

Niki Bales, OCT, P.H.Ec.

Educator
9 Lombard Street
Brantford, ON N3R 2C1

Tel: 519-771-5575 **Fax:**
Email: teacherniki1@gmail.com

Specialties: Curriculum Writing and Development
Textbook Validator
Family Studies Teacher

Recent Projects: Developed the revised and current Ontario Social Science and Humanities Curriculum
A validator for McGraw Hill Textbooks; team teaching in the dual credit Family Studies program with
Conestoga College to help students earn both a high school and college credit
A writer for the revised financial literacy curriculum in Family Studies in 2016; published action research; a
writer for the on-line HPC 30 Parenting course through TVO

Julie Bednarski, P.H.Ec.

The Healthy Crunch Company
160 Matheson Blvd East, Unit 4
Mississauga, ON

Tel: 905-568-0606 **Fax:**
Email: julie@healthycrunch.com

Specialties: Speaker/Presenter/Educator on topics relating to food/nutrition/wellness/health
Grocery store tours, Workshops and program development for schools and businesses
Private and group cooking classes/parties/catering. Kitchen makeovers
Meal planning and recipe development and writing

Recent Projects: Cooking instructor at Loblaws
Private consulting for individuals and businesses on nutrition, health, eating, cooking, and lifestyle
modification
Private catering and recipe development for families and businesses focusing on healthy and fresh
ingredients

Andrea Bravener, P.H.Ec.

Primary Teacher
57 Taskar Drive
Sault Ste. Marie, ON P6A 6N5

Tel: 705-541-9983; Cell: 705-987-2401 **Fax:**
Email: andreabravener@hotmail.com

Specialties: Healthy Lunches

Recent Projects: Supports parents in packing healthy lunches for a balanced school day

Cathy Brown, P.H.Ec.

Founder of Nana Greenfield Home Solutions
632 Waterbury Lane
Waterloo, ON N2V 2C4

Tel: 519-635-2505 **Fax:**
Email: cathy@nanagreenfield.com

Specialties: Gliding Shelf Design Specialist
Professional Organizer Specializing in both Pantry and Paper Organization
Senior Care Advocate

Recent Projects: Helping Seniors live independently within reach of everything from the things in their pantry to their important documents in case of an emergency
Kitchen and bathroom design and installation of pull out shelves for existing cabinetry for increased space, easy access and organization
Papers in Place Binders for use in the home

Katie Brunke, P.H.Ec.

Registered Dietitian
565 Logan Ave.
Toronto, ON M4K 3B6

Tel: 647-390-1327 **Fax:**
Email: ktbrunke@gmail.com

Specialties: Nutrient Analysis
Recipe Development & standardization

Recent Projects: Nutritional Analysis for Homegrown Cookbook

Devan Carlsen, P.H.Ec.

Yoga Instructor - Yoga Shack
440 Eglinton Ave E, Unit 908
Toronto, ON M4P 1M2

Tel: (289)231-0125 **Fax:**
Email: dev_carlsen@hotmail.com

Specialties: Health & Wellness
Foods & Nutrition

Recent Projects: Balance your Cart Blog Volunteer and guest writer
Clutter Control Workshop with the City of London
Wellness Ambassador with Livewell Marketing

Sui Chen, P.H.Ec.

Senior Nutrition and Health Company

Tel: 519-433-0969 **Fax:**

Email: info@snah.ca

Specialties: Senior Nutrition and general nutrition coach
web design
photography design
social media

Recent Projects: website and social media maintainer, fundraising events promoter for <http://singlewomeninmotherhood.com/>
Food technician and dietitian assistant for Mount Hope Long Term Care and Parkwood Institute
Creating a website to promote healthy eating for seniors: www.snah.ca

Carol Culhane, P.H.Ec.

International Food Focus
211 Carlton Street, East Office
Toronto, ON M5A 2K9

Tel: 416-924-2726 **Fax:**

Email: cculhane@foodfocus.on.ca

Specialties: Agri-food Regulatory Compliance; pre and post commercialization
Market Definitions & Assessments; Global markets - determination of size of a market and market definition studies

Recent Projects: Submission of a scientific dossier to the FDA (USA) to demonstrate safety status of a new ingredient
Label audits, reviews and content development of Tier 1 branded products
Estimation of the potential global market size for a patented pre-term infant formula, including pertinent regulations and consumer profiles

Mary Cunningham, P.H.Ec.

