

PEI Home Economics Association

Presidents Message

As August draws to a close, after a lazy stretch of hot summer and few meetings, my thoughts turn back to the groups to which I belong. The activities of the PEIHEA over the summer are rather limited - with our only planned gathering the Garden Party. This year it was capably and enthusiastically hosted by Katie Denman with lots of help from her daughter Sarah. Thanks to the Denman family for your hospitality!

While many members were taking a break over the summer, student Heather Cardy has been keeping busy working on our behalf. Heather is editing this issue of the newsletter and has worked on the website, directory, press releases, youth manual and a resource for young moms. Heather has also accompanied me to exhibition judging, and healthy eating alliance meetings and enjoyed getting away from the computer! Heather has been a pleasure to work with this summer, and the Association wishes her well as she finishes off her Nutrition and Family Science degree this year.



I hope PEIHEA members enjoyed the past few months and are looking forward to the hustle and bustle of the fall season. No doubt many of you are in the midst of preserving the harvest, and enjoying the freshness of the fall's fruits and vegetables. If you are like me - perhaps now that the days are cooler, you are even thinking about getting around to your spring cleaning!

Enjoy the fall, take time for yourselves and your family and hopefully we will see one another again at the fall semi annual general meeting (October - date and place TBA) and November's HoHoHo auction!

Take care,
Shari MacDonald

PS Still an opening on the executive for Vice President, if anyone is all caught up with housekeeping and wants to help strengthen the PEIHEA!

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Make sure to stop by and check out the newly designed website! COMING SOON!

<http://www.peihea.org>

Executive Members 2009—2010

President: Shari MacDonald

Past President: Margaret Prouse

Vice President: Vacant

Secretary: Elaine Burrows

Treasurer: Janet Boswall

Program: Irene Davison and Debbie Earl

Awards: Anne MacPhail

Newsletter: Kathleen Brennan

PEI Home Economics Teachers Rep: Linda Patton

Archives:- Heather Henry MacDonald

FANS Rep - Vacant

Upcoming Events

Watch for these dates:

Fall Semi Annual General Meeting

October—TBA, Pencil in October 22, for now!

HOHOHO Auction

November—TBA

Summer Student Report

It has been a pleasure to meet many of you at the spring semi annual general meeting, the summer garden party and out at a few of the exhibitions. I wish the Association well, and will try to spread the word of its existence to my fellow students.

For those of you who I have not met, my name is Heather Cardy. I have lived in Cornwall, PEI for the majority of my life. I have a son named Parker who is 18 months old and keeps me on my toes! I am entering my fourth and final year at UPEI as a Nutrition major, Family Science minor. I am unsure of my career path at the moment, but I have passion for food product development.

I have been keeping busy this summer with a number of projects, here are a few of them! I was responsible for updating the website and decided to give it a complete makeover. (Please check it out! www.peihea.org) I have updated your membership directory and edited this edition of the newsletter. As a project of personal choice, I chose to create a three part newsletter series for young mothers. This resource is aimed at young woman with children aged newborn to 24 months who are completing secondary or post-secondary educa-

tion, alongside their new role as a parent. It features study, stress and time management tips, age appropriate recipes and activities, as well as stresses the importance of good nutrition and physical activity. This resource can be viewed in pdf format on the website. Copies will be printed and distributed to family resource centers across PEI. I have been updating and editing the Youth Living Manual this summer, as well as preparing some media releases regarding "Summer Grilling" and "Back to School Lunches." I have attended some Healthy Eating Alliance meetings with Shari, and accompanied her in judging at some Exhibitions.

I have enjoyed my time with the PEIHEA, and want to thank you for the opportunity!



Eat Real, Eat Local

Taken from *THE REAL FOOD MOVEMENT* at <http://www.eatrealeatlocal.ca>

Looks like a typical Canadian family dinner, but do you know how much of it is actually Canadian? We may think of ourselves as being totally self sufficient, well, think again.

We import more than 53% of our vegetables and almost all of our fruit. In 40 years, red meat imports have gone up 600%. In fact, in a 15 year period our food imports rose 160% while our population rose only 15%. In 2004, Alberta imported over \$170 million dollars worth of fresh vegetables and exported only \$400,000 worth. Even Ontario, with some of Canada's best farmland, imports \$4 billion worth of produce more than it exports. We don't just bring in exotic fruit or things we can't grow here; we're talking about cucumbers, tomatoes, peppers. For every apple we export we import about five. For pears, it's one out and 700 in. In 2007, Nova Scotia produced half as many blueberries as it did just four years earlier.

