

# Facets Newsletter

Manitoba Association of Home Economists

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## Join the Conversation

Keep up-to-date on what's happening!

*Adriana Barros PHEc*

We are very excited to announce MAHE is now on Facebook and Twitter! Join the conversation online by "liking" our page and "following" us on Twitter. Facebook and Twitter are social media websites that allow our members to keep in touch with events and news occurring within the field of home economics. This will be an interactive setting where members can share media, stories and comments with one another. The social media sites will also work at gaining interest in the field by becoming a popular location members and anyone interested in MAHE can go to and catch up on the latest happenings.

Please remember these sites do not gain popularity or function optimally unless used regularly by members. Please share amongst friends and family.



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FOLLOW US: [www.twitter.com/mbhomeec](http://www.twitter.com/mbhomeec)

@mbhomeec

Contribute to our MAHE Blog, great content starts with you! [www.homefamily.net](http://www.homefamily.net)



## Growing Local Conference

*Lisa Bouskill* - 4th year Nutritional Sciences Student

Food Matters Manitoba is holding the 6<sup>th</sup> annual Growing Local Conference from Friday March 1- Saturday March 2, 2013. It will take place from approximately 8:00 am-4:00 pm each day at the Marlborough Hotel, located at 331 Smith Street. Some of the different themes that will be discussed include Sustainable Agriculture, DIY/hands-on food skills and production workshops, Food & Health, Food Justice, and Indigenous & Northern Issues. Some topics to be discussed within these themes include "How Food Labels can Impact Health", "From the Ground Up", "Building Ideal Community Economies through Food", "Menu Planning- Fast and Healthy with MB Foods" and many more. One of the keynote speakers who will be attending the conference is David Courchene, who has travelled internationally and shares ancient indigenous knowledge while delivering a message of hope and peace. In 2012 he received a National Aboriginal Achievement Award based on his message, vision, and inspiration to all. Another keynote speaker to look forward to at the Growing Local conference is Diana Bronson. Diana is the Executive Director of Food Secure Canada.

Diana, who has worked in advocacy, policy, and research and has supported social movements around the world, assesses the impact of social and environmental factors with emerging technologies and focuses on sustainable development. She has helped to bring forward work on the global economic policy for the right to food. There will be numerous opportunities for networking with other individuals who share the same passions as you do, not to mention displays of local food companies within Manitoba to help raise awareness of foods we have available here in Manitoba. This is one event you don't want to miss out on! You are able to register for the conference until **February 22, 2013**. Regular admission prices are \$140 for the entire conference or \$80 for one day, with lunch included for both. Reduced rates are offered for students and seniors. To register or for more information please contact:

Monica Derksen, Conference Coordinator

Office: 204 943 0822

Toll-free: 1 800 731 2638

Cell: 204 990 7317

[growinglocal@foodmattersmanitoba.ca](mailto:growinglocal@foodmattersmanitoba.ca)

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



2011 Apple Workshop 1



*Gr*owing Local

## Op-Ed Article: Taxing Sugary Soft Drinks to Fizzle Out Obesity

*Dima Al-Sayed (edited with permission, full text will be available at [www.hesomanitoba.blogspot.ca](http://www.hesomanitoba.blogspot.ca))*



Canada has recently witnessed an alarming increase in obesity rates, and the publically-funded health care system spends more than 1.8 billion dollars per year on treating obesity related health conditions. Considering that every can of non-diet soft drink contains 7.5 teaspoons of sugar, it is no surprise that excessive consumption of the fizzy drinks contributes to obesity. Today, soft drink vending machines are located at nearly every corner, making them difficult to avoid, adding calories to our diet and pounds to our bodies. The government needs to turn its attention to soft drinks by recognizing the burden they add on our health care system and by identifying them as dangerous products similar to alcohol and tobacco.

According to Statistics Canada (2009), soft drink consumption has doubled since 1971, especially among teenage boys and girls between the ages of 14 and 18. Young children and even toddlers have been seen drinking soft drinks in their bottles instead of milk, owing to the fact that soft drinks are alarmingly cheaper than milk in some cases. These statistics are hugely concerning, especially because of the practically non-existent nutritional value these drinks provide. Furthermore, the fructose sugar used in soft drinks can lead to liver toxicity and other chronic diseases if consumed in large amounts as evidenced in a 2012 study by Lusting and colleagues at the University of California. We know that a direct link exists between soft drinks, obesity and serious life-threatening diseases. The question is, what should we do about it?

