

Canadian Institute of Public Health Inspectors BC Branch Continuing Education Webinar Series Fall 2016- Spring 2017

FRESH: Farmed and Raised- Eating for Student Health November 9, 2016 from 9:00 – 10:00 (PST)

F.R.E.S.H. is an initiative that aims to promote healthy eating in elementary school students allowing fresh produce grown in school gardens to be used by the school to prepare healthy meals. In addition to the student's active role in maintaining the garden, the health authorities have increased involvement through supporting and ensuring the program is safely implemented. This collaboration between the school boards and the local health authority will provide the opportunity to educate young children about food safety while providing them with access to nutritious fruits and vegetables.

Kristen Houwers, Helen Wang, Matthew Loo, Kelson Mah Environmental Health Officer Students, British Columbia Institute of Technology



Kristen is currently working at Region of Waterloo Public Health as a Student Public Health Inspector (PHI). Prior to attending the Environment Health program at BCIT, she completed her Bachelor of Science in Biomedical Sciences with a minor in Human Nutrition at the University of Waterloo. The ability to share her passion of public health and safety with the community makes her role as a PHI a perfect fit. In her spare time you can usually find Kristen hiking in the woods with her dog, Chase.

Helen has always had a passion for promoting health and wellness in people. She studied environmental health and has recently graduated from BCIT's Environmental Health program. She has completed her practicum experience and is now working with Vancouver Coastal Health as one of their health inspector. Prior to BCIT, Helen studied at Langara College, where she discovered her interest in public health inspection. She hopes to make a difference in the realms of public health by educating operators and encouraging positive behaviours. During her spare time, Helen takes pleasure in trying in new foods, playing badminton, exploring new places and going on an adventure.



Matthew is a graduate from BCIT's Environmental Health program. Prior to this, he had obtained a BSc in Health Sciences at Simon Fraser University. While at SFU, Matthew discovered that he did not enjoy laboratory work, as much of the job involves spending much of the day running experiments indoors. Craving a career with less monotony, Matthew turned his focus to becoming an EHO. For leisure, Matthew enjoys playing the violin, jogging, and cycling.

Kelson is a recent graduate from the Environmental Health program in BCIT. He also graduated from the University of Alberta with a Bachelor of Science in Psychology. During his time at the UofA, Kelson enjoyed volunteering as an educator and counselor, which unexpectedly led him down the path to becoming an EHO. During his free time, Kelson enjoys watching hockey, playing badminton, swimming, bass guitar, and board games.

