

# TECH TALK

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## 2015 / 2016 BCFT Executive

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# Upcoming Events

## Molecular Gastronomy Workshop

### Description:

Join us for a fascinating workshop exploring the world of molecular gastronomy! Each participant will be able to create unique and innovative recipes with Molecule-R Cuisine R-Evolution Kit using principles such as spherification, gelification and emulsification. All ingredients necessary will be provided and the event is being hosted at Vij's kitchen at UBC, equipped with cameras and TVs on the instructor's bench for an immersive learning experience. At the end of the workshop, everyone will take home the kit used in class and optional cookbook for at-home creations, a value of over \$100! We will be running two workshops to better suit your schedule: 5:30-7pm or 7:30-9pm. This fun hands-on workshop has limited spots available with only advance registration, so sign-up early to secure your spot! Light snacks and drinks are included. For more inspiration to fuel your inner gastro-chef or mixologist, visit [www.moleculargastronomy.com](http://www.moleculargastronomy.com).

### Time:

Workshop I: Registration starts at 5pm, workshop 5:30-7pm

Workshop II: Registration starts at 7pm, workshop 7:30-9pm

### BCFT Member Pricing:

Kit only: \$15

Kit + cookbook: \$25

### Non-Member Pricing:

Kit only: \$35

Kit + cookbook: \$45

**Event is sold out at time of newsletter publication. No Tickets available at the door.**

### WHERE

Vij's Kitchen, - Room 130 Food, Nutrition and Health Building 2205 East Mall, Vancouver, BC V6T 1Z4, Canada

Registration at [www.bcft.ca](http://www.bcft.ca)



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## 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 Keely Johnston at [chair@bcft.ca](mailto:chair@bcft.ca).

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INTELLIGENT DISTRIBUTION STARTS HERE

## Education and Performance Blending academia with the working world



UBC Science Co-op enables employers to hire motivated and energetic students, who have acquired the academic knowledge and professional skill sets to be effective in real-life work-experience opportunities. With having placed students in a variety of more than 1,700 4-month Co-op positions in our last fiscal year, we definitely have the expertise to assist in creating great Co-op placements.

### BENEFITS OF HIRING A CO-OP

- Assistance during peak production periods
- Assistance with unique or short-term projects
- Students are pre-screened to ensure that they meet high academic and personal values
- Co-ops complete a pre-employment curriculum, which focuses on workplace etiquette and job readiness skills
- Assistance with scheduling the entire employer-student interview process

### ACADEMIC CONCENTRATIONS

#### *Food Science*

- Studies include: Chemistry; Microbiology; Sensory and Nutritional Properties of food
- Co-op roles could focus on: Assisting with QA/QC; Product Development; Food Safety

#### *Nutritional Science*

- Studies include: Nutrition, Health, and Science Integration
- Co-op roles could focus on: Assisting with Nutrition and Health Research

#### *Food Market Analysis*

- Studies include: Food Markets; Economics; and Business
- Co-op roles could focus on: Assisting with Food Marketing; Food Policy Economics

\*Other Science Disciplines Include: Biochemistry; Biology; Biotechnology; Chemistry; Computer Science; Engineering Physics; Environmental Science; Math and Statistics

### AVAILABILITY

Students are available for 4, 8, 12, and 16 month work terms, starting in January, May, and September. UBC Science Co-op continuously accepts postings throughout the year, and employers are encouraged to post their opportunity with UBC Science Co-op at their most earliest convenience to ensure that their posting is made available to the greatest number of Co-op students.

### CONTACT INFORMATION

Please contact Chris McKinnon at [cmckinnon@sciencecoop.ubc.ca](mailto:cmckinnon@sciencecoop.ubc.ca) or at 604-827-3303 for more information or to learn more about posting an opportunity with the UBC Science Co-op program. We look forward to connecting with you to discuss how our students can be of added value to your organization.

# Upcoming Events

## BCFT Annual Golf and Banquet

Date: Thursday, June 9, 2016  
Time: 11:00 am to 9:00pm  
Location: Green Acres Golf Course, Richmond BC

SAVE THE DATE!