If this continues we may lose the ability to produce many of the foods we eat. This impacts far more than your dinner. It impacts our economy, our environment and our neighbourhoods. How? Well for starters, many of our small family farms struggle to stay afloat, while many of our grocery dollars end up in other countries. So are cheap imports really worth it?

While much of our farmland is protected on paper it is disappearing at an alarming rate. In the second half of the 20th century Central Ontario paved over 49% of its prime farmland to accommodate the expansion of the



Greater Toronto area. The Kitchener-Waterloo area is surrounded by fertile farmland, yet the average distance travelled by 58 imported foods commonly eaten in Waterloo is 4497km.

Where does our food come from? This so called "fresh food" can take days or even weeks to get to us and it can lose nutritional value along the way. Local food can be on our plates in hours. Fruits and vegetables are picked for their flavour, not for their ability to withstand the rigours of international travel.

Shouldn't we be producing much of our fresh food here at home and importing only when necessary? Let's help our farmers grow more of the foods we eat here in Canada. How? Choose Canadian whenever and wherever possible. If you want to eat more Canadian food, you have to start looking for it, asking for it, and filling your bag with it.



National Family Week

National Family Week is October 5- 11, 2009.

National Family Week has been celebrated since 1985 when it was proclaimed an official week by the Government of Canada. It is celebrated each year one week before Thanksgiving.

This Year's theme is **Jump into Family Fun! / En famille, on s'amuse et ça bouge!** This theme celebrates and promotes the many ways families have fun together, nurturing their physical, spiritual and emotional health.

For more information about National Family week, please visit <http://www.frp.ca/nfw>.

Remembering Alumni House: University of Manitoba loses a piece of Home Economics history

The University of Manitoba is in the process of the removal of Alumni House from 180 Dafoe Road and preparing the site for its new tenant, the ART (Art, Research and Technology) Lab for the Marcel A. Desautels faculty of music and the School of Art.

Given the history of the Alumni House/Practice House (the "House") as well as the uniqueness of its Georgian architecture, the decision to remove the building was not taken lightly. The cost to move and repair the House was prohibitively expensive. The university looked at how the House could fit into the design scheme for the new lab but there simply was not a feasible way to blend the two structures together.

A Brief History of Alumni House

This Georgian-style residence was designed in 1938 by Ralph Ham for the Department of Home Economics. The House was completed in 1939 for use in the Department's home management and child-care programs. Known as the "Practice House", it was immortalized in the book *Republic of Love*, published in 1992 by Pulitzer Prize-winning author and retired University of Manitoba professor Carol Shields.

In 1957 the House became a private residence for university vice-presidents and administrative personnel, including the former Dean of the Faculty of Agriculture and Home Economics, Dr. John Weir, and former Chancellor, Dr. Henry Duckworth. Then in 1970 it was converted into an office facility for the university's Employee Relations Division. Another renovation was completed in 1980 when it became the permanent home of the Alumni Association.

A House of Some Repute

In 1929, the Home Economics Department developed a new child care program as part of its coursework. But to learn about child care, the program needed children, reasoned the Department. After an arduous search, two children—a boy of three and a half

years and a girl of five years of age—became the first subjects, cared for in a cramped and poorly heated "farm house." Preoccupation with having a suitable setting for the children led to the design of the Practice House which opened in 1939. By then, the focus had shifted to the care of infants and toddlers. To meet this need, the Home Economics Department "borrowed" a child from the Child Welfare Association in order to give students the opportunity to manage a young child's daily routine. The child remained at the house for a year under the care of the young women studying Household Management.

In groups of fourteen, students in their senior year lived and worked together for a month-long rotation at the Practice House. They learned the fine arts of meal planning, grocery shopping and soothing a crying child, under the kind but stern tutelage of house mother Miss Florence McLaughlin who ran the program until 1953. Practice House responsibilities were divided into ten job descriptions. Each student spent three days at each activity, including cooking, serving, laundry duty and caring for the resident baby. After 1945, students also supervised the first campus nursery school. World War II veterans, who flocked to the university after the war, sent their children to the Management House basement two afternoons a week.

