

Julie Bednarski, P.H.Ec.

405 Clendenan Ave.

Toronto, ON M6P 2X7

Tel: 416-575-9531 **Fax:**

Email: juliebednarski@hotmail.com

Specialties: Nutrition/Food/Cooking, Demonstrations, Event planning, Educational classes

Recent Projects: Canadian Culinary Book Awards Presentation at the Royal Winter Fair; Obesity and nutrition lectures at George Brown College; Catered Mediterranean cuisine for engagement party

Karen Didier, P.H.Ec.

23 Hollywood Ave., PH 205

North York, ON M2N 7L8

Tel: 416-225-4906

Cell 416-948-8554 **Fax:**

Email: didierrk@rogers.com

Specialties: Recipe Development and Testing, Food Demonstrations, Presentations and Classes, Recipe Writing and Editing

Recent Projects: Developed Sandwich Recipes for Maple Leaf Foods; Developed Sides & Salad Recipes for Nestle Canada; Kraft's What's Cooking TV Spots for Breakfast Television, CityLine and Rogers TV

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; Stage Co-ordinator 2004 to 2011, Royal Winter Fair, Journey To Your Good Health; Microwave Cooking Demonstrations for PowerStream's Energy Conservation Workshops

Mary Carver, P.H.Ec.

31 Slade Cres.

Kanata, ON K2K 2K9

Tel: 613-599-7341 **Fax:** 613-599-7341

Email: mvcarver1@gamma.ca

Specialties: Public Relations and Communications, Media Releases, Food Styling

Recent Projects: Ontario Home Economics Association - PR Coordinator, writing, editing and dissemination of media releases; contact for media inquiries; Writing and editing for provincial newsletter for OHEA in NewsLink; food styling for TV

Carolyn Frail, P.H.Ec.

106 Wheeler Ave.

Toronto, ON M4L 3V2

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

Email: crail@rogers.com

www.acenutrition.ca

Specialties: Food Science & Nutrition Consultant, Freelance Writer, Researcher

Recent Projects: Food Science Technical Writing for RD Partners Inc.; Sports Nutrition writing (handouts, brochures) for Sports Etudes Girls Ringette; Food Science Technical Writing on Stevia (marketing brochure) for GLG Life Tech Corp

Evelyn Hullah, P.H.Ec.

Cardinal Kitchens, Div. Of Cardinal Biologicals Ltd.

156 Abbeywood Trail

Toronto, ON M3B 3B7

Tel: 416-447-7702 **Fax:** 416-449-4744

Email: ehullah@cardinalsite.com

Specialties: Food Styling, Recipe Development, Cookbook Author - "On the Go!"

Recent Projects: Harvey's Restaurants - food styling for ongoing TV and print commercials; Second Cup - stylist for TV and print projects (specialty beverages); Campbell's "Dinner's On" cook booklet - 4 million copies distributed

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 Editing, Writing, Cooking Instructor

Recent Projects: Recipe development for Dairy Farmers of Ontario 2011 Milk Calendar; Beef Lover's Media tour for Beef Information Centre; LCBO Food & Drink magazine (Spring 2011) - Fun Family Brunch article

Patricia McCracken, P.H.Ec.

4454 Rosalyn Dr.
Washago, ON L0K 2B0

Tel: 705-689-5178 **Fax:**

Email: mccracken@bellnet.ca

Specialties: Family & Human Development and Counselling/Psycho-therapy

Recent Projects: CEO of Severn Trauma Relief Services; EAP Services for Shepell-fgi, Homewood, and Human Solutions; Chair of Ethics with Ontario Society of Psychotherapists

Emily Reid, P.H.Ec.

Reid & Associates
4184 Oxford Ave.
Montreal, QC H4A 2Y4

Tel: 514-486-3319 **Fax:**

Email: randa@vdm.ca

Specialties: Financial Counselling

Recent Projects:

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: Nov. 2010 Milk Calendar Tour; Dec. 2010 Foodland Ontario; Food Stylist & Spokesperson CHCH; Jan. 2011 Eat Right Ontario videos

Astrid Muschalla, P.H.Ec.

Oasis Institute for Health Living Inc.
208 Indian Rd.

Toronto, ON M6R 2W6

Tel: 416-604-1892 Cell 647-505-0892 **Fax:**

Email: astrid.oasis@gmail.com

Specialties: Nutritional Analysis/ Recipe Testing & Editing, Cooking/Food Demonstrations, Speaker/Presenter/ Educator, Menu Planning/ Nutrition for Seniors

Recent Projects: Professional Consultant to Parent's Today Magazine for best Fridge practices (Mar. 2011 issue); Nutrition & Cooking Demonstrator - Toronto, Milton Seniors Wellness Day; Nutrient Analysis - Embrace Foods, Evelyn's Crackers and Little Stream Bakery

Emily Richards, P.H.Ec.

29 Sinclair St.
Guelph, ON N1L 1R6

Tel: 519-836-9586 **Fax:** 519-836-9586

Email: cook-ease@sympatico.ca

Specialties: Recipe Development and Testing, Media Spokesperson, Cooking Instructor

Recent Projects: Longo's Spring and Summer 2011 Experience Magazines-recipe developer and editor; Child Care Cooks Cookbook for Guelph and Wellington County-recipe contributor and editor; Cream Campaign for Dairy Farmers of Canada-Summer 2011-spokesperson and recipe contributor

Elle Richards, P.H.Ec.

183 Riverwalk Place, P.O. Box 14
Rockwood, ON N0B 2K0

Tel: 519-856-2851 **Fax:**

Email: ellerichards09@gmail.com

Specialties: Recipe Development and Testing

Recent Projects: Development of a 5 a day recipe book for communities (UK); Supermarket food demonstrations (UK); Community Kitchens development and delivery. Development of recipes with contents from Food Bank hampers for community members

Rosemarie Superville, P.H.Ec.

Rosemarie Superville Ent. Inc.

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Unionville, ON L3R 2W8

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www.rosemariesuperville.com

Specialties: Food Styling, Recipe Development and Testing

Recent Projects: Recipe Development and Food Styling for Foodland Ontario; Food Styling for McCormick's "La Grille" products; Food Styling for Loblaw's new products

Joan Ttooulias, P.H.Ec.

Food Glorious Food

108 Parkhurst Blvd.

Toronto, ON M4G 2E6

Tel: 416-425-4354 **Fax:**

Email: allister.joan@sympatico.ca

Specialties: Food Styling, Recipe Development

Recent Projects: General Mills TV commercials; Hamburger Helper, Old El Paso, Nature Valley; Dove Chocolates St. Valentine's commercials; Maple Leaf Chicken Freezer commercial

Bridget Wilson, P.H.Ec.

110 Cooks Bay Dr.

Keswick, ON L4P 1M3

Tel: 905-989-0658 Cell 416-577-5466 **Fax:**

Email: bridget.wilson@rogers.com

Specialties: Recipe Development

Recent Projects: Recipe Development/testing/project management for Ethnic Marketing (South Asian/Chinese) – Kraft Foods Canada.; Culinary consultant for What's Cooking TV show – Kraft Foods Canada; Content development for What's Cooking Magazine – Kraft Foods Canada