see over 25 million food ads a year on the Internet.
- Kids who watch TV for more than 3 hours per day are almost 3 times more likely to buy junk food.
- Children often base decisions about the healthfulness of a product based on superficial aspects of the packaging.

Dr. Charlene Elliott
Professor of Communications and Canada Research Chair in Food Marketing, Policy and Children's Health, University of Calgary

Link to presentation slides
Concurrent Sessions

Implementing Food Literacy Programs in Real Time: Unpacking What Happens on the Ground

COMMUNITY PROGRAMMING

FoodFit – The Key Ingredients for a Successful Health Literacy Program for Low-Income Participants
(Alissa Vieth, Community Food Centres Canada)
Community Food Centres Canada and the Public Health Agency of Canada are mid-way through a 5-year multi-sectoral partnership project to develop and deliver FoodFit programs across Canada. The overall objective of the program is to promote healthier lifestyles for low-income community members with a focus on health literacy, food skills, group physical activity and social supports. Link to presentation

Evaluation of the Community Food Advisory Program (Chwen Binkley, Hamilton Public Health Services)
The Community Food Advisor (CFA) program has been running in Hamilton since 1996. An evaluation was conducted to explore the views of the program participants, the stakeholders and the CFA volunteers regarding their experiences with the program and perceptions of the continued need for the program. Link to presentation

Only Bite Off What You Can Chew: Making Food Literacy Evaluation Work For You
(Diana Chard, Hastings & Prince Edward County Public Health)
Cooking with the Basic Shelf is a 6-week series of classes intended for adults living on low incomes and/or with limited food skills. The goal of the classes is to increase the confidence of participants in the kitchen, encourage trying new foods and new recipes, and to develop food literacy. Since the classes began they have been evaluated and revised based on the evaluation. Link to presentation

Food as Medicine: Farm as Therapy: A Multi-Disciplinary Approach to Planning Food-Based Social Enterprise for Toronto Rehabilitation Institute (Adeline Cohen, University Health Network)
The University Health Network (UHN) Urban Farm social enterprise is inspired by the transformation of hospital food environments to foster healthy behaviours. An 18-month feasibility study and business planning process involved patients and clinical and administrative staff of the UHN in co-creating a social enterprise while providing opportunities for patients to engage in therapeutic gardening and cooking programs.
Concurrent Sessions

Implementing Food Literacy Programs in Real Time: Unpacking What Happens on the Ground

PROGRAMMING FOR CHILDREN & YOUTH

Growing Chefs! Headquarters - HQ Field Trips (Andrew Fleet, Growing Chefs)
HQ Field Trips provide a unique learning environment in which Grade 4-8 students can gain perspective and confidence in their place within a sustainable food system. Through fun, targeted activities, students gain hands-on experience with multiple components of a whole food system including growing, cooking, serving and disposing of food products. Link to presentation

F2S: Ontario Digs In! - Raising the Salad Bar (Shiba Anjum, Oakwood Public School)
Farm to School: Canada Digs In! is a 3-year, evidence-based, multi-sectoral chronic disease prevention partnership led by Farm to Cafeteria Canada that is scaling up efforts to get healthy local foods into the minds, and onto the plates of students across Canada. A component of this initiative is to offer $10,000 Farm to School Salad Bar grants to schools in 5 provinces across the country. Link to presentation

Food Literacy for Lunch (Susan Wright, summerlunch+)
In Toronto, approximately 200,000 students are provided a healthy meal at school every day. summerlunch+ fills the gap in July and August by providing healthy, cooked-from-scratch meals to children in neighbourhoods who attend free summer camps. The program also teaches food skills through daily lessons and hands-on food experiences, such as gardening, cooking and making DIY lunches. Link to presentation

Teen2Chef: Development and Evaluation of a Food Skills Program for Adolescents (Mara Alexanian-Farr, The Hospital for Sick Children)
In adults, adequate cooking skills predict better nutritional outcomes throughout the lifespan. Enhancing these skills during adolescence may lead to earlier adoption and utilization, with improved behaviour change. Therefore, a 10-week interactive Cooking and Food Skills program, Teen2Chef, was developed for 13-18 year olds in collaboration with dietitians from Canada’s children’s hospitals. Link to presentation

