



ONTARIO HOME ECONOMICS ASSOCIATION

# COMMUNIQUE É

## *Ask A Professional Home Economist*

For Immediate Release

### **Home Economist Anne Lindsay Receives Order of Canada**

**By Mary Carver, Ontario Home Economics Association**

Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada, recently announced several new appointments to the Order of Canada. **Professional Home Economist Anne Lindsay** was one of 71 appointed members who received the award on December 12, 2003. The citation read:

**Anne Lindsay, C.M.  
Toronto, Ont.  
Member of the Order of Canada**

“One of the world's leading experts in the field of nutrition, Anne Lindsay has coaxed, challenged and inspired Canadians to make healthy food choices. She has influenced modern cooking by making it simple, practical and fun. With the co-operation of the Canadian Cancer Society, the Heart and Stroke Foundation of Canada and the Canadian Medical Association, she authored five best-selling books, including *The Lighthearted Cookbook*. As a home economist, writer and public speaker, she has helped countless Canadians to eat well, live longer and enjoy a healthier lifestyle.”

Early in her career, Anne worked as an Extension Home Economist for Carleton and Grenville Counties in the Home Economics Branch of the Ontario Ministry of Agriculture and Food. She also taught in the Food and Nutrition Management Program at Kemptville College for several semesters. Later Anne worked as a Home Economist at the Toronto Star for two years and as the Nutrition Editor for Canadian Living Magazine for ten years.

Now living in Toronto, Anne continues a very successful career as a Professional Home Economist and cookbook author. In 2003, she was chosen as one of Chatelaine's "Women Of Influence" to speak in the Chatelaine Luncheon Series of the same name. She told her story as a "Recipe for Success" in Ottawa on May 14 at the Chateau Laurier, and again in Calgary on May 29, 2003.

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*Anne Lindsay photo by Doug Bradshaw*  
Anne Lindsay, P.H.Ec., C.M.  
Member of the Order of Canada  
December 12, 2003

***The Ontario Home Economics Association**, a self-regulated 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.*

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