



PEI Home Economics Association Newsletter

Published by the Prince Edward Island Home Economics Association
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www.peihea.org

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Fall 2007

President's Message

I hope you have been enjoying the beautiful Fall weather. If your house is like mine, it was a quick return to meetings, organizations, and a more scheduled lifestyle after a relaxing summer!

The PEIHEA also enjoyed a relaxed summer. One highlight was the beautiful July Garden Party hosted by Heather and Dunstan MacDonald. Thanks, once again, for your hospitality, Heather. An added treat this year was their cheerful granddaughter, who was visiting from Halifax.

Student Dave Carragher worked on completing the youth manual over the summer. The PEIHEA applied for money for printing costs, from the Atlantic Canada Community Project Fund. This fund is overseen by Canadian Home Economics Foundation, and was established by funds from NSHEA when it dissolved several years ago. Unfortunately we weren't successful in receiving funds through this route, but I am certain that other worthwhile projects in the region have been supported.

Speaking of other regions, it was great to see several members from Nova Scotia able to attend our Annual General Meeting in Wood Islands in the Spring. And speaking of the AGM, leads me to the issue of sustainability - which along with being a popular buzzword today, is also a concern for our organization! We do not want to join the list of HEAs who have recently dissolved.

We have had great difficulty over the past number of years in obtaining someone to hold the office of Vice President. Along with being responsible for membership, this person would ideally assume the presidency. We spent some time at the AGM discussing the situation, as I was supposed to "retire" from the presidency; however, there was no one at the meeting who was willing to assume the office. John Eldon Green told me once that past-presidents should "...not hang around and put a damper on the new president", but I would like to assure whoever does come forward that I am quite willing to remain an active participant, and would continue to put a high level of effort into this organization. (Unless the new president wants

me to back away gracefully -and then I will put my energies in to the much-needed cleaning and organizing of my house!) I do think it is healthy for there to be change in any organization, and I think that after my being president for 6.5 of the last 8.5 years, it is time for someone else to wield the gavel!

I do recognize, when I review the membership list, that we are a group of busy, active women, involved in a myriad of organizations, careers, and levels of familial responsibilities and interactions, and I don't expect that there is any one of us who is sitting back every afternoon eating bonbons, watching daytime TV and wishing for something to add to her "To Do" lists!

I have enjoyed my time as president, and have really enjoyed working with the great women who are on the executive. The position is one that has a great deal of flexibility, and will take what someone is willing to put into it. The minimum duties are to call and chair the executive and general meetings, and send out notices; to ensure that all orders and resolutions of the association are carried out; to co-sign the banking transactions; to instruct all committees in their duties; and to be an ex-officio member of all committees. The president also has authority to delegate duties to any member of the Executive Committee. *continued on page 2*

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President's Message *continued*

If this sounds like something you could do - please let Elaine Burrows know, as she is chair of the Nominations committee.

I look forward to seeing as many of you as possible at the Semi Annual General meeting on Monday, Oct 22 at the Milton Community Hall, beginning at 6:30 p.m.

Shari MacDonald

Semi Annual General Meeting Minutes

Prince Edward Island Home Economics Association

Wednesday May 23rd, 2007

Plough the Waves VIC Wood Islands, P.E.I.

Present: *Members: Trinkie Coffin, Marilyn Carew, Jean McHarg, Doris Anderson, Heather Henry MacDonald, Katie Denman, Irene Davison, Miriam Lank, Liz Ramscar, Margaret Prouse, Shari MacDonald, Nancy Reddin, Anne MacPhail*

Guests: *Earlene MacKinnon Gray, Linda Oulton, Doreen Pippy*

Regrets: *Katherine Schaefer, Jacquie Robichaud, Linda (Ross) Patton*

1. Call to Order

President Shari MacDonald called the meeting to order.

2. Agenda

Marilyn Carew moved, Heather Henry MacDonald seconded, the adoption of the agenda. CARRIED.

3. Minutes of Semi Annual Meeting - October 1, 2006

Jean McHarg moved, Katie Denman seconded, the adoption of the minutes of the October 1, 2006 meeting, as circulated in the Spring 2007 newsletter. CARRIED.