If we examine the sales records of tobacco companies, we see that policies involving tax

or price increases on the sale of cigarettes led to a significant reduction in their sales, as evidenced by a study published in the Tobacco Control Journal in 2002. Applying similar taxes on the sales of soft drinks might lead to the same results, especially if they were accompanied by public awareness campaigns about their adverse health effects. To successfully reduce soft drink consumption, a price increase would have to be double the current price as suggested by Sturm and colleagues in their 2010 research paper. Money that is raised from the increased sales price could be directed to obesity treatments or could be used to fund obesity research.

Since 2006, the Government of Manitoba has taken positive steps to reduce soft drink consumption in schools. For example, soft drink sales are not allowed in schools during school hours and there are many strong restrictions around food service policies and contracts when it comes to the sale of soft drinks. However, the fight against obesity is far from over and there are still many steps that are yet to be taken. For example, soft drink sales and vending machines in community centres and sports arenas should be limited; fast-food restaurants and convenience stores should not be located near schools and the TV ads for high sugar products should be banned during children's programs. Furthermore, warnings on the possible adverse health effects could be placed on soft drink packages, just like they are placed on cigarettes' packages.

This is not a call for the government to control our lives by implementing laws and creating new taxes. Rather, this is a public appeal to the government to help us fight the obesity epidemic that is plaguing our country. If prevention is truly better than the cure, then let's use our tax dollars strategically to promote a healthier and happier Canada.

## Students' Corner – A.C.H.E.S Update!

Chantal Lavoie - 4th year Nutritional Science Student

This year the ACHES conference themed "Finding Your Fit in the Future of Human Ecology", was held in London, ON from January 10-13<sup>th</sup>. The delegates sent from U of M experienced a very warm welcome (literally- it hovered around 10 C all weekend!) from host Brescia University College.

The U of M was certainly well represented with 15 delegates, while there were also students from University of Alberta, Université de Moncton, and of course Brescia.

Over the course of the event, professionals from all over Ontario shared with us their work in the community, including...

- Clark Hoskin – Manager of Tourism and Economic Development of Norfolk County spoke on the local food movement
- *Two Fairly Fat Guys*, local food ambassadors for Norfolk County, taught us how to perfect the TV food demo
- Amy Snider-Whitson, PHEc and president of *The Test Kitchen* discussed food styling and culinary trends
- Tour of *Youth Opportunities Unlimited* – a not-for-profit organization which provides guidance, support and training to youth so they can reach their full potential



- Melissa Jean (CMA, HBA, MBA) led a workshop on "being a self-starter in the workplace"
- Diane O'Shea, PHEc and Family Studies Teacher and Professor, discussed the future of Home Economics and its role in the education curriculum
- Allison Jorgens, author of "Read it with a Grain of Salt", explained the importance of consumer awareness as an industry insider
- Sara Portway, instructor at Ryerson University, described the role of Human Ecology in sustainable fashion
- June Matthews PhD, RD, PHEc discussed community food initiatives related to food security

As always, the experience was extremely valuable to all students who attended, presenting networking opportunities with peers and professionals alike. Hearing from the array of professionals certainly provided inspiration for thinking out of the box in terms of our career paths, with a take-home message that we can truly "find our fit" in the future of Human Ecology.

As per the rotation schedule between attending Universities and Colleges, next year's ACHES conference will be held in Moncton.

 **H.E.S.O.**  
Human Ecology Students' Organization



## What a Great Year! - Farm to School Update

Adriana Barros, PHEc - Farm to School Coordinator

*Farm to School Manitoba Healthy Choice Fundraiser* set ambitious goals by inviting all licensed daycares and nurseries to participate in the fundraiser, as well as all K-12 schools in the province.

This fundraiser has sparked enthusiasm and excitement on the topic of educating children about local foods, wholesome nutrition and sustainable farming, all the while fundraising for their educational institutions. *Farm to School Manitoba* is able to stay a not-for-profit fundraiser and aims at returning fundraising efforts back to participating schools, daycares and Manitoba farmers.

