



# TECH TALK



B.C. FOOD TECHNOLOGISTS NEWSLETTER  
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## 2010 / 2011 BCFT EXECUTIVE

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## CALENDAR OF EVENTS



- Thursday, November 25, 2010**  
**What:** BCFT Seminar  
**Topic:** Salt Reduction  
**When:** 6:00 pm  
**Where:** Vancouver Airport Marriott Hotel  
 7571 Westminster Hwy, Richmond
- Wednesday, December 8, 2010**  
**What:** BCFT Networking Event - Meet the IFT President, Dr. Robert Gravani  
**When:** 6:00 pm to 8:00 pm  
**Where:** Maxxam Analytics  
 Rix Forum Meeting Room  
 3033 Beta Avenue, Burnaby
- Monday, January 17, 2011**  
**What:** 2011 Annual BCFT Speaker's Night  
**Topic:** Sorcery, Sanity and the Safety of Food in Canada  
**When:** 6:00 pm to 8:30 pm  
**Where:** Maxxam Analytics  
 Rix Forum Meeting Room  
 3033 Beta Avenue, Burnaby
- Sun., February 13 to Wed., February 16, 2011**  
**What:** 2011 Pacific Fish Technologist Conference  
**When:** TBA  
**Where:** Coast Plaza Hotel and Suites  
 1763 Comox Street, Vancouver, BC  
 For more information, please visit [www.pftfish.net](http://www.pftfish.net)
- Thu., February 17 to Fri., February 18, 2011**  
**What:** NCSI presents a training course in food safety: Interpreting the BRC Global Food Standard  
**When:** 9:00am – 4:00pm each day  
**Where:** 1066 West Hastings Street  
 20th & 23rd Floors, Vancouver, BC  
 Cost is US\$500 per delegate.

*Delegates can register here:*  
<http://www.cvent.com/EVENTS/Info/Summary.aspx?e=12ff5d36-e833-4c1f-8d66-d19b38588c29>

*Course information is available here:*  
<http://ncsiamericas.com/interpreting-the-brc-global-food-standard/>

## 2011 Annual BCFT Speaker's Night: Sorcery, Sanity and the Safety of Food in Canada

On January 17th, BCFT will be holding our annual Speaker's Night, formerly known as Student's Night, at Maxxam Analytics in Burnaby. Register today for a special opportunity to network and learn with BCFT professionals. This year, we are very excited to have two distinguished professionals presenting at Speaker's Night. Dr. Rick Holley and Dr. Yemi Ogunrinola will offer their insights on the Canadian Food Industry, and have provided a brief overview of their talks below.

### Sorcery, Sanity and the Safety of Food in Canada

"Accurately predicting when the next major outbreak of food-borne illness will occur is as difficult as predicting the next major earthquake, except that the shelf-life of food is too short to measure with a geological yardstick. Claims that Canada has a superior food safety system are based on woefully incomplete data and are prompted perhaps by political agenda to maintain international reputation and trade. Unfortunately, the result is complacency at home, rather than action to improve. Consumers, in response to media coverage, want more inspection and end product testing to improve food safety. Government and the CFIA have dutifully responded with more of both. However, from a statistical perspective these measures are really little more than window-dressing, being of only minor value in influencing the overall safety of food.

Dr. Holley's presentation will examine both positive and negative features of the Canadian food safety system, pointing out that its operation is completely reactive. Areas where investment is needed to convert the system to become proactive, enabling illness prevention will be highlighted. Canada has the infrastructure, technology, and intellectual capacity to confidently ensure a continuous supply of safe food. The lack of fiscal resources should not be used as an excuse for inaction where the status quo is maintained and food safety risks remain unchanged."

Dr. Ogunrinola's presentation will focus on the roles and specific actions of industry in the area of food safety. He will have comments and suggestions for our future leaders- the students - in making the Canadian food system safer.

Date:	Monday January 17th
Location:	Rix Forum Meeting Room Maxxam Analytics, 3033 Beta Ave., Burnaby
Time:	6:00 p.m. – 8:30 p.m.
Cost:	
Student Members:	Free
Student Non-Members:	\$5
Members:	\$20
Non-Members:	\$40

Pre-Registration is required by registering through the following link: <http://ubcfoodscienceclub.rezgo.com/tour/19515/BCFT-Speakers-Night>

The deadline for registration is January 8, 2011. There is a \$40 at the door charge regardless of membership status once the registration has closed.

For more information, or to sponsor BCFT speaker's night, please email us at [bcit.bcft@gmail.com](mailto:bcit.bcft@gmail.com).

## BCFT Fall Technical Seminar: Salt Reduction

Salt's ability to preserve food was a foundation of civilization. It eliminated the dependence on the seasonal availability of food and it allowed travel over long distances. Sodium is an element found in table salt and in many foods in our diet. Some sodium is naturally occurring, but most of it is added to food mainly in the form of salt for a variety of reasons, e.g. to add flavour, ensure food safety and perform many functions related to the texture and structure of foods.