4. Correspondence

An information letter was received from OHEA outlining changes to their registration procedure, specifically to the interim professional home economist program.

An "Equality for PEI" Report card was circulated from the Advisory Council for the Status of Women.

Information was circulated on Course "Ed 382HC Food Service Methods – Institutional Food Preparation For Public School Teachers:" being offered this summer by Holland College.

5. Reports:

a. **President** – Shari MacDonald circulated a written

In response to the recent letter sent to all schools offering home economics emphasizing the need for qualified teachers, a request was received from Bluefield High school for a list of potential teachers.

In response to an emailed query regarding the status of the Home Economics Teacher Training Program at UBC, the Dean replied that his policy was not to respond to email queries regarding this issue.

IFHE - It was noted that 2008 is the 100th anniversary for the International Association for Home Economics. They are seeking donations for their Centennial Project to publish histories of IFHE. More information is available from www.ifhe.org.

Introductions were made and the meal was served, at this point.

report (see attached), and thanked those who had worked on behalf of the PEIHEA this year. Shari also noted that the Association had been invited to participate in the Family Expo (modelled on our Children's Expo) to be held in Summerside on June 3, 2007; however, the members declined the opportunity

b. **Past President** - Elaine Burrows noted that she had attended all executive meetings and events, and judged at the recent Heritage Fair.

c. **Treasurer** - Nancy Reddin referred to the Financial Statement in the Newsletter (page 4) which had been reviewed by Heather Henry MacDonald. She reported that we have budgeted for 37 members, "fundraising" included the auction and the cookbooks (all that remain are total profit) and a lower amount will be needed to top up the Doris M Anderson award, as we expect increased interest. The "Turkey Time" brochures will need to be reprinted, and we have not yet heard the status of our summer student funding application, but were budgeting for a slight deficit. Nancy Reddin moved the adoption of the financial statements for 2006-07 and the budget for 2007-08, seconded by Jean McHarg. CARRIED. Moved by Nancy Reddin, seconded by Jean McHarg that "In the last month of the fiscal year, any surplus money in the operating account in excess of that year's ordinary expenses will be invested, in increments of five hundred dollars, in interest-paying instruments (interest paid annually to the operating account), for example, term deposits, deposit receipts, government bonds, as decided by the executive." CARRIED.

d. **Membership**- Nancy Reddin noted that we have 15 members renewed at this time.

e. **Program** - Margaret Prouse reviewed the program activities from the past year, including the HO HO Home Auction and the World Home Ec Day "Some Like it Hot, Some Like it Cold" talks. It was suggested that a different time/format be tried for next year's events.

f. **PEIHETA** - Linda (Ross) Patton was unable to attend, but circulated a report in the newsletter,

highlighting the new Peer Support/Mentoring program and Holland College Summer Institute course. **ACHES** Conference - UPEI Student Darlene Pippy attended the ACHES Conference in Winnipeg early this year, and had a great 5 days! Approximately 30 students attended, made great contacts and learned about many programs.

g. **Newsletter** -Bette Young has edited the two most recent newsletters. Nancy Reddin will arrange to have them, and some photos on the www.peihea.org website.

h. **Awards** - Anne MacPhail referred to her report in the newsletter, and noted that Elaine Burrows received a \$500 PD award to attend the Quilt Canada Conference and Jane Caiger received the Doris M Anderson Award.

i. **Healthy Eating Alliance** - Shari MacDonald represents the Home Ec Association on the Access Committee, while Margaret Prouse and Jennifer Taylor are co-chairs for the Alliance. Their recent newsletter was circulated.

Moved by Merilyn Carew and seconded by Heather Henry MacDonald that the reports be adopted.
CARRIED.

6. Old Business

a. **HO HO HO Auction** - Members discussed the future of the auction. It was seen to be a pleasant evening, with a good profit; however we haven't been very successful in attracting the general public. There is a concern that some items may not sell at a reasonable price due to smaller crowds.

b. **Youth Living Guide** - Two -thirds of the Guide has been proof read. It is hope the summer student could make changes, and updates, especially the Canada's Food Guide section.

c. **Summer Student** - We hope to hear within a week if we are approved for funding to hire a summer student. It is hoped we can include a job shadowing component, so members were asked to consider whether they would be able to provide some on-the-job or volunteer experience.

