Good Health Never Tasted So Good!

Recipe Tasting at George Brown College

On Wednesday, December 19, 2012 a handful of lucky CHWP partners and representatives had the pleasure of devouring the latest creations made by George Brown culinary students. George Brown, a key partner in the Connected Health and Wellness Project is developing a set of ethnically diverse recipes designed to help individuals with diabetes and high blood pressure manage their conditions by making healthy food choices.

The tasting took place in George Brown’s new and beautifully constructed Waterfront Campus. The campus is home to an innovative and collaborative approach to health-care and the health-care industry. Programs offered at this campus allows for students to ensure patient-centred healthcare is at the core of student learning. Patient-centred healthcare is also a founding principle of the Connected Health and Wellness Project. Lorie Shekter-Wolfson, Assistant Vice-President, Waterfront Development and Dean, Community Services and Health Sciences explains that the new campus is a labour of love. “We are looking at ways of supporting care in the home and within our community”. Her sentiments reflect the essence of the Connected Health and Wellness Project. Lorie further explained that we have created new kitchens as though they are in everyone’s home – they are home kitchens. No special equipment is required to produce these elegant meals, ensuring they are accessible to many home cooks.

“Enabling students to achieve personal goals that reflect their cultural and ethnic diversity is a fundamental piece in the culinary curriculum at George Brown College” says Robert Luke, Vice President of Research and Innovation. Health conscious eating is also a key consideration. “A lot of time and care has been taken to ensure that students learn that food can taste good without all the butter and the cream. These students are coming in with a blank slate which is beneficial because they’re not coming in with an established cooking style already” explains Chef James Smith, partnering with Tim Belenger: the Masterminds behind the planning and layout of the extensive kitchens and the delicious, health smart recipes.

Our taste buds were entertained as we sipped, and enjoyed re-invented versions of classic ethnic cuisine. The students: Jean Niravong, Christie Silversides, Khadija Atcha, and Maria Riano Linan took us on an imaginative global food adventure explaining where and how they were inspired to their tasty dishes.

The processes to perfect the recipes are still on-going but it is clear that this project is affording students both hands-on experience and a unique opportunity to link to industry partners. It is also generating great interest and engagement by students.

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What Does a Mentally Healthy Campus Look Like?

On Tuesday, February 12, 2013 “Let’s Talk Day” at York University, this question provoked both discussion and contemplation. Moderated by Lesley Beagrie, Associate Dean, Professional and Global Programs at York University, Faculty of Health; a diverse panel of speakers shared their individual perspectives on the adequacy of mental health resources currently available on campus. Of particular concern was the issue of how we, as a community, can help to improve services and support to achieve the vision of a healthy campus. One panelist noted, “Mental health isn’t something that you see, it’s something you feel...a mentally healthy campus should feel like home.” Audience members commented on the lack of resources for graduate students, and the stigma associated with mental illness. Thousands of tweets flooded in from online viewers. @fullowhit brought up the importance of sincerity, “Ask someone how they are, and really mean it. Tell someone how you are, and tell them the truth.” The half-day event, sponsored by the Faculty of Health was insightful and thought-provoking. It was clear that this kind of open dialogue is a critical step in our journey to become a community that understands and helps to manage mental health and wellness. For more information, please visit York University’s online publication: YFile’s coverage on the event.

We encourage you to share with us: your stories, events, and good news so that we can publish it for all CHWP partners to see.

Remember: the CHWP office is here to support and encourage you. If there is an event that you need CHWP material for, do not hesitate to email us with your request and we would be happy to help.

Got a story? Good news? An upcoming/attended event? Tell us!

chwp@yorku.ca