



# "Food Safety and Nutrition"

## Provincial Programming Theme for 2003



**A**s I sat at my computer preparing to enter these programming ideas for the upcoming year, the thought that this is my last column for the *Home & Country* came to mind. I would like to take this opportunity to say my goodbyes to every contact I have made over the last three years. I have thoroughly enjoyed my opportunities as the FWIO Provincial Education Coordinator.

A strong Education Committee, willing to pitch in and assist, is indeed an asset when dealing with the vast scope of requests from Branches and Districts. I wish the ROSE (Rural Ontario Sharing Education) Coordinator success in this new position.

This year, because we are into the second year of "Food Safety and Nutrition" as the theme, it was particularly difficult to produce new and exciting programming material. I hope that each of you still has access to the programming ideas from the Winter 2001-2002 *Home & Country*. If your Branch organized their programming around nutrition last year, then the Education Committee recommends that you look into food safety this year, or vice versa, although the ideas and contacts are similar for each approach.

An article written by Douglas Powell, Scientific Director of the Food Safety Network at the University of Guelph, was forwarded to me by one of the Education Committee members. Powell stated that food safety advice for consumers seems to be given around the major celebrations, such as Thanksgiving and Christmas, or the launch of the barbecue season. But people, he argued, have to eat and prepare their food every day.

Where do people get food safety information on a daily basis? Most people hear the messages about how to handle food safely, but then do something different. One of the prime sources of information is the television. Situations on TV, for example, that demonstrate incorrect food safety include handling raw meat and then handling vegetables or herbs without washing hands, time and temperature violations, or passing utensils around for tasting. These practices, however, may be considered acceptable to some viewers. Education is certainly the key!

Also be aware when planning your programs, that the United Nations has proclaimed 2003 as the International Year of Fresh Water. This too fits into the food safety aspect of WI programming for the upcoming year. As does the Ontario Government's program to decommission old and unused wells in the province.

The following list of websites produced by the Public Health Dietitians/Nutritionists in Ontario in 2001 and distributed by Health Promotion and Program Support Services should help you with your Branch programs. Happy planning!

- Dietitians of Canada – [www.dietitians.ca](http://www.dietitians.ca)  
A wide range of healthy eating topics from a Canadian perspective, along with sections such as "Find a Dietitian" for those in need of more personal advice.
- Health Canada's Nutrition Site – [www.hc-sc.gc.ca/hppb/nutrition/index.html](http://www.hc-sc.gc.ca/hppb/nutrition/index.html)  
Links to nutrition resources, guidelines and publications from Health Canada.
- Canadian Health Network – [www.canadian-health-network.ca](http://www.canadian-health-network.ca)  
Resources, facts about healthy eating, games, quizzes and discussion groups.
- National Institute of Nutrition – [www.nin.ca](http://www.nin.ca)  
Credible scientific research on key food and nutrition issues.
- Ontario Ministry of Agriculture and Food – [www.gov.on.ca/OMAF](http://www.gov.on.ca/OMAF)  
Information and resources on the agriculture and food industries.
- Canadian Food Inspection Agency – [www.inspection.gc.ca](http://www.inspection.gc.ca)  
Information on food labelling and health claims, biotechnology and food safety.
- Canadian Pediatric Society – [www.cps.ca](http://www.cps.ca)  
Publications and resources that promote quality health care for children and youth.
- Canadian Diabetes Association – [www.diabetes.ca](http://www.diabetes.ca)  
Promotes the health of Canadians through diabetes research, education, service and advocacy.
- Heart & Stroke Foundation of Canada – [www.heartandstroke.ca](http://www.heartandstroke.ca)  
A reliable source of information about heart, stroke and healthy living in Canada.
- Canadian Cancer Society – [www.cancer.ca](http://www.cancer.ca)  
Educational resources and lifestyle cancer prevention information.
- Osteoporosis Society of Canada – [www.osteoporosis.ca](http://www.osteoporosis.ca)  
Up-to-date information on the risk, prevention, diagnosis and treatment of osteoporosis.
- Allergy, Asthma Information Association – [www.cadvision.com/allergy](http://www.cadvision.com/allergy)  
Dedicated to helping individuals and their families cope with everything from hayfever to life threatening food allergies.
- Canadian Federation of Chefs & Cooks – [www.cfcc.ca](http://www.cfcc.ca)  
Educational requirements of chefs and cooks, recipes and articles on the food industry.
- Breakfast for Learning – [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca)  
Nutrition education resources and research promoting the need for breakfast for children.
- Eatwrite.com – [www.eatwrite.com](http://www.eatwrite.com)  
Information and resources to help you eat better and live well.
- Jean Fremont's Food and Nutrition on the Web – [www.sfu.ca/~jfremont](http://www.sfu.ca/~jfremont)  
Nutrition and food science information for everyone.
- Media Awareness Network – [www.media-awareness.ca](http://www.media-awareness.ca)  
Practical support for media education in the home, school and community.