



# QUICK BITES

July, 2010

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**A communiqué on Toronto Branch events and issues**

### BOD Profile: Meet Rosie Maclean, CFE



Rosie Maclean, CFE, President, Maclean Food Consulting Inc. has had her own business for over 35 years. She works primarily with food manufacturers assisting them in product development and nutrition guidelines..

Rosie is a graduate in foodservice management and dietetics from Queen's College, Glasgow. In her own words Rosie says "I have had the most amazing career that was never planned."

Being a true Foodie, Rosie has a passion for excellence in food, service and customer satisfaction and notes that the foodservice industry attracts bright, energetic, creative people. She has made many friends and associates over the years. She has also had many interesting opportunities to work alongside some great professionals.

Rosie does not have one favourite food in particular but does love Thai, Indian and anything with seafood and fresh fish.

Rosie has been a member of many professional associations, including CDA, CHEA, THEA, TNC (Toronto Nutrition Committee), NDC (National Dairy Council). She is Past President and National Director of the CAFFP Toronto Branch and leads SMAC (Senior Management Advisory Council). Rosie is also past national president of CAFFP and currently leads the National Operator Membership program. She is a member of the Editorial Advisory Board for Food Service and Hospitality Magazine.

And if this is not enough Rosie spends her leisure time skiing, golfing, playing tennis, walking and biking, reading, entertaining, traveling, gardening, playing bridge, spending time with her family, especially her 4 grandchildren who are just amazing and believe it or not, cooking.

### 37<sup>th</sup> Annual Top Management Night

Just announced.....

The International Centre will be the host site of the 37<sup>th</sup> Annual Top Management Night on Monday February 7<sup>th</sup>, 2011. Keynote Speaker, Dr. Nick Bontis of the Institute for Intellectual Capital Research will present on "Leadershift: Raising performance to new heights".



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For more information about CAFFP or any information in this bulletin, please contact [toronto@cafp.com](mailto:toronto@cafp.com), visit [www.cafp.com/toronto](http://www.cafp.com/toronto) or call 416-422-3431

**UPCOMING EVENTS**

Keep the following dates available to attend branch events

**Monday** September 20<sup>th</sup>, 2010  
Breakfast Meeting  
New Member Welcome



8755 Bathurst Street  
Richmond Hill, ON L4C 0H4  
phone 905.889.4653

Need directions?  
[http://richmondhillgolf.com/rhg/contact\\_us](http://richmondhillgolf.com/rhg/contact_us)

**Dinner Meetings**

**Tuesday** October 19<sup>th</sup>, 2010  
**Wednesday** November 17<sup>th</sup>, 2010  
**Monday** January 17<sup>th</sup>, 2011

**Monday** February 7<sup>th</sup>, 2011  
37<sup>th</sup> Annual Top Management Night  
Gala Dinner & Fundraiser



at the  
Keynote Speaker  
Dr. Nick Bontis  
Intellectual Capital Research

**Monday** March 21<sup>st</sup>, 2011  
5<sup>th</sup> Annual Copper Chef and  
Student Awards Night  
~  
**Tuesday** April 19<sup>th</sup> 2011  
Food Executive of the Year  
~  
**Wednesday** May 18<sup>th</sup>, 2011  
Annual General Meeting & Elections

**NEW MEMBERS**

Please join us in extending our warm welcome to

Randeep St. Jacques  
Regional Marketing Director  
ARAMARK Canada Ltd. Higher Education

**BBQ Cooking Safety**

Ah yes, "King of the Grill". But Your Majesty should remember that harmful bacteria that can make you sick are as much a threat outdoors as they are in the kitchen.

Don't let uncooked foods cross-contaminate cooked foods: Don't use the same plates or utensils for raw and cooked meat.

You can't tell if food is safely cooked by simply looking at it; colour is not a reliable way to tell if it's done. Only by using a food thermometer and cooking to a safe internal temperature will you know that food has been cooked to a point where harmful bacteria have been killed.

Using a food thermometer can make you a better cook and safer.....  
...because the thermometer helps you cook to a safe internal temperature, and it helps you to not overcook food.

And it's easy!

Near the end of cooking, insert the thermometer probe into the thickest part of each piece of meat.

Cook raw hamburger patties to an internal temperature of seventy-one degrees Celsius.

Always start with a clean thermometer before inserting it into each piece of meat.

Whether meat is undercooked or cooked to the right temperature, you need to clean your thermometer probe with warm, soapy water before checking another piece of meat or re-checking the same piece of meat.

Make sure you use clean tongs after handling uncooked meat.

Raw chicken pieces must be cooked to a safe internal temperature of... seventy-four degrees Celsius.

Raw meat sausages should be cooked to seventy-one degrees Celsius...

Raw hot dogs to seventy-four degrees Celsius.

Don't leave food out in the sun. Keep it covered and chilled until it's time to serve it.

Serve only what you'll eat within the hour, and leave the rest in a cooler with plenty of ice packs or in the fridge.

It's always important to keep foods out of the danger zone, which is between four and sixty degrees Celsius.

Whether in the kitchen or at the grill, be "food safe"!

Remember these four food safety practices: "Clean", "Separate", "Cook", and "Chill".

Source: Canadian Food Inspection Agency  
For more information, visit [foodsafety.gc.ca](http://foodsafety.gc.ca)