



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

Welcome to a brand new year!

We are back— and ready to start up again with newfound energy! This semester we are taking bigger steps to offering more opportunities to participate, learn and network.

This month we will be focusing largely on getting as much information out as possible on bursary applications, and our faculty supervisor, Linda Mann, will be offering a bursary information session which I encourage you all to attend if you are thinking of applying. These bursaries are so great to take advantage of and will be great to highlight on your resumes, not to mention free money!

We also have a number of events sure to kick start the year, including a “Nutrition Trivia Night”, a facility tour of Geo Restaurant, and preparing a home-cooked meal for the Ronald Macdonald House, among many more!

I would like to finally make note of the National CAFP conference coming up in Vancouver from May 29th — June 2nd. We will be concentrating our fundraising efforts to help support any student who wishes to attend this conference. It is an amazing time! You will have the opportunity to meet students from across the country and will be involved in an incredible networking opportunity. I hope we can get a good



group together for a fun and memorable trip to the West coast!

As always, if you have any questions, concerns, or comments, feel free to connect with us either through email, facebook, and now you can follow us on Twitter @MountCAFP.

Hope you have a great start to your winter's semester courses!

Edwena Kennedy
Student Branch President

Did you know? Lemons have more sugar than many other fruits, including the strawberry.



“Volunteers do not necessarily have the time; they just have the heart.” - Elizabeth Andrew

Annual Christmas Auction Fundraiser

December’s professional branch meeting was the Annual Christmas Auction Fundraiser—the only fundraising event the professional branch has each year, and it was a blast!

The event was held at Exhibition Park, and the décor was entirely Christmas themed to ring in the Holidays. The event was sponsored by ARAMARK, Ecolab, Sarah Lee, and Kraft Foods, and featured an extensive buffet of both hot and cold dishes and a

delicious dessert bar.

There were tables and tables of amazing auction items, and most of us went home with a handful of goodies by the end of the night! The amount of donations from local business was overwhelming! We also had a display table set up for our MSVU student branch auction, which displayed donations from Atlantica Hotel, Superstore, Costco, Keith’s Brewery, Five Fisherman Restaurant and Liquid Gold. We are so

grateful for all those who supported us that night!

The evening was filled with lots of laughter, especially as executive member Patricia Myatt hosted a fun game of “reindeer races” that got everyone in a competitive (and silly!) mood!

Overall, it was a thoroughly enjoyable night and thank you to all of the volunteers who helped out in any way!

By Edwena Kennedy



ARAMARK



Thank You to This Month’s Newsletter Contributors!

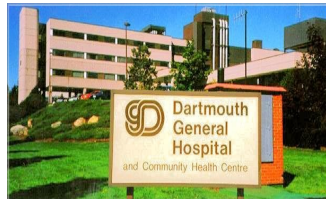
Anne Riley Edwena Kennedy

Emily Foster Danica Pion Rachelle Vallee

Professional Branch Dinner

November's Professional Branch Dinner was held on Monday, November 19th at the Nova Scotia Hospital in Dartmouth. This dinner was an opportunity to view the process of the FEED NS Learning Kitchen as they were able to prepare and deliver our meal. The FEED NS Learning Kitchen is a 16-week culinary training program which gives individuals facing

barriers to employment a chance to learn various skills to prepare them for a successful job in the foodservice industry. Not only was the meal delicious, but it was also completely made from scratch in the hours leading to the function. The students



and their Chef Instructor, James Henderson, came out at the end of the meal to explain the process they've gone through, which was very enlightening. After the dinner Lisa Dahr, manager of NSTHRC/TIANS, spoke about tourism and the foodservice industry in Nova Scotia.

By Danica Pion



“Almost 80 per cent of students who have completed the program have maintained employment and have found meaning and direction in their own lives.”
 - FEED NOVA SCOTIA's Website
 (www.feednovascotia.ca)

Student Social Event

On November 16th, the Mount CAFP Student Branch hosted their first ever Bus Crawl as a joint Social and Fundraising event.

The evening started off with everybody meeting at Vinnie's, the University's student pub, where there was paint and other supplies for everybody to paint their T-shirts with! People got very creative and it was a great way to break the ice with everybody before we all

piled onto a school bus and started our tour!