*Farm to School Manitoba* is very pleased with the 2012 program year returning a total of \$407,490 to all institutions that participated! The program and partner Peak of the Market farmers are pleased to announce the distribution of 896,478 lbs of fresh locally produced vegetables to the tables of families from 432 participating institutions.

Farm to School Manitoba engaged in a great deal of promotion and program awareness throughout the course of the 2012 term. One event in particular brought all program partners and proud program ambassador Minister Jim Rondeau, to a local daycare in Winnipeg this past World Food Day, October 16, 2012.

The focus was to celebrate this special day by shining light on the benefits *Farm to School Manitoba* has to offer the community -- increased awareness of fresh vegetables and the importance of educating young minds about making healthy nutrition choices. This is all with the incredible incentive of raising funds for educational programs within this province's schools and daycares. The event ended with the Minister, Larry McIntosh from Peak of the Market and MAHE representative Getty Stewart PHEc, making a Made-in-Manitoba

Veggie Soup. The learning activity was very much enjoyed by the daycare children and early years educators. Children added ingredients to the soup pot and once finished were able to enjoy what they all worked hard to make, a steaming bowl of vegetable soup.

Join *Farm to School Manitoba* at Discover Ag in the City March 17th at the Forks Market main stage between 12:30 pm and 1:30 pm for a Veg-athlon of activities and a demonstration of a great Made-in-Manitoba veggie soup recipe.



World Food Day 2012 Farm to School partners and Minister Rondeau making a vegetable soup with children from a Winnipeg daycare.

Thank you all MAHE members for your continuous and active support and promotion of *Farm to School Manitoba*.

To pass along this great program to your child's school and daycare centre find us at [www.farmtoschoolmanitoba.ca](http://www.farmtoschoolmanitoba.ca) for the 2013 term!



## Health at Every Size (HAES)

*Eun Bee Cha- Health Sciences Student*

Lindsey Mazur, RD, PHEc, attended several conferences, one of which was an International Health at Every Size® Team Project meeting held on September the 3<sup>rd</sup>, 2012.

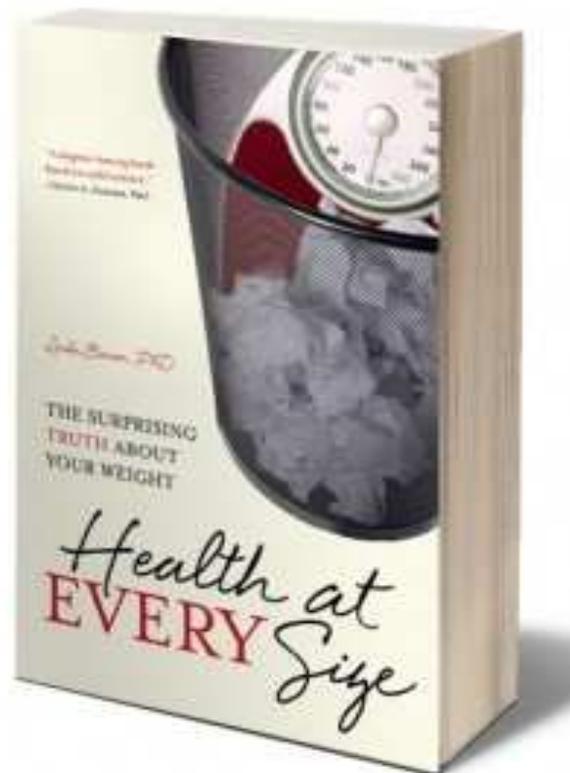
Health at Every Size (HAES®) is a movement that acknowledges that good health transcends dress size. It promotes healthy behaviour — not diets — in any person. It is a philosophy that helps people to pursue complete health and not just a number on the scale. It is also promoted within the fat acceptance movement, which is an effort to change societal attitudes towards fat people.

Studies are still being done to debunk the myths regarding how fat kills, the length of life in relation to weight loss, and that anyone who tries can lose weight, and more (“Health at Every Size: The Surprising Truth About Your Weight”).

The major components of HAES® are:

- 1) Self-Acceptance: to accept human beauty regardless of weight, physical size and shape.
- 2) Physical Activity: exercise because it feels good and to improve the quality of life.
- 3) Normalized Eating: eat to satisfy hunger and disregard rules and regimens enforced by society today and to attain a more peaceful relationship with food.