Details will be available in the coming weeks. Visit [www.bcft.ca](http://www.bcft.ca) for updates

## BCFT Trivia Night

Come join fellow BCFT members, food science students, and food industry professionals for a raucous night of trivia and networking. Test your general trivia knowledge against friends, classmates, peers and coworkers! Prizes will be awarded to the top two teams! Registration includes food and one drink. We hope to see you there! Everyone is welcome!

Event Details:

Date: Tuesday, April 5, 2016

Time: 6:30pm -10pm

Location: Steamworks, 375 Water St, Vancouver, BC

Fee†:

\$15 BCFT Members

\$35 Non-members

†Includes food and one drink.

Registration limited to 32 at [www.bcft.ca](http://www.bcft.ca)



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## Spotlight of a Food Scientist Interview: Katherine Langel & Webb Girard- CuliNex

On March 7<sup>th</sup>, 2016, Jenny Tian, Gracia Windiasti and Karl Li from BCFT New Professionals Committee had the opportunity to interview Katherine Langel and Webb Girard from CuliNex, Seattle, WA, USA via an E-mail questionnaire format. Below is a transcript of the highlights from the interview.



### 1. Could you tell us about your career path and how you have decided to go into this field?

**Webb (W):** I originally went to college for Sports Science. After the first semester I noticed that the school was graduating a large number of students in a saturated field. One of the pre-requisites for the Sports Science program was introductory nutrition, which made a lot of sense to me and sparked my interest. After that it was a choice between pursuing a Nutrition degree or a Food Science degree.

**Katherine (K):** Initially, I went to college to study hospitality but soon realized that I wanted to pursue a degree in Culinology, a degree focussed on a blend of culinary arts and food science. I developed a love for cooking and knowing the science to answer all the 'why' questions. Throughout college, I was able to grow as a Culinologist through internships, competitions, and student organizations.

### 2. Why did you choose to stay in the academia vs. industry or government?

**W:** Industry was always where I was going to end up. I like the application of Food Science and seeing how all the different disciplines (Biology, Physics, Engineering, Chemistry, etc.) work together to create what the industry produces. I have been to a lot of different production facilities and it is always enjoyable to see how the different companies use the science to produce their end product.

### 3. How do you like working in your current company? What is a typical work day like?

**W:** CuliNex is a very fun company to work for. As a consultancy, we work in all product categories; from baking to dessert, from dairy to meat, from beverage to confectionary and all categories in between. Due to the fluidity of our business, my work days' range from project management, to working on the bench, to production testing, and all other points of the development cycle.

**K:** I enjoy being a Culinologist at CuliNex because every day is different and there is no such thing as a typical work day! We work in a wide variety of categories and do everything from ideation to development to commercialization with our focus on clean label products. My day can consist of an array of exciting tasks such as, concepting new flavors for a new product to launch to talking with ingredient vendors for ingredients to use for development on the bench to scaling up formulas for pilot testing to testing pH and water activity levels for quality control. While we work really hard at CuliNex, we also make time for fun! When we aren't busy developing on the bench, we continue learning by having education sessions, attending trade shows, and competing in various challenges, such as an insect recipe contest!

**4. What are some suggestions or comments you would give to students who are interested in entering the food industry?**

**W:** Wander grocery stores, convenience stores, club stores, and anywhere that sells packaged food. Take a close look at new flavors and packaging. See what the differences are between what products are being marketed at the different types of stores. Be inquisitive on how everything is manufactured and sold. Everything from the fresh produce to the frozen entrees has a significant amount of food science and technology behind it.

**K:** First, follow your passion and surround yourself with everything food-related. If you are interested in becoming a food product developer, my biggest suggestion is to work in a restaurant and master your culinary skills. While you know the science of food, it is important and essential to know how to make it taste good! Secondly, network with professionals in the food industry by attending trade shows and expos and joining a food-related organization. Thirdly, it is important to never stop learning. There are so many flavors to explore in the food world and so much knowledge to discover. Never stop researching, experimenting, or tasting!