6C - 350 Doon Valley Dr.
Kitchener, ON N9P 2M9

Tel: 519-893-7393 **Fax: 519-893-6209**

Email: cunninghammary@rogers.com

Specialties: Counselling (related to Fetal Alcohol Spectrum Disorders)
Family and Human Development
Research and Development
Member/Participant in the Waterloo Region FASD Network

Recent Projects: Speaker/Presenter locally, provincially and internationally – 2003 to Present; presentations on a variety of topics related to FASD and the other brain-based physical neurodevelopmental disorders. Most frequent topic is Educational Success for Students with FASD followed by Dealing with Individuals with FASD involved with the justice system
Educational program planning and behavioural consultation with parents of children and adolescents with diagnosed or suspected FASD.

Maria Depenweiller, BaSc, P.H.Ec.

35 Lorne Scots Dr.
Milton, ON L9T 2Z2

Tel: 647-838-8075 **Fax:**

Email: info@thewoodenspoon.ca

Specialties: Recipe writing, development and testing

Cooking instructor

Workshop facilitator

Recent Projects: Cookbook publication "Russian Cuisine - traditional and contemporary home cooking"
Nutrition consultant/writer for Dance Comp Review - information portal for competitive ballroom dancers
Low protein cooking demonstrations across Canada for patients with inborn metabolic disorders

Gurneet Dhani, P.H.Ec.

Toronto/Halifax, ON/NS

Tel: 647-648-8721 **Fax:**

Email: gurneet.k.dhani@gmail.com

Specialties: Dietetics/Nutrition

Professional Development & Mentorship

Freelance Writing

Recent Projects: Co-authored Dietitians of Canada's Practice Blog: Critical Creative Thinking: the Difference Between Surviving and Thriving for Dietetics

Published Blog for Ontario Public Health Association's Nutrition Resource Centre: HKCC Rexdale Summer 2016 Story

Team member in FNS400 (Food Service Systems Management course assignment) Request for Proposal (RFP) at Ryerson University: Ultimate Freshness To go presented to University of Toronto's Food Service Department

Jason Eaton, P.H.Ec.

Tel: **Fax:**

Email: jeaton@alumni.uwo.ca

Specialties: Cooking instructor

Workshop Facilitator

Marketing/Social Media Promoter/Brand Ambassador

Recipe Development & Testing

Recent Projects: Cooking instructor for the City of London, ON

Cooking Instructor at YMCA of Western Ontario

Co-facilitated 5 week Food Literacy workshop for low income status youth with London Middlesex Health Unit; 2015-16 Canadian Beef Blogger Ambassador

Franceen Friefeld, R.D., L.D.,P.H.Ec.
President & CEO, Friefeld & Associates LLC
8 Cedar Street #54
Woburn, MA, USA 01801

Tel: 617-448-0205 **Fax:**
Email: fran@nutritionistofchoice.com

Specialties: Public Speaking
Corporate and School Wellness
Healthy Dining

Recent Projects: Author: Healthy Meals for your Busy Life Cookbook- Published 2016
<https://www.amazon.com/Healthy-Meals-Your-Cookbook-Dietitian-Approved/dp/1489704671>
America's Nutritionist of choice - <http://americasnutritionistofchoice.com>
Public speaking video -https://www.youtube.com/watch?v=GZRVFZ_uQ1I&t=8s
Weekly nutrition videos - <https://www.youtube.com/user/Franceenf>
Healthy Dining Genie (Foodservice Toolkits) <https://www.youtube.com/watch?v=s4pCFzM19-M>

Wendi Hiebert, P.H.Ec.
FoodWise Consulting
24 Silverspring Cres.
Kitchener, ON N2M 4P2

Tel: 519-742-0873 **Fax: 519-742-9619**
Email: wendihiebert@gmail.com www.wendihiebert.com

Specialties: Recipe Editing and nutritional analysis
Culinary Education and presentations
Food Writing

Recent Projects: Recipe Editing for EarthFresh Farms
Recipe nutritional analysis for restaurant menus
Website writing for Egg Farmers of Canada

Jennifer Hill, P.H.Ec.
Jennifer Hill Professional Home Economist
P.O. Box 1092
Petrolia, ON N0N 1R0

Tel: 519-882-0156 **Fax:**
Email: jenniferhillphec@gmail.com

Specialties:

Recent Projects: OFSHEEA Workshop Presenter "How to Run a Food Lab"
Adult Cooking Class Instructor at the Centre
Revised Social Sciences and Humanities Curriculum Resource Writer

Cory Hogan, P.H.Ec.

