



Food Literacy Kids in Focus

*For the Nutrition Resource Centre,
Ontario Public Health Association*



Unpacking Food Literacy

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Speaking from Ottawa - March 12, 2015



Unpacking Food Literacy

PART THREE of:
NRC'S UNPACKING FOOD LITERACY SERIES



www.ohea.on.ca
www.food-literacy.ca

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What is OHEA?

The Ontario Home Economics Association, a self-regulating body of professional Home Economists, promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life.

Received Registered Status – Province of Ontario - 1989

Members who meet the education requirements, agree to a Code of Ethics, rules of professional conduct and standards of practice may use the title PHEc.

Professional Home Economists work to improve

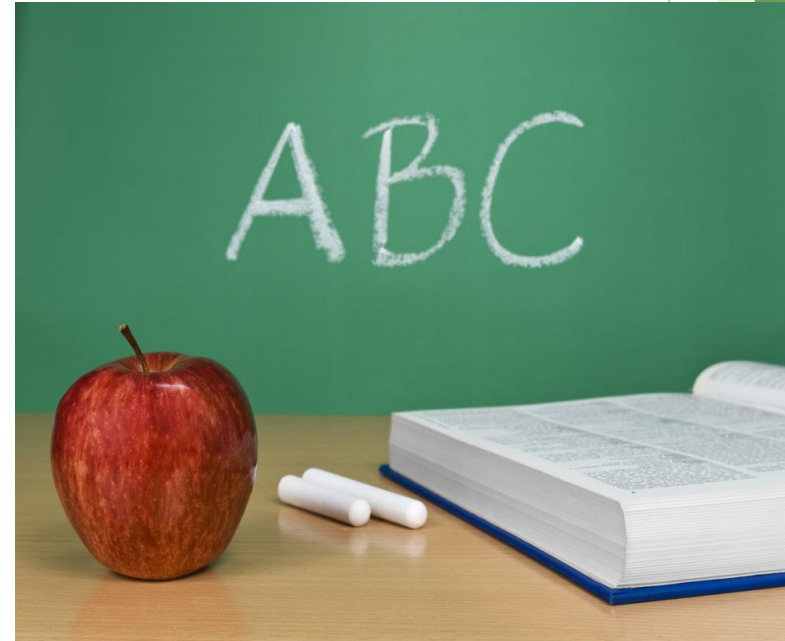
- ▶ food literacy
- ▶ financial literacy
- ▶ family literacy



OHEA's Food Literacy Website

www.food-literacy.ca

A Call for Improved Food Literacy



www.ohea.on.ca
www.food-literacy.ca

Did Home Economics become extinct?

- ▶ The term Home Ec. went out of favour - perhaps a victim of the feminist movement or Women's Lib?
- ▶ **Home Economics was re-named!**
- ▶ Look for new names:



Home Economics? Family Studies? Human Ecology? Which is it?

- ▶ For over a century, Home Ec. has portrayed itself as both multi-and inter-disciplinary. (Brown, 1993)
- ▶ Today, trans-disciplinary is proposed *‘The problems of the world are so complex that no single discipline is capable of solving them alone.’*
Dr. Sue McGregor PhD (Mt. St. Vincent U)

Today in Ontario, Home Economics is labelled:

- ▶ Family Studies at the high school level; and
- ▶ Human Ecology at the university level.

Home Economics in the Headlines

- ▶ *Cutting home economics? Now that's out to lunch*
By [Elizabeth Renzetti](#), The Globe and Mail - Apr. 28 2014,
- ▶ *Liberal government urged to bring back home economics in Ontario. The ability to prepare a meal from scratch is a dying art, the Ontario Federation of Agriculture says.'*
By [Richard J. Brennan](#) Toronto Star Provincial Politics - Apr 24 2013
- ▶ *'Bring back home ec! The case for a revival of the most retro class in school'* By [Ruth Graham](#) Boston Globe - Oct.13, 2013
- ▶ *'Time to Revive Home Ec'*
By [Helen Zoe Veit](#), The New York Times - Sept 5, 2011
- ▶ *Globally, there has been a call for more Home Ec. courses. It's interesting that the name Home Ec. has stuck with the public!*

Home Economics covers all aspects of home and family life

OHEA's greatest focus is on food, nutrition and consumer education

– as these topics directly impact every person at least 3 times daily, at all ages and all stages of life.



OHEA believes that:

As a society and as a profession, we have a responsibility to provide learning opportunities for children and youth so they acquire basic life skills (including cooking skills, nutrition knowledge and budgeting competencies) – tools to help keep kids healthy today and better-prepared for adulthood.

Kids in Focus - Let's focus on why improved food literacy is essential for Ontario children and youth.



Need for Improved Food Literacy for Children and Youth

- ▶ ‘Nearly 1/3 of children/youth are overweight or obese – conditions that can result in chronic diseases like Type II diabetes, cancer and heart disease’ - which translates to higher healthcare costs - **Public Health Ontario**



Need for Improved Food Literacy for Children and Youth

- 'Food skills are rarely taught in the home today. Families are too busy, parents often lack nutrition knowledge, cooking skills and time to teach their children.'

