JOIN US FOR THE **FOURTH SESSION** OF THE SASKATCHEWAN SCHOOL FOOD MONTHLY SPEAKER SERIES DESIGNED FOR PROFESSIONALS IN EDUCATION, HEALTH, FOOD AND MORE!

Eating Well in Saskatchewan

A SCHOOL FOOD PROGRAM DEVELOPMENT SERIES

WINTER/SPRING 2025

"Nutrition, Learning and Literacy: The Role of School Food Programs"

Featured Speakers:
Natalia Alaniz Salinas, MPH, PhD Candidate, University of Saskatchewan
Shelly Fedrau, School Community Coordinator, Saskatoon Public Schools
Dallas Odgers, Registered Dietitian, Saskatchewan Health Authority
Stacey Wiens, Registered Dietitian, Saskatchewan Health Authority
Helen Flengeris, Health Promotion Consultant, Saskatchewan Ministry of Health

THURS. MAY 1, 2025 1:30–3:00PM

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In 2023, the 27 locally elected boards of education in Saskatchewan adopted a resolution to advocate with the Canadian School Boards Association (CSBA) for the development of a healthy, universal, cost-shared, school food program funded by the federal and provincial governments in consultation with school boards. With the federal government's 2024 announcement of a national school food policy and $1billion funding over 5 years, coming together to discuss school food in the province is timely. Join us as we discuss school food governance, research and best practices featuring SK projects and speakers.

Speaker Bios

Natalia Alaniz Salinas, MPH, PhD(c) is a PhD Candidate and Research Manager at USask actively involved in various school food research, overseeing nutritional assessments of school lunches and developing costing and monitoring tools for school food programs. **Her current research assesses the impacts of school food on nutritional intake, quality, and educational outcomes.**

Dallas Odgers, R.D. and Stacey Wiens, R.D. Dallas is a Public Health Nutritionist, serving the NW region of the SHA. With 10 years experience as a dietitian, he focuses on supporting nutrition education and advancing school food initiatives across SK. Stacey began her career with a Commerce degree from USask, working for a national food distributor, later earning a degree in Nutrition, working for 13 years as an RD with the SHA in population health. **Their presentation explores a trauma-informed approach to nutrition education and food literacy.**

Shelly Fedrau has a diverse background, combining academic achievements with practical experience. With a BA Advanced in International Studies, she first worked in Communications/Marketing later transitioning to her passion, working with children and families. She began her work with Saskatoon Public Schools over 20 years ago as a Community School Coordinator. **Her presentation will utline the impacts of a universal lunch program on children, families and staff in her school.**

Helen Flengeris, Health Promotion Consultant, works on school health with colleagues from the Ministry of Health and other Govt of SK Ministries using a Comprehensive School Community Health approach. As a SK rep on the pan-Canadian Joint Consortium for School Health (JCSH) she has recently been involved in the development of the JCSH's Canadian Standards & Indicators for Health Promoting Schools.

CIHR IRSC | University of Saskatchewan

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Saskatchewan School Boards Association | SHRF Saskatchewan Health Research Foundation