

Building Public Support in Local Healthy Eating and Nutrition Policies Workshop

Wednesday, December 4, 2013

*University of Toronto, Rehabilitation Sciences Building Room 132,
500 University Avenue, Toronto, ON*

Facilitator:

Dave Meslin, Community Choreographer

Dave Meslin is a well-known community activist and artist. This TEDTalks speaker has explored barriers to engagement in local politics. His 'City Idol' project, designed to engage alienated citizens in politics, has been featured on the Documentary Channel. Dave Meslin is a Toronto-based artist and organizer who instigated a variety of urban projects including the Toronto Public Space Committee, Spacing Magazine, City Idol, Human River, Toronto Cyclists Union, Dandyhorse Magazine and Better Ballots. Multi-partisan and fiercely optimistic, Dave embraces ideas and projects that cut across traditional boundaries between grassroots politics, electoral politics and the arts community. In his work, he attempts to weave elements of these communities together. Dave blogs at Mez Dispenser, and is currently co-editing a book with Coach House Press about civic engagement in Toronto.

Presenters:

Amanda Sheedy

Program Manager, Food Secure Canada

Amanda Sheedy loves food, good conversation and any process that deepens our democratic culture. Amanda coordinated the People's Food Policy Project, supporting a citizen-led process that drew on conversations with 3,500 Canadians about the food system they want. In her role as Program Manager for Food Secure Canada, she works to build on the momentum of the People's Food Policy, creating space for all of us to have a say in future food policies. Amanda supports the Children and Food Network, the Northern and Remote Food Network, and the Indigenous Circle, as well as the development of our webinar series and website. Amanda has over a decade of experience in participatory democracy, community development and health promotion (including a Master's of Public Health). Much of her work has been at the grassroots, including her role as the founding coordinator of the Good Food Box in Montreal and her work on GMOs in the late 90s. This work heavily informed the "Handbook on Citizen Engagement: Beyond Consultation," published by the Canadian Policy Research Networks in 2008. Amanda currently lives in Montreal with her family.

Michael A. Robidoux, PhD

Associate Professor, University of Ottawa,
Indigenous Health Research Group

Michael Robidoux is an Associate Professor in the Faculty of Health Sciences at the University. He works with a multidisciplinary team of researchers focusing on local dietary and physical practices in remote First Nations communities in northern Canada and other international settings. Increasingly local land based (traditional) dietary strategies are being influenced by global forces, resulting in more western based, prepackaged, store bought diets. The common goal of our research is to understand how local dietary strategies may contribute to improved health and how local diets can thrive within this global environment.

Ellen Curitti RD, MSc,

Public Health Nutritionist, Healthy Eating and Active Communities
Region of Waterloo Public Health

Ellen is a Registered Dietitian who has been working at the Region of Waterloo Public Health for 6 years. Her areas of work include adult and workplace health. Ellen has had a leadership role for the past 3 years as the co-chair of the Ontario Society of Nutrition Professionals in Public Health Workplace Nutrition Advisory Group (WNAG). The primary purpose of this group is to provide a provincial strategy to promote healthy eating in the workplace. This work has involved an extensive literature review in the areas of physiology, psychology and nutrition science as it pertains to the food environment in the workplace. The group launched the *Call to Action: Creating a Healthy Workplace Nutrition Environment* in October 2013. Advocacy efforts continue to bring attention to the issue of workplace nutrition. The WNAG is also working on developing supporting materials to help workplaces implement the Essential Elements outlined in the *Call to Action*.

Lisa Swimmer, MHSc, RD

Nutrition Promotion Consultant, Toronto Public Health

Lisa Swimmer is a Registered Dietitian and Nutrition Promotion Consultant who has been working for Toronto Public Health for 13 years. Her areas of work have included heart health, chronic disease prevention, student nutrition, healthy public policy and most recently, menu labelling. Lisa has also held an acting manager position with Toronto Public Health's Peer Nutrition Program. Prior to working in the public health system, she worked as a Food Access Coordinator and Community Dietitian at a Community Health Centre. Lisa is a graduate of the University of Western Ontario with a Bachelor of Science in Food and Nutrition. Lisa also completed a Masters of Health Science in Community Nutrition from the University of Toronto. Lisa has taken on various leadership roles within the Ontario Society of Nutrition Professionals in Public Health (OSNPPH) including as an executive member, conference planner and most recently leading the OSNPPH Menu Labelling workgroup in the development of a position paper and advocacy efforts. Outside of work, Lisa enjoys spending time with her two young sons, as well as travel, photography, fashion and good food.