

Eat This!

Mount Saint Vincent University Canadian Association of Foodservice Professionals Student Branch Newsletter



A Message from the President

By Laura Pugsley

Welcome all new and returning CAFP members! My name is Laura Pugsley and I'm looking forward to my role as the MSVU Student branch President for 2014/15.

The CAFP is a national association comprised of foodservice professionals that focuses on providing opportunities for personal and professional development. Through educational workshops and events, volunteer opportunities, networking opportunities and social events, CAFP members are introduced to the numerous possibilities for professionals in our field.

This year, you are all encouraged to take advantage of the great opportunities that your CAFP membership presents to you- including exciting events but also opportunities for bursaries. Furthermore, members have the unique opportunity to enjoy monthly dinners with the Halifax/Dartmouth

your networking skills- while enjoying Halifax's thriving culinary scene!

Although classes are just gearing up, CAFP recruitment is well underway and it looks like we will have another fabulous group of enthusiastic members! The executive team welcomes suggestions and assistance with events, so please stay connected, voice your ideas, and become an active member!

Our Facebook page is <https://www.facebook.com/mountcafp>

and you can e-mail us at mountcafp@gmail.com

I'm looking forward to a great year ahead!

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What is CAFP?

Canadian Association of Foodservice Professionals is a nationwide program that provides a method of networking opportunities for various foodservice professionals. Members of CAFP include chefs, foodservice providers, members of the military, and a number of others from similar occupations. CAFP assists young individuals in looking for job opportunities and they sponsor student branches at universities and colleges around the country that offer hospitality management and foodservice programs. As part of the CAFP student branch, we plan and organize monthly meetings, fundraising events, volunteer events, educational events, social events, and attend monthly Professional Branch dinners and meeting which provide great networking opportunities for students. Through these experiences, numerous CAFP members often find employment opportunities and become leaders in various foodservice industries.

We encourage anyone passionate about food and/or the food industry to get actively involved with MSVU's fun and opportunistic student branch! There is still ample time to sign up and become a general member for only \$25. Arrangements can be made to sign up by emailing mountcafp@gmail.com. You can reach out to any one of this year's executive members on campus if you'd like to know more about CAFP or to sign up.

This year's CAFP executive members are:

Laura Pugsley-President
Jean Baker - Vice President
Courtney Masey - Secretary
Kiley Zdunich - Treasurer
Allison Barnett - Education Chair Social
Clarissa Smith - Volunteer Chair
Nicole Maillet and Esther Adsett - Communication Co-chairs
Lyza Hooper and Kirstie Clynick - Fundraising Co-chairs
Rachel Scoville- Social Chair
Erin Selig and Stephanie Keddy - Newsletter Co-chairs



On the Lookout for First Year Students

Hello everyone, my name is Stephanie Keddy and I am now in my third year of nutrition. I was in my first year of the program when I first heard of CAFP and what it was about. I did not know what to expect when entering the nutrition program fresh from high school and I was looking for something that would give me the opportunities and the experiences I was looking for. Joining the student branch at the Mount was probably one of the best decisions I could have made in university. I have met people I never would have met before, made connections, stepped well outside my comfort zone, got involved with the community in Halifax and at the Mount, and it has made me into the person I am today. It is something that I am proud to say I am a part of and I would encourage all other first year student to get involved as well.

Community Garden

Join us on Friday afternoons from 12-2PM dressed for the weather to join our garden work parties! Enjoy the beautiful fall weather while getting your hands dirty weeding, watering, harvesting, and experimenting with season-extension! No experience needed and all helpers are welcome. Join our Facebook group for more information: The Mount's Community Garden

Garlic workshop: Wednesday, October 15th
at 2:30PM

Location: the Mount Community Garden.

Rain-date: October 22nd @ 2:30PM

Garlic has been used throughout the ages not only for its distinct flavor but for the prevention and treatment of a wide range of medical conditions and diseases. Not to mention its role in repelling vampires and its alleged aphrodisiacal powers!

Come learn all there is to know about garlic. Garlic recipes will be handed out to participants!

