



## 10 Years of Working at NRC

Kathleen Orth has been with OPHA since 1992 and has been the Program Assistant for NRC since its inception. As this is NRC's 10<sup>th</sup> anniversary, we asked Kathleen to put together some words about her years with NRC.

To start off, I have a confession to make (well, two confessions): The first one is I recently signed up for a sewing class. For someone who has worked on a nutrition initiative for 10 years, this is akin to treason; however, I have at least two reasons. Though I grew up with Easy-Bake Ovens and love baking, sewing is a long-time love too, and I was making my own clothes by the time I entered high school. On my long, long, list of things I always wanted to do, I decided to give this one a try. When I finish the course, I will really know how to do something. Here's where I make a connection between the sewing and nutrition - the RDs are people who really know how to do something too.



The NRC staff (left to right)

Kathleen Orth, Sarah Evason, Heather Harvey, Cindy Scythes,  
Mary Ellen Prange (Absent: Elizabeth Smith, Lee Rysdale)

Some feedback I've received is that I am always learning. I've been able to learn from seeing how the staff and students at NRC manage their programs and projects: how they clearly articulate goals and achievements, plan and budget, manage time and focus on tasks.

Some communication projects at NRC stand out, such as the NRC Digest, the NRC website, and Nutrition in the News, which lasted for a few issues years ago. We collected stories that health unit RDs had written for local newspapers, put them in newsletter format, added some graphics and sent them out via contact-nrc.

NRC has grown over the past decade. In the early years "we did everything" as NRC's first manager, Colleen Kiel (then Logue), once said. This included assisting in the distribution of Canada's Food Guide in Ontario. With the production of the Cultural Food Guides in 2003, we had over 300 boxes of materials delivered to the office. Shortly after, late one Friday, a burst water pipe meant the boxes had to be moved – fast. Fortunately, Colleen and then Executive Director, Jack Lee, were still in the office and they formed the rescue crew. There was minimal damage to the resources, but every office door concealed a stack of food guide boxes.

Confession # 2 is that CFA is my favourite program. My wish list for NRC is that it would have a gleaming teaching kitchen and could offer the CFA program from the Toronto office. I'd be first in line.

I know nutrition is much more than cooking, but cooking, especially baking and preserving, is on my list too. For now, I make a super macaroni and cheese, and the CFAs' bean brownies remain one of my all-time favourite recipes. I'm often getting compliments on my healthy lunches. When Marie Traynor was NRC's Acting Manager, she said I "role model healthy eating, regular physical activity and environmental stewardship" (the latter point because I saved the coffee grounds to put on my garden). Aside from occasionally indulging in a cinnamon bun, I aim to keep up with the healthy eating and physical activity model I learned at NRC.



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## Eat Smart!® Program

Heather Harvey MHSc, RD  
Program Coordinator,  
Eat Smart!®

- The Eat Smart!® website has undergone major updates to remove the Restaurant Program and incorporate the Recreation Centre Program as well as the Eat Smart!® Choices Calculator.
- The Eat Smart!® Choices Calculator is a user-friendly tool that can be used to quickly assess individually packaged food products at influential purchase locations for the Workplace Program as well as at snack bars and in vending machines for the Recreation Centre Program.

### **School and Workplace Programs**

- New School and Workplace Program nutrition and supportive environment standards are being pilot tested by selected health units from September to February. Please visit the website for a copy of the revised standards.
- The final School and Workplace Program standards and related materials will be updated and ready for implementation in September 2011. Until that time, health units should continue to use the nutrition standards released in 2008.

### **Promotional Materials**

- New promotional materials are available for all Eat Smart!® Programs, including stainless steel water bottles and apple-shaped magnetic clips. Order forms are available on the Eat Smart!® website.
- Point of purchase materials for the workplace program will be available this month. These include posters, table tents and a set of twelve glass clings to be used in the cafeteria to highlight healthier choices.
- The staff education pamphlet has been revised for use in the school and workplace programs and is available for download on the website.

[www.EatSmartOntario.ca](http://www.EatSmartOntario.ca)

## **Is your contact information part of the NRC Directory of Dietitians in Public and Community Health?**

Be sure to add or update your contact information to ensure that you receive important program updates.

[www.nutritionrc.ca/directory](http://www.nutritionrc.ca/directory)

## **NRC resources to support implementation of the School Food and Beverage Policy (P/PM 150)**

NRC has been busily working over the summer on development of two provincial resources that will provide information for parents and students about P/PM 150.

Testing of a prototype of a booklet that aims to support healthier school bake sales was undertaken in August and early September. A lot of very helpful feedback was received from parents, teachers, school administrators, students, public health dietitians and inspectors, as well as representatives from EatRight Ontario, Ophea, the Ministry of Education, Ministry of Health Promotion and Sport, and the Ministry of Agriculture, Food and Rural Affairs.

Development of a six-page "at-a-glance" guide to the School Food and Beverage Policy is well-underway. Testing of a prototype is in progress with parents, students, public health professionals, and various organizations and provincial ministries.

Both resources will be available in English and French. They will be accessible from the EatRight Ontario website by the end of October. Stay tuned to the Contact-nrc listserv for an announcement that will be posted as soon as these resources become available.



