



Ontario Home Economics Association

An Association of Professionals, Registered under the
Laws of Ontario

Freelance Home Economist Directory 2015 - 2016

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.

OHEA
Eileen Stanbury
1225 Meadowview Rd.
Omeme, ON K0L 2W0
705-799-2081
eileenoha@outlook.com
www.oha.on.ca

Julie Bednarski, P.H.Ec.

President & Founder
The Healthy Crunch Company
160 Matheson Blvd East Unit 4
Mississauga, ON L4Z 1V4

Tel: 416-575-9531 Work - (905) 568-0606 **Fax:**
Email: julie@healthycrunch.com
www.healthycrunch.com

Specialties: Speaker/Presenter/Educator on topics relating to food/nutrition/wellness/health
Workshops and program development for schools and businesses
Grocery store tours; Kitchen makeovers
Meal planning and recipe development and writing

Recent Projects: The Healthy Crunch Company:
The Healthy Crunch Company produces healthy and tasty snacks for on-the-go including kale chips. Check

M. Katherine (Kathy) Biondi, P.H.Ec.

10703 Lakeview Dr.
R.R. #3
Chatham, ON N7M 5J3

Tel: 519-354-9143
Cell: 519-932-0209 **Fax:**
Email: kathybiondi@gmail.com

Specialties: Food Safety

Recent Projects: certified instructor with NFSTP

Carol Culhane, P.H.Ec.

International Food Focus
211 Carlton Street, East Office
Toronto, ON M5A 2K9

Tel: 416-924-3266 **Fax:** 416-924-2726
Email: cculhane@foodfocus.on.ca

Specialties: Agri-food Regulatory Compliance; Pre and post commercialization
Market Definitions & Assessments; Global markets - determination of size of a market and market definition
studies
Seminars, workshops and courses available for public registration, or, customized for in-house
optimization.

Recent Projects: Submission of a scientific dossier to the CFIA (Canada) to demonstrate safety and
efficacy of an animal feed supplement
Label audits, reviews and composition development of Tier 1 branded products - Canada, USA, EU

Mary Cunningham, P.H.Ec.

6C – 350 Doon Valley Dr.
Kitchener, ON N2P 2M9

Tel: 519-893-7393 **Fax:** 519-893-6209

Email: cunninghammary@rogers.com

Specialties: Counselling (related to Fetal Alcohol Spectrum Disorders)
Family and Human Development
Research and Development
Member /Participant in the Waterloo Region FASD Network

Recent Projects: Speaker/Presenter locally, provincially and internationally – 2003 to 2015 – presentations on a variety of topics related to FASD and the other brain-based physical neurodevelopmental disorders. Most frequent topic is Educational Success for Students with FASD. Educational program planning and behavioural consultation with parents of children and adolescents with diagnosed or suspected FASD.

Maria Depenweiller, BaSc, P.H.Ec.

35 Lorne Scots Dr.
Milton, ON L9T 2Z2

Tel: 647-838-8075 **Fax:**

Email: info@thewoodenspoon.ca

Specialties: Recipe writing, development and testing
Cooking instructor
Workshops, food writing, cookbook author

Recent Projects: Cookbook publication “Russian Cuisine – traditional and contemporary home cooking”; Nutrition consultant/writer for Dance Comp Review – information portal for competitive ballroom dancers. Low protein cooking demonstrations for patients with inborn metabolic errors (in collaboration with Vitaflo)

Jason Eaton, P.H.Ec.

890 Elias St
London, ON N5W 3P2

Tel: 519-473-5194 **Fax:**

Email: jeaton@alumni.uwo.ca

Specialties: Cooking Instructor
Workshop Facilitator
Marketing/Social Media Promoter
Recipe Development & Testing

Recent Projects: Cooking instructor for the City of London, ON. Cooking instructor at YMCA of Western Ontario
Co-facilitated 5 week Food Literacy workshop for low income status youth with London Middlesex Health Unit
Online marketing for Weber Grills. Marketing and recipe development for Carib Lager USA.

Carolyn Frail, P.H.Ec.