305 Ash Street
Sudbury, ON P3C 1Z9

Tel: (705) 207-1075 **Fax:**
Email: hoganc@rainbowschools.ca

Specialties: Cooking Classes & Demonstrations
Recipe writing & testing
Resource Development & Workshops
Food & Nutrition

Recent Projects: Interactive cooking classes tailored to suit your food and nutrition needs
Recipe Development and testing for workshops and education programs; Speaker/presenter/educator delivering workshops on topics related to food, nutrition and wellness
Resource writing and development for Ontario Ministry of Education and various teaching associations, with specific focus on food and nutrition as well as the revised Social Sciences and Humanities curriculum.

Denise Koster, B.A.A., P.H.Ec.

Koster Consulting & Associates; Workplace Violence and Elder Abuse Specialist

www.kosterconsultingassociates.com

Tel: 416-729-3947 **Fax:**
Email: koster@istar.ca

Specialties: Provided education, intervention and investigation services pertaining to Elder/Resident Abuse, Workplace Discrimination Harassment and Bullying Conflict Resolution; Organizational Climate Surveys

Recent Projects: Provided services to Sunnybrook Health Sciences Centre; Hicks and Morley; Grand Valley Institution for Women

Andrea Liesner, P.H.Ec.

The Half Assed Hobbyist
3613 Trappers Rd
Gloucester, ON K1T 2R4

Tel: 780-686-6705, cell: 647-479-4203 **Fax:**
Email: liesner@ualberta.ca

Specialties: Recipe Testing
Recipe Writing
Recipe Development
Blogger and Meal Planner

Recent Projects: Recently work with the TK Inc.
Blog: thehalfassedhobbyist.com

Novella Lui, RD, MHSc, P.H.Ec.

18 Pemberton Avenue
Toronto, ON M2M 4K9

Tel: 647-848-2100 **Fax:**
Email: info@livetounourish.com

Specialties: Nutrition Communication (i.e. Writing and Research); Nutritional Analysis
Menu and Recipe Development; Menu and Recipe Analysis
Speaker; Program and Resource Development on topics relating to food, nutrition and health
Food Safety and Training; Media Spokesperson; Promotion and Marketing

Recent Projects: Writer for online media; Social media campaigns
Menu development and nutrition analysis for retirement homes
Food safety trainer

Erin MacGregor, RD, P.H.Ec.

www.howtoeat.ca

Tel: 647-929-9142 **Fax:**
Email: info@howtoeat.ca

Specialties: Food and nutrition content creation
Recipe Development
Cooking demonstrations (in-person and virtual)
Brand partner and spokesperson

Recent Projects: Recipe development for Walmart Canada, Longo's Experience Magazine
Co-founder at How to Eat: Food and Nutrition Communication team
Dietitian and course instructor at Collective Therapy with a focus on Picky Eating;
Brand partner and event host of Toronto-based #CanolaConnect events sponsored by Canola Eat Well for Life.

Jennifer MacKenzie, P.H.Ec.

FOODWORX
55 Grantsville Trail
Lakehurst, ON K0L 1J0

Tel: 705-657-7599 **Fax:**
Email: jennifer@jennifermackenzie.net

Specialties: Recipe Development
Recipe Editing
Writing
Cooking Instructor

Recent Projects: Farm & Food Care Farm Tour Project Coordinator
Taste Canada Awards, Chair Awards Committees and Special Events Coordinator
Food & Drink Magazine Early Summer 2017 "Seeds of Greatness" recipes and articles

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: Client: Dairy Farmers of Canada, Dec 2016: Research and write a resource sheet for Cooking with Preschoolers. Content included: Kitchen Safety Tips, Food Safety Tips and Tips for Creating an Inviting Cooking Space.