7. New Business

a. **Atlantic Canada Community Project Fund** - Canadian home economists and professionals in related fields (or teams), resident in Atlantic Canada, are invited to apply for grants (a total of up to \$1500 will be awarded annually) to conduct 'grassroots' community-based projects intended to significantly improve the well-being and health of women, children or families in Atlantic Canada. Deadline for applications is August 1, 2007. For more information, contact Jean McHarg, jmcharg@eastlink.ca

b. Nominations - and Election of Selected Officers

Nominations Chair Elaine Burrows reported that Nancy Reddin would serve a new term as Treasurer, Katherine Schaefer has one year remaining on her term as Secretary,

and the following would serve for another year Bette Young, Newsletter Editor; Heather Henry MacDonald as Archivist and Reviewer, and Anne MacPhail, Awards. This slate of officers was accepted by the members. No one volunteered for the position of President or Vice President. The names of two members were put forward and will be asked by Elaine Burrows and Heather Henry MacDonald. Shari agreed to continue to serve as president until the Semi Annual meeting.

Shari was presented with a beautiful assortment of perennials for her years of service as president.

c. **Garden Party** - Heather Henry MacDonald volunteered to host the annual Garden Party at her home on 8 Battery Drive in Stratford from 6:30-8:00 p.m. on Monday July 23rd. Rain date is Tuesday, July 24. Merilyn Carew offered her assistance. Members are asked to bring nibbles.

It was suggested that the Home Economics teachers be sent a special invitation to join the PEIHEA.

Thanks were extended to Nancy Reddin for arranging the meeting and dinner, especially from the Nova Scotian members who were delighted to be able to easily attend.

8. Adjournment

Nancy Reddin moved the adjournment of the meeting.

Respectfully Submitted
Margaret Prouse, recorder
Shari MacDonald, transcriber

PEIHEA Officers & Committee Chairs 2006-07	
President.....	Shari MacDonald
Past President.....	Elaine Burrows
Vice President.....	vacant
Secretary.....	Katherine Schaefer
Treasurer.....	Nancy Reddin
Program Coordinator.....	Margaret Prouse
Newsletter	Bette Young
FANS Representative.....	vacant
PEIHETA Representative.....	Linda Patton
Archives.....	Heather Henry MacDonald
Awards.....	Anne MacPhail

Healthy Eating Tips from the PEI Healthy Eating Alliance for November 2007*

Let's Look at the Label!

Have you noticed at the grocery store that more and more people are reading labels and comparing products? Families want to know what they are eating and want to make the best food choices that will lead to better health. Health Canada now requires most packaged food to have nutrition information on food labels. The label will tell you a number of things. It will give you a list of every ingredient that is in that food. The company may make a special claim, if allowed by Health Canada, either about a specific nutrient or about how your diet can affect your health. The Nutrition Facts table on the product will tell you the amount of calories and nutrients for the serving size shown. Always compare the serving size on the package to the amount that you eat. The % Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving of the packaged food. You can then compare it to other similar products and decide which is a better choice for you and your family.

Many grocery stores have registered dietitians on staff who will give grocery store tours and help you understand food labels. Check at the store where you shop!

Here's a great one-bowl, one-dish, no-brainer recipe you can throw together quickly at the end of the day! Serve with a crusty whole grain bread.

Luscious No-Crust Cheese and Spinach Pie

3 large eggs

6 tbsp (90 ml) flour

500 g container Cottage cheese

½ cup (125 ml) diced ham (optional)

10 oz (264 g) bag of spinach (well washed)

1 cup (250 ml) grated Cheddar or Swiss cheese

In a large bowl, mix eggs, flour, Cottage cheese and ham together well.

Fold in spinach.

Spread into a 9 inch (23 cm) pie plate.

Sprinkle grated cheese over the top.

Bake in a preheated 350°F (180°C) oven for 45 minutes.

Cut into 4 wedges and serve!

