

Eat This!

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Mount Saint Vincent University

**Canadian Association of
Foodservice Professionals**

Student Branch Newsletter

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"I cannot stress enough that you should take in all that you can with CAFP and truly be an active member."

- Vanessa MacLellan

President's Message:

Hi Everyone!

Wow! I cannot believe it is November already!!

I first want to say a big THANK YOU to all of you for your outstanding participation the past two months! Your wonderful ideas, feedback, initiatives, and support have made an excellent start to the academic year! I fully enjoyed the meetings that we have had thus far, as you all have an interesting perspective to bring to the table. These past two month have shown that "the whole is greater than the sum of its parts." It is so nice to see the deep passion that you all have in gaining valuable experience in the food industry.

Thank-you to the executive members who have done a fabulous job in creating events. Thank-you to Rachel, our VP External, for her connectedness to the professional branch in keeping them up to date on our events. I also want to say thank-you to Melinda, our VP Internal, for always being at the front line with me in our planning and the constant support and direction that she gives to the society.

In my past two years of active involvement with CAFP, I have never seen so many students attend the professional branch dinners as there have been this year! The professional members are very pleased to see this dedication and motivation. They recognize that we are the food industry leaders of the future and they enjoy seeing such an active group of students! So let's continue this!

I encourage all of you to read through this newsletter and make note of any of the events that you enjoyed participating in. At the end of the year (or a few years), take a look at this list again. This may help you in perhaps seeing your strengths and weaknesses and also finding the area of nutrition/dietetics that suits you the most.

As we are going into November, I understand that we are all going to be very busy with the second set of midterms, papers, final assignments, and studying for exams. With this being said, it is important to remember that our academics come

first and they should be our priority. Therefore, I don't want any of you to feel as though you are obligated to attend all of the events in November. The majority of our November events will be planning for our exciting month of March, World Diabetes Day (Nov. 14th)/Diabetes awareness month, and each of the exec will have an event planned. I know from experience that it does help to continue to participate even though it is a stressful time.

I hope that you are all enjoying CAFP! I also hope that if you have any concerns you would bring them to my attention or to the attention of one of the exec members.

Best of luck to all of you in the second half of the semester! Remember to keep your head up and be on your 'A' game when it comes to academics. Keep your goal close to your heart and stay focused!

Again, feel free to contact me at vanessa.maclellan@msvu.ca or cafp@msvu.ca

Take Care,

Vanessa MacLellan
President

Meet our 2009/2010 CAFP First Year Representative!

Hi! I'm Kristin Knight and I'm a transfer student from York University in Toronto. I am thrilled to be part of the dietetics program at the Mount; phenomenal faculty and students! I am grateful for the amazing extracurricular opportunities to engage my fellow students and our community, and I know this is only the beginning! In general, I have an avid passion for health and wellness, for helping others, learning, travelling, writing, and being active. I hope to run my first full marathon by the time I graduate! I also hope to find future opportunities to contribute what I learn here to the global community. I am very excited to take on the position as the first year rep, I look forward to working with you all this coming year. I wish you all the best :)



October Events!



RUN FOR THE CURE!

The fitness event for October was the CIBC Run for the Cure, which is Canada's largest single day, volunteer-led fundraising event dedicated to raising funds for breast cancer research, and education and awareness programs. On Sunday, October 4th, a small group of members participated in the run as part of the Mount team. The weather was a little cool and the forecast was calling for a lot of rain, but thankfully it held off until later in the afternoon. An incredible \$26.5 million was raised across Canada! Thanks

to all the members that participated in the event.

Brittany Butland
Health & Fitness Chair



MARITIME FALL FAIR

On Thanksgiving weekend, some of our members participated in the Maritime Fall Fair at the Exhibition Park. Our duties were to promote the Farmer's Market that was set up. We had the opportunity to speak to people about the nutritional aspects of the produce and we also made some great connections for future events! Everyone commented on the professionalism that we showed and how well we were able to interact with people! This event has the potential to be bigger and better next year!



EAT THIS!



Laurie Barker-Jackman, P.Dt

On October 15th, Registered Dietitian Laurie Barker-Jackman gave an appearance at MSVU. She delivered the presentation that she usually gives the general public called “the Top 10 Secrets of Healthy Eating” but she changed it into a version that would appeal more to nutrition students by including comments about her personal experiences as a Sobeys dietitian. We had a good member turnout that night and there was lots of member participation. Overall it was a very enjoyable and informative evening.

The October event was a lot of fun! The event took place on the 30th of October at the Salvation Army. We were in charge of sorting food cans, packaging foods, delivering the packaged foods as well as doing prep- work in the kitchen. Through this event we were able to meet a bunch of great people such as other volunteer coordinators and kitchen staff. The event also allowed us to get involved with the community and help families that were in need.