The Home Management course always culminated in a formal dinner where students drew lots to determine whether they would act as cook or honoured guest. Over the years, hundreds of young women and 33 foster babies passed through the Practice House.

The House played a unique role in the University's history. Steps are being taken to ensure this chapter of our institution's story is preserved. We are pleased to say that the original dining room table and chairs used by the department of home economics have been returned to the faculty of human ecology. As well, in conjunction with human ecology's centennial celebration in 2010, portions of the House's brickwork and limestone window ledges will be incorporated into a commemorative



design near the faculty's campus location. According to Vice-President

(Administration) Debbie McCallum more than 75 per cent of the building materials of the House will be reused or recycled. The concrete and walls of the house will be crushed and used as material in future road-paving projects while other materials will go into homes being built locally for underprivileged families. In July 2009, a documentary on the history of the House – much of it as seen through the eyes of its tenant-students who returned to campus to bid their former residence farewell this past summer – was also produced.

When it was constructed 70 years ago the House, and the concept of young women living together in space where they learned to raise a child and manage a household, was "state-of-the-art" recalls former Alumni Association Director Laird Rankin. And while it is bittersweet to see the building removed from its campus home, Rankin is optimistic about the reasons for the decision. "Once again, I think, at least the property is going to be used to develop something that is state-of-the-art and cutting edge. Just like it was in the '30s when it was Practice House."

PEI Healthy Eating Alliance News

PEI Healthy Eating Alliance helps students learn about how to make healthy food choices

Charlottetown, PE, May 28, 2009 – Members of the PEI Healthy Eating Alliance are helping students learn more about making healthy food choices at home, at school and when eating out.

Dietitian Diana MacLennan of the Healthy Eating Alliance and UPEI dietetic intern, Teri McComber visited Colonel Gray High School today to talk about the foods that students are eating and how they can make simple healthier substitutions that are tasty.

Diana MacLennan's main message for the students when eating fast food, eat it in moderation. "Moderation doesn't mean giving up foods you love, it means having a smaller amount less often. It's not just what you eat, but how often and how much, that really makes the difference," she said.

Students in Suzanne Lee's Family Life class at Colonel Gray were the first to see the updated Healthy Eating Alliance's fast food display which is a visual and dynamic display of the sugar, fat and sodium (salt) content of commonly consumed fast food meals.

Teri McComber says the new display is very effective in helping students to easily understand how much added sugar, sodium and fat is in the food they are eating. "When they see that there are approximately 10

teaspoons of sugar in a small cola, 14 teaspoons in a medium cola, and 21 teaspoons of sugar in a large cola, they stop and think about whether they will order a smaller size or choose a healthier drink such as milk or water," she said.



Teri McComber also talked to the students about how to make better meal choices when eating out. She suggested that instead of ordering a regular combo meal, students can enhance the nutritional value and reduce the calories, fat, sugar and sodium in their meal if they order the burger with a side salad and a bottle of water, 100% fruit juice or low fat milk.

Diana MacLennan says price can be a determinant in the choices students make about food. "We try to give them ideas on how to bring tasty, nutritious, lower-cost foods from home as well as ideas for choosing healthier options at school," she said. "If they bring a turkey sandwich, banana, yogurt and juice from home, it would cost about \$2.40, compared

to buying a chicken burger combo which is about \$6.40. Bringing their lunch could save them \$4 a day, \$20 a week or \$80 a month, which is a lot of money, especially for a student," she said.

The PEI Healthy Eating Alliance continues to make steady progress in creating healthy, supportive eating environments for Prince Edward Island children and youth.

Dr. Jennifer Taylor, Healthy Eating Alliance president, reviewed the highlights of the year at the well attended annual meeting of the Alliance earlier this month. The major highlights of 2008-2009 included the expansion of school breakfast and snack programs; the development of school nutrition policies for intermediate and high schools and early childhood education centres; direct support to schools through networking meetings, school visits, presentations, newsletters and healthy eating tips; nutrition education materials for school staff, food service and volunteers; and the development of a new website at www.healthyeatingpei.ca.

