



TECH TALK



B.C. FOOD TECHNOLOGISTS NEWSLETTER

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CALENDAR OF EVENTS

1. WEDNESDAY, JANUARY 9, 2013

What: BCFT Speakers Night
Thinking about the Connections between Neighbourhood Context, Food Availability and Health

When: 5:00pm – 8:30 pm

Where: BCIT Burnaby Campus
Building SE 2 - Townsquare A/B
3700 Willingdon Ave, Burnaby

Details: For more information: please visit
http://www.bcft.ca/upcoming_events.html

2. THURSDAY, JANUARY 10, 2013

What: BC Food Safety Stakeholders Group
Promoting a Culture of Food Safety in BC: Hands-on Workshops

When: 8:30 am – 4:00 pm

Where: Okanagan Golf Club
3200 Via Centrale, Kelowna

Details: For more information: please visit
<http://events.r20.constantcontact.com/register/event?oeidk=a07e6d91cvt8f263e43&llr=ajsyr7dab>

3. WEDNESDAY, FEBRUARY 27, 2013

What: BCFT 19th Annual Suppliers' Night

When: 4:00 pm – 7:00 pm

Where: Delta Burnaby Hotel & Conference Ctr.
4331 Dominion Street, Burnaby, BC

Details: For more information:
please visit www.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 21 to be considered. Project acceptance depends on suitability and interest by the students.

For information, contact Anne McCannel at (604) 432-8269 or e-mail Anne_McCannel@bcit.ca.



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BCFT Website

Please check out the BCFT website at www.bcft.ca for:

- Up to date information about upcoming BCFT events
- Job Postings (<http://www.bcft.ca/employment.html>) for those companies needing a hard working food technologist.

If you have any feedback or events that you would like posted, please email Angie Dueck at webmaster@bcft.ca.

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Calling all UBC FNH, Nutritional Sciences & Food Sciences Grads!

Are you a graduate of the FNH, Nutritional Sciences, or Food Sciences program at UBC? Then we would like to reconnect with you! The Food, Nutrition and Health program at UBC wants to stay connected with its alumni.

If you are interested, send us a quick e-mail at fnh_alumni@ubc.ca to update your contact information (name, email, major and year of graduation).

Or, connect with us by Facebook by joining our group at "UBC FNH Alumni". A great way to stay up-to-date with the program and to connect with former classmates!

Invitation to Register for BCFT Suppliers Night

BCFT is pleased to announce their 19th Annual Supplier's night on Wednesday February 27th, 2013 at Delta Burnaby Hotel and Conference Centre, located at 4331 Dominion Street in Burnaby, BC. (Tel.: 604-453-0772; Fax: 604-453-0775). Please follow this link to our website at http://bcft.ca/suppliers_night.html to register for a table top display.

This is an exceptional opportunity for networking and displaying your products and services to R&D technologists, food scientists, purchasers and senior management from leading food and beverage companies within BC.

SHOW DETAILS:

Date: Wednesday February 27th, 2013
Time: Set-Up – 1:00 pm
Show – 4:00 to 7:30 pm

PRICES:

Early Bird Rate – prior to Dec. 15, 2012
\$300.00 Canadian Funds, \$300.00 US Funds
After December 15th, 2012
\$380.00 Canadian Funds, \$380.00 US Funds
Attendee registration will be available online this year. Information to be available by December 15th.



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For Employers & Job Searchers

BCFT sponsors 'no-charge' job 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: www.bcft.ca/employment.html

For more information or to post a job, please contact Angie Dueck at employment@bcft.ca.

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 Reena Mistry at chair@bcft.ca.

**We're on
Facebook!**



BCFT has expanded its web presence to Facebook. Facebook is a free social networking service connecting individuals to their friends.

Find the page at <https://www.facebook.com/pages/British-Columbia-Food-Technologists-BCFT/180485308680605>.
"Like" us to get all the latest BCFT updates!



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2013 Annual BCFT Speaker's Night

Thinking about the Connections between Neighbourhood Context, Food Availability and Health

The next BCFT event, The Annual Speakers Night, hosted by the BCIT student representatives, will be held at the BCIT Burnaby Campus on January 9, 2012.

This year will feature a talk by **Dr. Jennifer Black** on "Thinking about the Connections between Neighbourhood Context, Food Availability and Health"

Dr. Black will discuss current issues and controversies related to the ways in which neighbourhoods and local availability of nutritious food shape opportunities for good health. This talk will raise questions about the role for food technologists and food producers in improving access to healthy food for British Columbians.

Jennifer Black, PhD RD is an assistant professor in the Food, Nutrition and Health program in the Faculty of Land and Food Systems at the University of British Columbia. Dr. Black completed a master's degree in nutrition and public health and trained as a dietitian at Columbia University before completing a PhD at New York University. Her research interests are shaped by experiences working in community health and nutrition in New York City and her research program now focuses broadly on social and contextual determinants of health and dietary choices. She is a principal investigator for the Food Practices on School Days Study, a Canadian Institute of Health Research-funded project that aims to understand how youth's food-related knowledge, attitudes and practices are embedded in social contexts and shaped by the food environment, particularly at school where students spend much of their time.