E-mail garden@msvu.ca to reserve your spot. No fee to participate.



Seasoned to Taste

Black Bean, Sweet Potato, and Red Quinoa Soup

Submitted By: Courtney Masey

Ingredients

- 1 cup uncooked red quinoa, rinsed and drained
- 1/2 tbsp coconut oil (or other oil)
- 3 garlic cloves, minced
- 2 cup diced sweet onion (about 1/2 large)
- 1 jalapeno, seeded if preferred and diced
- 1 large sweet potato (350 g), peeled and chopped to 1/2-1 inch dice (2.5 cups)
- 1.5 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp ground coriander
- 6 cups vegetable broth
- 1.5 cups cooked black beans (one (15-oz) can rinsed and drained)
- fine grain sea salt and black pepper, to taste (I used 1/2 tsp salt or a bit more)
- 1/4 tsp cayenne pepper (or red pepper flakes)
- 2 handfuls Spinach or kale leaves, optional
- toppings: avocado, corn chips, cilantro, cashew cream, lime juice, tomatoes or salsa, green onion



Instructions

1. In a medium-sized pot, add quinoa along with 1.5 cups water. Bring to a boil, reduce heat to medium, and cover with tight fitting lid. Simmer covered for about 17 minutes or until the water is absorbed and quinoa is fluffy. Remove from heat, fluff with fork, and keep it covered until ready to use.
2. Meanwhile, heat oil in a large wok or pot. Add garlic and onion and sauté for a few minutes over medium heat. Season with salt and pepper. Now add in the jalapeno and sweet potato and sauté for 5-7 minutes more.
3. Stir in the cumin, chili powder, coriander, and broth. Bring to a boil and then reduce heat to medium and simmer for about 18-20 minutes uncovered, or until the potatoes are tender.
4. Just before serving, stir in the cooked quinoa, drained and rinsed black beans, cayenne, and optional spinach. Season with salt and pepper to taste, adding more spice if desired.
5. Garnish soup with cherry tomatoes, cilantro, green onion, lime juice, corn chips, avocado, and/or cashew cream.


Note: Feel free to use butternut squash in place of sweet potato.



SIGNS – A Restaurant Experience to Remember


If you were asked what your typical visit to a restaurant is like, you would probably mention the obvious things like telling the waiter or waitress what you want to order. SIGNS Restaurant located in Toronto, Ontario is a not so typical restaurant that gives customers a dining experience they will never forget. It is the first restaurant in Canada to hire a staff completely of deaf people which provides not only a unique experience for customers, but it opens job opportunities for those in the deaf community where employment was once not thought to be possible.


How do customers order food you may ask? Customers are highly encouraged to sign to the waiters/waitresses when ordering food by using the hand symbols on the menu for that particular food item. Whether you know sign language or not, all customers are welcome to join this new experience and maybe learn some sign language along the way. For more information, visit their website at <http://signsrestaurant.ca/>




ORDERING A MEAL



6. Rare  rare






7. Medium-rare  medium  rare




8. Medium  medium


9. Well-done  well-done

10. I'm on a special diet  I  special  diet

11. I'm allergic to...  I  allergic

wheat      W H E A T

dairy   

nuts 

Picture from <http://www.businessinsider.com/toronto-signs-restaurant-and-bar-2014-8>

An insite on Internship

I completed my community placement at Adsum Centre, part of the non-profit organization Adsum for Women and Children that provides services and housing to women, children, youth and transgender persons at risk of homelessness and advocates for the elimination of poverty. Adsum Centre is a communal, residential living environment that provides programming and 24/7 support for up to 16 clients, who live full-time at the Centre for up to 12 months, and attend mandatory programs every week. As the dietetic intern, I was responsible for health promotion activities, which included planning and then teaching Healthy Living Program two hours a week, starting a Garden Program and a Walk Club, and offering one-on-one nutrition counseling.

