

# Nutrition Resource Centre

The Nutrition Resource Centre (NRC) was established in 1999 to increase the level of coordinated provincial support of nutrition promotion programming, resource development and dissemination, and support services for nutrition practitioners. NRC is an initiative of the Ontario Public Health Association and is funded by the Ontario Ministry of Health Promotion and Sport.

## NRC Staff

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Special Projects
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NutriSTEP®
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Community Food  
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### Nutrition Resource Centre

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**Website**

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

## NRC Provincial Programs



### Colour It Up

(originally known as TAKE 5) is a community-based, behaviour change

program designed to promote increased vegetable and fruit consumption to women and their families. Colour It Up was developed by Cancer Care Ontario in 2002 and has been shown to be effective in increasing vegetable and fruit consumption of participants. There are six sessions, each including a snack break and hands-on activities that encourage discussion. Provincial partners include Cancer Care Ontario, the Canadian Cancer Society (Ontario Division) and the Heart and Stroke Foundation of Ontario. This program can assist Boards of Health to meet Requirements 7, 8 and 11 of the Chronic Disease Prevention Standards of the Ontario Public Health Standards (2008).

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



### The Community Food Advisor

(CFA) Program has been active in Ontario since 1993/94. Its mandate is to train interested and enthusiastic volunteers who will work in their communities to increase knowledge and skills related to food selection, preparation and storage, and promote healthy and safe eating to the people of Ontario. The program is currently supported in 16 communities across Ontario. In 2009, 354 CFAs provided over 14,000 hours of volunteer service, providing presentations on healthy eating and food safety, to over 42,000 people! The CFA Program can assist Boards of Health to meet Requirements 7, 8, and 11 of the Chronic Disease Prevention Standards of the Ontario Public Health Standards (2008).

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

### Eat Smart!®

is an award of excellence program that recognizes Ontario schools, workplaces and recreation centres that meet exceptional standards in nutrition, safe food handling and a smoke-free environment. Eat Smart!® is implemented by health units across Ontario and provincially coordinated by the Nutrition Resource Centre. Provincial partners include the Canadian Cancer Society (Ontario Division) and the Heart and Stroke Foundation of Ontario. The goal of Eat Smart!® is to reduce chronic diseases and food-borne illness in Ontario by increasing the availability of healthier foods when eating away from home. This program can assist Boards of Health towards fulfillment of Requirements 3, 4, 5 and 6 in the Chronic Diseases Prevention Standards of the Ontario Public Health Standards (2008).

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



### NutriSTEP®

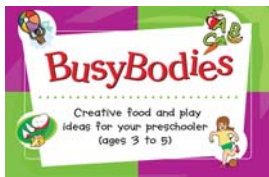
(Nutrition Screening Tool for Every Preschooler) is a scientifically valid and reliable bilingual (English and French) nutrition risk screening questionnaire that takes parents about five minutes to complete. It has been designed for administration by parents, caregivers or community professionals, in a variety of settings. NutriSTEP® identifies preschoolers aged three to five with poor nutrition; provides parent referral to community resources for primary prevention and parental nutrition education. NutriSTEP® is a recommended tool in the Ontario Public Health Standards (2008) under Child Health, Requirement 11. NutriSTEP® can also be used for local and provincial surveillance to plan programs and identify implications for further research and practice.



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

## NRC Resources

For information on ordering NRC resources, go to:  
[www.nutritionrc.ca/resources/](http://www.nutritionrc.ca/resources/)

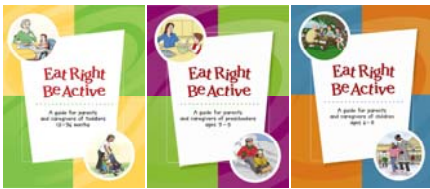


### BusyBodies / Hop la vie!

Helps parents and caregivers bring healthy eating and

physical activity to life for preschoolers, ages 3 to 5, by encouraging a variety of experiences presented as easy-to-use activity cards.

\*\*\* **BusyBodies / Hop la vie!** was recognized as the 2008 Ontario Regional Award winner of *The Speaking of Food and Healthy Living Award* from Dietitians of Canada and Kraft Canada.



### Eat Right Be Active / Bien manger Bien bouger

Provides information and helpful tips for parents and caregivers to encourage healthy eating and active living among young children (ages 12-36 months, 3-5 years and 6-8 years).



### Fuel Up For Fun / Fais le plein d'énergie

Fuel Up For Fun aims to build awareness, positive attitudes and healthy behaviours among children 6-8 years old so they will eat right and be active with their families. There are three seasonally-based issues: fall, winter and spring/summer.

\*\*\***Fuel Up For Fun / Fais le plein d'énergie** was recognized as the 2009 National Award winner of *The Speaking of Food and Healthy Living Award* from Dietitians of Canada and Kraft Canada.



### How to Build a Healthy Preschooler Comment former un enfant en santé

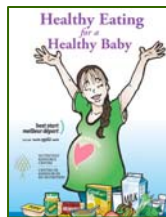
Provides parents with information and tips for feeding

preschoolers, ages 3-5 years. This resource is designed for use with the NutriSTEP® program. Culturally adapted and translated versions are available in traditional and simplified Chinese, Vietnamese and Punjabi.

## Resources from the NRC and Best Start

NRC developed the following resources in partnership with the Best Start Resource Centre. To order print copies, contact Best Start:

[www.beststart.org/resources/nutrition/index.html](http://www.beststart.org/resources/nutrition/index.html)

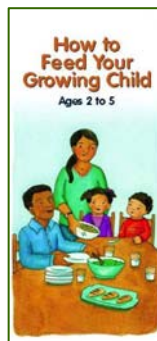


### Healthy Eating for a Healthy Baby

Information for pregnant women related to the nutritional needs of the growing baby.

### Feeding Your Baby

Designed to help parents introduce their infants to solid foods



### How to Feed Your Growing Child

A resource that provides information on feeding children from ages two to five years old

## Connect with the NRC

### ➤ NRC Nibbles

Our four-page quarterly electronic newsletter. First issue released April 2010. Sent to all subscribers of Contact-nrc. Contact Heather Harvey, Editor, [harvey@opha.on.ca](mailto:harvey@opha.on.ca).

### ➤ [Contact-nrc]

Our broadcast e-mail service provides subscribers with up-to-date news on nutrition happenings – media stories, events, new resources, job postings and more. To join, email [nutrition@opha.on.ca](mailto:nutrition@opha.on.ca) or go to:

<http://list.web.net/lists/listinfo/contact-nrc>

### ➤ [www.nutritionrc.ca](http://www.nutritionrc.ca)

Our comprehensive website is regularly updated with new information and resources. The site includes details on our provincial nutrition programs, resources from the NRC and from practitioners in the field, as well as the Directory of Public and Community Health Dietitians in Ontario.



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