There is so much more to the Salvation Army then just the food bank and several different ways students can help out. The building itself on Gottingen is not only a food bank but also a homeless center for men and provides meal service to families in need. They are always looking volunteers and Kristen Cameron the Volunteer Coordinator has given me contact information for future volunteering. So for any of you who couldn't go to this event but would like to volunteer on your own time, please let me know! Finally, thank you for all the people who participated in the event!

Michele Szeto,
Volunteer Chair



Did you know:

The Salvation Army began its work in Canada in 1882 and today is the largest non-governmental direct provider of social services in Canada!

The Salvation Army provides unprecedented support to society's most vulnerable.

Check out: <http://www.salvationarmy.ca/maritime/>

For more information on volunteering or the services the Salvation Army Offers.



October's Senior Branch Event:

Chef Palo was the guest speaker at October's professional branch dinner, held on October 19th and the Holiday Inn Harborview. Chef Palo demonstrated fruit and vegetable carving techniques to branch members.

Chef Erwin Palo is the Executive Sous Chef of the Westin Nova Scotia Hotel. Born and raised in the Philippines, he started his cooking career at the age of 17 as an assistant cook while in university taking a BSc and Business Administration. He then went to Galang Culinary Institute to further his knowledge and skills in culinary arts. He then traveled and led different hotels and restaurant in Hong Kong, Japan, Singapore and now in Canada.

He has also competed in various culinary competitions and won several medals across Asia and Canada.



And now, introducing... The MSVU Community Garden!



You may have been hearing about the increasing popularity of gardening. You may have seen some local community gardens, or have even participated in growing a garden. As of last month, the Mount has established its very own community garden. The main site is situated next to the President's house in the Meadows, in previously existing raised beds. Although they're currently going dormant with these cooler temperatures, they were full of herbs throughout the summer.

So, what will be going on throughout the winter months? Edible indoor gardens will be placed around campus, like the potted herbs currently livening up the Rosaria cafeteria. Much of the garden is currently in the planning stage, but will focus on food security, community building, sustainability and increasing awareness of the environmental impact of food choices.

Sarah Wilson, an MSVU dietetic intern, got the ball rolling last year by writing "Community Gardens at MSVU: Planting the seeds for progressive new hands-on approaches to teaching" as her honors thesis. In the thesis she discussed the benefits of a garden, as well as specifics such as location, funding, and how it could be used as a teaching tool.

Sarah's response to having a garden on campus this year

was "I'm really glad someone has decided to pick up from where all my hard work has stopped. I'm only one person and it needs help from many people to get started".

Rebecca Green, a nutrition department faculty member, says "I am thrilled to see a community garden start on campus. I think it is essential for dietitians to have an understanding of where their food really comes from". Rebecca is the garden coordinator supervisor, and was responsible for getting the funding to hire a coordinator.

I am a fourth year dietetics student with a love of nature, seeing things grow, and experimenting with home grown herbs and veggies in the kitchen. As the garden coordinator I am always looking for ways to involve Mount students in the garden's programming, and would love to hear your ideas.

Stay tuned for announcements of new indoor garden locations and garden-related events!

Want to get involved, share your thoughts, or get more information? Contact Tanya James, MSVU Community Garden Coordinator at:

garden@msvu.ca



Nanotechnology in Food -Submitted by: Jessica Zupan

Imagine for a second, you have a clear colorless drink in your hand and you have the power to change its color, flavor and nutrient content to whatever you like. Sounds impossible. Or possible, but very futuristic.

Actually, today it is very possible with the use of something called nanotechnology. When nanotechnology is incorporated in foods, it can change the food in many ways.

Being a nutrition student, I have learned a great deal about nanotechnology, further research has also enlightened me with a lot of information that I will share with you.

Today I would like to talk about what nanotechnology is, the risks and benefits related to nanotechnology in food, nanotechnology presently on the market and future nano foods.

Nanotechnology is a new technology for taking a part and remaking materials at the atomic level. These are structures that are smaller than 100 nm in size. To put 100 nm in perspective, a strand of DNA is 2.5nm a protein molecule is 5nm a red blood cell is 7 000 nm and a strand of your hair is 80 000 nm wide (Miller, 2008).

The problem with nanoparticles is that they have properties that are different from the larger particles. They might have different melting points, color, strength and toxicity. For example, a stable material like aluminum becomes combustible at the nanoscale and a solid material like gold becomes liquid at room temperature at the nanoscale.

