2019 Agnes C. Higgins
Social Nutrition Award

Hélène Laurendeau, M.Sc., P.Dt.
Nutritionist and Program Host

Hélène Laurendeau, who has long been passionate about food, nutrition and health, has worked in the fields of communications and media for 35 years as a nutritionist, host, columnist, author and speaker. She holds a bachelor's degree in nutrition from the *Université de Montréal* and a master's in epidemiology from McGill University.

A well-known broadcaster and science popularizer who has made regular television appearances since 1988, Laurendeau has been a contributing host to more than 1,000 programs and has presented 700 columns on Radio-Canada, TVA, RDS and Canal Vie. In her current role at Radio-Canada, she collaborates with **Ricardo** and **Marina** on television and can be heard on the radio with Marie-Louise Arsenault on *Plus on est de fous, plus on lit* and, this summer, with Stéphan Bureau on *Bien entendu*.

Laurendeau is admired by health care and food professionals, as well as by her audience, for her sunny disposition, in-depth knowledge and ability to make scientific concepts accessible to everyday consumers. Her goal? To simplify people's lives by showing them that healthy eating and enjoyment go hand in hand.

She co-authored a bestselling book called *L'alimentation durant la grossesse*, which was published through *Les Éditions de l'Homme* and won two awards. She also recently published her first children's book, entitled *Je cuisine avec toi*, through *Édito Jeunesse*. It has received rave reviews from critics for its originality and educational value.

Laurendeau served on the Board of Administrators of the Montreal Diet Dispensary for five years. Over the course of her career, she has received several awards, including the *Prix du Mérite annuel* and the *Mérite en communications* from the *Ordre professionnel des diététistes du Québec*, as well as the **medal of honour** from the *Université de Montréal* Faculty of Medicine Alumni Association for her contributions to her profession.