Sodium is an essential nutrient, but while the body needs some sodium to function, too much may lead to high blood pressure, a major risk factor for stroke, heart disease and kidney disease. Heart disease and stroke are leading causes of death and disability in Canada.

Sodium consumption in Canada is currently at an average of 3,400mg/day. Health Canada released the Sodium Reduction Strategy for Canada in July 2010. Recognizing that Canadians consume more than twice the amount of sodium they need The Sodium Reduction Strategy for Canada recommends an interim sodium intake goal of a population average of 2,300 mg of sodium per day to be achieved by 2016. With the Canadian Food Industry under pressure to reach this goal, salt reduction will be a key factor for food manufacturers and suppliers when developing and re-formulating products.

Join the BCFT Fall Technical Seminar on Salt Reduction and listen to our two key speakers discuss the main aspects of salt reduction.

### DR. SUSAN BARR

Professor, Food Nutrition and Health, UBC  
*Essential Information for Industry, Sodium: Setting the Context*

### DR. GARY SANDBERG

Program Head, Food Technology, BCIT  
*Overcoming the Technical Challenges of Reduced Salt Formulations*

Date:	Thursday November 25th
Location:	Vancouver Airport Marriott Hotel 7571 Westminister Highway, Richmond
Time:	Registration 6:00 PM Meeting will begin at 6:30 PM
Cost:	Members \$25 Students \$15 Non-members and at door \$35

Refreshments will be served between the speakers.  
Please register by PayPal.

# BCFT Networking Event - Meet the IFT President

Join us on Wednesday, December 8, 2010 for the last BCFT event of 2010!

All BCFT members in good standing are invited to join us for a networking event, at which we are excited to have as our special guest speaker the IFT president, Dr. Robert Gravani. Dr. Gravani will speak to us about what has been happening within the IFT organization.

Dr. Gravani is a Professor of Food Science and Director of National Good Agricultural Practices (GAPs) Program at Cornell University where he is actively engaged in Extension/Outreach, Teaching and Research activities. He received his BS degree in Food Science from Rutgers University and his MS and PhD degrees from Cornell University. During his career, he has also served as Science Director of the Cereal Institute, Inc. and as Assistant Director of the Institute of Food Science and Marketing at Cornell University.

Dr. Gravani works with all sectors of the food system and has developed innovative programs for constituents in production agriculture, food processing, food retailing, and food service, as well as for regulatory agencies and consumers. He has published many scientific and popular articles, and developed numerous education programs for constituents.

Dr. Gravani is a Fellow of the Institute of Food Technologists, served on the Executive Committee, chaired a number of IFT committees and the Extension/Outreach Division. He was the 2009 recipient of the IFT's Carl R. Fellers Award. He received

the Cornell Institute of Food Science Teaching Excellence Award in 1994 and 2007 and was the 1995 recipient of the International Association for Food Protection (IAFP) Educator Award. He is a past president of the association and an IAFP Fellow.

He served seven years as a member of the National Advisory Committee of Microbiological Criteria for Foods and also served on the National Academy of Sciences (NAS) committee on Review of Scientific Criteria and Performance Standards for Safe Foods and chaired the NAS subcommittee on Seafood, Produce and Dairy Products. He is an active member of the National Center for Food Protection and Defense at the University of Minnesota, where he serves on the Risk Communication Team.

Date: Wednesday December 8, 2010  
 Location: Rix Forum Meeting Room  
 Maxxam Analytics  
 3033 Beta Avenue, Burnaby, BC V5G 4M9

Time: Registration: 6:00 pm  
 Speaker: 6:45 pm  
 Refreshments & Networking: before speaker

Cost: No charge for BCFT members in good standing

Register: In advance only, with Chris Scaman at [christine.scaman@ubc.ca](mailto:christine.scaman@ubc.ca)



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BCFT sponsors 'no-charge' job postings and resume postings on our website. Please ensure the posting is in pdf or word document form. Optionally, we can provide a form for the job posting.

Check out the current positions available at this link. [http://bcft.ca/Positions\\_available.htm](http://bcft.ca/Positions_available.htm)

For more information or to post a job, contact Melanie Thomson at [webmaster@bcft.ca](mailto:webmaster@bcft.ca)





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# WANTED: Directed Studies Projects for BCIT Students!

The BCIT Food Technology Program is again accepting project proposals from companies wishing to sponsor second year Food Technology students taking the Directed Studies course. Past projects topics have included: HACCP and prerequisite program development, food product development, shelf life studies, nutritional analysis, waste utilization, and many others.

The students have one day per week (Wednesdays) from January to April to devote to the project.