CHEA Study 2000



Need for Improved Food Literacy

Kids are Vulnerable

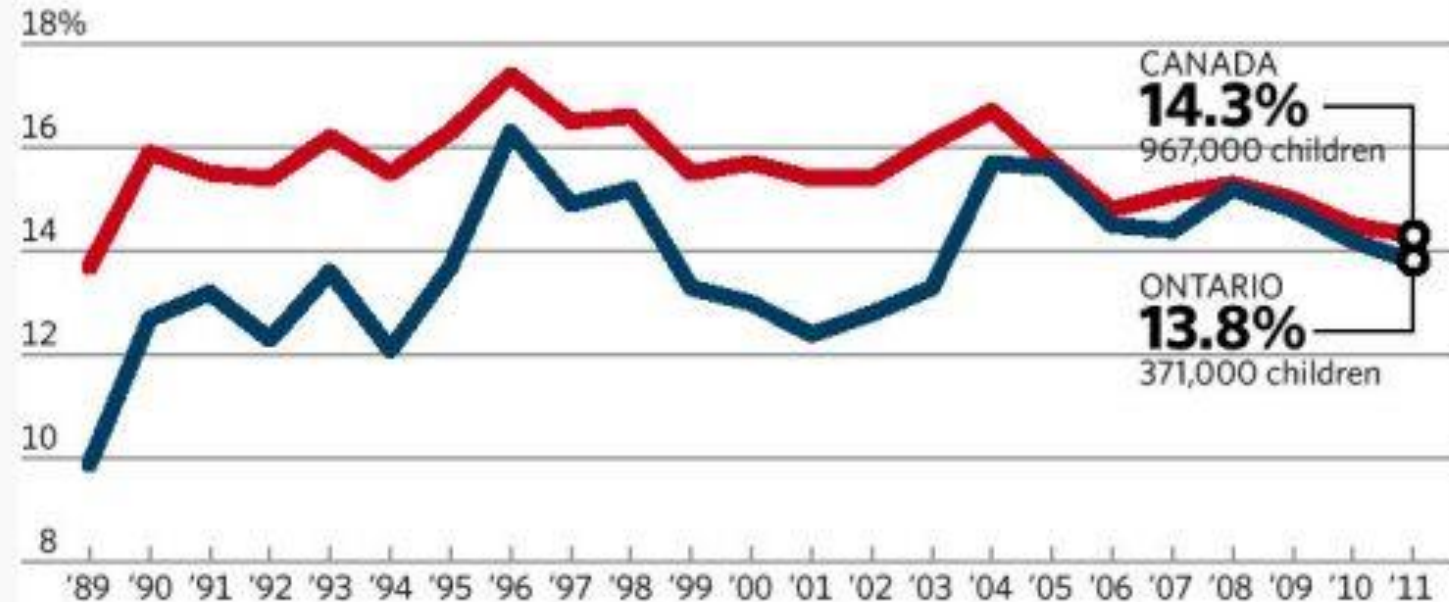
In Ontario, child poverty rates mirror the national average, with about 371,000 children living in poor households.

Child poverty in Canada and Ontario since 1989

The percentage of children living in low-income families is lower in Ontario than in the rest of Canada, but continues to be higher than in 1989 when Ottawa pledged to end child poverty by 2000.

— ONTARIO — CANADA

PERCENTAGE OF CHILDREN IN LOW INCOME HOUSEHOLDS



SOURCE: Income Statistics Division, Statistics Canada

TORONTO STAR GRAPHIC



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Need for Improved Food Literacy for Children and Youth

Convenience foods are so readily available; families often don't bother to cook-from-scratch.

Families are on the run! Too rushed to sit-down together, many families miss the interactive social benefits of gathering around a dinner table.



Need for Food Literacy Kids are Vulnerable!

- ▶ More and more people eat in front of the TV or computer screen or in their cars and often alone. Family meal time is often compromised;
- ▶ Children need consistent / reliable information about food and nutrition. With TV and Internet access, kids do not always receive reliable food messages from trusted sources.
- ▶ Many packaged foods, TV ads and fast food target kids.
- ▶ But kids can learn to make wise choices when food skills are taught in school and practiced / reinforced in the home.



Need for Food Literacy Kids are Vulnerable!

- ▶ 'Children are especially interested in snack foods, particularly confectionery products. Children consume more confectionery products than the population average, in part because most of the marketing is targeted to them.' **Global Consumer Trends / Agriculture & Agri-Food Canada**
- ▶ More children are eating outside the home as a result of urbanization and the increased number of mothers in the workforce. **Euromonitor International, November 2011/Agriculture & Agri-Food Canada**

Need for Food Literacy Kids are Vulnerable

- ▶ Younger consumers are more likely to have dietary restrictions or be on a specialized diet, compared to older consumers - (vegetarianism and weight-loss regimens) (Euromonitor International, December 2011a).
- ▶ Globally, 15% of youth do not eat meat / fewer than one in ten classify themselves as a vegetarian or a vegan; Global Consumer Trends/ Agriculture & Agri-Food Canada
- ▶ Young people skip an average of four meals/week, two of which are breakfast (Euromonitor International, December 2011b). Global Consumer Trends/
- ▶ Globally, youth dine out for almost the same # of meals as they eat at home. Global Consumer Trends/ Agriculture & Agri-Food Canada

Need for Food Literacy ...Kids are Vulnerable

‘Food bank clients will decline donations of some foods (kale, quinoa and white beans) because they don’t know how to cook them.’ **Bill Hullah, President Community Share Food Bank (Toronto)**

‘374,698 people in Ontario used food banks in March 2014, and 35% (131,145) of those were children and youth. **The Huffington Post Canada**



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Need for Improved Food Literacy

Household debt climbs to 162.6% of disposable income:

Canadians owed about \$1.63 for every dollar of disposable income. Dec, 2014 - StatsCan

- ▶ Despite family debt, families 'eat-out' frequently - thereby risking higher consumption of sodium, fat, sugar and are eating fewer fruits and vegetables.

