

Valerie Tarasuk, Ph.D.

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Much of Valerie Tarasuk's research is focused on food insecurity, elucidating the scope and nature of household food insecurity in Canada and examining policy and programmatic responses. Her work has included studies of food banks and food bank users, homeless youth and community responses to the food needs of homeless and under-housed individuals, a study of housing, neighbourhood characteristics and food access among low-income Toronto families, and analyses of population survey data to elucidate the health, nutritional, and sociodemographic correlates of household food insecurity in Canada. She currently leads a large, interdisciplinary program of research designed to identify effective policy interventions for the reduction of household food insecurity in Canada, supported by a CIHR Programmatic Grant to Tackle Health and Health Equity. Paralleling this work is an ongoing research interest in Canadian food policy, population-level dietary assessment, and the application and interpretation of Dietary Reference Intakes. Her recent work in this area includes a series of studies to examine the population health implications of discretionary food fortification (led by doctoral candidate, Jocelyn Sacco), a broad-based study of nutrition-related food marketing in Canadian supermarkets, and an examination of nutrition inequities in Canada.

Selected publications

Kirkpatrick SI, Tarasuk V. Food insecurity is associated with nutrient inadequacies among Canadian adults and adolescents. *J Nutr* 2008 Mar;138(3):604-12.

Tarasuk V, Fitzpatrick S, Ward H. Nutrition inequities in Canada. *Appl Physiol Nutr Metab* 2010 Apr;35(2):172-9.

Ricciuto L, Tarasuk V, Yatchew A. Socio-demographic influences on food purchasing among Canadian households. *Eur J Clin Nutr* 2006 Jun;60(6):778-90.

Sacco JE, Tarasuk V. Health Canada's proposed discretionary fortification policy is misaligned with the nutritional needs of Canadians. *J Nutr* 2009 Oct;139(10):1980-6