

# Food and Nutrition

This program will be of practical use and interest to anyone working in the outdoors on trails or any other projects. It will provide a foundation of knowledge of the role of food and nutrition in maximizing one's performance, preventing injury and enhancing overall good health for outdoor trails professionals and volunteers.



## Course Information

WHEN

OPEN

LOCATION

OPEN

COST

\$110.00 plus HST



### Instructor

Renee Bernardi-Ronan is a Registered Dietician with her Honours Bachelor of Science Degree. Renee has spent a number of years specializing in clinical nutrition while working in an acute care and rehabilitation hospital, a long term care facility and a family health team.

Renee has provided diet instruction to both individuals and groups on a variety of subjects ranging from infant nutrition to senior-friendly menu planning. Currently she is the Volunteer Coordinator for her local Community Food Advisors Program.

This half-day (4 hour) course will review current nutritional resources available to support healthy diet related decision making and will teach practical approaches towards meal preparation and planning when in an outdoor setting.

Topics covered in this course include:

- Role of Nutrition in Health and as Fuel for Physical Activity
- Canadian Guidelines to Daily Food and Beverage Choices
- Fueling Strategies for Optimal Performance
- Safe Food Handling
- Menu Planning for Outdoor Workers
- Meal Preparation

### [Register](#)

Contact: Shelley May, Ontario Parks Association

[training@ontarioparksassociation.ca](mailto:training@ontarioparksassociation.ca)

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