



## Ottawa Home Economics Autumn Festival Tasting!

**Date:** (Tuesday) Nov 18, 2014  
**Location:** T&T Community Room  
 224 Hunt Club Rd (at Riverside Dr.)  
**Time:** 6:30pm – 8:30pm  
**Cost:** \$15/person (payable at the event)



### 6:30pm - 7:30pm Welcome Appetizers

- Selected cold appetizers (sushi, Vietnamese rice wraps)

### Taste of Asia \*

- Chef will prepare two dishes:
  - Shrimp-stuffed Chinese eggplant and peppers (Mid-Autumn Fest/ Chinese New Year)
  - Glutinous rice wrapped in bamboo leaves or in bamboo steamer (Banquet style) (Dragon Boat Festival)
  - Food sampling – tea and water will also be available.

### 7:30pm - 8:30pm Discover Asian Produce

- Introduction to Asian Greens (4-5 different kinds) -- their characteristics, nutritive value, how to serve and store.
- Introduction to Asian Fruit (4-5 different kinds) -- their characteristics, nutritive value, how to serve and store.
- Sample Tasting (Asian Fruits, etc.)

*\* Every meal symbolizes a special festival. We will share with you the history of the holiday and the meaning of the food. If time permits, other Asian groceries, such as eggs or noodles will be discussed.*

**RSVP to Annie Woo (613) 761-5767 or Linda Robbins ([lindarobbins@magma.ca](mailto:lindarobbins@magma.ca)) before November 13/14.** Maximum space is for 20. Friends are welcomed. *(Please indicate any allergies/sensitivities.) A small advance snack may be appropriate, as a full meal will not be served.*

## Hat Day Report – from Elizabeth Lee

On October 7th, fourteen enthusiastic members and friends of OttawaHEA gathered for our 2014 sewing bee for clients of the Snowsuit Fund, which provides warm clothing for children, Cornerstone, a support centre for women, and Centre 509, a downtown drop -in program. With a contribution from Gail Nevraumont, who creatively pieced last year's scraps, our total was 216 hats after 4 1/2 hours of sewing.

Thanks to Luba Brown, Audrey Schreyer and Linda Robbins for help with shopping.

In the 14 years since the first hat day around a dining-room table, OttawaHEA has provided more than 2500 hats to local charities.

It is a special day for participants, who enjoy working hard and being creative, visiting, and eating a delicious pot-luck lunch. When Home Economists gather, there's usually something good to eat.

## Member News

We welcome Susan Thorne to the Association. Please add the following contact information to your Directory:

Susan Thorne                      613-435-5769  
25 Kinlea Cresc. Stittsville ON K2S 1K9      [suedavethorne@gmail.com](mailto:suedavethorne@gmail.com)



## Asking for Help .... *Mary Carver - OHEA*

OHEA will soon take its mandatory food education petition to the Government of Ontario on Nov. 3<sup>rd</sup>. You may have already signed it (over 2100) people have) but if you have others that you could forward it to, I would be very grateful to have a few more signatures and comments. The petition will remain open for some time online:

Here's the link:

<http://www.thepetitionsite.com/133/783/509/urge-the-governement-of-ontario-to-make-at-least-one-food-nutrition-course-compulsory/>

Also, here is an excellent video from Ontario Federation of Agriculture addressing the new Local Food Act and OHEA's Food Literacy initiative.

Enjoy! <http://www.ofa.on.ca/media/videos/local-food-act-video>

Mary Carver, P.H.Ec. – OHEA PR and Advocacy Coordinator



Please join Ottawa HEA for a Christmas Luncheon

**Monday, December 8, 2014 11:30 AM** to meet / greet, 12:00 PM for lunch  
**Biagio's Italian Kitchen - 1394 Richmond Road, Ottawa**

MENU: choice of entrée and dessert

ANTIPASTI:

**Insalata Mista** (assorted salad greens, tomatoes with balsamic vinaigrette)

SECONDI Choice of:

**Biagios' Pollo** (Boneless Breast of Chicken with sun-dried tomato pistachio pesto cream sauce served with mixed vegetables and roasted potatoes.)

OR

**Quattro Stagioni** (Spinach spaghetti with grilled eggplant, artichoke hearts, mushrooms and tomato concasse in a garlic and olive oil sauce.)

DOLCI Choice of:

**Cinnamon Apple and Raisin Strudel** with caramel sauce OR **Fresh Fruit Bowl**

Tea or Coffee

NOTE: If any part of the meal is not to an individual's taste, the restaurant is very accommodating and will make changes on the day of the lunch.

COST: **\$30.00 includes tax and gratuity.** (Alcoholic drinks at the individual's expense). Make cheques payable to Ottawa Home Economics Association and send to: Betty Young, 183 Hartsmere Drive, Stittsville. Ontario K2S 2H4

**\*\*\* Please indicate choice of entrée and any dietary restrictions when you submit payment. Deadline to reserve - November 30th**



**Kerry Miller – Ryerson School of Nutrition**

**Kerry Miller** is the 2014 recipient of the Ottawa Home Economics Scholarship for your excellence in FNP 300 (Nutrition Communication: Theory/Practice) at Ryerson's School of Nutrition. Since FNP 300 is a required course, it is a new approach to help ensure a winner is available annually for this Award.

A graduate from Queen's University with a BSc in Kinesiology in 2007, Kerry is now completing a BSc in Food and Nutrition at Ryerson University. Miller utilizes both aspects of her academic background as a research associate for the Ryerson School of Nutrition's NeXT Laboratory. 'Our pilot projects for 2014/2015 include performing maximal oxygen uptake (VO<sub>2</sub> max) fitness testing and providing educational sports nutrition workshops for varsity athletics at the university. I am also involved in academic writing projects with Dr. Bellissimo's Food Intake and Satiety Testing Lab (FIRST) and the running of our clinical trials. In my free time, I volunteer with the NICU dietetic team at The Hospital for Sick Children and am an outreach educator for the National Eating Disorder Information Center (NEDIC) situated out of Toronto General Hospital.' Originally from Calgary, Kerry will graduate from Ryerson in spring 2015.

Note - At this time, the OttHEA scholarship winner from Brescia has yet to be announced as Brescia's Awards Ceremony will not be held until late November this year.

**Mary Carver – Scholarship Chair**

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