



2019 Annual Report

The Foundation undertook major steps in 2019, to enhance its food literacy knowledge and impact in Ontario.

The Foundation was pleased to welcome Russell de Souza , RD, MSc, ScD as an Independent Director, bringing expertise to the Board in the field of nutrition research and science.

The Foundation entered into formal multi-year project partnership agreements with seven evidenced based professional organizations. This brings the number of organizations within the network to nine.

As grant makers, the Foundation aligned itself with organizations that excel in one or more of five areas:

a/ **Knowledge Hub**- Building a centralized and consistent source of information for use by all.

b/ **Food Literacy Network**- Expanding a community of content experts to influence policy and guide practice.

c/ **Research**- Addressing gaps and opportunities to identify and implement best practices.

d/ **Training**- Providing teachers, educators, intermediaries, and parents with knowledge and tools.

e/ **Interventions**- Support and expand living laboratories.

Some of the highlights include:

George Brown College's Early Childhood Education division embracing food literacy. The diploma program was upgraded. Educators undertook training. Their 12 lab schools successfully introduced food literacy into regular programming. It was a big success with administrators, educators, and the children.

OPHA's Nutrition Research Centre was rebranded and relaunched as Nutrition Connections. N.C. published three reports and two evidence briefs, under the heading "The State of Healthy Living and Food Literacy in Ontario." It launched a knowledge mobilization service to assist academics and researchers to fast track their findings into actionable outcomes.

Ophea was chosen as the Foundation's primary delivery partner to reach Ontario elementary schools, educators and students with healthy eating lesson plans, incorporating the new Canada Food Guide information. Over 25,000 downloads, impacting an approximate 800,000 children in Year One.

The Helderleigh Family Food Literacy program within the Guelph Family Study, at the University of Guelph was established. This program will test new ways for kids to learn healthy eating habits early- habits that can significantly lower a child's risk for disease now and in the future.

The Foundation partnered with the Canadian Nutrition Society (CNS) to bring clarity and understanding on how best to educate consumers about what is meant by protein rich foods.

The Foundation supported researchers at the University of Calgary who are analyzing the impact that branded goods marketing messages and on pack presentations have on children's minds; and developing knowledge resources to offset same.

The Foundation signed project partnerships with two leading social enterprises; Rainbow Plate and Growing Chefs! Ontario, who excel in hands-on programming, that make healthy eating, simple and fun.

The Foundation welcomes these new partners and is most appreciative of the collaborative work undertaken.

Llewellyn Smith- President