Teaching Healthy Living Program gave me the opportunity to gain experience developing educational materials and teaching others about food and nutrition. I loved that the Centre was small, with only four full-time staff and about 10 residents. I was able to build strong relationships with both. My favorite part about the placement was helping to start and facilitate the Garden Program, which so far has been a success, with bountiful harvests. The most challenging part about my internship was developing engaging and relevant material to teach during Healthy Living Program. The residents were often struggling with a crisis situation such as addiction, mental illness, or abusive relationship and learning about healthy eating was not a priority. Overall, I truly feel confident in the impact I made through the health promotion activities I completed during my placement. I learned so much about nutrition, dietetics, and population and public health to supplement my coursework. Bring on level 2!

Hayley Ewing – Level 1 Community Placement @ Adsum Centre

Fermentation Workshop

Presenting a workshop on fermentation where participants will not only learn the basics of fermenting vegetables, but will take home a ferment of their own; sauerkraut! Over the course of this two hour event, participants will be involved in a discussion about the simplicity of implementing fermented vegetables into their everyday lives, the origin of fermentation, techniques behind the art, and potential health benefits associated with eating fermented vegetables. As well as this, participants will be taken through an easy step-by-step process of fermenting their own cabbage and herb combinations, resulting in a different ferment for each person! By the end of the workshop, everyone will hopefully walk away with a better understanding of what fermented vegetables are, and what they can do for them, their bodies, and their taste buds!

Day: Friday, **October 3rd, 2014**

Time: 12pm – 2pm

Place: Rockingham United Church, 12 Flamingo Drive, Halifax NS, B3M 1S5

Cost: \$5.00 suggested donation

Space for this event is limited, so please reserve your spot ASAP by emailing

allison.barnett@msvu.ca

Petite Riviere Vineyards

The year 2014, Petite Riviere Vineyards will mark its 10th year of making wines in the South Shore's LaHave River Valley Wine Region, one of the oldest grape growing regions in North America. The distinct soils, coastal breezes and the slopes of the Drumlin Hills make ideal location for producing fine wines, particularly robust reds.

Petite Riviere Vineyards wine maker, Barbara Thomson, is a trained sommelier and Gained her wine making education in Napa Valley. She is also a Natural Nutritionist providing her with a strong chemistry background and an approach to winemaking focused on health conscience quality designs.

"The South Shore soils provide an ideal growing environment for grapes, enabling the production of very distinct wine flavors," says Barbara. "There is something distinct about this soil that impacts the flavor profile of the grape. Most likely it is the slate rock and the superior drainage of our Drumlin hills. Everything we try seems to produce something delightful and interesting."

You can find Petite Riviere Vineyard's wines at 13 of the province's Farmers Markets from Yarmouth to Antigonish. Some of Petite's wines can also be found in various NSLCs, and other specialty wine shops. The winery supports and participates in a large variety of local events, festivals, fund raisers, and trade shows across the Province.

Petite Riviere Vineyards has not only become a wine destination on the South Shore, but, it has also become a popular venue for community members to host their corporate events, bachelorette parties, weddings, reunions, and a whole host of parties and special occasions.

The Petite team also puts on a variety of public events including a Concert Series, Arts Shows, Wine Launch & Tasting events, BBQs, Harvest Festival, and Holiday Craft show. The Winery is open 7 days a week through the end of October, from 11:00am to 5:00pm, then weekends only through December. The Petite staff are always happy to pour the complementary wine tastings, and enjoy educating guests on the wines. This Fall, the Winery will offer a new elite red wine series named "The Drumlins" and will offer special tastings on weekends only.

The Winery offers its daily "Ultimate Tour" at noon, educating guests about the unique terroir, grape growing, and wine making process. The tour finishes with a casual wine and food pairing where guests are invited to try several of premier white and red wines and experience how different foods affect the wine's expression.

For more information:

www.petiterivierevineyards.ca

info@petiterivierevineyards.ca



Have You Heard?