Mary Ellen Prange MHSc, RD  
Program Coordinator,  
Eat Smart!® & Special Projects



## Colour It Up

- Consider running Colour It Up in your community. This exciting provincial program helps women overcome challenges and build confidence in their ability to eat more vegetables and fruit. It is unique, inexpensive, effective and is fun to facilitate. The NRC provides all materials to get the program started in your community.
- **Colour It Up announces a new program for women 50+.** The new program for women over the age of 50 is just as exciting as the original, while addressing the needs of women 50 and over (less about kids and families and more about healthy aging). The manual will be available on the website by the end of September (contact the Colour It Up coordinator for access). A limited number of hard copies will be available.
- **Are you a CHC or FHT interested in running Colour It Up?** There is great potential for the Colour It Up program to be successful in CHC and FHT settings and we want to help support the program in these settings. We are looking for CHCs and FHTs interested in being a case study. Funding support is available. For more information on this opportunity, please contact the coordinator at [colouritup@opha.on.ca](mailto:colouritup@opha.on.ca).
- Over the next year, the NRC will be offering several webinar opportunities to learn more about the Colour It Up program. Stay tuned through contact-NRC for dates and topics.

[www.colouritup.ca](http://www.colouritup.ca)

Sarah Evason MHS, RD  
Program Coordinator,  
Colour It Up



## You Can Ask...

### For healthier foods when dining out

- Restaurants say that they will offer healthier foods when consumers ask for and purchase these items.
- NRC created three webpages as part of a partnership with EatRight Ontario to help families make healthier choices when eating out.
- The messages are based on the nutrition standard from Eat Smart!® Ontario's Healthy Restaurant Program and have been consumer tested to ensure that they are understandable, relevant and actionable.
- Stay tuned for more details on how the messages were developed and how you can use these messages to support your work.



<http://www.eatrightontario.ca/en/EatingOut.aspx>

## The Community Food Advisor Program

- The updated CFA website will be launched later this month and includes more resources to support running a CFA program including managing volunteers.
- Two new training sessions are near to completion:
  - Social Determinants of Health ~ an introduction for CFAs
  - How to do Food Demonstrations ~ including a short video
- Both kits will be available on the website.

Elizabeth Smith RD  
Program Coordinator,  
Community Food Advisor Program



[www.communityfoodadvisor.ca](http://www.communityfoodadvisor.ca)

### The Nutrition Resource Centre is pleased to announce the launch of the updated Eat Smart!® website.

The Eat Smart!® Recreation Centre Program is now fully integrated into the new website. The program was soft-launched provincially in spring 2010 with two facilities being awarded by the Eastern Ontario Health Unit.

An exciting new feature on the website is the **Eat Smart!® Choices Calculator / la calculatrice de choix À votre santé!**

This user-friendly tool can be used to evaluate single-serving packaged food products to determine whether or not they qualify as Eat Smart!® choices for the Eat Smart!® Workplace and Recreation Centre Programs.

**Don't delay... Check it out today!**



[www.EatSmartOntario.ca](http://www.EatSmartOntario.ca)

[www.AvotreSanteOntario.ca](http://www.AvotreSanteOntario.ca)





# NRC Nibbles

Little bites of NRC news

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## NutriSTEP<sup>®</sup>

Lee Rysdale MEd, RD  
Program Coordinator,  
NutriSTEP<sup>®</sup>



### Resources

- The NutriSTEP<sup>®</sup> questionnaire is now available in English, French, Simplified and Traditional Chinese, Vietnamese, Punjabi, Spanish and Tamil. The educational booklet, *How to Build a Healthy Preschooler*, is also available in English, French, Simplified and Traditional Chinese, Vietnamese, and Punjabi. Print copies are free of charge from Service Ontario Publications. For order details, see: [http://www.nutritionrc.ca/resources/pdfs/nutristep-sop\\_01JUN10.pdf](http://www.nutritionrc.ca/resources/pdfs/nutristep-sop_01JUN10.pdf).
- The updated and improved Nutrition Primers for RDs in English and French were launched in late July at [www.nutristep.ca](http://www.nutristep.ca).
- An education booklet, *How to Build a Healthy Toddler*, was evaluated this summer as a resource to accompany the 2012 release of the Toddler NutriSTEP<sup>®</sup> questionnaire. Electronic versions of the booklet in English and French will be available in late 2010.

### Implementation Support

- Six new NutriSTEP<sup>®</sup> success stories are now posted on [www.nutristep.ca](http://www.nutristep.ca) SAVE THE DATE for an implementation and evaluation web cast on November 1 from 2-4 pm.
- The integration of NutriSTEP<sup>®</sup> results with regional Early Developmental Index (EDI) data and HBHC ISCIS databases is being investigated at the provincial level.
- NutriSTEP<sup>®</sup> is included in several of OPHS Guidance Documents, June 2010 (e.g. Child Health, pages 53-4; Healthy Eating, Active Living Healthy Weights, pages 15, 41, 44, 51; School Health, page 42) (<http://www.mhp.gov.on.ca/en/healthy-communities/public-health/guidance-documents.asp>).
- Remember there is additional NutriSTEP<sup>®</sup> provincial support with the *EatRight Ontario* Call Centre dietitians who can respond to parent as well as service provider inquiries.

### Other Activities

- Reliability testing of an online version of questionnaire has been completed by the University of Guelph. Implementation plans will begin shortly.

[www.nutristep.ca](http://www.nutristep.ca)



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