[Images and logos for Growing Chefs, F2S: Ontario Digs In!, Food Literacy for Lunch, Teen2Chef]
Implementing Food Literacy Programs in Real Time: Unpacking What Happens on the Ground

**INDIGENOUS PROGRAMMING**

**Make It Sacred: Making Healthy Choices**
(Kathleen Laforme & Crystal Bomberry, Indigenous Diabetes Health Circle)
This presentation explained how Indigenous Diabetes Health Circle heavily emphasizes the vital importance of traditional foods in achieving health and wellness in Indigenous communities. By relying on sacred inherent knowledge, this program takes an active role in decolonizing perceptions of what food and sustenance really is. A key factor in seeing better health outcomes across Indigenous nations is cultivating an understanding of how good holistic health is linked to traditional knowledge, traditional food sources and mindful eating practices.

**“Healthy Roots” Program of Returning to a Haudenosaunee Diet: Process and Clinical Outcomes From a Pilot Study on Six Nations of the Grand River**
(Kelly Gordon, Six Nations Health Services & Russell de Souza, McMaster University)
In this presentation, researchers shared their experiences with the “Healthy Roots” community initiative from conception through pilot testing and results. The initial purpose of the Healthy Roots initiative was to increase community and individual wellbeing by encouraging Six Nations of the Grand River community members to incorporate Haudenosaunee foods and traditional activities into their daily lives. [Link to presentation]

**Cooking in the Classroom - Implementing Student Nutrition Programs in Northern Remote First Nations Communities**
(Kanina Terry, First Nations Student Nutrition Program)
In Kanina’s role as the First Nations Student Nutrition Program coordinator, she supports the school nutrition programs running in 12 First Nation communities north of Sioux Lookout - 9 of which do not have all-season road access. Attendees heard about how Kanina has supported these communities with menu planning, resource sharing, ordering support, transportation planning and school visits, among other duties. Kanina also shared insights from implementing a “Cooking in the Classroom” program during school visits to engage students in the enjoyability and importance of cooking. [Link to Presentation]
Concurrent Sessions

**Getting Practical About Food Literacy and How We Communicate with Clients/Consumers**

**AT HOME**

**Back to Basics: Increasing Family Food Literacy in 7 Steps**
(Nishta Saxena, Vibrant Nutrition)
We are spending time as Canadians doing EVERYTHING except preparing food for ourselves and our families. This presentation took a look at recent stats and reasons for this shift, such as social media influence, and discussed practical ways to approach increasing your family’s food literacy starting today. Making time to help your family understand food systems, how to shop and prepare food and reduce food waste are life skills. As parents and educators and nutrition professionals, sometimes all three, we must take on this responsibility; let’s make it simple, fun and healthy. [Link to presentation](#)

**Rainbow Food Explorers: A Colourful Sensory Approach to Food Education in Early Years**
(Janet Nezon, Rainbow Plate)
This presentation explored Rainbow Plate’s sensory-based food education programs for young children. Together, we stepped into a colourful world to learn about the research evidence behind the program’s approach, the key ingredients in what it does, and how food education can and should be woven throughout the fabric of early childhood experience.

**Associations Between Parental Food Literacy and Fast Food Purchases Among Families with Young Children**
(Angela Wallace, University of Guelph)
Approximately 60% of all food expenditures amongst Canadians come from foods, snacks and beverages purchased at restaurants and fast food outlets. Food purchased at fast food outlets is typically calorie-dense and nutrient-poor, which may adversely impact health outcomes over time. Lower levels of food literacy, including meal preparation skills, food knowledge, food safety, and cooking confidence have been found to be associated with higher consumption of fast foods among adults. The Family Food Skills Study assessed what food literacy factors are most predictive of the amount of money families with young children spend on fast food items. [Link to presentation](#)
Concurrent Sessions

Getting Practical About Food Literacy and How We Communicate with Clients/Consumers
AT SCHOOL

Lessons From the Project CHEF Kitchen: How Vancouver Schoolchildren Discover Wholesome Food and Confidence in the Kitchen (Barbara Finley, Project CHEF)
This presentation introduced attendees to Project CHEF, an experiential, curriculum-based school program aimed at children in kindergarten to grade 7 that teaches students about healthy food: where it comes from, what it tastes like, how to prepare it and how to enjoy sharing it around a table. Link to presentation