The tour took us from MSVU to Bedford, to Sackville, then to Dartmouth, and finally dropped us all off downtown Halifax where many of us ended the night with some good old-fashioned karaoke!

Not only did this event prove to be an awesome fundraiser, it was a great opportunity for all the students to take a break

from their studies and have some fun!

Stay posted for more joint social and fundraising events in the New Year! Some of the events planned include a Trivia Night at Vinnie's, a Downtown Social and a Bowling Night! Anybody interested in helping planning events or who have ideas for future social activities, please let me know.



Students getting creative with their T-shirts.





“Branch bursaries may vary in amounts ranging from \$200 to \$1,000 “

*“You miss 100% of the shots you don’t take”
-Wayne Gretzky*

Branch Bursaries: 2013

The branch bursary program offers bursaries to students who are enrolled in institutions with student branches and are student CAFP members in good standing. Preference is given to a first year of a two year program or the first, second, or third year of a four year program.

Branch bursaries may vary in amounts ranging from \$200 to \$1,000 each depending on the professional branch fundraising ability.

Special premier and/or

memorial awards are also presented annually. These awards often have an additional selection criteria requirement covering activities by students on behalf of humanity. Scholarships may be given to an outstanding student, considering academic and professional achievement.

The branch bursary chairperson reviews and updates the branch bursary application forms annually. The application forms must be completed and returned to the

Professional Branch no later than February 28. The bursary application must include the following:

- 1) The official application form.
- 2) An official school transcript of marks achieved.
- 3) A letter of reference from an employer and a faculty member.

For anyone who missed the bursary information session and still has questions, email mountcafp@gmail.com for specific details.



Former MSVU Branch President Kristin Knight being awarded the 2012 ARAMARK Gold Plate Award

ARAMARK Gold Plate Award

The CAFP Gold Plate Award is set in place as a way of recognizing individual achievements and contributions to the foodservice industry. As sponsor of the program, ARAMARK supports the top student leaders in each of the 16 student branches.

At the local level, a student branch winner will be decided upon for each professional branch based on the following criteria:

- 1) Association involvement

- 2) Industry experience
- 3) Commitment to the food service Industry
- 4) Community service
- 5) Scholastic achievement
- 6) Written essay

Upon being deemed the winner, a \$400 cash prize will be awarded along with complete funding to attend the CAFP National Conference.

Each local recipient will then get the opportunity to participate at the National level, with a \$1000 cash prize and the ultimate

exposure to food service professionals across the country.

The deadline for submission will be sometime early March—keep your eyes peeled for more information.

This is one of the most prestigious awards a student member can obtain and it is highly possible that it can be awarded to you!

CAFP Gets Cooking!

Blueberry Oatmeal Applesauce Muffins-An excerpt from the CAFP Cookbook!

Ingredients

- 1 1/4 Cup whole wheat flour
- 1 1/4 Cup oats
- 1 Teaspoon baking powder
- 1/2 Teaspoon baking soda
- 1/4 Teaspoon salt
- 1/2 Teaspoon cinnamon
- 1 Cup unsweetened applesauce
- 1/2 Cup low-fat or non-fat buttermilk
- 1/2 Cup firmly packed brown sugar
- 2 Tablespoons canola oil
- 1 large egg, lightly beaten
- 3/4 Cup blueberries (fresh or frozen)

Directions

Preheat oven to 375°F.

Line a 12 cup muffin tin with paper liners or spray with nonstick cooking spray.

In a large bowl whisk together flour, oats, baking powder, baking soda, salt and cinnamon. Combine applesauce, buttermilk, sugar, oil and egg in a medium bowl. Make a well in dry ingredients and add applesauce mixture, stirring until just moist. (Don't over mix them! The batter will be thicker than your average muffin batter.) Carefully fold in blueberries.

Spoon the batter into muffin cups. Bake at 375°F for 16-18 minutes.

