



## PHYSICAL AND HEALTH EDUCATION COMMUNITY LEADERSHIP PLACEMENT

**Host Organization:** North Bay Parry Sound Health Unit

**Placement Role:** Nutritious Food Basket program

**Dates:** Flexible within the time frame of Monday to Friday 8:30-4:30, beginning May 2019 for 2 week period (May 6 – May 17 inclusive)

**Who should apply?** Students must be registered in PHED 3106 and PHED 4106. Students with an interest in continuing studies or professions in public health/nutrition are considered.

**Placement Location:** The majority of the placement will be spent collecting data at local grocery stores and working at the Health Unit office on Oak St W in North Bay.

**Purpose:** Each year in May, the North Bay Parry Sound District Health Unit conducts the Nutritious Food Basket survey to determine the average weekly cost of healthy eating for individuals and households. The survey includes collecting the lowest prices of 67 specific food items at 12 grocery stores in the district covered by the Health Unit. The food items follow the recommendations from Canada's Food Guide and reflect average household purchasing patterns. The Nutritious Food Basket excludes infant formula and baby food, processed convenience foods, snack foods and foods of limited nutritional value.

The protocol is set out by the Ontario Ministry of Health and Long Term Care and the results of the survey are presented in a report. The report can be used to raise awareness about the cost of healthy eating and to support policy development that will help increase access to affordable, healthy foods in our communities.

Visit <https://www.myhealthunit.ca/en/health-topics/food-insecurity.asp> to learn more about how the information is utilized.

**Work:** The placement student's work will be supervised by a Public Health Dietitian at the Health Unit. The student will visit 12 food retailers across the Nipissing and Parry Sound Districts. Costs for a list of grocery items are collected with the goal of compiling this information for the "cost of healthy eating" report. Students will assist with calculation sheets (includes simple math). Participation in additional workshops or events may be available to student who indicate interest.

**Project Requirements:** Placement students must be flexible, able to work independently. Access to a reliable vehicle is required. Valid police check and CPR/FA required.

**Number of Students Accommodated within placement:** (minimum 50 hours): 2

**Deadline to apply:** April 19

**Contact person within organization:**

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