**5. If you were to start all over again, would you still choose a career in the field of food science? If not, what profession would you choose or want to try?**

**W:** I would definitely stay in Food Science. This field is really where I can take my love for food and my scientific nature and merge them together and make a career out of it.

**K:** I would not change a thing. I know I am in the right industry and I am ready to continue my journey by learning as much as possible from every opportunity!

**6. Over the course of your career, what is the most interesting change that you've experienced or seen in the food sector?**

**W:** The self educated "scientists" and how they are impacting change in the industry, and not necessarily beneficially. It isn't about who is right but who can speak the loudest and who has better marketing. I see the misinformation being perpetuated on social media and it is driving purchasing decisions and lifestyle changes, and in some cases corporate policy.

**7. What do you see as the next big trend in the food industry?**

**W:** Transparency in food. With the anti GMO and clean label movements, we see a shift toward people desiring to be able to know, but not necessarily understand, what is in their food. The simplest way that packaged food can be developed will drive consumer purchase. As an industry we will adapt to what the consumer demand is as long as the market is there. We developed affordable packaged food based on consumer need. We can develop and produce packaged food with minimal, easily understood ingredients.

**K:** Food trends are always changing and it can be difficult to stay up to date with the new trends. Fermented foods are a growing trend and I am interested to see what it will develop into throughout 2016. Also, convenient, nutritious foods are trendy and I am interested to see how packaging will be influenced by this trend.

**8. What are the key things that you think are important for career advancement?**

**W:** Stay curious and don't accept the status quo. There is always room for continuous improvement and better ways to get things done.

**9. How do you find balance between work life and personal life?**

**W:** I make my personal life a priority. My family is very important to me and spending time with them helps me recharge. There are times where work takes precedence over personal time such as when I travel for work or when I need to take work home but not allowing it to be the norm is critical. At work I endeavor to be efficient with my time and ensure that I complete what I need to on a given day.



## Think About Advertising Your Business in Tech Talk

You can't afford to miss this opportunity to advertise!

Tech Talk is published approximately nine times a year by the British Columbia Food Technologists Association (BCFT). As the official publication of the association, Tech Talk reaches the local audience of individuals in the Food Science and Technology profession - your ad in Tech Talk will keep you on top of our readership of over 300 individuals.

For complete details on placing your ad in Tech Talk, contact:

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## 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 ([www.bcft.ca/employment.html](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 Keely Johnston at [webmaster.bcft.ca](mailto:webmaster.bcft.ca)

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## **CIFST Amazing Race a Great Success!**

The British Columbia Institute of Technology (BCIT) hosted an Amazing Race on Monday Feb 22, as a student event associated with the Canadian Institute of Food Science and Technology (CIFST) national conference. Students from the University of Guelph, University of Saskatchewan, University of Manitoba, University of British Columbia, and BCIT participated. And it was FUN!

Stations were set up around the BCIT campus, where teams raced to complete various tasks. Examples of some of the challenges:

- whipping egg whites
- a golf putting station
- finding a specific book in the library
- piecing together a puzzle
- unscrambling a word from UV letters written in a dark room
- matching foods with their respective nutritional content
- weighing a sugar sample (trickier than it sounds!).

The event was a huge success because of the support and hard work offered by so many.

Special thanks to BCIT faculty and staff who worked on all the details to make sure that everything ran smoothly (Dr. Erin Friesen in particular); second year BCIT Food Tech students Jasmine Lane, Preeti Pratap and Johnson Leung who took lead roles in organizing the event; BCIT's Rec Services and library staff; and all the BCIT first and 2<sup>nd</sup> year students who were instrumental at each of the stations.

Thanks to BC Food Tech for covering pizza and juice costs; to the local CIFST sections of Alberta, Manitoba, Ontario and the Atlantic, who supported the event through gift card donations; and to the BCIT Student Association and School of Health Sciences for donating door prizes.

When times and penalties were considered, UBC came out the winner, closely followed by the U of Guelph, BCIT, and Manitoba / Saskatchewan teams. Congratulations to all participants!

