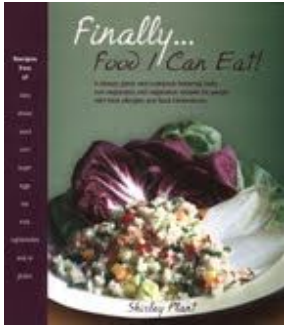


EHA Ontario is Sponsoring

Shirley Plant

Food Allergy Consultant and Dietary Designer



When: March 30, 2010

Time: 7pm to 9pm

Where: Churchill Seniors Community Centre
345 Richmond Road, Ottawa, ON

Driving Directions: Take the Queensway to the Carling Avenue exit. Turn north onto Kirkwood Avenue until Richmond Road, turn left on Richmond Road. Turn right on Churchill Avenue, then immediately turn left into the parking lot, or street parking. *OC Transpo Bus Routes:* # 2, 18

Diagnosed with Fibromyalgia and multiple food and environmental allergies, Shirley Plant has learned how hard it is to change your life for the better and the difficulties of trying to plan creative, nutritious and affordable menus while having to avoid such common foods as wheat, dairy, eggs, corn, gluten, sugar, just to name a few.

Shirley has developed an expertise and well known reputation in Dietary Design. She was editor to “From Our Kitchen to Yours”, and author of “Finally Food I Can Eat” and “Libre”. She has published various articles for Eco-Sense and for the Celiac News. She has also been a presenter at the 5th Annual Heart Smart Smorgasbord, Rainbow Natural Foods and at the Ottawa Environmental Health Clinic.

Shirley enjoys performing cooking demos and has appeared on Rogers TV, CTV’s News at Noon, A Channel News Regional Contact, and the cooking stage at the National Women’s Show Cooking Stage, and Go Green Expo.

EHA Ontario looks forward to sharing recipes with other members and learning a few tricks in adapting recipes with Shirley.

Send a favourite recipe you would like modified to your specific health needs to office@ehaontario.ca

The first 3 will be sent on to Shirley and she will adapt it for examples at our seminar. Others will be shared, so bring your favourites and bring a book to copy more recipes for your personal enjoyment!



Open to the Public
Donations Accepted
613-860-2342
www.ehaontario.ca

NO SCENTS MAKE SENCE! To protect the health of our members, PLEASE DO NOT WEAR SCENTS OF ANY KIND TO EHA O EVEN
perfume, essential oils, any fragranced or chemically unsafe products including fabric softeners, laundry soaps, deodorant, smoke.
Scented persons will not be admitted.