

# TECH TALK



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Jack Phillips	Suppliers Night 604-581-2177tel	Phillips Ingredients
Daphne Tsai	Suppliers Night 604-296-3286 tel	Soya World
Jerry Hedding	Suppliers Night 604-922-4504 tel	

## CALENDAR OF EVENTS

1. March 30, 2006  
What: **CIFST/BCFT/Okanagan-Kootenay Section Symposium on Glycemic Index**  
Where: Best Western Richmond Hotel  
7551 Westminster Highway,  
Richmond BC V6X 1A3  
When: 8:15 am to 3:00 pm  
For more information please visit: [www.cifst.ca](http://www.cifst.ca)
2. May 26, 2006  
What: Annual Golf Tournament/Banquet  
Hosted by BCFT

### ADDITIONAL UPCOMING EVENTS

#### CIFST-AAFC Joint Conference - Register Today!

This conference has a scientific and technical program, that is on the leading edge of what industry has conveyed are their present and future areas of concentration. We will also have a dedicated tabletop exhibition plus an elaborate sponsorship program, both of which offer many added benefits for participating companies. This conference will be a great opportunity for you to network, meet the guest speakers and colleagues from all areas of the food industry; find out what's up and coming in the food industry.

Additional information can be found at: [Http://www.cifst.ca](http://www.cifst.ca)  
**Early bird until April 3, 2006**

#### Canadian Breakfast at the IFT Annual Meeting in Orlando, Florida.

Are you planning to attend the IFT Annual Meeting in Orlando, FL this year? When you fill out your registration form, please remember to sign up for the Canadian Breakfast to be held on Sunday June 25, 7: 15 a.m. at the Headquarters Hotel, The Rosen Center. A hot breakfast will be served. This is an excellent opportunity to meet up with old and new friends with connections to Canada.

Please be aware the tickets for this event can only be obtained with advance registration and will not be available on-site. Registration Kits for the IFT ANNUAL MEETING + FOOD EXPO® will accompany the March 2005 issue of Food Technology. Online registration opens March 1, at <http://www.am-fe.ift.org/cms/>. Attending the IFT Annual Meeting + FOOD EXPO® is an effective way to keep current with the industry and to do business. Visit [www.ift.org](http://www.ift.org) frequently for updates. See you in Orlando, June 24-28 and at the Canadian Breakfast on Sunday June 25 at 7:15 a.m.!

**REFLECTING**

# BCFPA and BCFT Joint Event on Allergens

Special thanks to all members, non-members and students who had joined us in making the BCFPA/BCFT Joint Event on Allergens a success!!! And thank you for your support of the BCIT and UBC students in their quest to raise funds to participate in the Challenge Cup in Montreal, Canada.

All in all, we had 88 participants in attendance. We appreciate all your feedback and comments pertaining to the event, and your valuable suggestions will be taken into considering in planning for upcoming events.

If you would like copies of Dr. Suzanne Teuber and Gary Baird's presentations and/or to view photos of the event, please visit the BCFPA web site at [www.bcfpa.net](http://www.bcfpa.net).

Last but not least, sincere thanks to all the volunteers who helped make this program another successful event.




## BCFT Website

Please check out the BCFT website at [www.bcft.ca](http://www.bcft.ca) for:

- Up to date information about upcoming BCFT events,
- Job Postings, for those companies needing a hard working food technologist,
- Job Seekers, for those hard working food technologist needing a company,
- **NEW** Book your table at Supplier's Night using our online registration.



If you have any feedback or events that you would like posted, please email Peter Taylor at [webmaster@bcft.ca](mailto:webmaster@bcft.ca).



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# Message from the BCFT Chair

In February I had the opportunity to attend a workshop on Design of Experiments (DOE) in Philadelphia (very interesting & useful – but that is *another* story). As I prepared for my trip, I noticed in the Food Technology magazine that the Philadelphia IFT section was having a dinner meeting while I was there. With some encouragement from Nancy Ross, I decided to attend.

Even though the Philadelphia IFT section has approximately 700 members, the meeting I attended was small – approximately 40 people. Annually during Chinese New Year they hold a meeting at a restaurant in Philadelphia's Chinatown. At this particular event, Doris Hicks from the University of Delaware gave an interesting 40 minute talk about the health benefits & risks of seafood (right before we sat down to our multi-course seafood dinner!)

