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## Press Release

### **The Helderleigh Foundation continues to support George Brown College, funding two new projects for innovative nutrition and healthy eating**

TORONTO, ON (Oct 26, 2017) – With five projects successfully conducted with funds from the Helderleigh Nutrition Application Fund (HNAF), the Food Innovation & Research Studio (FIRSt) and the Centre for Hospitality and Culinary Arts at George Brown College are pleased to announce funding for projects with two new collaborators. These new partnerships take HNAF beyond the GTA, still focusing on the diet, physical health and wellness of Canadians.

Like the previous projects, the sixth entails creating recipes. However in this groundbreaking case, the team is designing for people with life-limiting illness at **Hospice Niagara**. The aim is to address both patients' and caregivers' challenges at home — from nutrition to satiation — and increase their overall comfort for the end-of-life journey. The project has the potential to influence as many as 15,000 caregivers throughout the Niagara region. Each recipe will balance such important factors as immune-boosting ingredients, drug interactions, ease of preparation and basic affordability.

Since 2014, **The Guelph Family Health Study** at the **University of Guelph** has conducted a comprehensive randomized control trial of over 100 families. The study focuses on improving lifestyle behaviours of Canadian families with preschool-aged children. One mechanism to do this is by introducing families to healthy, novel snacking-focused recipes. To be presented in child-friendly videos and a recipe book, these new recipes will be tasty, easy to prepare, family-friendly and, of course, nutritious. By modelling healthy snacking and food choices during pre-school years, the project aims to positively affect health behaviours later in life.

The HNAF will continue taking applications for funding throughout 2017 and 2018.

#### **About George Brown College**

Toronto's George Brown College has established a reputation for equipping students with the skills, industry experience and credentials to pursue the careers of their choice. The college offers programs from its three campuses located across the downtown core, including its newest location at the Toronto waterfront, which opened in September 2012. George Brown offers 149 full-time programs and 224 continuing education certificates/ across a wide variety of professions to a student body of over 28,000 (full-time enrolment) students, including over 3,500 international students; and over 64,000 continuing education registrants. Students can

earn certificates, diplomas, postgraduate certificates, apprenticeships and degrees. [George Brown College](#)

#### **About George Brown's Centre for Hospitality and Culinary Arts**

The Centre for Hospitality and Culinary Arts is a leader in offering Culinary and Hospitality excellence in education. Its programs are designed to meet the needs of industry and are well known around the world in the culinary, baking, nutrition and hospitality fields. The Centre offers certificates, diplomas, degrees and postgraduate certificates, and runs a number of culinary enterprises including The Chefs' House restaurant, which provides students with the real-world practice employers' value.

#### **About George Brown's Food Innovation & Research Studio**

**The Food Innovation & Research Studio (FIRSt)** offers industry access to marketing, culinary and technical resources, state of the art facilities and networking opportunities for the not for profit sector and small to medium-sized businesses within the GTA food and beverage industry, enabling these organizations to solve dietary challenges and reach more customers. [FIRSt](#)

#### **About The Helderleigh Foundation**

The Helderleigh Foundation is a private foundation located in Toronto Ontario. Established in 2002, it supports applied nutrition, nutrition literacy and initiatives which promote healthy foods that have ingredients grown in Canada such as pulses.

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