MORE INFORMATION ABOUT 2013 SPEAKER'S NIGHT

Date: Wednesday, January 9, 2013
When: 5:00 pm to 8:30 pm
Where: BCIT Burnaby Campus
Building SE 2 – Rooms 212 A & B
(Townsquare A/B)
3700 Willingdon Ave, Burnaby

Pay parking available in lots 5, 7 or 8 after 4:30 pm (access from Wayburne or Carey Avenue; these lots cannot be accessed from Willingdon). See <http://www.bcit.ca/files/about/pdf/bcitmap.pdf> for map

Itinerary:

5:00 Check-in/Registration
5:30 Ice-breaker and activities
6:00 Refreshments, light meal, networking
7:00 Speaker: Jennifer Black, PhD RD
8:00 Door prizes

Advance registration fee*:

Student BCFT members - Free
Student non-members - \$10
BCFT members - \$20
Non-members - \$40

*Admission fee at the door is \$40 regardless of membership status.

To register, please follow the link below:

http://www.bcft.ca/upcoming_events/reg20130109.html

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IFT12 Annual Meeting + Food Expo

Submitted by

Angie Dueck

When I stepped out of the airport and into the 40°C Las Vegas heat my soggy, cool Vancouver June was instantly forgotten. My occupation at the time had little to do with ingredients, HACCP or the production floor and thanks to my conference sponsor BCFT, my self-appointed mission was to geek out on Food Science. Well, that and represent our organization within the IFT framework.

Reena Mistry, Erin Friesen and I attended the Strategic Leadership Forum hosted by Cynthia D'Amour in which we, and other IFT volunteers from all over the U.S., learned and brainstormed strategies to improve the relevance and functionality of our chapters. This work has been compiled and can be found on the IFT website.

At the New Professionals Task Force Meeting I had the opportunity to share with other chapters the events BCFT has planned over the last year to engage new professionals in our organization, including the fabulous seminar on office politics and the Granville Island Brewery tour. Another chapter had a sushi-making event—yum!

At the Canadian breakfast, I had the chance to hang out with old classmates, other conference attendees from Vancouver and to meet Carol Ann Burrell, Executive Director of CIFST, whom I had only known previously from our Thursday morning conference calls regarding the CIFST web renewal project.

Howard Schultz, CEO of Starbucks, delivered his speech, “The Importance of Innovation.” Specifically, his interest lay in running companies with a global conscience and considering the needs of employees working for the company. I think that is something to aspire to!

After that I was free to attend the plethora of

seminars offered including:

- Incorporating Food, Nutrition, and Health Informatics Resources in the Food Design and Engineering Process; it is here that I learned the term “metabolomics.” I wonder what I will be eating in ten years when personalized products are developed for variant metabolic and nutritional phenotypes...
- Yellow Pea: An Emerging Sustainable Legume for Nutritional and Functional Food Innovation.
- The Microbiome: Beyond Fibre.
- Dispersions in Beverages and Foods: From Theory to Applications.
- New Frontiers in Sustainable, Animal-Independent Dietary Protein Production Technologies. I have already committed 20 years of my life to a vegetarian diet and have eaten many meat and dairy analogs along the way. I would love to work in this particular field. Until then, I will follow the scientific developments with my stomach. The company “Beyond Meat” paints an apocalyptic picture of increasingly resource intensive and environmentally destructive meat production practices driven by the demand of population growth and economic prosperity in developing countries. Beyond Meat does not strive to satisfy the existing vegetarian market but to reduce meat consumption of average omnivorous consumers by offering a product so close in texture, flavour and appearance so as to be undetectable as plant protein. Consider it this decade’s Pepsi challenge... it looks like we have in vitro meat on the horizon too!

I wrapped up my visit to Las Vegas hanging out with students, by attending both the IFTSA College Bowl Competition and the IFTSA Retro Bowling Party. My bowling score was impressive and prompted several comments about bowling being all Canadians “do up there.” Is it my fault that my Manitoba high school offered bowling as a gym credit in the late 80s? I think not.

As a volunteer for BCFT, I would like to sincerely thank the organization for giving me the opportunity to attend the conference. I had a fantastic time, never having been to Vegas before. It was a week of networking, learning, being inspired and re-thinking what it is I love about Food Science. Please consider volunteering for BCFT and this opportunity may be yours next year!



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New Professional Networking Event -- Professional Communication Styles and Networking

Submitted by

Karl Li

The second new professional networking event took place on October 25 at John Molson Academy at the Molson Brewery. 28 people, including students, recent graduates, and new professionals working in the food industry attended this interactive discussion led by BCFT Chair Reena Mistry and Kimberley Rawes from UBC Centre for Student Involvement & Careers. The event featured an interesting topic of “professional communication style and networking”.



Kimberley Rawes and Reena Mistry presented at the New Professionals Networking Event in October.

Kimberley started the topic on communication style by showing various examples of email, letter, and voice message in both professional and unprofessional ways. A quick discussion was followed after each



Kimberley Rawes and Reena Mistry pose with the New Professionals Committee, Karl Li and Mauricio Lozano Gendreau, and an attendee.

example to identify the advantages and efficiency of using proper communication style during professional communications. The presentation was followed by Reena’s topic on professional networking. Reena and Kimberley both shared examples of do’s and don’ts during professional networking. The presentation was very interactive and interesting. Everyone enjoyed the presentation very much.

Everyone enjoyed some free time to network and chat with each other after the presentation. We look forward to our next New Professionals event that will be jointly held with BCFT student representatives.



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