Attending the event reminded me of the importance for sections to welcome new attendees. John Pcsolar, Past-Chair of the Philadelphia section, did an excellent job of welcoming those of us who were new to the IFT section, and invited those of us who didn't know anyone to join him at his table for dinner. Others also made a point to introduce themselves.

The experience left me wondering how new people find our BCFT events – and how we might be more "welcoming". I

often find at our events that there are so many familiar people who I want to meet and say hello to that I don't have time to find out who is new. And we don't have any sort of system in place to identify newcomers. Some sections have designated "welcomers" who take on this specific role. We're going to be looking for new volunteers for next year's BCFT executive, so if this is something that you might be able to help with, please let me know. And if not, I hope that those of you who regularly attend our meetings will consider taking on the unofficial role of "welcomer". And I'll try to do my part as well!

Having said that, I hope to have the opportunity to "welcome" you at the upcoming Glycemic Index meeting on March 30. This is an exciting topic, and the first time that I can remember when BCFT has collaborated with national CIFST & the Okanagan-Kootenay section to host a day event. Sponsorship opportunities exist for companies. See <http://www.bcft.ca/events/GI2006.pdf> for complete details.

And finally, keep in mind the CIFST conference being held in Montreal. UBC & BCIT students plan to compete in the popular Challenge Cup. It would be great to have a large BC group there to cheer them on!



popular Challenge Cup. It would be great to have a large BC group there to cheer them on!

*Anne McCannel*, BCFT Chair



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*Next BCFT Event:*

## FULL DAY EVENT ON GLYCEMIC INDEX

The CIFST National, CIFST Okanogan-Kootenay Section, and the BCFT Section would like to invite you to join us in a discussion on Glycemic Index.

On March 30, 2006 from 8:15am to 3:00pm at the Best Western Richmond Hotel we will hold a full day talk on Glycemic Index, which will cover all aspects from the regulatory perspective to research and laboratory testing to the application of GI in Research and Product Development. Please join us to learn more about the next trend in the food industry.

For further information and registration details, please see attached documents or contact:

1. Anne McCannel  
Anne\_McCannel@bcit.ca
2. Thu Pham  
Tel: 604-952-7078  
Email: tbpham@olympicdairy.com

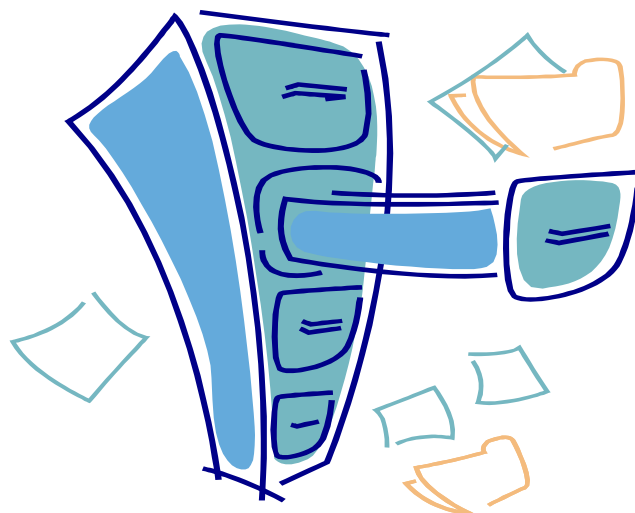
## Suppliers' Night – Thanks to All

Along the line of recapturing the successes of past events, we cannot neglect to mention your participation and support of The 12<sup>th</sup> Annual Supplier's Night.

The change in venue of Supplier's Night this year had brought about the participation of new faces, but also restricted the participation of some familiar faces. We had roughly 118 to 120 suppliers that come from across Canada and the United States to join us. In addition, we had approximately 150 attendees.

Sincere thanks to the Supplier's Night Organizing Committee, especially Daphne Tsai, Jack Phillips, Jerry Hedding, and Peter Taylor, for their dedication and exceptional work in making this event possible for you and I.

Many thanks....



## By-laws, Anyone?

Do you have a copy of the BCFT's lost by-laws?

The BCFT executive has copies of minutes from 1992 referring to the BCFT by-laws – but, over the years, the by-laws themselves have been misplaced.

If you happen to have a copy of these, please contact Anne McCannel at [anne\\_mccannel@bcit.ca](mailto:anne_mccannel@bcit.ca).