PHECs *ask*, 'Can families afford to eat out so often - financially or nutritionally?'



Need for Improved Food Literacy

Some parents are trying to implement food education without waiting for the Ministry to mandate. Seeing a need, for food skills to be taught, they are attempting to arrange use of community kitchens. They face liability insurance costs and teacher union resistance to the extra courses.

A School Parent Council within Hamilton/Wentworth DSB



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Need for Improved Food Literacy

- ▶ **Food Waste - a BIG issue globally:**

Children will often toss an orange rather than peel it!

Improved food literacy would help reduce food waste in the home.

- ▶ Food waste contributes an estimated 14% of global CO₂ emissions. **Food Waste: A Global Tragedy**

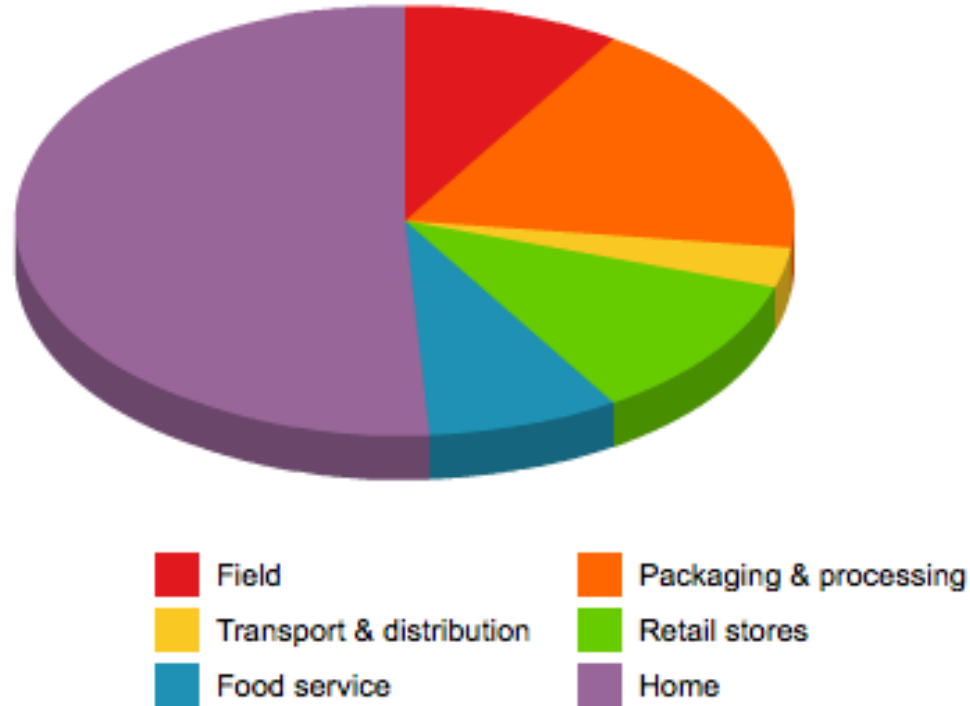
- ▶ 18-24 year-olds waste more food than 55+ age group.

Food Waste Avoidance Benchmark Study New S. Wales

Home Economists ask... 'Why'? OHEA

Need for Improved Food Literacy

Proportion of food lost along the Canadian Food Value Chain



CBC News <http://jpinsight.blogspot.ca/2012/10/cbc-news-most-of-canadas-wasted-food.html>

Need for Improved Food Literacy

- ▶ ‘Consumers are thought to be the largest contributors to waste along the food chain (Gooch et al, 2010; Griffin et al, 2009; Parfitt, 2010; FAO, 2011; Segre, 2012).
- ▶ Reasons include excess purchases, cooking too much, failure to consume before perceived best before date and improper storage. Purchasing larger amounts of perishable food during holiday periods and not eating leftovers are also important causes of food loss at the household level, particularly in more affluent societies ‘(Buzby and Hyman, 2012).

Value Chain Management Centre - 2012



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Need for Improved Food Literacy

Parent Councils and teachers are concerned about some students who leave campus at lunchtime in search of fast food.



Need for Improved Food Literacy

Kids need to think critically about local food - to understand its nutritional, environmental and economic benefits.

Kale, kolrabi, nectarines, rhubarb, bok-choy, quinoa, eggplant and asparagus and mushrooms –some local produce that kids can not identify /have not sampled.



Need for Improved Food Literacy

► What's a Serving Size?

Children must learn to identify and choose a serving size.

HC has set the guideline, but has fast food set the example?

Children learn from habit and by example.

Size Matters by Mairlyn Smith, P.HEc

www.ohea.on.ca/uploads/1/2/6/0/12605917/size_matters.pdf

Look forAsk a PHEc

Need for Food Literacy

► Healthful Eating Helps to Reduce Stress and Anxiety

Almost 60% of students in Grades 7 & 8 said they worried about their future all the time or sometimes. By high school the percentage grew to 73%.

