

APRIL 10, 2019

Table Talk



Guiding thoughtful conversations about food and farming around Ontario's dinner tables

8 a.m. Members only: Registration for annual business meeting and member breakfast Sponsored by: 

9 - 11 a.m. Members only: Farm & Food Care Ontario members-only Annual Meeting and Board of Directors' elections

10 a.m. All guests: Registration for annual conference and speakers' program

11-4 p.m. All guests: Conference and speakers' program

12 noon Taste of Ontario lunch Sponsored by: 

Plus:

- Highlights from Farm & Food Care Ontario's 2018 initiatives
- Presentation of the Farm & Food Care Ontario Champion Award

Register online at
www.FarmFoodCareON.org

Early bird member rate, before March 25: \$75
Early bird non-member rate, before March 25: \$100
Member rate, after March 25: \$100
Non-member rate, after March 25: \$125

Also featuring:

**Farmer Mental Health in Canada:
The Human Side of Farming**



*Dr. Andria Jones-Bitton,
Veterinarian and Associate
Professor of Epidemiology,
Ontario Veterinary College*

In this presentation, Andria Jones-Bitton will discuss some of the many stressors that farmers experience, provide insight on some of the findings from the national survey of Canadian farmer mental health, and share updates on current farmer mental health research initiatives at the University of Guelph.

KeyNote Speakers:



**Advocating for
Agriculture**

*Michelle Miller,
The Farm Babe*

Sponsored by:



The Farm Babe, aka Michelle Miller, will share her personal journey from urban, trend-influenced consumer to hands-on farmer, and talk about why she's an outspoken advocate for the agricultural industry. Michelle will celebrate agriculture and provide insights into what's happening in the industry on social media, and encourage and explain how we can all stand up and better communicate our stories with the general public.

Farm & Food Care Ontario cultivates appreciation for food and farming in Ontario by connecting farm gates to our dinner plates. Farm & Food Care is a whole-sector coalition made up of representatives from all farming types and associated businesses, and positions itself as a helpful expert on Ontario agriculture. The common goal is to earn public trust in food and farming in Ontario and across Canada.



**Food Fads, Food
Trends and Food
Guides: What Really
Matters?**

*Patricia Chuey,
Registered Dietitian*

Sponsored by:



For nearly three decades, Patricia has been dedicated to helping Canadians improve their well-being through her work as a dietitian, recipe developer, writer, and speaker. Her ultimate goal is to create peace of mind around what should be a relatively simple, yet incredibly confusing, subject - food. Patricia will focus on consumer trends towards diets and food purchases, the new food guide, and how to focus on what's really important when it comes to food and health.

GENERAL SPONSORS:



Location:

Country Heritage Park – Gambrel Barn
8560 Tremaine Road, Milton, Ontario, L9T 1X9

Farm & Food Care Ontario reserves the right to limit entry to this event to those individuals who support the objectives of the organization.

Registration fees are non-refundable, but are transferable.