



September, 2010

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QUICK BITES

A communiqué on
Toronto Branch
events and issues

Breakfast Trends with Amy Snider-Whitson



Monday, September 20 saw a number of Toronto Branch members gathered at the Richmond Hill Club & Resort for an early morning session that included opportunities to network, enjoy breakfast and participate in a discussion of "Breakfast from a Nutrition and Trends Perspective" presented by Amy Snider-Whitson, President of The Test Kitchen Inc., a boutique consultancy firm that recipe development and creative food consulting.

Amy's presentation touched on four key areas. Firstly she discussed Foodservice Trends such as 'meals to go', breakfast sandwiches, increased availability of breakfast around the clock, kids meals, crepes as a savory breakfast offering and breakfast fusions.

Secondly, she educated the crowd on Ethics and Environment which included consumer interest in "fair miles", organics and humane foods. She then touched upon the ever important issue of Nutrition Awareness. Amy shared the staggering statistic that 31% of elementary school aged children and 62% of high school students are skipping breakfast. This results in lower school test results. In addition she focused on today's increased interest in salt/sodium reduction, immunity, omega fatty acids, pre and probiotic, calcium, fruits and vegetables, allergens, gluten free products and vitamin "D".

Finally, Amy shared some helpful ways to provide healthier opportunities for breakfast sandwiches for kids. This included the use of wholesome whole grains, working with yogurts' and eco friendly foods/packaging. She challenged the group to "think outside the box" when it came to the breakfast daypart.



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A new CEO for Compass Group Canada

Compass Group is pleased to announce the appointment of Saajid Khan to Chief Executive Officer of Compass Group Canada and ESS North America. Former CEO, Jack C. MacDonald has begun the process of retiring after a successful 14 year career with Compass Group Canada. He will remain as Chairman until September 2012.



Saajid has been with Compass Group since 1996. In his new position, Saajid will lead the Executive Committee for Compass Group Canada and ESS North America. Saajid has held progressive senior management positions within Compass Group in Australia, India, Malaysia, and most recently as Director of International Clients & Market Development for Compass Group PLC, based in the UK.

Saajid has an MSc in Business Leadership from Revans University and is a Fellow of the Institute of Management Consultants and Advisors. Saajid is married with two sons.

For more information about CAFP or any information in this bulletin,
please contact toronto@cafp.com, visit www.cafp.com/toronto or call 416-422-3431

UPCOMING EVENTS

Keep the following dates available to attend branch events

Monday October 18th, 2010



**TAPPO
WINE BAR
&
RESTAURANT**

Historic Distillery District

55 Mill Street, Building #3, Toronto, M5A 3C4

Dinner Meetings

Wednesday November 17th, 2010

Monday January 17th, 2011

Monday February 7th, 2011



at the
Keynote Speaker
Dr. Nick Bontis
Intellectual Capital Research

Monday March 21st, 2011
Copper Chef and Student Awards Night

Tuesday April 19th, 2011
Food Executive of the Year

Wednesday May 18th, 2011
Annual General Meeting and Election

May 11 – 15, 2011
National Conference
"Raise the Bar"
Delta Centre Ville – Montreal

Exciting Food Service Industry News

E.I Premium Increase scaled back

On September 30, 2010, Finance Minister Flaherty announced he would scale back the scheduled EI premium increase of \$0.21/\$100 to \$0.07/\$100 of payroll.

Although we were calling for a rate freeze, this is a significant victory for CRFA and the foodservice industry – it represents a savings to foodservice operators of \$20 million in 2011 alone.

Last spring, CRFA was the first to sound the alarm when government confirmed it had budgeted for the maximum premium increase allowable for the next five years. We argued that it would:

- make it difficult for restaurant operators to retain current employees, let alone hire new ones;
- prolong the recession; and
- negate government stimulus measures to promote job growth.

The pressure exerted by CRFA and our members worked. Government listened.

In addition to lowering the scheduled 2011 EI premium increase, government agreed to reduce the maximum amount EI can be increased in a year from \$0.21 to \$0.14 – which represents cumulative savings of \$200 million for the industry. Government also announced it would be consulting with CRFA and other groups to review and improve the EI rate-setting mechanism for more stable, predictable rates going forward.

Source: Garth Whyte- President and C.E.O of CRFA

NEW MEMBERS

Please join us in extending our warm welcome to



Veronique Peloquin
Sales Support Specialist
Kraft Foodservice