### UNIVAR

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# Update on FIS

Sherman Yee and Cliff Dunlop have retired as managers of the Food Information Service (FIS) and the Food Processing Resource Centre at BCIT respectively. They will be missed as they have been an integral part of BC's food industry since the 1960s. Sherman and Cliff presided over the recent expansion of these services as part of a strategic plan to increase the competitiveness of British Columbia's food and beverage sector. This sector identified access to technical expertise and pilot plant equipment as key ingredients for continued growth. These industry needs were addressed by several major initiatives including:

- FIS' services to the food industry was expanded with seed money from the Investment Agriculture Foundation of BC and BCFT
- The Food Processing Resource Centre at BCIT received funding for pilot plant equipment from Western Diversification and the BC Ministry of Agriculture, Food and Fisheries. Cliff Dunlop was a tireless champion of this initiative.
- HEAL (Herbal Evaluation and Analysis Laboratory) was set up to service the Natural Health Products industry.

Key services offered by FIS, the Food Processing Resource Centre and HEAL reflect the expertise available. Dr. Tim Durance and Dr. Gary Sandberg are process authorities with the credentials to establish thermal processes. Paula Brown is noted for her work in developing methodologies for establishing the product quality, safety and efficacy of natural health products. Expert advice for legal cases is also available. Tests that are not available commercially from contract



laboratories can potentially be developed and performed. All of the Food Science and Food Program faculty at UBC and BCIT are available as necessary for projects. Students are available for performing literature reviews.


Part of the long-term plan for assisting BC's industry competitiveness is to establish a Centre for Excellence in British Columbia as identified by the Food Processor's Working Group in 2002. This centre will ideally work with both the food and natural health products industry. It will take commitment and a pooling of resources to bring this vision to reality. FIS, now managed by Rebecca Robertson, will continue to work in partnership with the Food Processing Resource Centre and HEAL to service the BC food and natural health products industry. FIS will also strengthen established ties with BCFN (BC Functional Food and Nutraceutical Network) and the BC Food Processors Association as part of this goal. The Pacific Agri-Food Research Centre in Summerland and the University of Northern BC are also available as collaborators thus benefiting processors in the interior of BC.



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## Upcoming Courses

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#### Note that...

- we have 2 online courses, FOOD 1178 Prerequisite Programs for HACCP, and FOOD 1301 Food Safety for the Plant Worker.

- we're offering a new correspondence course, FOOD 1091 Introduction to Food Technology.

- we've planned a June delivery of our 2-day pouch defects course, FOOD 1438 Retort Pouch Defect Identification.

- our sensory evaluation course will run on three consecutive Saturdays in June (FOOD 2040 Introduction to Sensory Evaluation Methods).

#### Food Technology

FOOD 1091 **New** Introduction to Food Technology – register anytime (correspondence). \$400 (materials and S&H extra)

FOOD 2040 Introduction to Sensory Evaluation Methods – Jun. 3-17 (Saturdays). \$415

#### Food Safety and HACCP

FOOD 1160 Food Safety: The HACCP System – Jun. 5-7 (workshop). \$415

FOOD 1163 Internal Auditing of HACCP Systems – Apr.5-7 (workshop). \$440

FOOD 1178 Prerequisite Programs for HACCP – Apr.10-Jun. 25 (online course). \$450

FOOD 1301 Food Safety for the Plant Worker – register anytime (online course). \$155

#### Dairy

FOOD 1150 Dairy Processing – register anytime (correspondence). \$320 (materials and S&H extra)

FOOD 2150 Dairy Processing 1 – May 29-Jun. 2 (workshop). \$440

#### Microbiology

FOOD 1021 Introduction to Food Microbiology – register anytime (correspondence). \$465 (materials and S&H extra)

FOOD 1022 Introduction to Food Microbiology: Lab 1 – Mar. 21-Apr. 20 (night school). \$450

#### Canned and Pouched Food Products

FOOD 0180 Origins and Identification of Metal Can Defects (self-paced CD-ROM tutorials). \$250/3 or \$100 each (S&H extra)

FOOD 1428 Canned Foods: Thermal Processing & Container Evaluation – May 29-Jun. 1 (workshop). \$485

FOOD 1438 Retort Pouch Defect Identification – Jun. 6-7 (workshop). \$415

Visit our website for further information and registration details... <http://www.bcit.ca/health/food/industry.shtml> .

Contact Sharon\_Cameron@bcit.ca, 604-432-8723 or 1-800-663-6542 (8723).