*Source: Dairy Farmers of Canada website
(www.nutrition2007.ca)*

**Note: This article was reformatted to fit this newsletter, but is available as a one page document in larger print for school newsletters, web sites, etc. Tips for 12 months were e-mailed to schools in September from the PEI Healthy Eating Alliance, with suggestions for their use.*

News from UPEI

Source: The FACS newsletter, June 08, 2007

Kathy Gotschall-Pass is now Chair of FNS, replacing **Jennifer Taylor** who has completed her term. Jennifer and **Debbie MacLellan** have been awarded a five-year \$641 000 operating grant from Canadian Institute of Health Research for a project called SNAP (School Nutrition and Activity Program), looking at school nutrition policies across the country.

Lori Weeks had an article published in Family&Community Health on the impact of gender and veteran status in falls among seniors.

At spring convocation, **Barbara Cairns** and **Paula Croken** were the first graduates of the new Bachelor of Child and Family Studies.

Rachel MacDougall, FNS 2007, is studying for her Masters in Family Studies and Gerontology at Mount Saint Vincent. **Myanna Adams**, also FNS 2007, has been accepted into the Master of Social Work program at U of Toronto.

Jill Anne MacDowall, FNS 2006, won the Morgan Medal for Atlantic Canada from the Canadian Foundation for Dietetic Research.

The Atlantic Canada Community Project Fund

Submitted by Jean McHarg

Last fall the Fund was inaugurated at the PEIHEA Fall Conference. This year the committee received seven applications and had a difficult time considering where to allot the money.

The final recipients were:

A Mother to Mother Breast Feeding Telephone Support Line in the Annapolis Valley, **Breakfast Buddies Program** at Caledonia Junior High in Dartmouth, and **Eating Locally and in Season Community Kitchen Project** at St Matthew's Church in Halifax.

Each program will receive \$500.00 from the Canadian Home Economics Foundation which administers the funds. Donations to the Fund can be made through the Foundation.

Members' News

Best Wishes to Elaine Burrows on her July marriage to Rev. John Wilson.

Jacquie Robichaud and Julia have moved to Apt. 3, 37 Burns Ave., Phone 1-(902)394-5221.

Shari MacDonald now has hi-speed and so can now be reached at her new email address - sharimacdonald@sympatico.ca.

In Memory

Two elders in Home Economics, **Lorna George** and **Eileen MacMillan**, passed away recently. Both were active in home economics in their early years. Our sympathy is extended to their families and friends.

From Who We Are - Our Heritage and Horizons, 2006:

Lorna Duncanson (George) was born in Gaspereau, N.S. in 1917. She graduated from Acadia University with a BSc in Home Economics in 1938. After teaching in Nova Scotia, she married RCMP officer Douglas George and they came to PEI. They had three children. She taught Home Economics at Queen Charlotte Junior High from 1966 to 1976. She was president of PEIHEA, 1954-1955, and continued to be an active member of the association.

Eileen McQuaid (MacMillan), born in Souris, PEI, in 1910, attended school and secretarial college in British Columbia. In 1935 she graduated from St. FX with a BSc (Home Economics) and trained as a dietitian at St. Michael's Hospital. She worked as a dietitian at the Charlottetown Hospital then in restaurant food service in Montreal. She married Dr. J.A. MacMillan of Charlottetown and they had six children. She was a member of the PEI Red Cross Nutrition Corps, and a founder and secretary-treasurer of the first home economics association of PEI.

Dr. Sue MacGregor (MSVU) received word from Margaret Bulboz of the recent deaths of two of Margaret's friends and colleagues in Home Economics, **Gertrude Nygren**, formerly of Michigan State (Housing Area) and **Marjorie Knoll**, formerly of Penn State. Sue notes that many will remember Marjorie for her contribution to the application of systems theory to the family resource management book Management for Modern Families (Gross, Crandall and Knoll) - the green and then orange covered book read by many of us in the 70's and 80's. In 1989 Gertrude wrote an article for KON FORUM on basic needs and home economics:

http://www.kon.org/archives/forum/forum3_2.pdf
She published works in KON FORUM, NCFR Family Relations, Journal of Home Economics, etc.

Mary Carver, P.H.Ec., (Ontario) sent the sad news of the passing of **Jane Carlyle**, P.H.Ec., former FSIS Coordinator and Registrar of the Alberta Home Economics and Human Ecology Association. Jane passed away peacefully in her sleep, Tuesday, October 2, 2007 after a short battle with [lung cancer](#).