Makes 12 muffins

Submitted by: Rachelle Vallee



Kale Tomato Soup with Chickpeas and Cumin

Ingredients

- 3 Tablespoon ginger, minced
- 1/4 Cup olive oil
- 2 Shallots, diced
- 1 Zucchini, diced
- 2 Cups water
- 1 28-ounce can whole peeled tomatoes
- 1 Bunch curly kale, stalks trimmed
- 2 Tomatoes, diced
- 1 1/2 Ounce canned chickpeas, preferably low sodium
- 2 Tablespoon ground cumin
- 2 Tablespoon chili powder

Directions

Combine the ginger, olive oil, shallots, and zucchini in a pot. Sauté the ingredients together for 5 minutes.

Add the water, can of tomatoes, 3/4 of the bunch of kale, 1 tomato, can of chickpeas, cumin and chilli powder. Bring to a boil and then simmer for 20 minutes.

Using a blender, mix the soup until fully blended.

Mince the final 1/4 of the kale and put into the pot with the second tomato. Simmer for an additional 5 minutes and then serve hot.





New Year Resolutions

“Sleep early, wake up early” “Focus as much on exercise as I do on nutrition”

“Pack a lunch everyday” “Read for leisure” “To eat only local produce”

“Unclutter and organize my life!” “To read more journal articles a week”

“Try cooking new, healthier recipes and to share what I learn with others so people see that healthy foods can taste great!”

“To be more aware of what is in packaged foods—i.e., reading labels”

My Dietetic Experience in the Administrative Setting: IWK Health Centre — Halifax, N.S.

Hello CAFP members, My name is Anne; I was a nutrition student who just completed the Integrated Internship Program. My Administrative placement took place this fall at the IWK Health Centre in Halifax. Throughout the placement I worked closely with the Food Service Manager, Computer/Cafe Coordinator (Admin Dietitian), Catering Coordinator, Food Service Supervisors and the Production Supervisor. Spending time in each area provided insight to all functions of the Food Service department.

The 3 components of IWK Food Services are the South Street Café, Catering, and Dial for Dining (24/7 room service system for patients, staff, and guests). Experiencing Dial for Dining was certainly a unique opportunity; the IWK is a pioneer in this style of food service. Several other facilities

in Nova Scotia and across Canada have adopted this room service model after seeing its impact on patient satisfaction and reduction in food waste.

It would be tough to describe a ‘typical day’ in this placement as each day had different challenges and opportunities. I had at least a few short-term and long-term projects on the go at any given time, while my major project was a summary document of 2012 Provincial Patient Tray Waste Audits in Nova Scotia District Health Authorities.

I had the opportunity to attend provincial meetings for Food Service Managers/Directors several times during the placement. At these meetings I took part in routine discussions and presented information on Provincial Healthy Eating Initiatives as well as Provincial Food Waste Audits. I appreciated the opportunity to gain insight to the roles of

managers/directors across Nova Scotia. I also attended meetings with the Clinical Dietitians at the IWK as issues arose which required collaboration between Clinical Nutrition and Food Services.

All in all I was grateful for the learning experiences and opportunities available in the IWK Food Services department. After my Community and Clinical placements, this Administrative placement left me with a well-rounded perspective on Dietetics as a whole.

By Anne Riley



“For the things we have to learn before we can do them, we learn by doing them.”

-Aristotle

Letter from the Editors

Hello everyone! We hope you all had a relaxing and enjoyable break. There are many exciting activities and events happening in the upcoming months so please read the newsletter each month to stay up to date!

In this newsletter we have included a recipe that will be featured in the upcoming Mount CAFP Cookbook. This cookbook will contain a variety of yummy appetizers, entrées, snacks and desserts. If you have a

favorite recipe that you would like to include please email it to Hilary at: cafprecipes@gmail.com

Also, remember to vote for who you think should be Member of the Month for February. 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.

We are looking for contributors for next months newsletter. If you have pictures from events and community activities or would simply like to share an experience, nutrition tip or recipe please send them to: yvette.mitchell@msvu.ca or andrea.fennell@msvu.ca

-Yvette & Andrea



January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Executive/ General Mem- bers Meeting	11 Gio Restau- rant and Kitchen Tour	12
13 St. An- drew's Supper Volunteer Event	14	15	16	17 Senior Branch Meeting	18 "Home for Dinner" Volun- teer Event	19
20	21 Bake Sale	22	23	24	25 Nutrition Trivia Night	26
27	28	29	30	31		

Did you know? Almonds are members of the peach family.