Client: Foodland Ontario OMAFRA, January 2017: Recipe development for 2018 Recipe Calendar. Develop 6 recipes.

Client: Foodland Ontario OMAFR: Spokesperson CHCH Morning Live, January 2017. 5-minute live segment, featuring two recipes to promote local eating

Madelyn Morgan, P.H.Ec.

6387 Jupiter Blvd
Niagara Falls, ON L2J 3Y4

Tel: 905-932-4108 **Fax:**
Email: mmorga22@uwo.ca

Specialties: Nutrition Manager
Cook, Nutrition/Dietetics Counselling; Communication; Public Speaking; Health Promotion
Marketing; Inventory; Research

Recent Projects: Research Assistant for a Randomized Control Trial with PhD Candidate Nancy Guest - helping with data input for her study on Nutrition, Genetics and athletic performance
Clinical Nutrition Volunteer at the NHS. I help with revising and creating educational handouts/pamphlets for patients of the NHS. Topics include Lactose-free diet guidelines, Meal Service resources in the Niagara Region

Organized and conducted a Healthy Jam Workshop at Project Share where participants were able to create a 3 ingredient jam.

Naglaa Mosaad, P.H.Ec.

2610 - 45 Dunfield Ave.
Toronto, ON M4S 2H4

Tel: 647-713-2003; cell: 647-713-2003 **Fax:**
Email: dr_naglaamosaad@yahoo.com

Specialties: University Professor
Strong Advocate for families' well being and human development
Develops Workshops to educate the community on key issues such as healthy eating, stress management, parenting techniques, family resource and household management

Recent Projects: Director and Program Coordinator for THEA
Member of North York Community House
Started the group "Canadian Initiative for Basic Income"

Patricia Moynihan-Morris, P.H.Ec.

Perfect Taste
12 Park St. East #511
Mississauga, ON L5G 1L5

Tel: 647-466-3757 **Fax:**
Email: perfecttaste@bell.net

Specialties: Culinary Education and Presentations
Recipe Development
Cooking Demonstrations
Food Styling

Recent Projects: Teaching Cooking classes at Loblaws Canada
Food styling on Marilyn Denis Show
Recipe development for OMAFRA's Foodland Ontario, Egg Farmers of Ontario, Ontario Turkey

Astrid Muschalla, P.H.Ec.

Oasis Institute for Health Living Inc.
49 Warren Lane, P.O. Box 191
Wolfe Island, ON K0H 2Y0

Tel: 613-900-7228, Cell: 647-505-0892 **Fax:**
Email: astrid.oasis@gmail.com

Specialties: Nutrition & Food Preparation Education
Cooking/Food Demonstrations
Growing and Preserving Food Education
Speaker/Presenter/ Educator

Recent Projects: Teaching Growing Food Organically for Gaia College - 3 semesters/year.
Teaching Food, Nutrition and Hospitality Management for Centennial College.
Updating course materials for Introduction to Organic Land Care Organic Land for Gaia College.

Emily Reid, P.H.Ec.

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

Tel: 514-482-2065 **Fax:**
Email: reidandassociates@bell.net

Specialties: Financial Counselling

Recent Projects: A member of Elder-Aid Associates - Multi-disciplinary service that works as a team with seniors
Gives occasional workshops as part of the federal funded Financial Literacy program at the Atwater Library
Recent topics have been Finances over Fifty and When Information is not Enough: Feelings, Emotions and Beliefs about money.

Emily Richards, P.H.Ec.

32 Blair Drive
Guelph, ON N1L 1R6

Tel: 519-836-9586; Cell: 519-835-0190 **Fax:**

Email: cook-ease@sympatico.ca; Instagram: eriscooking Twitter: eriscooking Snapchat: eriscooking
Facebook: Emily Richards Cooks

Specialties: Recipe Development and Testing
Media Spokesperson; Cooking Video On Air Talent
Cooking Instructor; Food Styling
Cookbook Author

Recent Projects: Longo's Experience Magazine Editor and recipe development. . CTV News at Noon and Live at 5 cooking segments, Ontario Turkey Recipe Development and Kids Cooking Videos
Osteoporosis Canada Recipe Development and Cooking Videos; Per La Famiglia Cookbook Author
Web Video Series Emily Richards Cooks Pasta Per La Famiglia and Slow Cooker

Tess Ryan, P.H.Ec.

