

CAFP Talk

A Word from the President

Upcoming Events

- Food show (Spring 2012)
- Food factory tour (TBA)
- Moisson Montreal (TBA)
- Professional Development Workshops (TBA)
- National CAFP conference (TBA)

Welcome to all new and returning members! Again this year, CAFP McGill is open to all students on campus who share an interest in the foodservice industry or who simply have an interest in food. It will hopefully also encourage us to broaden our understanding of how food relates to our diverse backgrounds.

Our fundraising efforts will be focused on funding our club's activities this year. To support breast cancer, we will sell pink lemonade during one of our bake sales, so if you see us, please come and buy drinks for a good cause.

Many activities await us this upcoming year, for example, a food show in spring and a food factory tour. We are also planning some volunteer activities like volunteering at the Moisson Montreal food bank. There will be professional development workshops, one having already taken place, regarding CFE accreditation with Renso Vettoretti. Finally, the school year will end with the annual national CAFP conference in London, Ontario. Workshops, guest speakers, and networking opportunities with leaders in the industry from around the country will all be available to those who attend.

Even if you are not currently a member of CAFP, it's never too late to get involved! If you are interested in joining us for any of the events listed above please e-mail cafp.mcgill@gmail.com for more information.

Sébastien Leblond

**President, Canadian Association of Foodservice Professionals (CAFP),
 McGill Junior Branch**

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Recruitment of New CAFP-McGill Members

by Adrienne Ngai

I would likely to warmly welcome the 13 new CAFP-McGill members! Through clubs day and the pizza ice-breaker fundraiser held in September, we were able to recruit these new students to our growing club. CAFP McGill branch has come a long way, from only encompassing 4 members back in 2008. Our club this year now includes students from all food related disciplines including food science, nutrition, and dietetics, with undergraduate and graduate representatives. With each school year, we are able to gain greater exposure at MacDonal campus and connect students to life outside of academia with relation to food and nutrition. With our diverse backgrounds, we hope to stir up some interesting discussions and club events in our upcoming school year!

Quick Food Safety Tips

by Christine Lee

With the recent outbreaks of Listeria in cantaloupe, lettuce, and possibly ham it has brought our attention to the importance of food safety. What can you as a consumer do to keep yourself safe? Here a few basic tips to start:

Cook

Cook your food to the appropriate safe internal food temperature

Clean

Wash your hands and food surfaces even if the package says the vegetable is pre-washed!

Chill

Refrigerate your food and leftovers at a temperature of 4°C or below.

Separate

Avoid cross-contamination by separating raw from cooked foods and vegetables.

Visit www.befoodsafe.ca for more information. It's better to be safe than sorry!



A Little Taste of Barbados by Crystal Conrad

In this article, I will talk about the food I've been eating here in Barbados during my clinical nutrition rotation. Before coming to Barbados I was warned that the food here tends to be fried or sweetened or both—I was scared since this is not my normal diet. However, in the midst of preparing dinners and buffets and visiting grocery stores for assignments, I have learned a great deal.

I've enjoyed flying fish both fried and poached with coucou (their national dish) courtesy of the chef at the beach resort I am staying at. Other strange foods I have eaten include breadfruit in every way possible and fried plantains. I have also had the opportunity to try a Barbadian favourite, which is macaroni pie (basically Mac 'n cheese baked with cheese on top).

One thing I am not a fan of is that skim milk is non-existent and fresh milk isn't available (it is all UHT, which I do not understand)*. The low fat yogurt costs a fortune - \$7.50 USD. Rice and peas (pigeon peas) is another popular side dish which I could take or leave. We were shocked that at our hotel breakfast was \$20 USD but this is representative of how expensive it can be to eat here. We went to a buffet on a Sunday (I guess this is a traditional thing in Barbados) with 3 courses and fruit punch but no fresh fruit. Fresh fruit here is scarce, expensive and not of extraordinary quality, which is strange considering we're on a tropical island!!

There is food from every culture here from Thai to Italian to Greek. They have KFC, Chicken Barn, Subway and Chefette (like McDonald's) but no McDonald's or Burger King. I must say the food at the cafeteria at the hospital is pretty reasonably priced and plenty of variety each day from jerk chicken, macaroni pie, fried fish and steamed vegetables to carved pork, turkey legs and breadfruit salad.

To sum it up, the food experience so far has been better than I could have imagined minus the lack of fresh fruit and vegetables, which expectedly do not center in Bajan meals.



Coucou—Barbados' national dish



Breadfruit



Macaroni pie—a Barbadian favorite

*Note from the editor - UHT is ultra-high temperature processing, which is a form of milk pasteurization. This form of processing could result in the Maillard reaction, which may alter taste and smell of the milk. (Food Science Majors—please correct me if I am mistaken)

First Fundraiser of 2011-2012: Grilled Cheese! By Adrienne Ngai

Our first fundraiser was a great success! This grilled cheese sale held on Thursday October 6, 2011 raised \$105, all of which are direct profit to the club; this is thanks to Kraft and the McGill Dietetics Food Laboratory which donated the cheese and bread, respectively. Selling at \$2 or 2 for \$3 for each warm, melted savory sandwich, students and staff quickly picked up this steal of a deal! Held in the Macdonald Stewart lobby, sandwiches were efficiently prepared, as only a Panini grill was required. With such great response and ease of preparation, we hope to repeat this event at a near future date, so stay tuned! There are no immediate plans with the funds raised; we anticipate they will be used for compensation for upcoming food shows and events.

Thanks to the volunteers for their time to make kick-off this excellent fundraiser!



Addicted to Food? It Might Be Biological! By Crystal Conrad

Food addiction is a term that I have heard much about. Some people even compare it to the addiction of heroin and cocaine, the major difference being the environmental availability of food. Some research (including that of Johnson and Kenny (2010)) show that there are actual changes in the brain associated with food addiction. Overeating and obesity are serious problems which can now somewhat be explained by biological, not only psychological factors.

I am not saying that this idea is an excuse for overeating and being overweight, but for some people addiction counselling such as overeaters anonymous may not work if it is a biological problem. It was surprising to find out in another article that when fatty foods were taken away from experimental rats they starved even when given regular food, resulting from brain changes which desired fatty foods (Epstein and Shaham, 2010). Another article describes the obesity epidemic as stemming from a genetic predisposition to food addiction with the involvement of the dopamine receptors (Taylor et al., 2010). So there's some food for thought!

Epstein DH, Shaham Y. Cheesecake-eating rats and the question of food addiction. *Nature Neurosci* 2010;13:529-531.

Johnson PM, Kenny PJ. Dopamine D2 receptors in addiction-like reward dysfunction and compulsive eating in obese rats. *Nature Neurosci* 2010;13:635-641.

Taylor VH, Curtis CM, Davis C. The obesity epidemic: the role of addiction. *CMAJ*. 2010;182(4):327-328.



Questions? Comments? Want to submit an article?

Please send to: melissa.wong63@gmail.com

