

# TECH TALK

B.C. FOOD TECHNOLOGISTS NEWSLETTER

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## CALENDAR OF EVENTS

### 1. THURSDAY MAY 8, 2014

**What:** BC Food Protection Association  
Spring Speaker's Evening  
A Tough Nut to Crack – Understanding and  
Controlling Food Allergens

**When:** 5:30pm to 9:30pm

**Where:** Shadbolt Centre for the Arts  
6450 Deer Lake Parkway, Burnaby, BC

**Details:** For more information: please visit [www.bcfpa.net](http://www.bcfpa.net)

### 2. THURSDAY JUNE 5, 2014

**What:** Annual BCFT Golf Tournament and Banquet

**When:** First tee time: TBA  
Banquet: 6:00pm

**Where:** Eaglequest Coyote Creek  
7778 152nd Street, Surrey, BC

### 3. SUNDAY AUGUST 17 TO THURSDAY AUGUST 21, 2014

**What:** International Union of Food Science and  
Technology (IUFOST)  
17th World Congress of Food Science  
& Technology – “Research That Resonates”

**Where:** Palais des congrès de Montréal  
159 Saint-Antoine St. West, Montréal, Québec

**Details:** For more information: please visit  
<http://iufost2014.org/>

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# BCFT Spotlight on a Food Scientist: Paul Wong

By Karl Li

On March 15, 2014, Karl Li from BCFT New Professionals Committee interviewed Paul Wong, VP of Research & Development from Daiya Foods. Paul has been working in the food industry for the past 35 years. Some of the companies he has worked with during the years include JD Sweid, McCormick, Yves Veggie Cuisine, Garden Protein, and Daiya Foods.

Below is a transcript of the highlights from the interview.

Karl Li (K): Paul, what education or training has led you to the Food Industry?

Paul Wong (P): I have a bachelor of Food Science and an MBA from the UBC. I was a biochemistry student at first and took a food chemistry course taught by Dr. Powrie as an elective. That was in the late 70s. I became very interested in food science since then.

K: What was your first job in the food industry? And how did you like or dislike it?

P: My first job was in QA department. I worked for two years and I found out that I didn't really enjoy it. It was sort of redundant and everything was set. After one year everything was the same and I didn't learn much. So I looked for a new job. I started working in a company called Western Protein Foods, which is JD Sweid today. I was hired as the QA manager and the company was making mechanically deboned chicken. The products were mainly sold to companies making sausages and hot dogs so the business was very seasonal. At that time my boss asked me to start doing product development to diversify the business. So I

started developing chicken nuggets, chicken burgers and other products, and got very involved in growing the company. Since chicken supply is managed by quota

in Canada, I made the initiative to produce garden burgers and veggie burgers. That's how I started the vegetarian food business. Through the garden burger project I met Yves Potvin, who later started Yves Veggie Cuisine and Garden Protein. I left JD Sweid in 2004, started my own consulting company and worked with Yves. Currently, I look after the R&D and quality side in Daiya Foods, and very much involved in the growth of the business and new projects.

K: What do you like the most about your job?

P: I like the team work part of my job. We work very closely with the sales and marketing team. So that's very enjoyable. Daiya also has a very young R&D team, and it feels very good to see them grow through the job and acquire increasing confidence.

K: What about some negative aspects that you don't like about the food industry in general or a specific occasion during your career?

P: Different companies have different values. For example, QAs in some companies are put into a

*continued on following page*



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## **Cont.: Paul Wong of Daiya Foods**

situation where they have to compromise quality because the companies are only focused on producing products. . Those are the things that I don't like but still happens. Some companies see quality as a cost but in reality, quality can help you improve your business. Another thing I don't like is the core value of some companies. Some people focus on short term gains and will do things to cut corners. Some companies are reluctant to invest in people. If you don't invest in your people, how can you grow your company? I invest a lot in my people. I allocate education in our budget and I review it with them every year. I want them to always improve themselves.

K: What do you think your biggest contribution to the Food Industry is?

P: Daiya is the third major company I've worked with. Every company I worked with, I started out when the company was very young and they have grown to be big companies. Being involved in these companies, helping out with the growth and developing successful products are very rewarding for me.

K: Have you noticed the economy having an impact on the Food Industry?

P: A little bit. But it's more to the food service side. The retail side is still very strong. But you still have to give the consumers products that they want.

K: What do you think the next "big thing" is in relation to the Food Industry?

P: Gluten free and allergen free is still going to be very big. Five years ago I started to see some gluten free and allergen free products and I didn't think it would be around for so long. But now, in every food show and food expo, you see them. The other thing I think is non-GMO. Consumers nowadays are more educated. People want to find out what they are eating and they want to make a choice of what they eat. So probably gluten free, allergen free and non-GMO are still going to be big.

K: What are the key things that you think are important to career advancement?

P: I think the key things that food science degree gives you a good background to start. But where you take it from there is up to you. It's a very general degree

and you can go to many different areas. Most people started with QA. But you can go to sales, R&D, and operation. You have to find out what you want to do for your career and go to that area. I think it's very important to find a mentor for yourself in the industry. You can discuss your career with your mentor and that's very important.

K: Do you have any suggestions on work/life balance?

P: Unfortunately they don't go hand to hand. Ideal situation would be 9-5. But in real world, especially in the food business, there are many shifts and sometimes it just doesn't work that way. I think most people that go into the business have to expect to put in more than 40 hours per week. I think that's the reality of it, depending on the responsibilities.