106 Wheeler Ave.
Toronto, ON M4L 3V2

Tel: 416-686-0042 **Fax:**

Email: cfrail@rogers.com

Specialties: Food Science & Nutrition Consultant
Freelance Writer
Researcher

Recent Projects: Newsletter Editor for the Women's Culinary Network
Food Science Technical Writing for RD Partners Inc.
Sports Nutrition writing (handouts, presentations) for Sports Etudes Girls Ringette

Wendi Hiebert, P.H.Ec.

Food Wise Consulting
24 Silverspring Cres.
Kitchener, ON N2M 4P2

Tel: 519-742-0873 **Fax: 519-742-9619**

Email: wendihiebert@gmail.com www.wendihiebert.com

Specialties: Culinary education and presentations
Food writing
Recipe development, editing and nutritional analysis
Cooking demonstrations

Recent Projects: Recipe nutritional analysis for Albert Wheat Commission
recipe development for Egg Farmers of Canada
culinary talk on afternoon tea history and etiquette for a community group

Jennifer Hill, P.H.Ec.

P.O. Box 1092
4334 Petrolia Line
Petrolia, ON N0N 1R0

Tel: 519-882-0156 **Fax:**

Email: jenniferhillphec@gmail.com

Specialties:

Recent Projects: OFSHEEA Workshop Presenter "How to Run a Food Lab"
Adult Cooking Class Instructor at the Centre
Freelance Editor for Learning ZoneXpress;
Revised Social Sciences and Humanities Curriculum Resource Writing

Cory Hogan, P.H.Ec.

305 Ash Street
Sudbury, ON P3C 1Z9

Tel: (705) 207-1075 **Fax:**
Email: cory.hogan.macneil@gmail.com

Specialties: Food & Nutrition
Cooking Classes & Demonstrations
Recipe Writing & Testing
Resource Development & Workshops

Recent Projects: Interactive cooking classes tailored to suit your food and nutrition needs
Recipe Development and testing for workshops and education programs; Speaker/presenter/educator delivering workshops on topics related to food, nutrition and wellness
Resource writing and development for Ontario Ministry of Education and various teaching associations, with specific focus on food and nutrition as well as the revised Social Sciences and Humanities curriculum.

Barb Holland, P.H.Ec.

Barb Holland Home Economist Inc.
63 Rouge St.
Markham, ON L3P 1K7

Tel: 905-471-4455 **Fax:**
Email: bholland@sympatico.ca,
www.barbholland.ca

Specialties: Recipe Development
Food Styling (TV)/ Media Spokesperson
Food Writing/Recipe Editing
Cooking Demonstrations

Recent Projects: Recipe development and Media Spokesperson for OMAFRA's Foodland Ontario
Food Styling for CityLine and Breakfast TV for Spokesperson and PHEc Mairlyn Smith

Heather Howe, P.H.Ec.

5 Croft Crt.
Whitby, ON L1R 1Z6

Tel: 905-723-7717 **Fax:**
Email: heather.howe@rogers.com

Specialties: Recipe testing
Recipe development
Teaching cooking classes

Recent Projects: Recipe testing for Nettie Cronish and Cara Rosenbloom, R.D. for an upcoming cookbook about Beans, Nuts and Seeds to be published in fall of 2015.
Teach Diabetics Cooking Classes three times annually for the Oshawa Community Health Centre.
Developed recipes for Maple Syrup story for Foodland Ontario October 2014

Cathy Ireland, P.H.Ec.

3 Althone Rd.
Toronto, ON M4J 4H1

Tel: 416-423-6491 **Fax:**
Email: cathycookswithu@gmail.com

Specialties: menu and recipe development
cooking demos and sensory evaluation.

Recent Projects: 3H Interactive Branding Advertising
Project: Develop and present package recipes for 8 Windsor Salt packages
Led Freezer Meal Workshops as Pampered Chef Consultant;
Provided recipes in Mood Foodie Teen Guide as Collaborative Partner at Mood Food Culinary

Jennifer MacKenzie, P.H.Ec.