Toronto District School Board - 2013



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Need for Improved Food Literacy

► Family dinners can reduce effects of cyberbullying

Journal JAMA Pediatrics - McGill University Study 2014

Yet fewer families find the time to sit down together



Need for Food Literacy

- ▶ No education is complete without knowledge of how to feed oneself nutritionally and economically.



Studies behind the Need for Food Literacy for Children and Youth

- ▶ Arts et al. (2014): More than one-half of young adults aged 18-24 have at least 1 coronary heart disease risk factor and nearly one-quarter have advanced atherosclerotic lesions;
- ▶ Berge, J.M., et al (2014) Family meals during adolescence were protective against the development of overweight and obesity in young adulthood.
- ▶ Leatherdale & Rynard (2013): 94% of Canadian youth reported inadequate fruit and vegetable intake;
- ▶ Hartmann et al (2013): Cooking skills may help people meet nutrition guidelines in their daily nutrition supply and allow healthier food choices. It is, therefore, important to teach children and teenagers how to cook and to encourage cooking skills.



Studies that Back Need for Food Literacy

- ▶ Desjardins, E., & Azevedo E. (2013) Making something out of nothing: food literacy among youth, young pregnant women, and young parents who are at risk for poor health.
- ▶ Laska et al. (2011): Emerging adult food preparation predicts both better dietary quality five years later in mid-to-late twenties, including higher intakes of fruit, vegetables, and dark green/orange vegetables, less sugar-sweetened beverage and fast-food consumption.
- ▶ Larson et al (2006): Food preparation by young adults is associated with better diet quality. Young adults who reported frequent food preparation reported less frequent fast-food use and were more likely to meet dietary objectives for fat, calcium, fruit, vegetable, and whole-grain consumption.
- ▶ Brown & Hermann (2005): Cooking classes increase Fruit and veggie intake and food safety behaviours in youth and adults



Where is the Food-related Curriculum in Ontario schools?

- ▶ There is no compulsory curriculum for Family Studies for Ontario students in Grades 6, 7 and 8. Only a few school boards still offer elementary Family Studies programs.

Generally elementary schools lost Home Ec courses nearly 20 years ago during a government cuts. That action to save \$ at the time has resulted in the down-hill slide of nutritional health and money management skills in the Ontario population. Home Economics curriculum covers food and financial literacy!

- ▶ Toronto D/S Board has been instrumental in developing integrated FS curriculum in Gr.6/7/8. Jr/Intermediate Level. integrated curriculum in 6,7,8, includes, Phys Ed and healthy eating, literacy, numeracy and art. Tribe Strategies infused throughout. Resources have been developed and may be purchased by outside parties. **Diane O'Shea, P.H.Ec. M.Sc - FS Educator**

Where is Food-related Curriculum in Ontario Elementary Schools

*Ontario **Elementary School Health** & Physical Education curriculum Interim edition (2010) covers the following on a discussion and project basis:*

- ▶ Gr. 1 - Discussions on foods for healthy bodies
- ▶ Gr. 2 - CFG discussion, food choices, snacking / meals
- ▶ Gr. 3 - Food origins, nutritional values, environmental factors, oral health
- ▶ Gr. 4 - Nutrients - food choices, healthy eating goals
- ▶ Gr. 5 - Nutrition Facts Table - food labels
- ▶ Gr. 6 - Influences on Healthy Eating, cues, guidelines
- ▶ Gr. 7/8 - Nutrients, Food choices & health problems. Body image

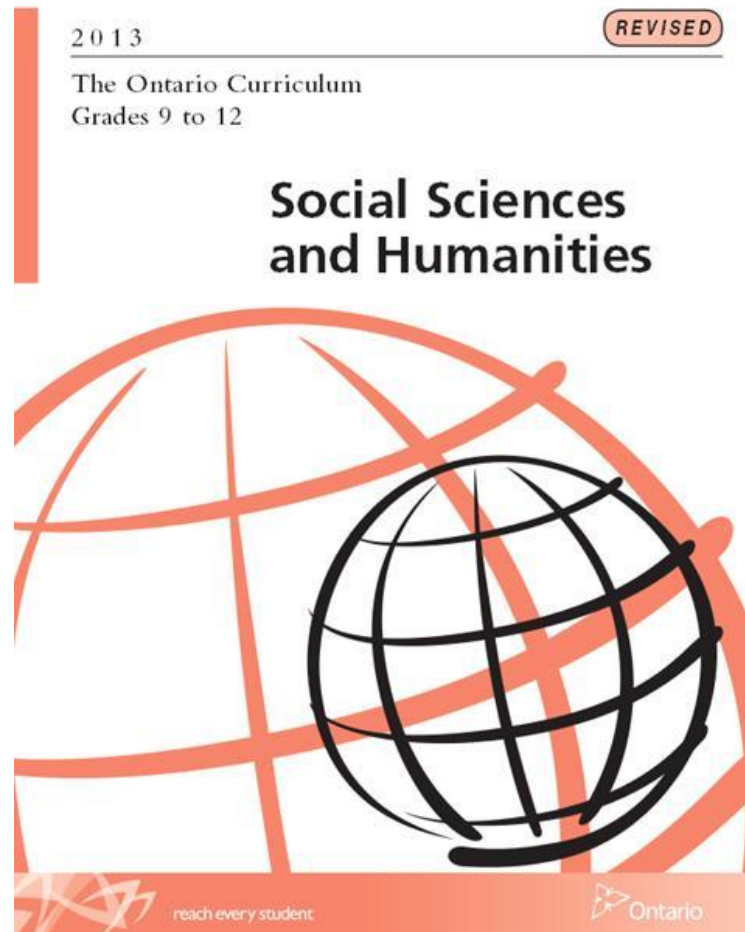
Connections to home are important to bring the learning home to families.