*Submitted by Anne McCannel, CIFST Conference Student Event Chair*

## CIFST AMAZING RACE



### The Winners!

UBC Team of:

Karen Fong

Jenny Tian

Tricia Hingston

Praveena Thirunathan

and Justin Falardeau.



BCIT's Team of Jamie Zhang, Felix Serrano, Michelle Li and Saheli Bose came in third.



And BCIT's Team of Johnson Leung, Preeti Pratap, Jasmine Lane and Justin Gu had fun!



On **Thursday January 21st, 2016**, culinologists Webb Girard and Katherine Langel from CuliNex, a clean label consulting firm in Seattle, spoke to an audience of **over 75 people** about the **science and challenges of developing clean label products**. The event, which took place in the Food, Nutrition and Health building at UBC, started off with a light meal and icebreaker activities designed to facilitate networking between students, academia, government, and industry attendees. The seminar part of the evening started with a brief address from Sarah Harvey, manager of the Western Nutrition Research Centre (WNRC). The Faculty of Land and Food Systems recently established the WNRC to provide a range of contract research services for the functional food and natural health product industries. Sarah described how the goal of the centre is to enhance access to the Faculty's expertise and capacity through strategic partnerships. Webb and Katherine then gave an engaging talk on clean label alternatives to conventional ingredients and how to decide which ones to use. Using their own product development experiences, they demonstrated the challenges associated with natural ingredients, and how to work around them. During the question and answer period the audience was able to tap into Webb's wealth of product development knowledge and gain a better understanding of what consumers expect from clean label products. The night concluded with awarding a wide selection of graciously donated door prizes. Thank you to all the volunteers, speakers, and sponsors who helped make this event a great success!!

**Door prizes provided by:**

**Western Nutrition  
Research Centre, UBC**



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**Nancy Ross**



## CIFST AWARDS

CIFST has a number of awards to recognize “peers, organizations and/or teams for their work and successes in food science and the food sector”. Descriptions of these awards can be found at <https://www.cifst.ca/default.asp?ID=1381>.

The deadline for nomination is in May 2016.

- **Institute Award:** To honour a Professional member or Retired member of CIFST for an outstanding contribution to the Institute.
- **W.J. EVA AWARD:** To honour an individual who has contributed to Canadian food science and technology through outstanding research and service to the industry.
- **GORDON ROYAL MAYBEE AWARD:** Recognizes 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 AWARD:** Conferred on the CEO of a company who has made an outstanding contribution to the Canadian food industry.
- **FOOD INNOVATION AWARD:** Awards an individual or team for outstanding work in food innovation.
- **STUDENT LEADERSHIP AWARD:** The candidate must be a student member of CIFST at the time of nomination, be closely involved with CIFST and have demonstrated strong leadership by engaging his or her student peers in CIFST activities and events.
- **EMERITUS MEMBERSHIP:** To bestow an Honourary Title upon a Professional Member who has retired from vocation, and has contributed meritorious service to the Food Industry and the Institute during their career
- **FELLOW OF THE INSTITUTE:** Conferred upon a living, active member of the CIFST for outstanding and distinguished accomplishment as measured by extraordinary performance in the field of food science and technology. A person recognized as a Fellow of the Canadian Institute of Food Science and Technology shall be entitled to use the designation FCIFST following his/her name.

## IFT AWARDS

IFT has a large number of awards created to “recognize outstanding individuals, teams and organizations for contribution to the profession of food science and technology”. Descriptions of these awards and nomination forms can be found at <http://www.ift.org/membership/awards-and-recognition/achievement-awards.aspx>. The deadline for nominations is December 1, 2015.

### **Achievement Awards**

#### **Babcock-Hart Award**

Awarded for food technology contributions that led to improved public health through nutrition or more nutritious food.

#### **Bernard L. Oser Food Ingredient Safety Award**

Awarded for contributions to food ingredient safety evaluation or regulation.

#### **Bor S. Luh International Award**

Honors an IFT member or an institution whose outstanding efforts in the field of food technology resulted in international exchange of ideas; better international understanding; and/or practical successful transfer of food technology to an economically depressed area.

#### **Calvert L. Willey Distinguished Service Award**

Recognizes an individual who has provided continuing, meritorious and imaginative service to IFT.

