

# Taste Canada Lecture Series

*Have you considered how what you eat (and cook) effects your personal health and the health of the planet? Taste Canada is pleased to offer a 2-part guest lecture series to explore this topic from these two perspectives of health.*

## LECTURE 1:

### Environmental and Agricultural Concerns: Can they be on the same side of the fence?

We often hear how growing or raising our food has damaging affects on our planet, leaving environmentalists at odds with farmers. Perhaps its' time to re-think our approach to ethical eating once you hear an untold story. Dr. Christian Artuso of Birds Studies Canada brings his perspective to the table for discussion, exploring a case study that has environmental experts seeking out agriculture partners to secure, maintain and protect fragile ecosystems. The Keep Grazing initiative in Manitoba demonstrates how protecting the planet can be a collaborative effort for mutual gain. Conservation can be well served by an agricultural land use that recognises the association between native fauna and the benefits of agriculture.



**Dr. Christian Artuso** is the Manitoba Director for Bird Studies Canada (<https://bsc-eoc.org/>). He coordinates the Manitoba Breeding Bird Atlas (<http://birdatlas.mb.ca>), chairs the Manitoba Important Bird Area program (<https://importantbirdareasm.ca>), and is involved in a variety of Species At Risk stewardship projects. Christian is devoted to the conservation of prairie grasslands and the many species that call this ecosystem home, which includes some of Canada's most threatened.

## LECTURE 2:

### Should we be eating healthy foods or seeking nutrients? Let's celebrate the power of food!

In this engaging lecture Carol presents how a nutrient-based approach to health has contributed to Canadians being overfed and under nourished and why a focus on dietary patterns matters most. Students will be challenged to consider how they can help to turn this ship around with discussions about topics such as the need for a renewed focus on food literacy, their influence on the food environment for the better and how they can be part of the solution.



**Carol Harrison, RD (Registered Dietitian):** Carol is in demand by educators with requests to guest lecture at both George Brown and Niagara College. This unique lecture opportunity is made possible through the Taste Canada sponsorship. Carol is regularly featured in the media helping to make healthy eating easier. She is a regular contributor to the TO Star weekly column The Dish, has been a major content contributor to Eat Right Ontario for 10 years, and is often seen sharing how out food is produced with crave healthy meal ideas on CTV, CHCH, CBC and BreakfastTV Toronto and more.

As a Food Revolution Ambassador in Canada, Carol is a champion for promoting food skills and when not busy with client work, keeps up a blog [YummyLunchClub.ca](http://YummyLunchClub.ca).