## Student Night Recap: Another Great Success!

The Student Night on Tuesday January 10, 2006 was a great success. There were over 65 people who attended the event at UBC. The evening began with Anne McCannel from BCFT who gave us a short introduction to several food technologist organizations followed by Rebecca Robertson who talked about the Food Information Service (FIS) we have at UBC. Then we moved on to our guest speakers who talked about their companies and the work that they currently doing. First, we had Katie Du and Dr. Jerzy Zawistowski who both work at Forbes Medi-Tech Inc and then we had James Le Fort from Que Pasa. Finally, we ended the speakers' session with Megan Lockhart from Rogers Sugar and Alyssa Prommaz who is currently employed at Original Cakerie.

Anne McCannel presented the CIFST award to Dan Cummings and he briefly discussed his involvement with CIFST. In addition, Dr. David Kitts gave an update on what's new in the Food Science department at UBC and also recapped recent UBC reward recipients; Anne McCannel announced these winners from BCIT.

We would like to take this opportunity to acknowledge the organizations and the individuals who helped made this night possible. First, we would like to thank Sunrise Soya Foods, Village VQA Wines and Cantest for donating door prizes to this event and Original Cakerie for providing us with the delicious desserts. Secondly, we would like to thank Dr. Christine Scaman, Thu Pham and Anne McCannel for providing support throughout the planning process of this event. Of course a big thank-you to our superb speakers - Katie Du, Dr. Jerzy Zawistowski, James Le Fort, Megan Lockhart, Alyssa Prommaz, Rebecca Robertson, Dr. Cummings and Dr. Kitts for spending the time to speak to us. Finally, we would like to thank-you everyone who took their time to attend this event. Without all of your support, this Student Night would not be a success.



**FROM LIFE LINES TO BOTTOM LINES:**  
**HOW GLYCEMIC INDEX IS INFLUENCING OUR FOOD DECISIONS**

**Thursday, March 30, 2006**      **8:15 am – 3:00 pm**  
**Best Western Richmond Hotel and Conference Centre – Elmbridge Room**  
**7551 Westminster Highway, Richmond, BC L6X 1A3**

For more information visit: [www.cifst.ca](http://www.cifst.ca) - events

As part of CIFST's commitment to keep members informed of the latest developments in food science and technology, CIFST National, CIFST Okanagan-Kootenay Section, and BC Food Technologists are pleased to announce an exciting symposium on the topic of Glycemic Index.

**What is Glycemic Index?**

Glycemic Index (GI), first defined in 1981 by David Jenkins and colleagues at the University of Toronto, refers to the ranking of carbohydrates in terms of their effect on blood sugar levels. According to the Canadian Diabetes Association, low GI foods may control blood glucose levels, control cholesterol levels, control appetite, lower the risk of heart disease and lower the risk of developing type 2 diabetes. Those types of claims are driving an increasing interest in low GI foods among health-conscious consumers. Australia is leading the way, already allowing GI claims to be made on food products. Find out what GI is all about and what's happening in Canada from scientific, industry, market, and regulatory perspectives.

**The Science of Glycemic Index**

**Dr. Vlad Vuksan** is the Associate Director of the Clinical Nutrition and Risk Factor Modification Centre at St. Michael's Hospital in Toronto and Chair of the National Nutrition Committee for the Canadian Diabetes Association. Prior to coming to Canada, Dr. Vuksan worked for the World Health Organization (WHO) in Europe and Asia. As Director of the National Consortium for the Development, Production and Distribution of Dietetic Products designed for the European (German) and Middle East market, he assisted over 50 companies to develop marketing concepts and over 120 dietetic food products. Dr. Vuksan's current work focuses on the use of nutraceuticals for the treatment of diabetes.

**GI as a Food Choice & Marketing Tool around the Globe and GI Regulatory Update**

**Katherine Corbett, BSc., MBA** earned a B.Sc. (Honours, with a major in Biology) from Queen's University, Kingston, and an MBA (with Distinction) from Cornell University, Ithaca NY. Before joining the GI Labs team, Ms. Corbett gained a broad range of experience in financial services, including corporate banking, marketing, and business strategy and planning. In addition to strategic planning and marketing, her role with GI Labs focuses on the advocacy and promotion of the Glycemic Index.