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News release distributed by Island Information Service at the request of the Department of Education and Early Childhood Development and the PEI Healthy Eating Alliance.

Recipes

Vicki's Peach Pie

You'll need:

- 2 frozen deep-dish pie crusts
- 1 large basket of ripe peaches
- 1 cup of brown sugar
- 1/4 cup of cornstarch
- 1-2 tablespoons of lemon juice
- 1/4 teaspoon of nutmeg
- Pinch of salt



Preparation:

- Set oven to 400F (205C) degrees.
- Take 2 frozen deep-dish pie crusts from freezer to allow to thaw.
- Boil water in a large pot.
- Take peaches and drop them into the boiling water and let water come back to full boil (about 3 minutes at most). Remove peaches from boiling water and plunge into cold water.
- Use your hands to gently rub skin off of each peach. Dig thumbs into peaches to open and remove pit. Slice peaches into large pieces and place in a bowl (juice and all). (To aid in skin removal, you can score the peaches with an X before dropping in boiling water but just dropping them in hot and then cold water seems to loosen skins quite well).
- Mix remaining ingredients together and add to peaches. Use slotted spoon to put peaches in one shell - pile them high! Then, add juice mix until just below rim.
- Wet edge of pie crust with juice. Invert second crust over top of filled pie crust. Remove top pie tin and reserve to make "crust protector." Pinch edges of crusts together (press the edge with the flat side of a for create a good seal.)
- Cut slits in top crust to allow steam to escape (you make the holes pretty by cutting shapes out and then setting the cut-outs back on the crust.)
- Place pie on a cookie sheet to catch drips (and it WILL drip.) You may need to replace the tray during the cookie as the juice will burn on the tray.
- Bake for 50-60 minutes.**
- Crust Protector:* To prevent pie edges from getting too brown - while pie is baking, cut the centre portion out of the leftover pie tin - just leaving outer edge (about 1.5 inches.) When the pie has baked for about 20 minutes, gently place edge protector in place.
- After about 30-40 minutes you will need to replace the drip catcher as the juice that bubbles over will likely burn.
- When crust is nicely browned all over, remove from oven and wait 1 hour before slicing. Delicious alone or can be fancied up with rasp-

Hot Pepper Jelly



You'll need:

- 8 green bell peppers, seeded and chopped
- 8 red, yellow or orange bell peppers, seeded and chopped
- 1 1/2 cups vinegar
- 7 cups white sugar
- 2 tablespoons crushed red pepper flakes
- 4 (2 ounce) packages dry pectin

Preparation:

- Run the red and green peppers through a coarse grinder, or pulse in a food processor until finely chopped. Transfer to a strainer, and drain really well. This is key to your success.
- While the peppers are draining, sterilize your jars by boiling or using the dishwasher. Keep hot.
- In a large pot, combine the peppers, vinegar, white sugar, red pepper flakes and pectin. Bring to a rolling boil over high heat while stirring constantly. Boil for 1 minute.
- Remove from the heat, and ladle into hot sterile jars to within 1/2 inch of the top. Seal with new lids and rings. Place into a boiling water bath for 15 minutes. The jars should be completely covered by water. Remove and let cool. The jelly will be somewhat loose. The last jar may not be full. Just refrigerate, and use within a week or two.

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Enjoy the rest of
your summer!

International Federation for Home Economics News



St. Angela's College, Sligo, Ireland
Coláiste San Áingel, Sligo

in conjunction with

INTERNATIONAL FEDERATION
FOR HOME ECONOMICS



Conference Overview

Date: 20th July 2010.

The theme of the one day conference in St. Angela's College, Sligo, Ireland, is "Vision 2020: Home Economics, Changing Perspectives in a Changing Environment" which will be focused in three areas of contemporary concern within Home Economics and Home Economics Education: Sustainability, Globalisation and Interculturalism. This will be an opportunity for professionals to continue and build on their interactions, discussions and collaborations concerning Family, Consumer, Environmental and Educational issues which will lead to improvement in the quality of everyday life for individuals, families and households worldwide.



Who Should Attend?

Professionals interested in the areas of Sustainability, Globalisation and Interculturalism. The application of these areas to the discipline of Home Economics and Home Economics Education will be further explored in the afternoon sessions.



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