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| **Fall 2021 Newsletter** |

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| THEA publishes four newsletters per membership year in Fall, Winter, Spring and Summer. Items suitable for publication may be submitted for the winter issue by January 14, 2022. |

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| **President's Message** |

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| Fall is finally here! I don’t know about you, but for me fall feels like the start of a new year, a return to order, rhythm and routine. Perhaps this is tied to my memories of starting a new school year and having the season signify a time for reinvention, growth and renewal after a summer break. It is also an incredibly cozy season; layers start to come out, the leaves get crunchy and turn beautiful toasty colours, and I start putting cinnamon into half of everything I cook. We as a board were inspired by this when thinking of our programming for the next two months. We are looking forward to our next members meetings - still virtual - but I am sure there will be in person gatherings soon. This month we invite you and your friends to join us at a virtual cooking class where we will be making [shakshuka](https://www.themediterraneandish.com/shakshuka-recipe/) (<https://www.themediterraneandish.com/shakshuka-recipe/>) and homemade bread, led by [Sari Papular](https://www.saripapular.com/) (<https://www.saripapular.com/>) a Registered Nutrition Consultant Practitioner – details for registration are below. We are also trying something new this November, a virtual book club. A few Board members have been raving about a new book, The Secret History of Home Economics by Danielle Dreilinger, looking at a deep dive of our profession. We thought this might be a different way to gather and discuss Home Economics, and have planned a meeting giving you enough time to find and read the book. If anyone would like to submit questions or comments prior to our discussion, feel free to share them! I hope to see some of you soon at our upcoming events, or in nature, enjoying the most of this season! Kamaria |

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| **THEA Human Library** |

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| Welcome THEA members! The human library is a place where members can introduce themselves and share their experiences and interests. Our hope is to foster communication and conversations between members to encourage connection in our association throughout the pandemic and beyond. If you would like to be featured in the next newsletter please submit a picture and bio by January 14, 2022.Hi there! My name is **Sara Gould** and I'm currently in my second year of the Nutrition and Healthy Lifestyle Promotion program at Humber College and am Humber's OHEA Executive Secretary. I knew from a young age that I wanted to work in the food industry, and as I started to learn about how valuable health and wellness are I decided I wanted to pursue a career in the nutrition field. Being at Humber has allowed me to make connections with like-minded people and has introduced me to amazing communities and organizations such as THEA and OHEA. In the future, I plan on becoming a Registered Dietician and an Intuitive Eating Counsellor so I can help people break free from diet culture and make peace with both food and their bodies. Sara Gould is a sponsored student member.**Joeie Schwartz**is a second year Master of Public Health: Nutrition and Dietetics student at University of Toronto. She previously graduated from Ryerson where her involvement in RHEA began as VP events. Throughout university she has worked for the non-profit organization summerlunch+ where she runs food literacy programming for youth living in vulnerable neighbourhoods. Joeie loves to develop new recipes and aspires to follow in her grandmother's footsteps and become a P.H.Ec. Joeie is a sponsored student member. |

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| **Items of Interest** |

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| October 6, 2021 Report - RHEA Meet and Greet Wednesday, October 6th, was Ryerson’s Home Economics Association’s first event of the year! The online meet & greet event featured five home economics professionals from THEA and OHEA. For those students that missed it, the event recording is available to them! The event was a guided Q&A session in which speakers provided insightful experiences and advice for students. Even more so, they all highlighted the positive outcomes that a THEA/OHEA membership has had on their career and all the opportunities available to them. RHEA is very thankful for all the support! |

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| **In The News**World Food Day 2021The World Food Day, honored annually since 1981 on October 16 was themed - Our Actions Are Our Future: Better production, better nutrition, a better environment and better life. Collective action across 150 countries world-wide is what makes World Food Day one of the most celebrated days of the UN Calendar. For more information see the [Food and Agriculture Organization of the United Nations webpage](https://www.fao.org/world-food-day/events/en/) (<https://www.fao.org/world-food-day/events/en/>) |

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| **Upcoming Events** |

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| OHEA Fall Speaker SeriesThe theme is **Grace, Giving and Going Forward**.  The dates are as follows:- October 27th from 7 to 8:30 pm - Grace:  Self Kindness- November 18 from 7 to 8:30 pm - Giving:  Making a difference in your communities- December 4th from 10 am to 12 pm - Going Forward:  Dream Job/Interviewing Skills, Entrepreneurship, Finding your passionFor the latest information, please check the [OHEA website](https://www.oheaconference.com/) (<https://www.oheaconference.com/>) *SP Nutrition Virtual Cooking Class*We would like to let you know about our upcoming member's meeting, a virtual cooking class **October 26th**, **7 pm on zoom**hosted bySari Papular, a Registered Nutrition Consultant Practitioner (RNCP) and Certified Chef. Sari will instruct us on how to make shakshuka and naan.**The event is $15** (+ processing fees) and **free for students**(contactinfo.thea@yahoo.ca for promo code). If you are interested, please register on [Eventbrite](https://www.eventbrite.com/e/thea-virtual-cooking-class-shakshuka-naan-bread-tickets-191124076257) (<https://www.eventbrite.com/e/thea-virtual-cooking-class-shakshuka-naan-bread-tickets-191124076257>).*Home Economics Book Club*Stayed tuned for more information on our book club November 25th on *The Secret History of Home Economics: How Trailblazing Women Harnessed the Power of Home and Changed the Way We Live*by Danielle Dreilinger. Available on Amazon (<https://www.amazon.ca/Secret-History-Home-Economics-Trailblazing/dp/1324004495>), Chapters-Indigo (<https://www.chapters.indigo.ca/en-ca/books/the-secret-history-of-home/9781324004493-item.html>) , or check your local library.  |

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