**What will you take away from this workshop?**

- An understanding of the science and research supporting this emerging trend in healthy carbohydrates
- Key strategies and issues in product development
- Ideas and hands-on examples of key "Low-GI" marketing messages used around the world
- Highlights of regulatory considerations for Canadian GI labeling
- Networking and first-hand access to globally recognized experts in the field

**Product Design Opportunities Driven by the Low GI Trend**

**Dr. Branka Barl** (Ph.D. Food Chemistry, U Manitoba; M.Sc. Biochemistry and B.Sc. Biochemical Engineering, U Belgrade) is a Scientific Leader of the Natural Health Products and Functional Food Program, Life Sciences Division, at Alberta Research Council in Edmonton. Dr. Barl has over 20 years of post-graduate experience in food chemistry, phytochemistry of botanicals, and interdisciplinary collaborative research linking agriculture, nutrition and health from Canada, US and Europe. Her research has focused on advancing and applying knowledge of novel bioactive and functional ingredients in developing dietary supplements and functional foods, including low GI products. Prior to joining ARC, Dr. Barl was the Chief Scientist at New Era Nutrition, a founder and leader of the Herb Research Program, University of Saskatchewan, and a Food Scientist at Alberta Agriculture and Food. Dr. Barl will discuss opportunities and barriers to innovation in the development of low GI functional food products, highlighting the current status and the future direction of the low GI movement.

**Agenda**

8:15 am – 9:00 am	Registration/Continental Breakfast
9:00 am – 9:45 am	Speaker Dr. Vlad Vuksan
9:45 am – 9:55 am	Questions
9:55 am – 10:40 am	Speaker Katherine Corbett
10:40 am – 10:50 am	Questions
10:50 am – 11:20 am	Refreshment Break
11:20 am – 12:05 pm	Speaker Branka Barl
12:05 pm – 12:15 pm	Questions
12:15 pm – 1:30 pm	Buffet Luncheon
1:30 pm – 3:00 pm	Industry Presentations and Speaker Panel Discussion

A registration form follows on page 3...



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## A CIFST SYMPOSIUM SERIES

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▪ CIFST ▪ BC Food Technologists  
▪ Okanagan-Kootenay Section

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**For more information visit: [www.cifst.ca](http://www.cifst.ca) - events**

As part of CIFST's commitment to keep members informed of the latest developments in food science and technology, CIFST National, CIFST Okanagan-Kootenay Section, and BC Food Technologists are pleased to announce an exciting symposium on the topic of Glycemic Index.

## **Sponsorship Opportunities and Benefits**

### **Premium Sponsorships**

- Six cost-effective sponsorship opportunities are available to companies that are interested in developing and/or enhancing their profile in the food science sector

#### **Price:**

- \$500 + GST

#### **Benefits:**

- Recognition on CIFST web site
- Recognition at symposium (i.e. on signage and presentation screen)
- Recognition in on-site symposium literature, including company logo, short company write-up and list of product line
- Opportunity to provide one piece of company literature (pre-approved by CIFST) to each symposium participant
- One complimentary symposium registration
- Reserved seating at sponsorship table

### **Value-added Upgrades**

- Four value-added sponsorship upgrades are available to companies that take advantage of the \$500 Premium Sponsorship (above)

#### **Price:**

- \$100 + GST (available to Premium Sponsors only)

#### **Benefits:**

- Table Top booth in the meeting room of the symposium for the duration of the event (in addition to the benefits outlined for the *Premium Sponsorship*)

**If you are interested in being a sponsor or  
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**Smita Shah**  
[smita@dccnet.com](mailto:smita@dccnet.com)  
tel: 604-590-1399





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<b>Participant Information</b>		Pre-registration is required by <b>FRIDAY, MARCH 24TH</b>	
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First name: _____		Last name: _____	
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<input type="checkbox"/> Do you have special dietary allergies? If yes, please specify: _____			

<b>Registration Fees</b>		All prices are in Canadian dollars		
<b><u>Registration fee includes:</u></b> <ul style="list-style-type: none"> <li>Three presentations by leading Glycemic Index Experts</li> <li>Industry presentations</li> <li>Continental breakfast, refreshment break &amp; buffet luncheon</li> </ul>	CIFST BCFT Members	Non- Members	CIFST/BCFT Student Members	<b>Amount</b>
	\$100.00	\$150.00	\$50.00	
<b>Payment Method:</b> <b>Cheque (payable to BCFT)</b>  <b>Mail to:</b> <b>Thu Pham</b> <b>Olympic Dairy Products Inc.</b> <b>7178 Vantage Way</b> <b>Delta, B.C.</b> <b>V4G 1K7</b>  <b>Phone: 604-952-7078</b> <b>Fax: 604-952-7077</b> <b><a href="mailto:tbpham@olympicdairy.com">tbpham@olympicdairy.com</a></b>			<b>GST (7%)</b> Registration # 12481 1167 RT	
			<b>TOTAL</b>	