PEI Home Economics Teachers Association Report

submitted by Linda Patton, President

1. Six PEI Home Ec teachers, one N.B. Home Ec teacher and another adult student took the culinary course, Food Service Methods - Institutional Food Preparation, offered this summer through Holland College and UPEI.

Taught by Chef Craig Youdale, MBA, Program Coordinator of the Applied Degree in Culinary Operations, the students had an intensive week of learning which involved lectures and hands-on experience in a professional kitchen. The course was devised especially for teaching in the high school culinary arts programs.

2. A mentoring program has been approved and is now available to teachers of Home Economics and related courses.

3. Plans are underway for the November 9th fall workshop and annual meeting. It will be located at Bluefield High School with registration beginning at 8:30 AM. Guest speakers include Sarah Cassidy from Statistics Canada, John Stephens and Gary Pyke from Dept. of Education, and Margaret Prouse, well known food columnist from our own membership.

*** HoHoHo Auction ***

Wednesday, November 21, 2007

Central Queens United Church
19848 Route 2, Hunter River

Viewing 6:30 pm - Auction 7:30 pm
Auctioneer: to be confirmed

Members are encouraged to:

- 1) reserve the date
- 2) collect items for auction
- 3) provide Margaret or Shari with list of items they will be bringing for auction, for posting on the website and including in other promotions
- 4) invite plenty of friends
- 5) bring snacks

For more information, call Margaret Prouse at 566-4217, or e-mail margaret@islandgusto.com

margaret@islandgusto.com

Flavor tip: For those who miss salt on their vegetables, try a few drops of lemon juice. It is especially effective in perking up vegetable flavors. The slightly sour taste works to enhance just a small shake of salt, making foods taste saltier.

WOMEN'S WORK: NOT IN THE KITCHEN

Home ec grows up

REBECCA DUBE - Sept. 28, 2007 GLOBE AND MAIL

Forget baking cookies and sewing skirts. Today's home economists have turned their attention from caring for the family to tackling community issues such as poverty, obesity and food safety.

In high school, Emily Rudd never cared for home economics classes.

"Oh God, they were awful. It was old school," says Ms. Rudd, now 22. "You learned how to cook potatoes. I never was very much of a success in that department."

So imagine her surprise when she discovered that her "human ecology" major at university was actually a new name for her old nemesis, home economics.

"I was like, what are you talking about?" Ms. Rudd recalls. She was learning about progressive community-building, systematic approaches to problem-solving and global interconnectedness - not an overcooked potato in sight.

Welcome to the new world of home economics. Baking cakes and sewing pillowcases are out; reducing childhood obesity and developing community-based solutions to poverty are in.

Ms. Rudd graduated from the University of Alberta last spring and now works for Vibrant Communities Edmonton, where she's run a variety of projects from financial literacy classes for teens to a tax-preparation program for low-income workers. "I absolutely fell in love with it," Ms. Rudd says. "It was aligning with what I believed in life."

While many university-level home economics programs have disappeared in recent decades, cast aside as relics from the 1950s, the programs that did survive are thriving under various new names. In Canada, it's called human ecology; in the United States, it's now family and consumer sciences. Both name changes happened in the 1990s.

"There is just a renewed interest in these areas," says Kathryn Chandler, practicum co-ordinator for the human ecology department at the University of Alberta.

Ms. Chandler says her department has seen about a 30-per-cent increase in enrolment each year for the past four years. Demand has begun to level out this year, but student interest remains high, especially for nutrition classes.

Other schools report similar increases. At Brescia University College in London, Ont., enrolment in the food and nutritional science program has grown from 60 a few years ago to more than 100 this fall.

"I have a lot of students coming from other disciplines; we cannot accommodate everybody," says Alicia Garcia, department chairwoman.

Part of home ec's resurgence can be credited to that powerful cultural engine, reality television. Flip through the channels and you're almost guaranteed to see a show dedicated to one of the three traditional platforms of home economics: food and nutrition (*The Biggest Loser*, any cooking show); family (*A Baby Story*, *Supernanny*); and clothing (*What Not to Wear*, *Project Runway*).

