

# The Royal FOOD & NUTRITION FORUM

Presented by



**The Royal Agricultural Winter Fair**  
Enercare Centre, Salon 103  
Wednesday, November 7, 2018  
10:00 am to 3:15 pm



## AGENDA

### MORNING SESSION

#### Beans for Heart Health

Speaker: Alison Duncan, PhD, RD, Professor, Human Health and Nutrition, Univ. of Guelph  
Beans are versatile and delicious, and they can play an important dietary function. This presentation will provide a review of the nutrition profile of beans and the scientific evidence that supports their role in improved heart health.

#### From My Farm to Your Table

Hear from an egg farmer, canola farmer, beef farmer, and grain farmer as they share some of the challenges they face today. Find out what questions consumers ask them most frequently and what they wish consumers knew about farming. Bring your questions!

**Buffet Lunch** - Featuring Mairlyn Smith, PHEc talking about *Homegrown*, the cookbook she wrote with the Ontario Home Economics Association.

### AFTERNOON SESSION

#### Navigating a World of Fake Nutrition News and Alternative Food Facts

Speaker: Dr. Joe Schwarcz, Director of the Office for Science and Society at McGill University  
The Internet and social media serve up a steady diet of facts and fiction, science and misinformation. Spotting the differences and basing truth on evidence-based science can be challenging even for nutrition professionals. Dr. Schwarcz's presentation will offer tools to discern credible nutrition information.

#### On the Same Side of the Fence: Agriculture and the Environment

Speaker: Dr. Christian Artuso, Manitoba Director for Bird Studies Canada  
Every food system impacts the environment positively and/or negatively. Traditionally, negative considerations have put environmental groups at odds with agriculture. The Keep Grazing initiative is an example of strong positive links between agriculture and conservation efforts. Many threatened species rely on grazing to maintain their native habitats. Learn how conservation is well served by agricultural land use policy that recognizes the association between native fauna and well-managed grazing.

#### Guelph Family Health Study

Speaker: Jess Haines, PhD, RD, Associate Professor of Applied Nutrition, Co-Director of the Guelph Family Health Study  
Establishing healthy eating habits early in life is critical for long-term health and chronic disease prevention. Dr. Haines will describe the design and early findings of the Guelph Family Health Study, a long-term study that aims to identify strategies to improve health behaviours, including healthy eating, among families with young children.

#### The day also includes...

- A complimentary copy of Dr. Joe Schwarcz's latest book, *A Feast of Science* courtesy of Canola Eat Well
- Networking opportunities with colleagues and a chance to make new connections
- Resources, exhibits, door prizes, and an opportunity to purchase *Homegrown* (\$20)
- Morning coffee, tea, and snack; buffet lunch; and stretch breaks led by Carol Harrison, RD

Enjoy apples courtesy of our friends at



and admission to The Royal!

### Registration Fee

General - \$50 plus HST

Student - \$25 plus HST

Includes all speakers, buffet lunch, a copy of *A Feast of Science*, and admission to The Royal

### To Register

Go to [www.oha.on.ca](http://www.oha.on.ca) and click on the event posting

The deadline to register is Tuesday, Oct 30

### Supporting Sponsors



### Participating Sponsors



### Contacts

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