

Karen Coulson

Program Manager at Food Skills For Families at Diabetes Canada

Vancouver, BC, CA

Program Manager at Food Skills For Families

Karen Coulson is the program manager for Diabetes Canada's Food Skills for Families program. Karen joined Diabetes Canada in August 2014. She has enjoyed a varied and challenging 15-year career in the not for profit sector in both Ontario and British Columbia, along with a brief international opportunity in London, England. Her passion for all things nutrition and food are a perfect match for the Food Skills mandate of creating healthier communities, connecting people in the kitchen and teaching fun, hands-on cooking skills. The Food Skills program aims to support those at risk of diabetes and supports the prevention mission of Diabetes Canada. A passionate advocate for healthier food environments, Karen spends her spare time studying nutrition and disease prevention and is a Certified Community Facilitator of the Food Skills program.

Program Development, Health and Wellness, Non-Profit/Charitable

Event Planning, Wellness, Program Development and Evaluation, Advocacy, Community Development, Nonprofit, Event Management, Leadership, Training, Policy, Volunteer Management, Philanthropy

Provincial Healthy Eating Strategy Leadership Council : Member, BC Sugary Drinks Stakeholder Group : Member, Canadian Society of Association Executives : Past Member

BC Aboriginal Funding Conference for First Nations and Aboriginal Organizations
Presenter

Stonebridge College UK

Certification Diet and Nutrition, Life Skills Coaching

Nutrition for Health Promotion and Disease Prevention

Coursera course: This course covers the basics of normal nutrition for optimal health outcomes and evidence-based diets for a variety of diseases. Participants will learn the fundamentals of nutrition science and build upon these to explore emerging diet therapies, to analyze nutrition research and to plan well-balanced meals and dietary interventions for both healthy individuals and those with a number of diseases and health conditions.

Certified Food Skills for Families Facilitator- Canadian Diabetes Association

Community Facilitators are professional and lay people who have been trained to deliver the Food Skills for Families program at host location in their community in order to build individual and community capacity. The Association has trained a network of over 250 Community Facilitators throughout BC.

FoodSafe Level 1

FOODSAFE Level 1 is a food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.

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