Ministry of Education - Health and Physical Education Curriculum 2010



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www.food-literacy.ca

Where is the Food-related Curriculum in Secondary Schools?



Food-related Curriculum in Ontario Secondary Schools

Excellent Ontario Secondary School Family Studies curriculum is in place.

- ▶ In the Fall 2013, the Ministry of Education released 13 new or revised Family Studies courses, Seven of those courses are food and nutrition related.
- ▶ Find <http://www.edu.gov.on.ca/eng/curriculum/secondary/ssciences9to122013.pdf>
- ▶ Go to: Ministry of Education
- ▶ Find: The Ontario Curriculum Grades 9 to 12 Under Humanities & Social Sciences Umbrella
- ▶ Look for Family Studies then - Food / Nutrition courses



Food-related Curriculum in Ontario Secondary Schools

- ▶ The New Food and Nutrition curriculum has depth and breath!
- ▶ However, it is not mandatory! ‘Therein lies the problem!’ OHEA
- ▶ Only a small % of students benefit from the food skills and nutrition curriculum in Ontario.
- ▶ *The 7 food/nutrition courses offered are:*



Food-related Curriculum in Secondary Schools is c/o Family Studies and is Optional

- ▶ Food and Nutrition, Grade 9 or 10, Open (HFN10/20)
- ▶ Food and Culture, Grade 11, University/College Preparation (HFC3M)
- ▶ Food and Culture, Grade 11, Workplace Preparation (HFC3E)
- ▶ Nutrition and Health, Grade 12, University Preparation (HFA4U)
- ▶ Nutrition and Health, Grade 12, College Preparation (HFA4C)
- ▶ Food and Healthy Living, Grade 12, Workplace Preparation (HFL4E)

All of the above courses are excellent. Grade 11 and 12 courses are available for all 3 streams of students - Pathway Distinction. (aligns with interests)



Food / Nutrition courses must be taught by qualified teachers!

Many teacher candidates lack the practical skills required to teach Family Studies food courses.

- ▶ Will the lack of practical skills become a greater concern if a food and nutrition course becomes mandatory?
- ▶ Which universities will train Family Studies teachers - cutbacks happening?
- ▶ OFSHEEA and OFSLC offer workshops, resources and training opportunities for teachers to upgrade their qualifications.

Of the new FS courses:

- ▶ some are direct Food and/or Nutrition courses
- ▶ Some are Child Development courses which include food/nutrition components
- ▶ 1 is a Management Course - encompassing food prep-skills

Other FS courses focus on family, relationships, clothing, textiles and housing skills.



Food/Nutrition courses must be taught by qualified teachers!

- ▶ Food and Nutrition - Safety Issues and Concerns

In FS courses, teachers must take particular care to ensure that safety requirements are met by students during practical activities.

- ▶ The safe use of knives / appliances / working in a group setting
- ▶ Importance / methods of properly washing produce
- ▶ Importance / methods of using a meat thermometer;
- ▶ Care to avoid cross contamination of food;
- ▶ The importance / methods of dealing with hazardous materials



Community circle learning / tribe strategy

- ▶ A strategy that originates from a process called tribes - is a wonderful way to build an inclusive classroom. It is being used more/more in both elementary and secondary classrooms.

‘ I use the concept of community circle with my classes - it originated from the Aboriginal talking circle - we sit in a circle on one level (including the teacher) and use a system for discussion that includes no put downs, active listening, mutual respect and the right to pass. I really like it and there is so much that can be done with this strategy.’

Diane O'Shea, P.H.Ec. Family Studies Educator / London

What knowledge is lacking for families:

Many families do not:

- ▶ plan balanced meals around CFG or sit down to home-cooked meals;
- ▶ read or understand food labels;
- ▶ seek local or in-season food;
- ▶ know how to make a meal from scratch,
- ▶ stick to a food budget or shop with a list;
- ▶ allow sufficient time to shop for groceries and to prep veggies;
- ▶ know how to reduce food waste; or to save on food dollars;
- ▶ Use a meat thermometer or follow other food safety practices.

The irony? These topics are integral parts of high school Family Studies curriculum.



Families today:

- Claim to be more time deprived than financially deprived.



Families:

Have been redefined but regardless of their nature:

- ▶ They are our primary unit of care and support, a caring force that shapes us at the individual, community and societal levels. **Current State Of Canadian Family Finances | 2013-14 Report -Vanier Institute of the Family**
- ▶ Kids are primarily influenced by family values and practices and by teachers and peers. *(not always in that order)*
- ▶ *Clearly what's taught in the home and at school are major influencers.*

OHEA is urging the Government to make food education mandatory

OHEA has an online petition to improve food literacy:

- ▶ Make at least one food & nutrition course compulsory for all students to obtain an Ontario Secondary School Diploma.
- ▶ **Target:** Premier of Ontario, Minister of Education, Minister of Health and Long Term Care, Minister of Agriculture, Food and Rural Affairs, Hon Elizabeth Dowdeswell, Lieutenant Governor of Ontario
- ▶ **Signatures to date** - Over 2,400