Students complete a literature review, develop methodology with assistance of the sponsor, and conduct the specific research. Work may be done at BCIT and/

or company premises. During the project, the student has access to BCIT Food Technology pilot plant and analytical equipment. Presentation of oral and written reports takes place in May. The sponsor is asked to be available to advise the student throughout the project, attend the oral presentation, complete a brief evaluation of the student, and cover costs of consumables.

Projects must be submitted by December 17 to be considered. Project acceptance depends on suitability and interest by the students. For information, contact Anne McCannel at (604) 432-8269 or Anne\_McCannel@bcit.ca.

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# BCFT Awards Top Food Science and Technology Students

BCFT proudly recognizes top UBC Food Science and BCIT Food Technology students by bestowing annual awards.

This year's UBC Graduate Student award winner was Reena Mistry. Reena is currently working on her M.Sc. at UBC. She has been active on the BCFT executive committee over the past several years, first as a UBC student representative, and currently as secretary for our organization.

The UBC Undergraduate award was given to Nicole Stavro-Leanoff. Nicole worked in Kenya (Africa) for six weeks after graduation.

At BCIT, the graduating award was shared by graduates Suzanne Lee and Kezia Gonzalez. Both were student representatives on the BCFT executive last year. Suzanne is currently employed at Que Pasa Foods; Kezia is working at Golden Boy Foods.

The BCIT BC Food Technologists, Jack Phillips and Jerry Hedding award for a student going into second year of the program will be awarded to Kendra Coutts within the next month. Kendra, an active student member of BCFT, has been the class representative on the BCIT student council,



Suzanne Lee (left) and Kezia Gonzalez (right) receive the BCFT BCIT Graduating Award from Gary Sandberg.

and is currently working with fellow students William Hu and Amy Luan to organize the January BCFT speakers evening. We extend our congratulations to all the award winners.

June 28, 2010

Dear BCFT Members,

*A pleasant day to everyone! Thank you very much for presenting me with the BCFT Food Technology Award last June 24, 2010 at BCIT. It was an honor to be given an award that recognized all my hard work in the two years that I was in BCIT. Those years were tough, but definitely rewarding.*

*A little over two years ago, my family and I moved to Canada from the Republic of the Philippines. It was a move that literally changed my life, except for one thing, which was my desire to be a Food Technologist. In the University of the Philippines, where I spent three years studying to earn my degree, I realized that I truly have found the field that I, as an individual, could possibly make a difference in.*

*Being a student in BCIT not only eased me into this new country, it also opened my eyes to the many possibilities in Food Technology. As I met other BCFT members, and as they continually inspire me with their work and the things they have accomplished in the field, my desire to be excellent only grew and propelled me to work even harder as a student. I have learned a lot in the past two years, but those lessons sure did not stop in the classroom. I am now working with Golden Boy Foods as Quality Assurance Technician, where my learning experiences continue. I hope that one day, I can also prove to be an asset to this organization.*

*Thank you very much not only for this award, but also for being inspirations to Food Technology students like I was two years ago.*

Sincerely,

Kezia Gonzalez

June 28, 2010

To the BC Food Technologists:

Subject: Letter of Appreciation for the June 2010  
BCIT Graduating Award

*Please accept my thanks for selecting me as the recipient of the BC Food Technologists Award in Food Technology for 2010. This letter is dedicated to all the members and persons responsible for this recommendation. Your generosity will not soon be forgotten.*

*Throughout my educational career, I have worked hard to prove myself as a capable and diligent student, as well as active player in the community. Receiving this award meant a lot to me because it showed that my efforts are recognized.*

*Thank you again for honouring me with this award. Your support is greatly appreciated.*

Sincerest thanks,

Suzanne Lee

# Let's Honour BC's Best Through IFT and CIFST Awards!

Because BCFT is in the unique position of being a section of both IFT (Institute of Food Technologists) and CIFST (Canadian Institute of Food Science and Technology), members may be eligible for a wide number of awards, depending on the national organization to which they are affiliated.

IFT has a large number of awards established to "honour outstanding individuals, teams and organizations for contribution to the profession of food science and technology". Members and non-members are eligible for these awards. Brief descriptions of the awards and nomination forms can be found at [www.ift.org/about-us/awards-and-recognition.aspx](http://www.ift.org/about-us/awards-and-recognition.aspx). The deadline for nominations for all IFT achievement awards is December 1.

CIFST also has several annual awards designed to recognize the "endeavours and contributions of members to the Institute and the food industry". Descriptions and nomination forms can be found at <https://secure.cifst.ca/default.asp?ID=851>. Deadline for CIFST awards nominations is February 28.

Check out the available awards, and get those nominations in. It's always wonderful to have our members recognized nationally.



## *The BCFT Is Looking For You!*

As you know the BCFT is run entirely by volunteers and once again we are soliciting members for their interest in participating in next year's executive. We will have a number of vacancies to fill. Help keep our flame burning bright.

If you are interested in volunteering please contact Peter Taylor - [ptaylor@bcft.ca](mailto:ptaylor@bcft.ca).



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