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CHWP New Partner Announcement/GB Recipe Goodness/Much More!



## 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 Sheker-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. "Over 100 students have been part of the project and they love it! They see they have input and get lots of feedback. Everyone has a different way of eating" explains James. Everyone who attended the tasting at George Brown were asked to evaluate the menus and provide feedback to the students to improve the recipes. This tasty experience illustrated how embracing diversity within the Connected Health and Wellness project can contribute to improved quality of life - today and for the future. As NexJ CEO, Bill Tatham observed: today, eating healthy can be delicious.

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### SPOTLIGHT: Christie Silversides

Christie Silversides is an experienced cook in her last semester of the Culinary Management Nutrition program at George Brown College. Her enthusiasm for eating great food lead and an active lifestyle lead her into the culinary world where she honed her skills and began creating recipes focusing on bold flavours. After graduation, Christie will further her education in the sciences and will be an influential force in uniting the culinary world with nutrition-based preventative medicine.



## Welcome Black Creek!

We would officially like to welcome Black Creek Community Health Centre as a partner to the Connected Health & Wellness Project.

We are excited to have them on board - they will play an invaluable role in the continuation of the ongoing research trials.

Please help us in welcoming Black Creek!

- CHWP Advisory Committee Meeting - Monday, April 8, 2013
- CHWP Board Meeting - Tuesday, April 16, 2013
- 2013 eHealth Conference - Sunday, May 26 2013 - Wednesday, May 29, 2013
- CHWP Partners' Meeting - Thursday, May 30, 2013



### Share with us!

We love to hear about the achievements our partners make on a day-to-day basis and want to make sure that we feature these great things that the CHWP partners are involved in.

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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](mailto:chwp@yorku.ca)

Be sure to email  
[chwp@yorku.ca](mailto:chwp@yorku.ca) to  
share your stories  
and events!

## 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. @fullwhit 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.](#)

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