Urging the Government to make food education mandatory

- ▶ The online petition is a simple tool that OHEA used to test public interest in and support of mandatory food education. The petition allows comments. We've heard from parents, teachers, grandparents, dietitians, university profs, family doctors and many others who support compulsory food and nutrition curriculum in Ontario.
- ▶ The petition remains online:
www.food-literacy.ca



Urging the Government to make food education mandatory

On Nov. 18, 2014:

OHEA sent a formal submission to Premier Kathleen Wynne with copies to:

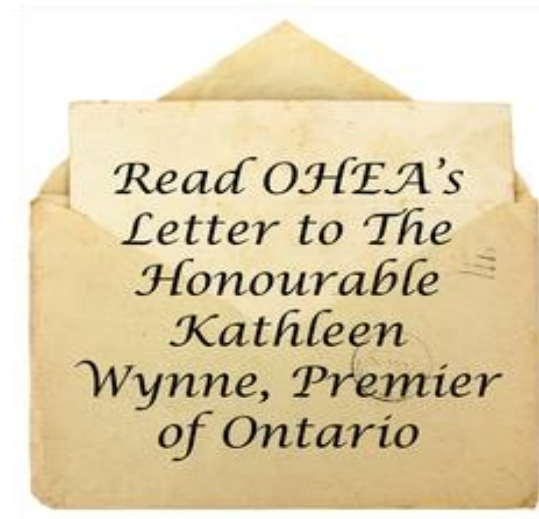
Hon Liz Sandals, Min of Education

Hon Eric Hoskins, Min Health and Long Term Care

Hon Jeff Leal, Min of Agriculture, Food and Rural Affairs

Hon Elizabeth Dowdeswell, Lieutenant Governor of Ontario

www.food-literacy.ca



Urging the Government to make food education mandatory

► On Jan 20, 2015:

OHEA was invited to meet with a Senior Advisor to Premier Wynne who is in charge of education files at Queen's Park.

OHEA received a warm welcome on this topic. The Premier's office agreed that food and nutrition were important courses and encouraged OHEA to:

- 1) **Gather support from like-minded groups; and**
- 2) **Consider including elementary schools in the equation**

OHEA had requested mandatory food courses at the secondary level, because the curriculum is already in place. OHEA will broaden its call based on that advice.

Next steps



OHEA continues its call for improved food literacy.

Any group or individual wishing to write a Letter of Support for mandatory food education is invited to do so.

Please send dated and signed letters on letterhead to OHEA - c/o Mary Carver at mcarver@ohea.on.ca

Meanwhile, the Ontario Government has set Food Literacy Goals

January 2015:

OMAFRA has identified 3 goals to increase food literacy and knowledge of local food as part of the **Local Food Act**:

- ▶ Increase # of Ontarians who can identify local food;
- ▶ Increase # of Ontarians who know where to buy local food and how to prepare it;
- ▶ Make local food more available through food service providers, and increase the # of Ontarians who prepare local food meals for family and friends.



www.ohea.on.ca
www.food-literacy.ca

Some of the Challenges to Implementing Mandatory Food Education

- ▶ Availability of qualified teachers with a background in the science of food/nutrition - with the required cooking skills;
- ▶ Lack of kitchens in many schools;
- ▶ Cost of food/groceries for students to cook on-site;
- ▶ Creativity required to teach with minimum equipment and budget;
- ▶ Space in the timetable for a double period - sufficient time to prepare, cook, sample and clean up;
- ▶ Decision on what existing course needs to be tweaked to be suitable as mandatory.
- ▶ **Perhaps - Gr. 10 Food and Nutrition to save Grade 12 students from being overloaded?**

Food Literacy Goals Align well

OHEA's call for mandatory food education aligns well with the Ontario Food and Nutrition Strategy Action Plan Framework on food literacy.

- ▶ The government set a goal to reduce childhood obesity by 20 percent over 5 years.
- ▶ OHEA believes that mandatory food education can help the government meet its 20% obesity reduction goal.

Every child should have an equal opportunity to be food literate!

Food Literacy Goals Align Well

- Mandatory food education is directly in line with:

The Ontario Ministry of Health & Long Term Care report "*No Time to Wait*" calling for action to address health of mothers and children through food and nutrition.

It also coincides with the *National Food Strategy* that calls for direct action through education to ensure the next generation develops the necessary skills to thrive. **National Food Strategy / Canadian Federation of Agriculture**

Other groups working to improve food literacy:

► Ontario Federation of Agriculture (OFA)

‘Health and illness prevention start with a strong food literacy component in school curriculum, and ends with a healthier population and a less taxed health care system.’

OFA is calling for food literacy programs introduced in schools to teach Ontario’s youth to make better, healthier food choices.

OFA’s food literacy goal is a “6 X 16 Program”, taken from the National Food Strategy. It is a measurable goal to ensure that by the age of 16 years, each Ontario teenager can plan and prepare 6 nutritious meals.

Building on the 6 x 16 project - (6 meals by 16 years of age)

Watch for more on this from Canada Beef via:
Joyce Parslow, PHEc, & Karine Barlow, RD



This March Break take the
#RoastBeefChallenge
with your family



#LoveCDNBeef



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www.food-literacy.ca

Others working to improve food literacy...