Building Food Literate Citizens Through Hands-On Whole Food Cycle Education: The Power of Partnerships (Gwen Chapman, University of Guelph)
In this presentation, Gwen Chapman shared the experiences and successes of Think&EatGreen@School, (a partnership between the University of British Columbia, the Vancouver School Board, Vancouver Coastal Health and local non-profit groups), which promoted hands-on educational activities to enhance students’ food literacy. Key strategies included providing professional development, networking opportunities, and seed funding for teachers, as well as linking schools with university students, community activists and local food educators. Link to presentation

Food Literacy in the Ontario Secondary School Curriculum
(Diane O’Shea, Ontario Home Economics Association)
While the Ontario Family Studies curriculum has provision for food literacy in food/nutrition courses, these courses remain optional. This session examined curriculum expectations and explored some of the issues around mandatory food education. Link to presentation
Concurrent Sessions

**Getting Practical About Food Literacy and How We Communicate with Clients/Consumers**

**IN THE COMMUNITY**

**What is the Role of Nutrition Standards in Food Literacy Programming?**
(Brittney Urban, Region of Waterloo Public Health and Emergency Services)

To prepare for a revision of Region of Waterloo Public Health food literacy programming, dietetic interns analyzed recipes from 5 Ontario food literacy programs to find a program using recipes meeting nutrition criteria outlined in the “Nutrition Standards for Workplaces.” Various nutrition standards are supported by Public Health; however, many recipes being used in public health programming do not meet these standards. Further discussion is needed on the role of nutrition standards in programming. [Link to presentation](#)

**Inspiring Collective Community Action: “Lead the Change” Award and Incentive Program**
(Nadine Devin & Christine Callaghan, Middlesex-London Health Unit)

The Healthy Kids Community Challenge of Middlesex County developed a program coined “Lead the Change” with the objective of inspiring multiple organizations across sectors in the County to collectively create healthier eating environments. A ‘Lead the Change’ recognition award and incentive program was developed to facilitate this process. This engagement strategy facilitated significant environmental-level change over the duration of the challenge. This experience demonstrated that meaningful change can happen when communities are encouraged to collectively adopt healthier environmental practices as part of a larger community-wide effort. [Link to presentation](#)

**Food Literacy: An Agent for Community Engagement**
(Ruby Samra, City of Hamilton Public Health Services)

One of the overarching goals of the Hamilton Food Strategy is to increase food literacy to promote healthy eating and empower all residents. During this session participants learned about the Hamilton Food Literacy Network and Hamilton’s first Food Literacy Month, possibly the first one in Canada. The objective of Hamilton’s Food Literacy Month is to engage residents through the celebration of food as central to both culture and community, and to showcase the food literacy partners’ food-inspired events through this collaborative action. [Link to presentation](#)
Creating Environments to Support Food Literacy in Populations: Examples from Eat Play Live

Using examples from a practice-based research study in recreation facilities, Eat Play Live, this presentation reviewed why environmental approaches to food literacy are important and how to influence food literacy and food environments in a community setting through a capacity-building intervention.

Expert Insights:

- Environmental changes within settings (e.g. school or community) may reduce health inequities more than individual education.
- It’s important to ensure consistency between social marketing messages and food availability in a given setting.

Exploring Family-Based Strategies to Shift Attitudes, Social Norms, and the Food Environment

The Guelph Family Health Study is designed to identify early life predictors of chronic disease and examine the influence of interventions and policies on health behaviours among families with young children. Dr. Haines highlighted the Integrated Knowledge Translation strategies used to engage key knowledge users, and describe the strategies used to enhance food literacy among the parents and children participating in the study.

Expert Insights:

- Parents appreciated home visits, a non-judgmental approach, practical strategies, and a pleasant and warm environment.
- It’s important to engage a diversity of stakeholders.
- Be creative in finding ways to engage your audience.
Afternoon Presentations

**Developing SmartAPPetite for Youth: Using Smartphone Technology to Improve Food Literacy, Food Purchasing, and Diet of Teens**

To promote healthier eating among Canadians, a multidisciplinary collaboration developed a novel smartphone app called SmartAPPetite, which provides credible information about local foods to ‘nudge’ users to make healthier, smarter choices about what they buy and consume.