Carrots used to be purple before the 17th century

In the 16th century, Dutch growers cultivated the orange carrots we know today by taking mutant strains of purple carrots. Some attributed this to their tribute to the House of Orange and struggle for Independence. To see full article visit:

<http://www.todayifoundout.com/index.php/2010/04/carrots-used-to-be-purple-before-the-17th-century/>

Putting a creative spin on lunch as students head back to class

Some parents take the opportunity to get very artistic when packing their children's lunches, but one Edmonton-based RD says that although getting children to eat healthy, balanced meals can be difficult, you don't need to spend hours making a masterpiece. She offers other creative ways to feed your kids. To see full article visit:

<http://globalnews.ca/news/1530785/putting-a-creative-spin-on-lunch-as-students-head-back-to-class/>

Canadians urged to cut 'added sugar' intake by half

The Heart and Stroke Foundation of Canada recommends Canadians limit their consumption of added sugars to 10 per cent of their total daily caloric intake and, ideally, less than five per cent. To see full article visit:

<http://o.canada.com/health/canadians-urged-to-cut-added-sugar-intake-by-half>

Join the Conversation!

We'd like to hear what you think about these articles!? Send thoughts or comments to our facebook page, tweet us at **@MountCAFP** or send us an email at **mountcafp@gmail.com**, and we will include them in the next newsletter.

Baddeck pharmacist pulls sugary drinks off shelves

A pharmacist in Baddeck, Cape Breton has pulled all the sugary drinks off his shelves in a stand against refined sugar. He hopes to continue this year with other items like chocolate bars and candy. To see full article visit:

<http://www.cbc.ca/news/canada/nova-scotia/baddeck-pharmacist-pulls-sugary-drinks-off-shelves-1.2764423>

Measuring meals by exercise, not calories helps consumers eat healthy: study

A new study suggests that consumers would be more inclined to choose the healthier menu options if the food labels displayed how long it would take to burn off those calories with brisk walking. To see full article visit:

<http://globalnews.ca/news/507261/measuring-meals-by-exercise-not-calories-helps-consumers-eat-healthy-study/>

Keep the Date!

Port of Wines Festival

The Port of Wines Festival is Nova Scotia's leading wine event, and this year, France is the focus country. The festival will be held on September 26 and 27th at the Cunard Centre. You are able to purchase tickets for the event at select NSLC stores or TicketAtlantic.com, and you must be 19 years of age or older to attend. This is a great way to join thousands of people in an afternoon or evening experience of tasting some of the worlds finest wines, with the option to purchase bottles sampled. See the website for ticket prices: http://www.mynslc.com/Content_MarketingPages/Content_Events/Events_PortofFestival.aspx

CAFP Meeting

Our first meeting will be held on September 22nd at 2:30, room to be announced. We will be having monthly meetings on Monday's between 1:30-3:15, length of meetings may vary.

CAFP has a lot planned for this year.

Keep an eye out for our emails and our posts on our Facebook page for more information. Such events include:

Volunteer Events:

- Trick or Eat – **October 31st**
- Ronald Macdonald house
- Feed Nova Scotia
- Christmas Wrapping at the Malls

Education Events:

- MSVU Garden
- Wine Pairing
- Cooking class
- Counseling- Stress Management
- Sugar Shack
- Fermentation Presentation – **October 3rd**

Fundraising Events:

- Bingo
- Mystery Bus
- Ultimate Frisbee Challenge Halifax Commons
- Brewery tour
- Pumpkin Carving
- Coffee House
- Soccer Dodgeball/Soccer Baseball
- Cherry Berry
- Trivia Night (\$ per team)

Social Events:

- Sports games
- Yoga class
- Pub Crawls
- Cosmic Bingo
- Bus crawl
- Coffee House
- Valley Trip – **October 18th**
- Ugly Sweater Party



Stay Connected With CAFP!



E-Mail

mountcafp@gmail.com

Facebook

Mount CAFP Student Branch

Twitter

@MountCAFP

Bulletin Board

3rd Floor Evaristus Building outside the food lab.



A Message from the Editors

Hello Everyone!

We would both like to thank everyone who had contributed articles or photos to this month's newsletter. Keep up the work and send us any recipes that look delicious, articles that may be an interesting read, have any thoughts and opinions on the articles include, or photos taken from events or from around the community and would like to share them with us, please send them our way! Keep an eye out for our next November newsletter.



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