#### **Carl R. Fellers Award**

Honors an IFT member and Phi Tau Sigma member for their distinguished career in the food science and technology profession, and who has displayed excellent leadership, service, and communication skills

#### **Food Technology Industrial Achievement Award**

Honors a company or organization for significant advances in the application of food science and technology to food production.

#### **Gilbert A. Leveille Award and Lectureship**

Recognizes outstanding research and/or public service in nutrition and food science, over a period of at least five years.

#### **Industrial Scientist Award**

Awarded for a major technical contribution to the advancement of the food industry.

#### **Marcel Loncin Research Prize**

To award research funding for basic chemistry/physics/engineering research applied to food processing.

#### **Nicolas Appert Award**

Honors an individual for contributions to the field of food technology.

#### **Research and Development Award**

Awarded for significant research and development contribution to the understanding of food science, food technology, or nutrition.

#### **Samuel Cate Prescott Award for Research**

Awarded for outstanding research in food science and technology.

#### **Sensory and Consumer Sciences Achievement Award**

Recognizes excellence within the sensory and consumer sciences field.

#### **Stephen S. Chang Award for Lipid or Flavor Science**

Awarded for significant contributions to lipid or flavor science.

#### **Trailblazer Award and Lectureship**

Honors the advancement of science at the nexus of nutrition or dietetics and food science for at least five years.

#### **William V. Cruess Award for Excellence in Teaching**

Awarded for achieving excellence in teaching food science and technology.

#### **W.K. Kellogg International Food Security Award and Lectureship**

Honors an IFT member whose emerging research has made substantial advances on how foods can be better manufactured and made available for developing countries.

#### **IFT Fellow**

The IFT Fellow designation is an honor bestowed upon an IFT member for their exemplary accomplishments in the areas of scholarly advancement, service to the food science and technology profession, and inspiration of others to excel in the food science and technology field. \*The nomination deadline for IFT Fellow is February 1, 2016.

## AWARD RECIPIENTS

Congratulations to the following BCFT Award Winners!

**2015 Student Awards.** BCFT would like to recognize students who are members of BCFT for their accomplishments. This award recognizes students who demonstrate outstanding scholastic achievements, leadership skills and devotion to food science and technology.

- Justin Falardeau, UBC
- Jenny Qi, UBC
- Jasmine Lane, BCIT
- Kezia Gonzalez, BCIT

**UBC Graduate Student Award.** This award recognizes a student who has demonstrated a high level of academic achievement and research excellence, leadership ability and commitment to the profession.

- Gracia Windiasti

**BCIT Graduating Award.** Recipient(s) are selected based on a combination of participation in BCFT events, leadership, service and all-round performance in second year.

- Andrew Chen
- Man Hing (Kitty) Li





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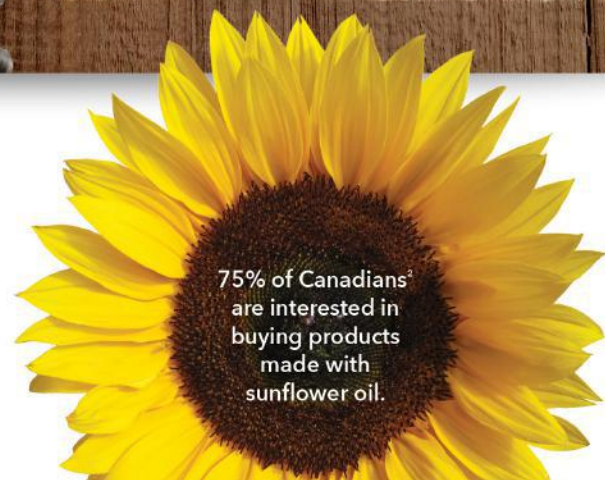
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NuSun® is a registered trademark of the National Sunflower Association.  
1. Fry study conducted by Cargill, spring 2009.  
2. Research conducted by IPSOS-ASI Ltd., January 2010



75% of Canadians<sup>2</sup>  
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## BC Food Technologists

Local BC Chapter for CIFST and IFT

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