Jamie Oliver teams up with Sobeys

- ▶ Under the tagline “*Better Food For All*,” the new brand positioning includes several novel initiatives, such as a new, all-natural artisan bread program.

Exclusive nutritional rating program, **Guiding Stars**® available in Ontario Loblaws® stores.

Great in-store reinforcement for take-home curriculum messages!

Others promoting food literacy

- ▶ **BE FOOD SAFE!** - excellent website

Others promoting food literacy to kids

- ▶ Canadian Partnership for Consumer Food Safety Education
- ▶ <http://befoodsafe.ca/learning-centre/kids-zone/>
- ▶ Kids Zone! Great resource for teachers and students.

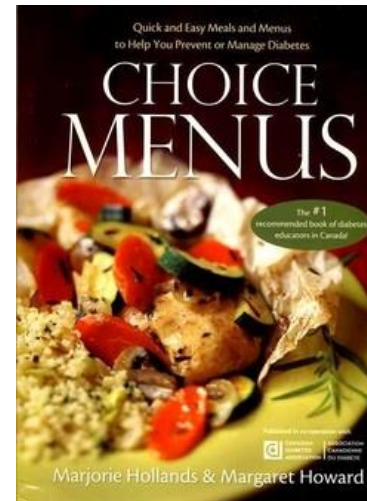
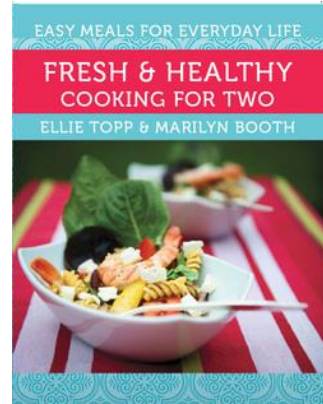
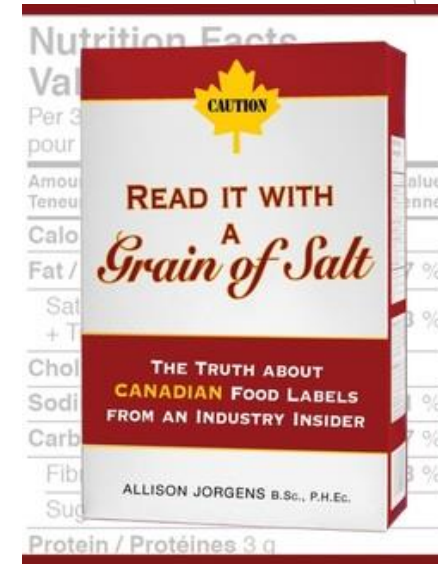
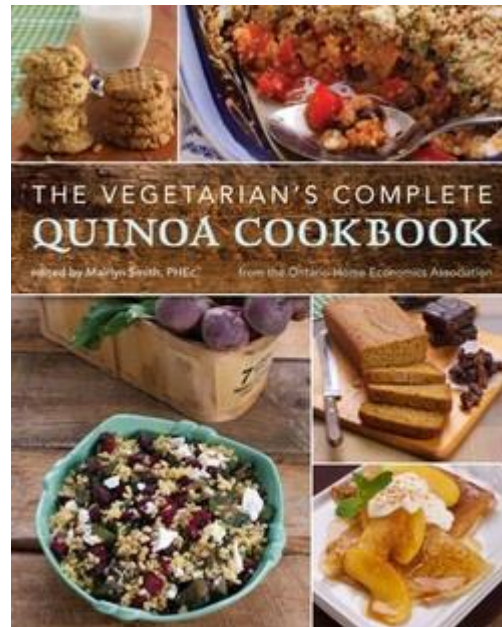
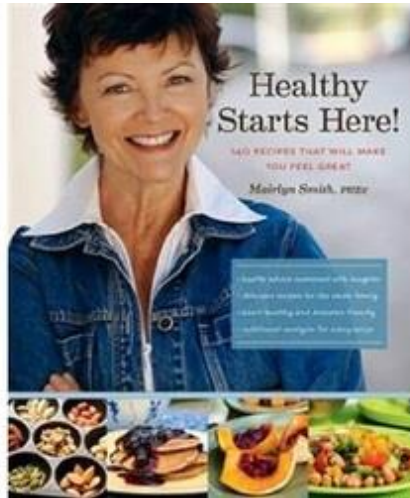
OHEA reaches out to families with food education at every opportunity

- Ontarians may be in a cooking crisis! At least 2 generations have now grown-up without basic cooking skills to enable them to choose food and prepare meals consistent with healthy eating.

Professional Home Economists provide reliable consumer education!



Collectively and individually, Home Economists work to improve food literacy via consumer education, media presentations, cookbook writing and food blogs



Professional Home Economists promote food literacy daily through cooking demonstrations, media appearances and lectures



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Dr. Yoni Freedhoff MD strongly supports mandatory food education

- ▶ Yoni Freedhoff, MD, assistant professor of family medicine at the U of Ottawa. - founder and medical director of the Bariatric Medical Institute sounds off daily on his award-winning blog, [Weighty Matters](#)
- ▶ *'If we want to see change, it's going to have to come from within. Starting at home, find a way to cook and eat together more often.'*



Brescia University College

FRESH

Food Resources and Education for
Student Health

Multi-strategy, peer nutrition education program, created by and for university students. Graduate students develop program. Undergraduate students deliver it. Dr. June Matthews, PhD, RD, PHEc (on behalf of FRESH colleagues Dr. Paula Dworatzek, PhD, RD, PHEc and Ms. Anne Zok, BSc), presented a talk on FRESH at the United Nations DPI/NGO Conference in NY - Aug. 2014.