"In apparel design, we probably had about 10 students a year. Then, Lord have mercy, *Project Runway* came along and we have them hanging from the rafters," says Virginia Richards, director-at-large of the American Association of Family and Consumer Sciences and an associate dean at Georgia Southern University.

The new home economics has retained those three pillars, for the most part, but the emphasis has changed. The old curriculum taught women how to feed, clothe and nurture their own families. Now the focus has shifted outward, to caring for the larger community.

Depending on their area of concentration, human ecology students might study family counselling, financial literacy, food safety, nutrition or fashion marketing. Courses offered this fall at the University of Alberta include Intimate Relationships, Families and Aging, and Survey of Historical Dress.

The field of home economics got its formal start in 1899, when a group of experts in what was then known as the domestic arts and sciences got together and decided they needed a modern-sounding name. The idea of economics of the home tapped into the turn-of-the-century fascination with efficiency.

Home economics prepared countless women for lives running the family home - and tormented countless high-school students with silly cooking classes - but modern practitioners like to point out it also gave women a professional, academic path at a time when few other options existed.

"Home economics or human ecology is very much a feminist field," Ms. Chandler says. "The field was the very first legitimate foray of women into the field of science. It's unfortunate that women's work is demeaned in our culture."

As more university students discover the new home economics, experts hope they'll finally be able to erase the June Cleaver stigma that has tainted the field for so long. While the name and the focus of their field have evolved, home economists say the heart of their work remains the same - using knowledge to improve daily life.

"You would still recognize it as home economics," Dr. Garcia says, "but we have to change with the times."

Old school still an option

While most home economists are shedding their old image as Betty Crocker wannabes and turning their focus to the larger community, one school is going back to the past for inspiration - way back.

A Baptist university in Texas has started offering a women-only homemaking program this year that, according to the school's website, "endeavors to prepare women to model the characteristics of the godly woman as outlined in Scripture."

Apparently, godly women do a lot of cooking, cleaning, child care and sewing, and they don't work outside the home. The program launched this year in response to demand from students, says Terri Stovall, dean of women's programs at the College at Southwestern in Fort Worth, Texas.

"Mom and grandma are just not there to teach them the way it used to be taught," Dr. Stovall says.

"Whether a woman works outside the home or not, the home is still their first priority," she says. "We want them to understand that's a noble calling."

The homemaking concentration currently has 25 students enrolled, but Dr. Stovall says she's hoping the program will attract more students next year. Mainstream home economists - now called human ecologists or family and consumer scientists - are intrigued by the notion but not tempted to turn back the clock in their field.

"Very interesting," says Virginia Richards, associate dean of the college of health and human sciences at Georgia Southern University.

"That would be going back to what we did in home economics before. We're not doing that now."
- *Rebecca Dube*

Globe and Mail letters to the editor, page A22

October 5, 2007

(submitted by *Kathy Baronovsky*)

Hunger for home ec

RE: Home Ec Grows Up (Life – Sept 28): I agree that "renewed interest" in the study of home-ec-related subjects at several universities in the U.S. and Canada may be due to reality television shows that have explored or glamorized such topics. But I also believe that today's student is hungry for credible information on food preparation, nutrition, family values and consumer spending – topics once taught in the home. Home economics, or human ecology as it is now often called in Canadian university calendars, is as relevant today as sliced bread.

While the definition of "family" has changed, the need to achieve and maintain a desirable quality of life has not.

Mary V. Carver, PHEc, Kanata, Ont.

World Food Day Marked (Oct. 16)

From The Orangeville Citizen

http://www.citizen.on.ca/news/2007/1011/Local_news/037.html

The United Nations Food and Agriculture Organization celebrates World Food Day each year on October 16, the day the organization was founded in 1945.

The annual observance is supported by the International Federation for Home Economics (IFHE), an international non-governmental organization that has consultative status with the UN and the Council of Europe.

The right to food was formally recognized in the very first international human rights document, the Universal Declaration of Human Rights, adopted by the United Nations in 1948 and was further elaborated in 1999 with the General Comment 12 by the UN Committee on Economic, Social and Cultural Rights. It states that the right to food is realized "when every man, woman and child, alone or in community with others, has the physical and economic access at all times to adequate food or means for its procurement".