This idea has raised a great deal of debate because if decreasing the size of the molecule can change its properties, we are not sure that it would also change the toxicity of the material (Miller, 2008). There are four ways that nanoparticles can enter our bodies, inhaled, swallowed, absorbed through skin or injected. Once in the body they are very mobile may even be able to cross the blood-brain barrier. How these particles behave once inside the body is an issue that still needs to be resolved (Berger, 2007).

Despite the risks associated with nanotechnology, commercial foods and supplements are becoming available nano sized worldwide. This is because there are many benefits associated with nanotechnology.

First of all, it will aid in third world countries where the food supply is often low, the quality of food is usually deficient in nutrients and the water supply contributes to disease. Nanotechnology will increase the productivity of agriculture, will treat and improve the drinking water available in these countries and will augment food processing and storage abilities.

Nanotechnology will also lead to beneficial health effects in the western world. It will increase food packaging and detection of pathogenic bacteria. Also, nanotechnology will allow for better absorbance, efficiency and delivery of vitamins and minerals. And will decrease the absorbance of things like fat, and cholesterol in some foods.

Nanotechnology is used greatly today. Products that are already out on the market include: transparent sunscreen, penetration enhanced moisturizers, stain and odor repellent fabrics, dirt repellent coatings and even some foods. I am going to focus on nanoparticles in food.

The food related nanoproducts that are on the market today include edible films that laminate foods such as fruits and vegetables against moisture oxygen and carbon dioxide and therefore make them last longer. This also improves the texture qualities and serves as a carrier for color, flavor, antioxidants, nutrients and anti-microbials.

More companies will start using nanotechnology in the future but advances will depend on customer acceptance. There are over 200 companies who are conducting research on nanotechnology and its applications. The future of nanotechnology will bring many new technologies and will change food as we know it.

Nanomodification of seeds, fertilizers and pesticides will take genetic modification to the next level. The DNA of seeds can be rearranged to obtain different plant properties like colour, growth season and yield. Nanosensors could be placed in plants to sense plant growth, moisture and pests. This would reduce the need for labor as well as improve the quality of the agriculture.

Food could be modified and fortified to be more healthy for you. Fat and sugar content could be removed or disabled by nano modification. This means you could eat ice cream that is modified to reduce the amount of sugar and fat the body can absorb. Nano particles could be used to prevent the body from digesting and absorbing these nutrients.

Smart packaging of food and tracking devices could be added on food to extend the shelf life. Sensors would allow for food to be tracked from the factory to the supermarket and beyond. (AZo Nanotechnology Article, 2007).

Food companies such as Kraft are working on food embedded sensors that can detect food pathogens. This is called "electronic tongue" technology and the sensors can detect substances in parts per trillion. When they detect something it will let us know by changing the packaging colour and we will know if it has been contaminated or spoiled.

Researchers in the Netherlands have gone one step further and are developing intelligent packaging that will release preservatives when the food starts to spoil. This is operated by a bioswitch, developed through nanotechnology.

Kraft and nestle are coming out with interactive smart food. This food will interact with customers so they can "personalize" food. They can change the colour, flavor, or nutrients on demand. Kraft is making a clear, tasteless drink with hundreds of flavours in dormant nanocapsules. By placing this drink in a household microwave you are able to trigger the release of the colour, flavor, concentration and texture of the drink you would like. It could also block allergens if you were allergic to a certain food or could add more nutrients if you needed, for example if you had osteoporosis you could add vitamin D.

As we have seen, nanotechnology is a growing field that is being incorporated in foods and has already started coming out on the market. It will become more popular in the near future as many food companies are researching the topic. There are many risks associated with nanotechnology, but there are also many benefits. As consumers you must decide; do the benefits outweigh the risks? We must think about the future since we will be spending the rest of our lives there.

References:

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- Food Packaging Using Nanotechnology Methods: An overview of 'Smart Packaging' and 'Active Packaging' (2005). Retrieved from (October 2009) <http://www.azonano.com/Details.asp?ArticleID=1317# Using Clay Nanoparticles to%20Improve>
- Miller, G (2008). Nanotechnology: the new threat to food. Retrieved from (October 2009) <http://www.globalresearch.ca/index.php?context=va&aid=10755>

Member of the Month:

Kristin Knight was voted as Member of the Month! Kristin is in her first year of the program and she is our First Year Representative. She has done a wonderful job in keeping the first year students aware of the events and opportunities of our student branch. She is a very motivated individual and her commitment to our student branch has been exceptional. Kristin's involvement has been an asset to the success of our student branch thus far! Congratulations Kristin!

-Kristin was nominated by Vanessa MacLellan

Anyone can nominate someone for CAFP student branch member of the month!

Email CAFP@MSVU.CA and tell us who you are nominating and why.

