



NUTRITION NOTES

THE YEAR IN REVIEW!



Debra McLennan demonstrating Black Bean Sliders at Porkapalooza.

January - February

- Launched new APG Tried & True recipe booklet
- Food Demonstration at the Seed Processors Annual Conference with 33 consumers
- Community Food Demonstration in Devon with 1 dietitian and 20 consumers
- Pulse workshop with 2 dietitians and 31 community leaders at the 4H Leaders Conference
- Pulse workshop with 6 Foods teachers
- Booth at the Edmonton teacher's convention and talked to 150 teachers

March - April

- Booth at the Central Alberta teacher's convention and talked to 109 teachers
- Booth at Aggie Days and connected with 3,000 students and 10,000 consumers over 5 days
- Booth at the Food Matters conference and talked to 72 dietitians
- Booth at Amazing Ag and connected with 850 students over 3 days

May - June

- Booth at the Diabetes Canada spring education event and talked to 21 diabetes educators
- Completed a pulse crop walk with 23 junior high students and their teacher
- Food demonstration at Porkapalooza with 25 consumers
- Pulse workshop with 13 dietitians from Save On Foods grocery stores
- Booth at the Canadian Society of Nutrition Management national conference and shared the Pulse Potential with 66 food service managers from across Canada

July - August

- Pulse workshop with 2 educators and 8 consumers at Enoch Health Centre
- Updated Food & Nutrition pull-up banner
- New recipe development and photo shoot completed
- Provided feedback on the scripts for a new series of “how to” bean videos that Ontario Bean Growers are creating for their website that APG will also be able to use

September - October

- Launch of Easy Peas-y Cookbook for Kids, a partnership with dietitian Emily Mardell, which was showcased on Global Morning Edmonton and the food stage at the fall Edmonton Home Show
- Crop Literacy project with Alberta Canola, Alberta Wheat and Alberta Barley complete

November - December

- Christmas in November – sponsorship with Taste Alberta
- Sysco Edmonton – Pulse Potential presentation to 14 foodservice managers and chefs
- Sponsored Dietitians of Canada education event – Unleashing the Power of Plant Based Diets, with 50 Edmonton area dietitians attending
- Booth at the Career and Technology Educators’ Council (CTEC) conference and talked to 22 teachers
- Pulse workshop with 15 high school teachers and 2 managers from Leduc Food Bank

DO YOU HAVE A QUESTION ABOUT PULSE NUTRITION? I WOULD LOVE TO HEAR FROM YOU! YOU CAN CONTACT ME AT DMCLENNAN@ALBERTAPULSE.COM OR (780) 986-9398 EXT. 109.