**Expert Insights:**

- Involvement with SmartAPPetite resulted in youth eating more healthy foods.
- One unique feature of this app was the creation of “food information chains”, guiding users from healthy eating tips to recipes, to where to purchase the ingredients.

**Why Age-Appropriate & Inclusive Language Matters**

This presentation makes the argument that food literacy should be framed as a strategy to improve self-efficacy and confidence, to nurture our natural abilities with feeding and eating, and support mental health promotion through responsive feeding, age-appropriate developmental principles, and body positivity; not to address obesity.

**Expert Insights:**

- Healthy eating includes having a healthy relationship with food, mind, and body.
- We should promote food literacy for life skills, not obesity prevention.
- It’s best to avoid the language of “healthy” or “unhealthy” foods, especially when working with children.
The NRC live-tweeted the conference using hashtags #NRC2018Forum and #UnpackingFoodLiteracy. We sent and received hundreds of tweets during the event, with people attending the Forum and those not able to join us in person.

“Food literacy is more than just cooking.. [It's the actions and frameworks that support dietary resilience over time] Slater #nrc2018forum @NutritionRC”

@DonnaRachelleRD

“Understanding nutrition facts panel sometimes requires a degree in math. #nrc2018forum”

@FoodSkillsBC

“Last talk of the #NRC2018forum by @AmyMacDonaldRD was so important and inspiring! Discussing the need to shift how we talk about food to be inclusive, neutral, non-judgmental and focused on food literacy for life skills instead of obesity prevention #UnpackingFoodLiteracy”

@JackieM_Brown

“"If the box looks serious, you know it’s healthy food" "If the box has fruit on it, you know it’s healthy food". Quotes from kids Charlene Elliott has worked with in her research #nrc2018forum #unpackingfoodliteracy”

@nutritionrc
1. Toward a common understanding of food literacy
Kimberley J. Hernandez, Doris Gillis, Kathleen Kevany & Sara F.L. Kirk

Food literacy has traditionally been informed by nutrition-focused thinking, with a particular emphasis on food skills. Food literacy, however, goes beyond this traditional focus to provide new insights from a public health perspective to meet the complex demands of our modern food system and environment. Although this more inclusive term is increasingly recognized, there is no consensus regarding the definition of food literacy or about its conceptual dimensions. A Food Literacy Conceptual Model is presented with a potential application for implementing and evaluating food literacy policies, programs, practices and interventions to promote health of individuals, communities and environments.

2. Making the Most of Student Nutrition Programs
Lynne Martens

School nutrition programs provide excellent opportunities for children and youth to learn food skills and healthy eating habits. Students with exceptionalities (intellectual, physical, behavioural, communicational) are also engaged in preparing, serving and choosing nutritious food for school food programs. This poster profiles examples of young students who gain and give much through their involvement with student nutrition. Their teachers who champion growing independence for their students have found that involvement with food at school motivates and captivates. Their practices have a positive impact on the health of students and the food environment at school.

3. Growing with Kids
Ayan Yusuf & Tania Fernandes

This poster showcases one of Healthy Kids Community Challenge Rexdale’s Theme 3 (Choose to Boost Veggies and Fruit) initiatives called Growing With Kids. The Growing with Kids initiative focused on teaching children and their families how to grow vegetables and herbs in community spaces and in their homes. HKCC Rexdale partnered with FoodShare Toronto to support community groups and families in Rexdale’s ward 1 and ward 2 with free gardening opportunities to start or continue growing vegetables and fruits. Over 5000 children were engaged through this initiative.

4. Collaborating for a consistent approach to food literacy-based nutrition education in schools
Leigh Underhill, Courtney McAskile & Andrea Kirkham

Consultations with educators indicate that many find it challenging to teach the healthy eating curriculum. Initiatives developed to improve student food literacy can effectively address common challenges. However, an environmental scan shows disparities in the availability of credible, food literacy-based nutrition education initiatives. To support consistent approaches to integrating food literacy in nutrition education, our Registered Dietitians apply their experience and expertise in evidence-based nutrition education while working collaboratively with educators. We provide educators with knowledge and tools to teach the healthy eating curriculum, improve food literacy and help children feel good about and enjoy eating well for life.