Be sure to include the email of the person you are nominating so we can contact them.

CAFP Gets Cookin'!

Pumpkin Dip

Makes 1 1/2 cups

1/2 C brown sugar, packed	2 tsp maple syrup
1/2 C canned pumpkin	1/2 tsp ground cinnamon
3/4 C (6 oz) 1/3-less-fat cream cheese	

Place first 3 ingredients in a bowl; beat with a mixer at medium speed until blended. Add syrup and cinnamon; beat until smooth. Cover and chill. Serve with apples (granny smith recommended)

Per serving (2 tbsp): 77 kcal, 3.1g fat (2g sat), 11.1g carbs, 1.6g protein

Source: Cooking Light Complete Cookbook Submitted by: Ellen McLaughlin

Health benefits of Pumpkin:

One cup of pumpkin contains 2.7g of fibre, 564mg of potassium and 1.4mg of iron. It is also packed with other nutrients including beta-carotene, vitamin C, calcium and folate.



Health Benefits of Apples:

Apple peels contain pectin, soluble fibre that helps lower cholesterol and control blood sugar

Butternut Squash Risotto

Serves 8

2 C water divided
2 (14 oz) cans less-sodium beef broth
2 tsp olive oil
1/2 C yellow onion, finely chopped
3 C butternut squash, peeled and cubed
1/2 tsp salt

1/4 tsp freshly ground black pepper
1 1/2 C Arborio or short grain rice
2 oz Parmesan cheese, shaved
3 tbsp unsalted butter
2 tbsp fresh parsley, finely chopped

Bring 1 1/2 cups of water and broth to simmer in large saucepan (do not boil). Keep warm over low heat. Heat oil in a large pot over medium heat. Add onion; cook 8 minutes or until golden, stirring frequently. Add 1/2 cup water, squash, salt and pepper; cook 10 minutes or until squash is tender and water has almost evaporated. Add rice, stir until combined. Stir in broth mixture 1/2 cup at a time; cook until liquid is nearly absorbed, stirring constantly. Add remaining broth mixture 1/2 cup at a time stirring constantly until each portion of broth is absorbed before adding next (about 30 minutes total). Stir in cheese, butter and parsley. Serve immediately.

Per serving: 272 calories, 7.6g fat (4g saturated), 41.4g carbohydrates, 7.9g protein, 2.8g fiber

Source: Cooking Light Complete Cookbook Submitted by: Ellen McLaughlin

Health Benefits of Winter Squash: Most varieties are rich in vitamins A and C. Color is important the darker the squash the more beta-carotene and other nutrients it contains.

Homestead Pear Crisp

Crisp:

1/3 C brown sugar, packed
2 tbsp cornstarch
2 tbsp fresh lemon juice
2 tsp ground cinnamon
1/4 tsp salt
12 Bartlett pears, cored and cut into 1/2 inch pieces
cooking spray

Preheat oven 350.

Combine all 6 "crisp" ingredients in a large bowl and toss well. Spoon into 13" x 9" baking dish coated with cooking spray.

To prepare topping, combine flour, oats, brown sugar and cinnamon in a large bowl. Cut in butter with a pastry blender or 2 knives until mixture resembles a coarse meal. Sprinkle flour mixture over pear mixture. Bake for 1 hour or until toping is golden and fruit is tender. Serve warm.

Topping:

1/2 C all-purpose flour
1 C regular oats
1/3 C packed brown sugar
1/2 tsp ground cinnamon
6 tbsp butter, chilled and cut into small pieces

Per serving: 251 kcal, 6.5g fat (3.7g sat), 49.2g carbs, 2.3g protein, 6.7g fiber Submitted by: Ellen McLaughlin

Health Benefits of Pears: One medium pear provides 6g of fibre as well as vitamin A, vitamin C, and potassium.

Editors' Note

Hi Everyone! It's hard to believe it's November! Time is flying by, before you know it we will all be busy getting ready for final exams and papers. Stay focused and remember to breath and you will get through. We would like to say a big thank you to all of you that contributed this month to the newsletter, your contributions are greatly appreciated.

The deadline for the next issue will be December 2! This is will be our holiday issue so get your festive thinking caps on! We are always looking for ideas, feedback on the newsletter and welcome any submissions.

Good Luck in your studies and take some time out to enjoy some CAFP activities!

Thanks Amy and Katie

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	Dietitian Panel Night 10	Remembrance Day 11	CFE/bursary In- formation Session 12	Hot Yoga 13	World Diabetes Day 14
15	16	17	18	19	20	Holiday Parade of Lights 21
22	23	24	25	26	Operation Christ- mas Child 27	28
29	30	Be sure to check your email for updates from CAFP on upcoming events.				