(“Health at Every Size.” *Wikipedia, The Free Encyclopedia.*)



*Healthy at Every Size: The Surprising Truth About Your Weight* by Linda Bacon, PhD

Ultimately, we as seekers of health-related knowledge cannot assume that being fat makes one unhealthy. The importance of being healthy has more to do with being in harmony with our bodies than a number on scale. After all, health is not just the physical, but a combination of the mental and emotional, and absolutely has to do with the determinants of health in which we have been educated.

**Acknowledgements:** I would like to acknowledge the Canadian Home Economics Foundation (<http://chef-fcef.ca/>) and the Winnipeg Foundation (<http://www.wpgfdn.org/>) for their financial contributions and also to family, friends and my “MAHE family” who supported me through a personal fundraising website. More information can be found at [www.haescommunity.org](http://www.haescommunity.org) and [www.lindabacon.org](http://www.lindabacon.org)

## The Future of Textile Sciences in Manitoba

*Lamide 'Togun* - 3rd year Textile Sciences Student

A recent change has struck the Textile Science program in the Faculty of Human Ecology, partly due to a tapering number of new enrollments. The dean of the faculty stated that the Textile Science program at the University of Manitoba would be put to an end by 2015.

Many questions quickly arose amongst students currently in the program, but the dean of Human Ecology assured all that current students will be able to graduate.

With regard to those finishing their studies, the textiles science curriculum has been modified until 2015 to accommodate the change. Students graduating in May/October 2013 session have no issues with completing their degree as scheduled. However, a major problem other students are having is not being eligible for graduation until 2015, due to courses not being consecutively available within the program. This means students need to wait up to 2 terms for required courses to become available, due to a lack of available professors.

Pondering the fate of my degree, I wanted to know what my classmates thought. Once the news was delivered many of my classmates felt uncertain of the future credibility of their degree and some shared their thoughts on the program's popularity. From the students I spoke to within my classes, it was commonly

stated that awareness of the textiles program remained low within the university population. I interpreted this as meaning the program had little exposure.

Personally, I believe the lack of program promotion to further expose the textile science program might have resulted in decreased interest in the faculty. The current fragile state of Human Ecology has caused students, faculty personnel and association members to speak up on the importance maintaining all facets of human ecology under one roof. On behalf of the current students in the department, I would love to say we are looking forward to an exciting, informative semester and are proudly standing behind the value of our education.



## MAHE on Breakfast Television

Did you know that there are TV stars among MAHE's membership? MAHE's PR Committee continues to regularly provide tips to individuals, communities, and families through monthly morning segments on *CityTV's Breakfast Television*. Keep an eye on your email inbox to find out when our next performance will be!

Tune in for Nancy Schneider PHEc February 12th where she will be creating Tissue Paper Treasures just in time for Valentine's day crafts.



Nancy Schneider PHEc starring in a thrilling Halloween segment.

