



Date and Time:

Wednesday, September 14, 2022

10:00 AM - 11:00 AM EST

Title:

How well do you know Nutrition Labelling?

Speakers:

Elaine De Grandpré, Manager, Knowledge Translation and Exchange Team, Health Canada

Emily Chen, Scientific Project Coordinator, Knowledge Translation and Exchange Team, Health Canada

Abstract:

Today's food environment can make it challenging to make healthier food choices, but using nutrition labels can help. Health Canada has made improvements to nutrition labelling including the nutrition facts table, list of ingredients, and a new front-of-package label. To help better understand food labels, Health Canada's Food Directorate has launched the [Nutrition Labelling Online Course](#) (NLOC). While this free course was developed for health professionals and educators, anyone interested in nutrition labelling will find it valuable.

This presentation will include an overview of nutrition labelling with a focus on its new components and a participatory demo of the course.

Please have a few packages of foods or drinks with you for discussions during the presentation.

Biographies:



Elaine De Grandpré, M.H.Sc. RD has a Masters of Health Science in Community Nutrition from the University of Toronto. She is the Manager of Knowledge Translation and Exchange for the Bureau of Nutritional Sciences within the Food Directorate of Health Canada. She is an innovative and energetic leader with over 30 years of experience in the public and private sectors. She has extensive knowledge of public health nutrition; behavioural science; food and nutrition policy/regulatory development and evaluation; stakeholders' consultation & engagement; as well as education. Her team led the development of the *Nutrition Labelling Online Course*. Elaine is also a part time professor at the *University of Ottawa* in the Food Policy and Regulatory Affairs program.



Emily has a Bachelor of Science and Masters of Public Health from the University of Waterloo. She is a Scientific Project Coordinator in the Knowledge Translation and Exchange Team. Emily has worked on various consumer research projects on nutrition labelling and was involved in the development of the Nutrition Labelling Online Course. She is passionate about human-centered design, behavioural sciences, and all things digital.

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