



# EAT THIS!

Mount Saint Vincent University  
Canadian Association of Food Service Professionals

## Student Branch Newsletter

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3rd Floor Evaristus

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### President's Message

Hi Everyone!

February is here and it has been extremely busy as you all know – between school and all our activities it's no wonder the time is flying by so fast!

This month is one of our biggest in terms of getting things ready for "Student Host Night" (February Branch Meeting) and so far everything is coming together very well. Hopefully we will see many student faces to show support and welcome the senior branch members for what is to be a very enjoyable and educational evening.

We also have two highly anticipated educational events coming up, the first being an Internship Education Panel that will provide all current/future interns the chance to ask questions and here about the many different placements some of the students have already completed. This

will be a great way to prepare yourselves for your placements and will hopefully ease any anxiety about unanswered questions you may have. We are also excited for an education seminar called "Excellence and Ethics – What would you do for an A?". Kim Kienapple, Dean of Graduate Studies, will be speaking on the lengths students go for a good grade and will discuss issues surrounding academic and professional integrity.

Finally, as our previous bake sales have been such a success in past months, we will be having a Valentine's themed bake sale on February 14th, so make sure to come by the table and get some delicious sweets. Volunteers for running the table are needed so please email mountcafp@gmail.com if you are able to help out.

Once again, this is reminder



that bursary applications are due March 15th and I hope you all have considered applying – I'm confident in knowing that many of you have high chances of obtaining one so if you need any help with your applications, please let me know!

*Edwena Kennedy*  
Student Branch President

## Professional Branch Meeting: Shannex Parkland at the Gardens Tour



On January 17th, the professional branch meeting was held at the new Shannex facility, Parkland at the Gardens. This facility is in the heart of downtown Halifax, located at the corner of College and Martello Street.



Professional branch and student members had the opportunity to tour this luxurious facility before its grand opening on February 4th. General Manager Jodi Bartlett provided us with a tour of some spacious units available to residents of independent living.

Executive chef Jamie Mullett also provided us with a tour of the kitchen and dining area. The open concept kitchen is equipped with state-of-the-art machinery and allows for a very spacious work environment.

Chef Mullett is extremely excited to be working with his culinary team in providing delicious meals that are catered to all residents of the facility through their five star menu. Residents can enjoy fresh baked bread, pizza in the wood burning stone oven or some delicious desserts made in house by the pastry chef.

Other services and amenities available on-site at this facility include a spa and wellness clinic, a lounge and piano bar, an exercise facility, a golf simulator and concierge services. This innovative facility focuses on the wellness, comfort and security of its residents and will become a new home and elegant retirement living environment for many within the next few months.

**By: Andrea Fennell**



**Thank You to this Months Newsletter Contributors!**

**Danica Pion      Edwena Kennedy      Emily Claire Foster**  
**Hilary Boudreau      Kaela King      Sarah Montgomery**

## IWK Health Centre Bake Sale



On January 25th, we had a bake sale at the IWK Health Centre. This was the first time CAFP hosted an event at this location but, based on the great response, we hope to make a presence here for years to come. Our members certainly got baking as we had a pile of goodies to sell. With the help of our great volunteers, we made almost \$200! Thanks to Emily Claire Foster for this great idea and Edwena Kennedy for helping her organize the event!

**By Kaela King**

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*“Fundraising is the gentle art of teaching the joy of giving.”*  
 - Hank Rosso

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## Trivia Night at Vinnie’s Pub

On Thursday, January 24th, we held our first ever Trivia Night at Vinnie’s Student Pub at MSVU. Needless to say, this event was a BLAST and the turnout was great! We had questions ranging from food and beverage to movies and television shows. Everybody enjoyed getting together to test their (not so) useless knowledge. It was a great way to get together with other CAFP student members (outside of class time) and wind down after a long week of school! Overall, this event proved to be hugely successful.

We opened the event up to CAFP student members and non-members and advertised around campus. Not only was the feedback on our Trivia Night awesome, it was also an unexpected fundraiser success! We’re hoping to hold a Trivia Night every semester from now on! Remember to stay posted for other upcoming social events, such as a TEDTalks night and a Downtown Social!

**By Emily Claire Foster**



**Teams preparing for the next trivia question.**





Ronald McDonald House  
ATLANTIC CANADA

**Vision of Ronald Macdonald House:**

To ensure that the ever changing needs of children and families receiving pediatric services will be met with people and programs in an environment of safety, compassion, commitment and integrity.

**Ronald McDonald Home for Supper**

The Ronald McDonald House acts as a home away from home for families with seriously ill or disabled children being treated at the IWK. They are able to provide families with a home-style place to stay with volunteers and staff to watch the children and

prepare some meals, providing parents and caregivers an opportunity to rest and be in a stress-reduced atmosphere. Danica Pion, Kim Porter, and Kelvin Pang participated in January's Home for Dinner event at the Ronald McDonald House. They successfully prepared warm baked beans with rice, a garden salad, and a lemon pound cake with blueberry compote. Our student branch takes pride in allocating a portion of our fundraising money to provide at least one Home

for Dinner meal for the Ronald McDonald House each year. Since this is a popular and very enjoyable volunteer event, we will be organizing another dinner this March, time and date to be announced.