What does the right to food mean? The right to food is a birthright; a person does not have to do anything to deserve it. But it is not the right to ask for free food: people are responsible for doing all they can to realize their own right to food.

The right to food means that every person must have access at

all times to food, or to means for the procurement of food, that is sufficient in quality, quantity and variety to meet their needs, is free from harmful substances and is acceptable to their culture. Only when individuals do not have the capacity to meet their food needs by their own means for reasons beyond their control, such as age, disability, economic hardship, famine, disaster, or discrimination, will they be entitled to receive food directly from the state.

By recognizing the right to food, governments have an obligation to respect, protect and fulfill this right. The voluntary guidelines to support the progressive realization of the right to adequate food in the context of national food security were adopted by the FAO Council in 2004 and provide practical recommendations for the implementation of the right to food.

The Right to Food Guidelines are a practical tool to assist countries in their efforts to eradicate hunger. The guidelines are a set of coherent recommendations on, among others, labour, land, water, genetic resources, sustainability, safety nets, education, and global influences. They also encourage the allocation of budgetary resources to anti-hunger and poverty programs. Not only governments but also individuals and civil society organizations, NGOs and the private sector have responsibilities with regard to the Right to Food.

As the only worldwide Home Economics organization, IFHE supports the right to food with its international work. IFHE is willing to make a contribution to the realization of the Millennium Development Goals, especially the eradication of extreme poverty and hunger. IFHE members all over the world are working on strategies to eradicate hunger and poverty and to ensure the access to healthy food for every person.

Continued on page 8

World Food Day Marked *continued*

Food security is one of the important themes in the practice and research of Home Economists.

IFHE aims for the improvement of the quality of everyday life for individuals, families and households through the management of their resources and considering the aims of sustainable development. Mental, physical, psychological and emotional well-being is the basic infrastructure for all other forms of social and economic development.

The progressive implementation of the right to food addresses eradicating hunger and poverty, and hastening and deepening the sustainable development process.

"The right to food is not unrealistic. It can be realized for all. Some countries are on the way to doing this, but everyone should contribute to make this happen," said Barbara Ekwall, co-ordinator of the

IFHE Update

(International Federation for Home Economics)

via e-mail

Dear IFHE Canada members from Atlantic provinces,
It is now time to renew your IFHE Canada membership for the 2008 year.

Since you no longer use your provincial organization to collect your IFHE fees, you are asked to complete the membership form, and send it to the treasurer of IFHE Canada, Shirley Jones (her address is on the form) along with a cheque for \$75 (or \$38 for students).

Please renew by Nov. 30 since Shirley would like to forward the fees to the IFHE Office in Bonn Germany early in the new year. Remember that 2008 is our 100th anniversary which will be celebrated at the Congress in Lucerne Switzerland in July. We hope to see many of you there. Sue McGregor is privileged to be one of the speakers.

Thank you for your continued support of IFHE.

Marilyn Weber (contact person for IFHE Canada)
196 Main St.
St. Catharines, ON, Canada
L2N 4V8
Tel: (905) 934 3858
email:

Note: Forms for IFHE fees will be available at the SAGM or you can contact Shari MacDonald, President PEIHEA.

1. Call to Order
2. Agenda
3. Minutes of Annual Meeting - May 23, 2007
4. Correspondence
5. Reports:
 - a. President – Shari MacDonald
 - b. Past President - Elaine Burrows
 - c. Treasurer - Nancy Reddin
 - d. Membership- Nancy Reddin
 - e. Program - Margaret Prouse
 - f. PEIHETA - Linda Patton
 - g. Newsletter -Bette Young
 - h. Awards - Anne MacPhail
 - i. Healthy Eating Alliance
6. Old Business
 - a. HO HO HO Auction
 - b. Youth Living Guide
 - c. Summer Student
7. New Business
 - a. Gift policy revision -for memorial donations
 - b. PD Award - provision for ACHES Conference?
 - c. Nominations - and Election of President and Vice President
8. Adjournment

Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health. - Julia Child

**Semi Annual General Meeting
PEIHEA**

**Monday, October 22, 2007
Milton Community Hall
(Corner of Route 7 and 224)
Potluck @ 6.30 - Meeting to Follow**