2037 Mt. Forest Blvd
Thunder Bay, ON P7J 1H6

Tel: 807-632-1437 **Fax:**

Email: tessryann@hotmail.com

Specialties: Nutrition Counselling
Recipe Development
Meal Planning

Tamara Saslove, P.H.Ec.

Chef/Recipe Developer/Nutritionist
210 Victoria St., Apt #914
Toronto, ON M5B 2R3

Tel: 647-461-7411 **Fax:**

Email: tamara.saslove@gmail.com

Specialties: Teaching Cooking Classes & cooking demos
Recipe Development & Testing
Food Styling & Photography
Nutrition Counselling & Menu planning; Social Media Management; Sales

Recent Projects:

Cooking classes and demos with PC Cooking School
Chef for Chicken Farmers of Canada at the National Women's show via LiveWell Marketing

Benish Syed, P.H.Ec.

Tel: **Fax:**
Email: benish.syed@gmail.com

Specialties: Nutrition Research and writing
Social media marketing and resource development
Nutritional analysis/recipe testing

Recent Projects: Gluten-free recipe testing at Ryerson Early Learning Centre
Nutrition writing on health benefits of green tea, different protein powders
Research on nutrition labelling

Sandra Venneri, MPH, P.H.Ec.

Nutrition Bites Consulting, Growing Up Healthy Info
346 Blackacres Blvd
London, ON N6G 3C9

Tel: 226-377-2223 **Fax:**
Email: sandra@nutritionbites.ca; Website: www.nutritionbites.ca

Specialties: Teaching & Seminars
Writing & Research
Demonstrations; Consumer Relations
Media spokesperson; Menu Analysis; Recipe Development; Promotion & Marketing; Shows & Exhibits;
Nutritional Analysis; Food Safety; Sales Training

Recent Projects: Ontario Manager of NSTEP (National Nutrition Charity)
Social Media Campaigns - Strategies, Plans & Content (Small Farms, Non-Profits & Businesses)
Cooking Demos & Educational Seminars (Schools, Fitness Gyms); Recipe Development for 20 Valley Harvest

Andrea Villneff, P.H.Ec.

Lime and Lemon Media
17-215 Dundas St. E
Waterdown, ON L0R 2H6

Tel: 519-803-0814 **Fax:**
Email: andrea.villneff@gmail.com

Specialties: Food & Nutrition Marketing Specialist
Recipe Development
Food Photography

Recent Projects: Recipe Development
Food Photography
Recipe Videos

Lucia Weiler, BSc, R.D., P.H.Ec.

Registered Dietitian, Nutritionist, President, Weiler Nutrition Communications Inc.
260 Glenview Ave
Toronto, ON

Tel: 416-985-0537 **Fax:**

Email: lucia@weilernutrition.com/www.weilernutrition.com/ www.NutritionForNONNutritionists.com

Specialties: Speaker/Presenter/Educator on food, nutrition, health & wellness
Certified Food Safety trainer, examiner, auditor
Food, recipe and menu analysis, labelling and regulatory affairs expert
Strategic marketing, program development, writing, research, media, PR

Recent Projects: Top trends in nutrition, healthy eating & cooking consulting for businesses & media
Food & nutrition label development for multinational branded products and chefs' recipes
Certified food safety trainer, nutrition & entrepreneurship expert faculty Humber College

Bridget Wilson, P.H.Ec.

110 Cooks Bay Dr.
Keswick, ON L4P 1M3

Tel: 416-577-5466 **Fax:**

Email: bridget.wilson@rogers.com

Specialties: Recipe Development
Culinary Instructor

Recent Projects: Culinary content curation/creation lead for social media channels and recipes by email for Kraft Canada
Recipe development for Classico Pasta Sauce, Kraft Salad Dressings and Philadelphia Cream Cheese
Culinary instructor at Loblaws Cooking School - French Canadian Favourites, Bistro Favourites, Holiday Brunch, Canadian Favourites