

Nutrition Resource Centre

Ontario Public Health Association



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RESSOURCES
EN NUTRITION

NRC Staff

Manager

Colleen Logue

Program Coordinator

Sarah O'Brien

Program Assistant

Kathleen Orth



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Goal

To increase the capacity of nutrition practitioners in communities across Ontario to implement nutrition programs and strategies



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Program Management & Coordination

- To support effective implementation and dissemination of provincial nutrition promotion programs
 - Eat Smart! Ontario's Healthy Restaurant Program
 - The Food Steps Program
 - The Community Food Advisor Program
 - The Healthy Eating Manual



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Networking & Referrals

- To develop, maintain and facilitate linkages with other key organizations and agencies in nutrition promotion in Ontario
 - Provincial Nutrition Resource Group
 - OSNPPH and CDHC
 - NGO partners
 - Heart Health
- To stay up to date on effective nutrition interventions, developments and current information
- To be a source of advice to the MoHLTC and other partners on nutrition trends and issues



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Information & Knowledge Exchange

- To ensure development and dissemination of resources and program materials that will assist individuals and agencies involved in nutrition promotion activities in Ontario
 - NRC website – www.nutritionrc.ca
 - NRC newsletter – *The NRC Digest*
 - Support materials: “What Works in Nutrition Promotion”; “Guide to Nutrition Promotion in the Workplace”; Current Abstracts
 - Canada’s Food Guide to Healthy Eating provincial distribution system



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System Co-ordination Maintenance

- Ontario Health Promotion Resource System (OHPRS)
- Planning & Coordinating Committee
- Pursue key collaborations

Highlights

- **4 Provincial Programs centralized at NRC**
 - Eat Smart 31 sites
 - Food Steps 20 sites
 - Community Food Advisor 20 sites
 - Healthy Eating Manual
- **Program Supports**
 - List serv (Eat Smart, CFA, Food Steps)
 - Communications – newsletters, etc.
 - Resources – ie. CFA presentation kits
 - Translation of resources
 - Website maintenance and enhancement



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Recent Highlights

- NRC Website www.nutritionrc.ca
 - Contact-NRC mailing list
 - Resources – from NRC and from the field
 - What's New?
 - Site Search
- Provincial Newsletter System
 - Schedule and topic coordination
 - Posted on NRC website



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NUTRITION RESOURCE CENTRE

Welcome to the Nutrition Resource Centre,

**Working to increase the capacity
of nutrition practitioners in
Ontario to implement community
nutrition promotion programs and
strategies.**

About Us

What's New

Programs

NRC at the Provincial Table

- Ontario Health Promotion Resource System
 - Planning & Coordinating
 - Communications Group
 - Information Coordination
- Nutrition Resource Group
- Heart Health Provincial Partners
- Ontario Heart Health Network – Continuation Working Group
- Collaborative Group on Diet & Cancer (CCO)
- Professional Development Action Group (Dietitians of Canada)
- Health Promotion Information Systems Project Nat'l Advisory Ctte.



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Partnerships & Projects

- Best Start, Ontario's Maternal, Newborn and Early Child Development Resource Centre
 - Healthy Eating for a Healthy Baby (Fall, 2002)
- Ontario Physical and Health Education Association (OPHEA)
 - Go Girls! Healthy Bodies, Healthy Minds
 - School Nutrition Initiative



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Partnerships & Projects

- Ontario Stroke Strategy
 - Guide to Nutrition Promotion in the Workplace (Summer, 2002)
- Ontario Women's Health Council
 - Cultural Food Guide Project (ongoing)
 - Healthy Weights Toolkit project

Contact Us:

info@nutritionrc.ca

www.nutritionrc.ca

Tel: 416-367-3313 ext. 222

or 1-800-267-6817