



Ontario Home Economics Association

Ask a Professional Home Economist

Home Economics Has Deep Roots!

Home Economics Professionals to Gather at Ryerson University

by Mary Carver, P.H.Ec.

TORONTO, ON - Home Economists from across Ontario will gather in Toronto for the Annual Ontario Home Economics Association Conference on Saturday, March 24, 2012.

What the PHEc.? - the conference theme will focus on the diverse roles of Professional Home Economists. They assist families and individuals to achieve and maintain positive changes to help them cope with everyday life in our fast-paced society.

Winning conference topics embrace women's health, benefits of a canola partnership, food security, cooking demonstration pitfalls, food trends and the un-harnessed power of social media.

Conference speakers include:

- Ellen Pruden, Education & Promotional Manager and Jennifer Dyck, P.H.Ec., Education & Promotion Coordinator - Manitoba Canola Growers Association;
- Dr. Marjorie E. Dixon, MD, FRCS(C), FACOG - Assistant Professor, Department of Obstetrics & Gynecology, University of Toronto;
- Dr. Cecilia Rocha - Director, Food Security and Food Policy, School of Nutrition, Ryerson University, & Director of the CIDA-UPCD project *Building Capacity in Food Security in Brazil*;
- Andrea Karpala, Sonya Franceschini, & Mardi Michels - Social Media Panel;
- Amy Snider-Whitson, P.H.Ec. President, The Test Kitchen Inc. & President of OHEA;
- Jaclyn Miles, Miss Canada 2012, student at Althouse College who overcame abuse;
- Karine Gale, RD, Nutrition Program Manager, Canada Beef;
- Mairlyn Smith, P.H.Ec. Cookbook Author & Media Spokesperson, 'Her ability to mix learning with laughter is her forte.'

Home Economics began with a domestic science image decades ago and morphed into a holistic focus on health, nutrition, financial literacy and concern for the environment. Today, the subject area is labelled 'Family Studies' in Ontario high school curriculum and 'Human Ecology' at the university level. Names aside, the tap root of the Home Economics discipline feeds today's enormous appetite for information related to food, nutrition, health, clothing, textiles, fashion, interior design, consumer education, child development and more!

Ryerson is a perfect setting for this conference. The province-central university nourishes the deep roots of Home Economics, fostering learning in several subject areas - each an integral ingredient of what we once dubbed 'Home Ec.' For example, check out some of the programs offered at Ryerson University:

The School of Nutrition offers degree programs focused on nutrition, food, and health, including a new Masters of Nutrition Communication. Grads understand how family, society and politics affect what people eat. They apply their knowledge to the day-to-day lives of individuals and families, and that is why the graduates find jobs.

The Centre for Studies in Food Security works to promote food security through research, education, community action and professional practice.

The School of Early Childhood Education originated in 1959 as a two-year diploma program of the Home Economics Department, at Ryerson. The program evolved to a three-year diploma in the mid-sixties and by 1972, a four-year bachelor of applied arts (BAA) degree program was initiated.

The Schools of Fashion Design and of Interior Design are both internationally recognized for their demanding programs focusing on art as a business – and as an intellectual challenge providing graduates with extraordinary professional opportunities.

What the PHEc.? is co-chaired by Mairlyn Smith, P.H.Ec. and Joan Ttooulias, P.H.Ec. (incoming President of OHEA). A Best Cookie Contest, a Media Release Competition for students and a Fundraising Raffle will add even more winners to the day!

The 33rd Annual General (Dinner) Meeting of OHEA will be held at The Chefs' House, George Brown College on March 23rd, 6 - 9 p.m.

Conference sponsors include Manitoba Canola Growers, American Peanut Council, Bernardin, BMO - Harris Private Banking, Ontario Pork, Woolwich Dairy Inc., Enerjive Crisp, WORN Fashion Journal and Canada Beef.

More details available at www.ohea.on.ca. Also, check out the tab *PHEc Advice*.

Mary Carver, P.H.Ec. is an Ottawa-based Professional Home Economist and former teacher. She is a member of the Ontario Home Economics Association where she serves as Public Relations Coordinator.

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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.

For further information or to speak to a Professional Home Economist, please contact:

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