

- In some areas there are Community Food Advisors, volunteers who speak to groups free of charge except for any handouts. They will speak to groups on basic food safety and/or specific foods and their preparation.
- Your local municipal office can supply you with addresses and telephone numbers for obtaining resource materials from Ottawa that contains ideas for programming on many topics, including citizenship.
- Organize and publicize a community event featuring two or three speakers from different countries. Topics that have a distinct possibility include "Customs Versus Good Nutrition" or "Customs Versus Food Safety." The speakers could talk about their culture and homeland, followed with a nutritious lunch of foods relevant to their countries.
- Because many Branches are involved in food preparation for community events, a refresher course on bulk cooking and the necessary precautions required is another possibility.

Education

Many groups are willing to send speakers on any topic related to food safety and nutrition. These include Public Health Units, Dietician Societies, Heart and Stroke chapters and Diabetes Associations (etc.). Topics might include:

- length of time to store food in the freezer or refrigerator
- proper storage and cooking of meat
- preserving foods
- health disorders related to food
- interaction between drugs and the food we eat
- foods and how they affect your health
- cooking for crowds; cooking for one or two
- quick nutritious meals for busy families
- healthy snack food.

These are just a few ideas. The topics are endless, whether it is a refresher or something new.



Health

- Continue to access the many sources of information provided to each Branch via the ROSE Health Program. And watch for future editions of *The Rose Garden*, an information newsletter to keep you up-to-date with what is happening with our Health Partners.
- The Ontario Women's Network is an organization that helps link women with the relevant tools and resources. *In Our Hands: A Guide to Women's Health and Community Services – An Ontario Directory* is just one of the tools available to help make women's health information accessible. The Directory can be obtained from the Ontario Women's Health Network at 180 Dundas St. W., Suite 1900, Toronto ON M5G 1Z8, Phone: 1-877-860-4545, Fax: 416-408-2122.
- Your local Health Unit can also supply information about and contacts for various associations you may wish to contact.
- Arrange a series of information meetings on different herbs, including the pros and cons of taking them and the danger of taking herbs with prescription drugs.
- Learn more about food disorders, such as anorexia or bulimia.
- Another topic might be "Food Allergies" and why they seem to be more prevalent today.

Leadership Development

Most of the following suggestions involve Branches presenting or demonstrating at public meetings or forums. Do any of these topics appeal to you?

- Organize an event called "Eating Health" and advertise to the public to attend. Arrange for presentations and food demonstrations, perhaps by a dietician or a chef.
- Obtain fact sheets from the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) on various topics, such as care of frozen foods or preserving and storing Ontario's har-

vest. Then, "Do Your Own Thing!" Make the presentations yourself and hone your leadership skills at the same time.

- Organize workshops where Women's Institute members (or leaders) are teaching canning and preserving methods. Preserving food makes you more aware of what is in the product and how it has been prepared.

These are just three ideas calling on members and Branches to take the initiative to present to the public ways to ensure food is safe and nutritious.

FWIO/FWIC/ACWW

Take your program across Canada and around the world:

- Talk about the Pros and Cons of Food Banks. Is there a better solution?
- Discuss a typical meal in _____ (name a country).
- Plan a project to raise money for ACWW and help others. Donate the proceeds to Safe Water for All.
- Organize a program around foods commonly known in Ontario, Canada and around the world. Include explanations about how these foods are processed, stored and used.
- Discuss how we can improve on the usage and preservation of clean water, locally, nationally and internationally?

Remember, the following when planning your programs:

- any of these topics could be expanded beyond your Branch to a community information day, and
- inform any speaker that you are looking to address the issue of food safety and nutrition.

We trust that Women's Institute meetings across the province will be educational, informative and fun. After all, we are rural Ontario sharing education!

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