

# OTTAWA FRUIT & VEGGIE FIELD TRIP TOUR *for Dietitians*

## SCHEDULE

**Meeting location:** Please meet at **8:40am** at Carleton Golf & Yacht Club parking lot (6627 Marina Dr, Manotik, ON, K4M 1B3), to board the shuttle bus. You can park your car for the day.

Wed, October 18th, 2023		Location
8:40am	Registration and boarding the bus	Carleton Golf & Yacht Club (Parking Lot)
9:10-10:30am	SunTech Greenhouses Tour	SunTech Greenhouses
10:45-11:45am	Carleton Mushrooms Farm Tour	Carleton Mushrooms Farm
12-12:10pm	Opening remarks	Carleton Golf & Yacht Club
12:10-12:50pm	Lunch	
12:50-1:35pm	<p>Presentation: Putting pesticides in perspective Speaker: Terri Stewart, Executive director of chemistry, CropLife Canada</p> <p>How much pesticide residue is on our food? Is organic food healthier? This presentation will answer the top consumer questions about pesticides, explain how they are regulated, and explore their impact on food security, food waste, and sustainability.</p>	
1:35-2:20pm	<p>Presentation: 3 Winning strategies to boost fruit &amp; vegetable intake Speaker: Jen Ong Tone, MHSc, RD, CPMA</p> <p>In this presentation, you'll learn the top barriers to produce consumption, consumer trends, and take away strategies to help your clients make fruits and veggies the easier choice.</p>	
2:20-2:40pm	Break	
2:40-3:20pm	Group activity: Tackling nutrition barriers together	
3:20-3:30pm	Closing remarks and door prizes	