**By Danica Pion**



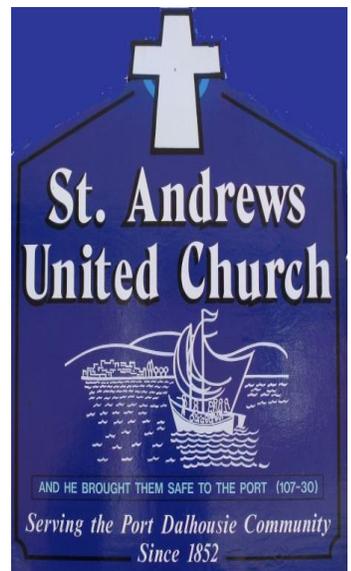
St. Andrew's Church

**St. Andrew's Church Supper**

On Sunday, January 13th, a group of 10 CAFPP students volunteered to help set up, prepare, and serve a warm meal to approximately 200 people at the St. Andrews Church on Robie Street. The people at the dinner are typically homeless or food insecure which gave us an opportunity to see the reality many people face in this city. The food is prepared by community groups in advance and is then reheated and served at the hall. We were able to plate meals, distribute

them, and circulate drinks and desserts. They also receive loaves of bread and buns which we distributed at the end of the meals for people to take away with them. I think everyone enjoyed the evening together and we were all welcomed back to volunteer again.

**By Danica Pion**



## CAFP Cookbooks are Now Available!

We are very pleased to have produced a 2013 CAFP MSVU Cookbook!!! These cookbooks are beautifully done with over seventy recipes ranging from gluten free to vegetarian to plain old fashioned delicious. They are being sold for \$10, with all of the proceeds going back to CAFP for future events. Come buy yours today! They are being sold from March 4-6 and March 11-13 in the Seton Link at 1-3 pm. Get em while they're hot!!! Here's a sneak peak delicious soup recipe from the cookbook...



By Hilary Boudreau

## Curried Chicken and Rice Soup

### Ingredients

- 1 Pound boneless, skinless chicken breast
- 2 Medium carrots, sliced diagonally
- 1 Bay leaf
- Salt (amount optional)
- 6 Cups chicken stock
- 2 Tablespoons butter
- 1 Large onion, thinly sliced
- 1 Teaspoon sugar
- 1 1/2 Tablespoons curry powder
- 3/4 Cup jasmine rice
- 3 Tablespoons chopped fresh dill
- 1 Lemon, cut into wedges

### Directions

Combine chicken, carrots, bay leaf and a pinch of salt in a medium saucepan or stock pot. Add 3 cups chicken stock and bring to a boil. Immediately reduce heat to a simmer, cover and cook until the chicken is just firm, about 20 minutes.

Meanwhile, heat the butter in another saucepan. Add the onion, sugar and 1 teaspoon salt. Cook until the onion is soft, about 5 minutes.

Add the curry powder and cook for 1 minute. Add the rice and the remaining 3 cups of stock. Increase heat, cover and simmer until the rice is tender, about 15 minutes.

Remove the chicken from its broth and shred the meat into pieces. Return the shredded chicken to the same broth. Using an immersion blender, puree a portion of the rice mixture. This will slightly thicken the soup.

Combine with the shredded chicken and broth; bring to a simmer. Toss in the chopped dill and serve soup with lemon wedges to squeeze into bowls. Serves 4.





## Members of the Month!

We would like to congratulate Stephanie Keddy and Courtney Masey on being chosen as Members of the Month for February! Both of these girls have shown strong initiative by attending and participating in several events, activities and meetings throughout the year. We really appreciate your dedication to CAFP!



*Stephanie Keddy (left) and Courtney Masey (right)*

## Educational Event: Gio Kitchen Tour at the Prince George Hotel

*Right: Chef Dave Woodley preparing the Ravioli sauce*



In January we had the opportunity of touring the Prince George hotel and Gio's kitchen. We learned that Gio prepares food for a variety of events in addition to the guests who eat at the restaurant; they cater for weddings, conferences and banquets.

asked us to help them make fresh ravioli. We got to sample our cooking at the end and learned that the Gio staff are a very talented culinary team - it was a wonderful experience had by all who attended!

**By Sarah Montgomery**



The culinary team works hard to source many of their ingredients locally; many of their meats and produce come from areas closely surrounding the HRM region. We were very surprised and excited when the culinary team



*Right: Students Edwena Kennedy, Sarah Montgomery & Andrea Fennell helping out in the kitchen*



## Letter from the Editors

Hi Everyone!

Thanks so much to everyone who contributed to the February Newsletter! We really appreciate receiving articles and pictures that showcase what CAFP has been up to each month!

In the upcoming weeks there are several nutrition related events and lectures happening at the Mount. Especially since March is designated as Nutrition Month! If you attend any of these events please feel free to send in a short article about the experience along with a picture or two.

Also, remember to vote for who you think should be Member of the Month for March. This is a great way to recognize members for their involvement in CAFP and the Mount community. To nominate someone, please write a short paragraph telling us a little bit about the person and why you think they deserve to be Member of the Month.

Please send any pictures, stories or reviews to us at: [yvette.mitchell@msvu.ca](mailto:yvette.mitchell@msvu.ca) or [andrea.fennell@msvu.ca](mailto:andrea.fennell@msvu.ca)

*-Yvette & Andrea*



## February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Student Branch Meeting	8	9	10	11 Internship Panel	12
13	14	15	16 Bake sale	17	18	19
20	21 ←	22	23 Reading Week	24 →	25	26
27	28 Student Host Night	29	30 Education Event			