FOODWORX and Nuttshell Next Door Café
1100 Gransville Trail, P.O. Box 8330, RR#1
Peterborough, ON K9J 6X2

Tel: 705-657-7599 **Fax:**
Email: jennifer@jennifermackenzie.net

Specialties: Recipe Development
Recipe Testing & Editing
Food Writing
Culinary Consulting;
Event Coordinating

Recent Projects: Recipe development for Dairy Farmers of Canada Family Kitchen Campaign
Farm & Food Care Ontario Media Farm Tour Coordinator
LCBO Food & Drink magazine Summer 2015 "Burgers & Beyond"

Teresa Makarewicz, P.H.Ec.

412 Massey Dr.
Ancaster, ON L9G 3J9

Tel: 905-648-5431 **Fax:**
Email: foodgroups@sympatico.ca

Specialties: Recipe Development
Cooking School Instructor
Food Styling
Marketing/Media Relations

Recent Projects: Shaw Media – Foodstyling for 3 television commercials for Fleishman's
Foodland Ontario - spokesperson and Foodstylist on CHCH Morning Live
Ontario Egg Farmers – Spokesperson and Foodstylist on Rogers Daytime London and Brantford.

Astrid Muschalla, P.H.Ec.

Oasis Institute for Health Living Inc.
49 Warren Lane
P.O. Box 191
Wolfe Island, ON K0H 2Y0

Tel: 647-505-0892 **Fax:**
Email: astrid.oasis@gmail.com

Specialties: Nutritional Education, Consulting
Food Preparation/Food Preservation/Healthy Cooking/Food Demonstrations
Speaker/Presenter/ Educator
Organic Land Care Specialist

Recent Projects: Canadian Organic Growers – National Seed Saving Curriculum Needs Assessment for regional food security
Curriculum and lesson development – Growing Food 2 for Nutrient Density, Gaia College

Rosemarie Superville, P.H.Ec.

Rosemarie Superville Ent. Inc.
93 Briarwood Rd.
Markham, ON L3R 2W8

Tel: 416-804-3687 **Fax:** 905-946-9866
Email: rosemarie@rosemariesuperville.com www.rosemariesuperville.com

Specialties: Food Styling
Recipe Development and Testing

Recent Projects: Recipe Development and Food Styling for Foodland Ontario and ConAgra Foods
Food Styling for Tim Hortons and Kraft Canada

Joan Ttooulias, P.H.Ec.

Food Glorious Food
108 Parkhurst Blvd.
Toronto, ON M4G 2E6

Tel: 416-421-6706 **Fax:**
Email: allister.joan@sympatico.ca

Specialties: Food Styling
Recipe Development

Recent Projects: Kelloggs TV Commercials, Nature Valley Cereal Bars Packaging, Swansons online/TV, and Skillet Meals
Styling for OHEA Quinoa Cookbook
Pizza Hut TV commercials

Sandra Venneri, P.H.Ec.

346 Blackacres Blvd
London, ON N6G 3C9

Tel: 519-473-6256 **Fax:**

Email: nutritionbites@hotmail.com

Specialties: Teaching & Seminars; Writing & Research; Demonstrations; Consumer Relations; Media spokesperson; Menu Analysis; Recipe Development; Promotion & Marketing; Shows & Exhibits; Nutritional Analysis; Food Safety; Sales Training

Recent Projects: Teaching for 'NSTEP National Nutrition Charity & Manager of Ontario Development & Public Relations

Regular Column "Life at Home" in Community Connect London

Snack & Lunch Programming, Demos & Delivery for Community & Student Events

Bridget Wilson, P.H.Ec.

110 Cooks Bay Dr.
Keswick, ON L4P 1M3

Tel: 416-577-5466 **Fax:**

Email: bridget.wilson@rogers.com

Specialties: Recipe Development

Recent Projects: Content Management/Culinary support for Ethnic Marketing programs (Kraft Canada)

Recipe development for What's Cooking Magazine (Kraft Canada)

Culinary Consultant What's Cooking TV Show (Kraft Canada)