Read about it at: www.food-literacy.ca



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www.food-literacy.ca

Canadian producers work to improve cooking skills...



The **Roundup™ App** is born
Roundup Spec Sheet

- Free Download
- Smartphone Friendly – Optimized for:
 - Iphone
 - Ipad
 - Android



Canada Beef made 'Food Skills' a key platform for healthy families and food security choices.



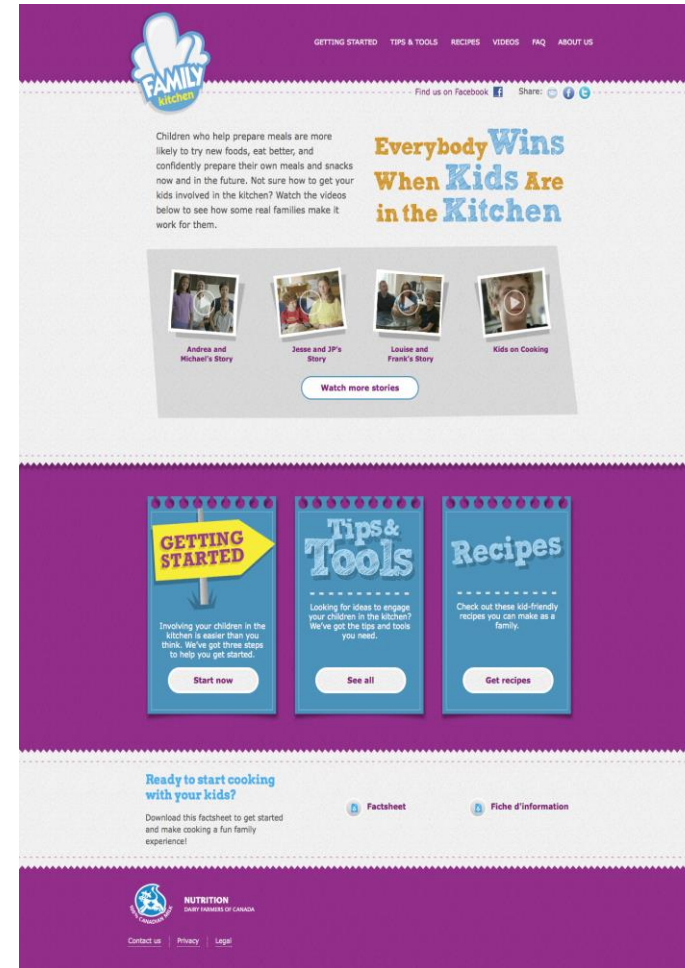
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Canadian producers work to improve food literacy

In Ontario, Dairy Farmers of Canada launched an extensive food skills campaign.

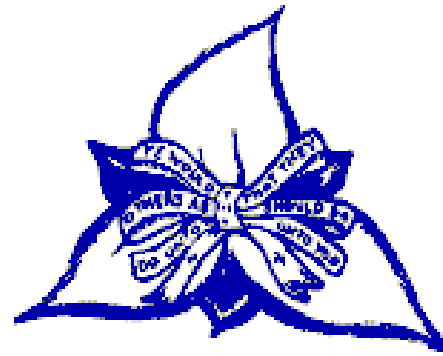
Key elements include website with tips, tools and resources, public service announcements and health professional and school-connected resources.

‘Everybody Wins when Kids are in the Kitchen!’



Provincial Council of Women of Ontario supports improved food literacy for kids

- ▶ Provincial Council of Women (Ontario) has prepared a Resolution supporting OHEA's mandatory food education.
- ▶ The resolution will be voted on at its AGM:
April 24, 2015.



Conference Board of Canada supports improved Food Literacy for kids

‘Food Education Should be a Priority in Canadian Classrooms’

Conference Board of Canada media release

‘Food literacy refers to the ability to:

select and purchase nutritious foods, safely store and prepare food, interpret food labels and claims, and plan and budget for meals.’

Conference Board of Canada



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www.food-literacy.ca

Taking Food Literacy to the Next Level

- ▶ ‘Although most Canadians have a fairly good basic knowledge of food, nutrition and health, they often do not put that knowledge to use.’ Conference Board of Canada

Is it a result of time restraints? Or a matter of priorities?

- ▶ A mandatory food course could make a more level playing ground for all children and youth - especially kids at risk.



Hands up for Food Literacy

Food Literacy is
an essential life skill.
Let's give every child equal
opportunity!



CBC TV NEWS video:

- ▶ CBC TV News-Ottawa requested an interview on mandatory food education. We spoke to unrehearsed students in a Family Studies classroom. Hear what they had to say about mandatory food education:
- ▶ <http://www.cbc.ca/player/News/Canada/Ottawa/ID/2499547566/>

Watch this short CBC TV News clip NOW!

- ▶ www.food-literacy.ca - scroll down to the CBC story!

Mary Carver, P.H.Ec.
Public Relations and Food Literacy Coordinator
Ontario Home Economics Association - www.ohea.on.ca

Speaking today from Ottawa
mcarver@ohea.on.ca



*Presented for the Nutrition Resource Centre,
Ontario Public Health Association
March 12, 2015*