

The Environmental Health Association of Ontario

is sponsoring

Focusing on Food – Safety & Nutrition

THURSDAY – NOVEMBER 20, 2008

Shiv Chopra will open the seminar, speaking briefly about the launch of his new book on food and environmental safety in Canada. Shiv is a scientist and veterinarian, holding an MSc and PhD in Microbiology. Due to his work, Bovine Growth Hormone was barred from Canada and the EU. A highly acclaimed leader and spokesman on a variety of social and cultural issues in Canada and around the world, Shiv is the recipient of many community service awards. His book will be available for sale at a special rate (\$20 incl. taxes).

Keynote speaker: As an EHAO member, author, food allergy consultant, and dietary designer, Shirley Plant will speak on food allergies and intolerances, what are they, and how to adapt your cooking to your dietary needs. Shirley will cover substitutions, alternatives, and gluten-free ideas for baking. Shirley is the author of *Finally Food I Can Eat*, a dietary guide and cookbook for people with food allergies and intolerances. Copies of her book will be available for sale (\$30 incl. taxes).



Shirley Plant



Dr. Shiv Chopra

Registration: 6:30-6:45 pm

Seminar: 6:45 pm sharp

Free Admission



McNabb Arena
Crafts Room

180 Percy Street
Bus #14 on Percy
or #85 on Bronson
Free Parking



Open to the Public
Donations Welcome

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To protect the health of our members,
PLEASE WEAR NO SCENTS to EHA Ontario events
(including perfumes, essential oils, and any fragranced
or chemically unsafe products including fabric softener).
Scented persons will not be admitted.