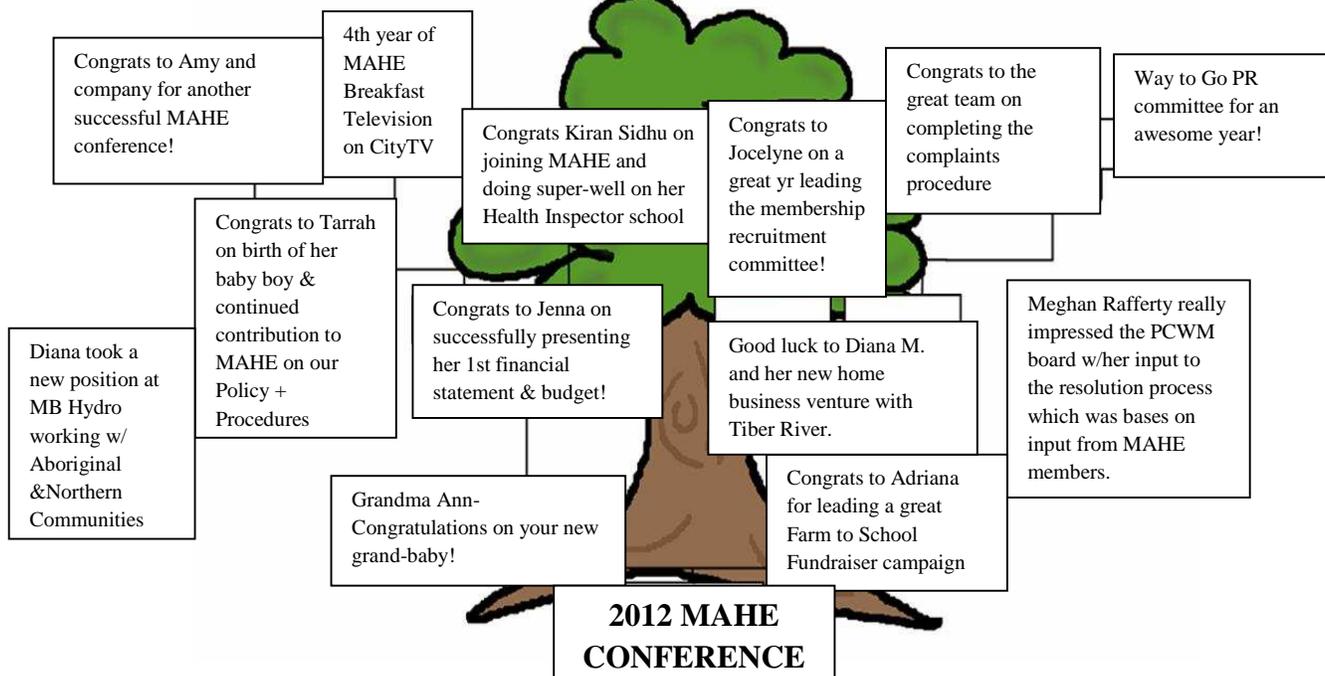
If you missed MAHE Breakfast TV performances but would like to see clips, visit <http://video.citytv.com/video/home/0/> and search "Manitoba Association of Home Economists."

**Thank you to all of this year's Breakfast TV presenters for all your hard work!**

## MAHE in the News

### Congratulatory Tree

Remarks left from members at the  
2012 Conference & AGM



## For Your Information

### **MAHE Board of Directors**

The MAHE Board of Directors would like to highlight a few things that have been brought to our attention and emailed out to MAHE's membership over the past several months. Enjoy!

### **To Attend:**

#### **MAHE Marketing**

February 28, 2013

7:00pm-8:30pm

Human Ecology, University of Manitoba. Lindsey Hiebert from Career Services will demonstrate marketing tools and will host a business card workshop. Then, PHEc speakers will address how they marketed themselves with a degree from Human Ecology/Home Economics.

#### **Fee: Free.**

If you are interested in speaking at MAHE Marketing or attending the event, please contact Jocelyne Gaudet, PHEc at [mahe.membership@gmail.com](mailto:mahe.membership@gmail.com).

#### **Annual Nibble & Network**

March 14, 2013

7:00pm-8:30pm

All members encouraged to attend; business card holder will be given out to students.

#### **Fee:**

- **MAHE Members: \$5.00**
- Students from other faculties: \$10.00,
- Students from Human Ecology: \$7.50,
- Students with MAHE Membership: \$5.00

## Editor's Note

### ***Adriana Barros PHEc, Director of Communications, Acting Editor***

I am very excited to be the 2012/2014 Director of Communications. I would like to thank the MAHE Board of Directors for being so gracious in welcoming me to this new position.

I would like to thank everyone who contributed to this newsletter and a big thank you to the

### **Watch for Important Events:**

#### **Canadian Symposium XII**

February 22-24, 2013

Richmond BC

#### **March is Nutrition Month**

The Dietitians of Canada theme this year is *Best Food Forward: Plan Shop Cook Enjoy*.

#### **Growing Local Conference**

March 1-2, 2013

Marlborough Hotel (331 Smith Street)

#### **International Women's Day**

March 8, 2013

#### **Discover Agriculture in the City**

March 15-17, 2013

The Forks Market

Farm to School Manitoba will be presenting

More Info: <http://aginthecity.ca/>

#### **World Home Economics Day**

March 21, 2013

### **To Congratulate:**

Getty Stewart, PHEc

Congratulations for Prairie Fruit Cookbook reaching #4 on Manitoba's Best Sellers List! Pick up Getty's quick selling cookbook here: <http://www.gettystewart.com/prairie-fruit/>

NEW communications committee for doing such a great job!

Best wishes to all members and to a successful year with many triumphs!