K: If you could start over, would you still consider a career in the Food Industry? If not, what profession would you choose?

P: Yes, I definitely would. I'm very fortunate because I have worked with different people and different companies in my career that allow me to do what I am doing today. If I didn't do those things there is no way I could figure out how to put Daiya together as a company.

K: What comments or suggestions would you give to the next generations if they decide to pursue an education/ career in food industry?

P: I think getting involved in a co-op program is good. It gives you a taste of what it is like working in the food industry. Another very important thing is to try to find a mentor in the industry that you can talk to. Because when you are new to the industry, it's pretty confusing. You don't know what you will be doing and what areas you are going to enter. So spending some time on networking and finding someone to mentor you is very important. Those are my suggestions.

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# BCFT Annual Golf Tournament and Banquet

BCFT's annual golf and banquet event is happening sooner than you think! Join us for an afternoon of Texas Scramble/Best Ball-style golf followed by fantastic food, door prizes (and possibly, a keynote speaker)! This thing is always fun - come out and have a last hurrah with your food science colleagues or classmates before summer takes hold!

Date: Thursday, June 5, 2014

Time: Golf: First Tee Off time: TBA  
Banquet to follow at 6:00 pm

Place: Eaglequest Coyote Creek  
7778 152nd Street, Surrey, BC

## Prices:

Golf and Banquet - BCFT Members - \$75  
Golf and Banquet - Student Member Rate - \$65  
Golf and Banquet - Non-Members - \$110  
Banquet Only - BCFT Member - \$40  
Banquet Only - Student Member Rate - \$30  
Banquet Only - Non-Member - \$65

For any questions or comments, please contact Peter Taylor at [taylor58@telus.net](mailto:taylor58@telus.net).

As always, please participate in the opportunity to promote your business and products. Donations for the door prize gala are always greatly appreciated. If you wish to donate, please contact Peter Taylor.

## 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](mailto:chair@bcft.ca).

## BCFT Website

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

- Up to date info 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](mailto:webmaster@bcft.ca).



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## 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!

# UBC Students Take 2nd at PNW IFTSA College Bowl




UBC students Karen Fong, Wei Jiang, Praveena Thirunathan, and Colleen Chong completed in the 2014 PNW IFTSA College Bowl.

On March 29th, 2014, UBC students Karen Fong, Wei Jiang, Colleen Chong and Praveena Thirunathan competed in the 2014 Pacific North West IFT Student Association (PNW IFTSA) College Bowl, held at Washington State University in Pullman, Washington. This is UBC's second year in the IFTSA College Bowl, and UBC is still the only Canadian university chapter in the IFTSA.

There were five teams at the College Bowl: Washington State University/University of Idaho (hosting team), Oregon State University (OSU), University of California (UC) Davis, Fresno State University, and UBC. Since it was only UBC's second year in the college

bowl, they had to face against some tough competition, who have years of study material and experience to rely on. Fortunately, the UBC students from last year helped out this year's team, giving them study questions and advice. After a morning of food science club presentations and a cookie development competition, the college bowl began. UBC won against the other teams, and made their way up to the final round, competing against UC Davis for first place. Unfortunately, UBC lost by 2 points during a tie breaker, and UC Davis won first place. They will be heading to New Orleans in the summer to compete in the national college bowl.

Congratulations UBC!! We're proud of you!



**Ron Kuriyedath**  
Sales Executive

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# CIFST Awards – Let’s recognize BC’s outstanding professionals!

Several annual awards are given out by CIFST to recognize the “endeavors and contributions of members to the Institute and the food industry”. Below are short descriptions of each award. Do you know anyone who suits these descriptions? Help someone be recognized for their hard work by nominating them for a CIFST award!

Additional award information can be found at [www.cifst.ca](http://www.cifst.ca). Also, watch the website for updates on the 2014 online nominations and the nomination deadline! Typically nominations are due the beginning of March so get started early!

**INSTITUTE AWARD:** To honor a Professional or Retired CIFST member for an outstanding contribution to CIFST. This individual must have worked long and diligently in maintaining and furthering the reputation and aims of the Institute and stimulated others.

**W.J. EVA AWARD:** To honor a person who has made significant contributions to Canadian food science & technology through outstanding research and service to the industry.

**GORDON ROYAL MAYBEE AWARD:** An achievement award in recognition of an outstanding applied development by a Canadian company or institution in the fields of food production, processing, transportation, storage or quality control.

**FOOD INDUSTRY CEO OF THE YEAR:** Conferred on the CEO of a company who has made an outstanding

contribution to the Canadian food industry (CIFST membership not required).

**FOOD SAFETY & QUALITY AWARD:** Awarded to an individual or team with outstanding contribution to the food processing industry by QA or QC management personnel with a minimum of 10 years experience.

**FOOD INNOVATION AWARD:** To honor an individual or team for outstanding work in food innovation. The innovation must have been on the market for at least one year prior to nomination.

**STUDENT LEADERSHIP AWARD:** This award is presented to a student member of the CIFST who has demonstrated outstanding leadership and contribution to CIFST.

**EMERITUS MEMBERSHIP:** An Honorary Title to a retired Professional Member, who in the course of their career has contributed meritorious service to the Food Industry and the Institute.

**FELLOW OF THE INSTITUTE:** Conferred upon a living, active member for outstanding and distinguished accomplishment as measured by extraordinary performance in the field of food science & technology.

Again, please visit the CIFST website for more information. Check out the available awards, and get those nominations in! It would be a great honour for our members to be recognized nationally.



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