5. Bring Back Healthy Sideline Snacks Project
Nadine Devin

The Bring Back Healthy Sideline Snacks initiative was a two-year project in Middlesex County aimed at mobilizing minor sport teams to “give junk food the boot” in favour of vegetables and fruit when snacks are offered during or after games and practices. Teams across Middlesex County were challenged to ‘pledge’ to bring back healthy sideline snacks. Public recognition and incentives were awarded for doing so.

The project successfully encouraged a significant number of teams to implement healthier sideline snack practices. As well, the project spearheaded the adoption of association-wide guidelines by Strathroy Football Club, one of the largest sports clubs in Middlesex County.
Poster Abstracts

6. Addressing the need for practical student training in food systems – and more! Creating a model to promote food literacy at all levels
Jessica Wegener

A partnership was created between the School of Nutrition (Ryerson University) and summerlunch+. The aims of the partnership are: to improve capacity for practical training of nutrition students, to increase collaboration among food literacy players and to promote healthy eating and food skills. summerlunch+ is a non-profit organization that teaches food skills and food education to children, youth, counsellors and volunteers and provides healthy meals and snacks through summer camps. In partnership with Second Harvest and four community centres in Toronto, summerlunch+ aims to address gaps in learning and nutrition loss when schools and meal programs close during the summer.

7. Developing and creating effective evaluation tools for summerlunch+ programming
Yasmin Dadollahi, Jessica Wegener & Susan Wright

summerlunch+ works with four summer camps located in various high-need neighbourhoods in Toronto to provide nutritious lunches and food literacy to campers, counsellors and their program staff. Their goal is to close the gap when children no longer have access to school food programs during the summer months. In partnership with Ryerson University’s School of Nutrition, a dietetic student in the MHSc Nutrition Communication program developed and conducted an effective evaluation to further improve the program and demonstrate the impact summerlunch+ is having on all its participants.

8. Unpacking infant formula feeding: What is best practice?
Sonya Boersma & Hiltrud Dawson

Infant formula is easy to recommend and safely prepared, isn’t it? Participants in this workshop will learn about the complexities of safe infant formula preparation, particularly regarding powdered infant formula, and will practice teaching preparation techniques. In addition, participants will practice having a non-guilt-inducing, informed decision-making conversation. Finally, learners will learn about a provincial formula resource, and get a sneak preview of upcoming provincial resources that support parents who make an informed decision to feed their infant formula.

9. Group Education Model for Chronic Disease Prevention and Management
Sharon Booy & Debra Phelps

Research, funded through a Collaborative Research Grant sponsored by George Brown College in collaboration with Parkdale Queen West Community Health Centre, was undertaken to determine the best model and practical tools needed to provide cooking and health education at Community Health Centres. The study attempted to assess and explore capacity of CHCs and their clients, including existing resources and gaps.

Client participants and facilitators from five CHCs provided feedback to inform this study on health concerns, cooking skills, resources and access to food. Participants took part in an established Healthy Cooking on a Budget series and/or in focus groups.
What Can You Do Next?

The Nutrition Resource Centre (NRC) strengthens the capacity of health promotion and nutrition professionals, organizations and community partners involved in healthy eating and nutrition across the province of Ontario. Click here to learn more about our services.

The NRC Navigator is a free, online repository of information designed to help health professionals and community partners find their way through the complex landscape of healthy eating and nutrition, and access resources related to policy and program development. The NRC hopes the Navigator will become your first stop for finding evidence-informed programs and policies that can guide your work.

Never miss an update or a headline related to healthy eating, food or nutrition! Subscribe to our free daily News in Brief and our monthly newsletter to stay up to date on important developments, events, stories from the field, and new resources from the NRC and beyond!

Visit this page to check out all of our upcoming workshops, webinars, and Forums, as well as to access the recordings and presentation materials from our past events. Got an idea for an event? Let us know!

Stay in Touch!

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