



**Annual Conference and Speakers' Program - Agenda  
Tuesday, April 10, 2019  
Country Heritage Park – Gambrel Barn,  
8560 Tremaine Road, Milton**

- 8 a.m. Member-only breakfast
- 9-11 a.m. Member-only Annual Meeting  
*(Breakfast sponsored by Burnbrae Farms)*
- 10 a.m. Registration opens for the annual conference and speakers' program *(Refreshments sponsored the JWA Group)*
- 11 a.m. Conference and Speakers' Program begins
- 11:05 a.m. Chairman's Address – Christine Schoonderwoerd, Chair
- 11:15 a.m. Year in Review – Kelly Daynard, Executive Director
- 11:45 p.m. Farm & Food Care Champion Award
- 12 noon Lunch
- 1:15 p.m. Recognition of retiring directors
- 1:30 p.m. ***Farmer Mental Health in Canada: The Human Side of Farming***  
**Dr. Andria Jones-Bitton, Veterinarian and Associate Professor of  
Epidemiology, Ontario Veterinary College, University of Guelph**
- 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.
- 2 p.m. ***Food Fads, Food Trends and Food Guides: What Really Matters?***  
**Patricia Chuey, Registered Dietitian**
- 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 gets incredibly confusing subject – food. Patricia will focus on consumer trends towards their diets and food purchases, the new food guide and how to focus on what’s really important when it comes to food and health. (*Sponsored by Valent/ Nufarm*)

3 p.m. Break (*Sponsored by Gray Ridge Egg Farms*)

3:15 p.m. **Michelle Miller, The Farm Babe, *Advocating for Agriculture***  
In her first Ontario appearance, Michelle Miller (aka The Farm Babe) will share her personal journey from urban, trend-influenced consumer to hands-on farmer, and talk about why she’s now an outspoken advocate for the agricultural industry. Michelle will 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. (*Sponsored by Farm Credit Canada*)

4:15 p.m. Breakfast on the Farm announcement

**Thank you to our general sponsors:**

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