

Eat This!

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

President's Message:

Hey Everyone!

So it's hard to believe but it's almost time for Christmas vacation and although I know we are all bogged down with tons of work, hang in there – it's almost over!

We have had a really successful month in October and hope to have just as much, if not better, success for November and December. I've been really happy to see new faces coming out to the events and lots of involvement from everyone. We have had especially good turnout this year at the senior branch dinners, which was great – hopefully this trend continues and you've been able to see how easy it is to meet new people!

This month we have been preparing for Diabetes Awareness Month and have two events in its honour – t-shirt decorating and education event, as well as a clothing drive! We also have our first big social event coming up, so this is your time to get to know anyone you haven't had the...*continued on next page...*



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chance to mingle with yet! Another big focus for the month will be preparing for the Christmas Auction Fundraiser on Dec. 3rd, which is a big opportunity for us help raise funds for our branch and help send students off to the National Conference! And finally, I hope most of you will be able to make the education event with registered psychologist, Marriam Abou-El-Hage to discuss some controversial topics on dietetic counseling. So as you can see, it's going to be a busy few weeks!

As this will be the last newsletter before heading off for the holidays, I'd like to finish off by wishing you all a wonderful, relaxing, and well-deserved break to enjoy the holidays with family and friends! I'll see you in the New Year!

-Edwena Kennedy

CAFP Student Branch President 2012-2013

Professional Branch Dinner:

The October 22nd meeting was the 7th Annual Sponsor Showcase, held in the Dickson Building of the QEII Health Sciences Centre. The sponsor showcase is all about featuring the latest in projects, products and services from CAFP sponsors. We enjoyed a delicious buffet style meal with items sponsored by Kraft, Campbell's, Maple Leaf, Sarah Lee and Nestle.

Thomas Holzschuher from Burlodge flew all the way down from Toronto to speak to us on new and upcoming products that feature top-of-the-line technology and design for easy meal delivery solutions. The event also welcomed Maple Leaf representative Kerry Lambe who navigated us through Maple Leaf's new website and highlighted all the new and user-friendly features that cater to both the everyday consumer as well as the food service worker. A really neat feature was "The Learning Kitchen" page, which featured video cooking tutorials and an incredibly easy and versatile search engine for recipes to make with just about any Maple Leaf product!

Finally, Alan Saunders from Campbell's was available for a question and answer period. The student turnout for this dinner was great (11 students altogether), which made for very good representation on our behalf! Overall, a very good night with good company!



Vegan and Vegetarian Nutrition for Superb Health: Lecture and Book Signing by R.D. Vesanto Melina

Vesanto Melina is a registered dietitian and co-author of books that have become classics in the field of vegetarian, vegan, and raw foods nutrition. Not only is she a coauthor of over 10 books sold around the world, but she also coauthored the position paper outlining the American recommendations for healthy vegetarian diets. Halifax was lucky enough to have her speak at the HUB downtown on October 17th on the topic of reaching healthy nutrition with vegan and vegetarian diets.

Listening to Vesanto speak was very enlightening and thought provoking. She approached the topic of vegan and vegetarianism in a confident and realistic way. Instead of only speaking to the environmental, economical, and health benefits, she was effective in highlighting the nutrition speed bumps for people choosing these diets, and simple ways to make sure you feel confident eating a healthy, well-rounded diet. Since she herself practices a vegan lifestyle, she knows the practical "in's and out's" of accomplishing a healthy vegan diet.

In my personal opinion, since none of our nutrition professors practice a vegan lifestyle, it is often brushed off as risky and potentially unsafe. Vesanto focused on nutritional considerations and provided ideas and approaches, which can be translated into effective vegan counseling skills. I found this lecture opened my mind and convinced me to approach my own diet in a more ecological way, and also think of the global impact of my food choices.

I urge all students to take advantage of the public lectures happening in Halifax. We are lucky enough to be in a center, which attracts wonderful speakers you may not otherwise have the opportunity to hear speak. The things you learn from public lectures often provide more impact and serve more memorable than the two hours spent studying for an exam you'll do well on anyway.

If you are interested in reading more on this topic, visit Vesanto Melina's website at www.nutrispeak.com.

Submitted by Danica Pion





Trick Or Eat:



Trick or Eat was a great success this year! I would like to send out another thank-you to all the volunteers who could make it out to brave the streets on Halloween night. Although Halloween happened to land on the day Hurricane Sandy came through to visit, we were able to catch a window of only slight rain to collect our food items.

For those of you who were unable to make it to this volunteer event, or who may not know about our annual Trick or Eat campaign, it is run through Meal Exchange and happens throughout all of Canada. Every year groups or teams raise money online and go door-to-door to collect non-perishable food items for their local food bank. This is an attempt to combat the fight against hunger and raise awareness of our current state of food insecurity.



This year we were able to fill 21 large boxes with 376 kg of non-perishable food items for FEED Nova Scotia! About 30 people made it out and I feel confident saying that we all had a wonderful time!

And a special thank-you goes out to Hilary Boudreau, our lovely Vice President, who raised an additional \$72 in online donations for this cause! Thanks Hilary!

For more information about the Trick or Eat campaign or upcoming volunteer events, please contact Danica at danica.pion@gmail.com.





Restaurant Review: The Sweet Hereafter

Location:
6148 Quinpool Road

Hours:
Mon–Wed 12pm–10pm
Thurs–Sat 12pm–11pm



For my best friend's birthday I decided to take her out for cheesecake to a newer place called the Sweet Hereafter. This restaurant specializes in cheesecake, and sells this exclusively as well as some cupcakes that are catered in.

There are usually about 9 choices with 1 being vegan and 1 that is gluten free. They also take requests if you ask before you come in! I chose the **vegan Dark Chocolate Raspberry cheesecake** made with tofu, and she chose the **Black Forest cheesecake**. Both slices were generous in size and we chose earl grey tea to go with them (The Sweet Hereafter carries the organic fair-trade tea brand Numi). The vegan choice was very rich tasting and was not too sweet, just right! It's great for anyone who can't have a lot of dairy but enjoys cheesecake. The Black Forest cheesecake was delicious as well (I snuck a bite) and once again did not seem to sweet, and both had a nice firm texture and accurate flavors.

The service was excellent as well and the décor really goes with the dessert idea. Definitely looking forward to my next venture to the Sweet Hereafter!



Submitted by Hilary Boudreau



My Dietetic Experience in the Administrative Setting: Seaview Manor – Glace Bay, N.S.

By Eleanor Eville

I know all of you aspiring dietetic interns, and current interns who have not yet completed an administrative placement, are wondering what this type of experience has to offer. I was wondering the same thing before I started. I can tell you, even though you may not believe it, that the skills you develop during the completion of your menu planning project, and all of those 3rd year courses, will come in quite handy! You will gain valuable organizational, research, presentation and management skills, as well as many new friends and contacts!

Over the summer, I completed an administrative internship placement at a small long-term care facility, Seaview Manor in Glace Bay, a town outside Sydney in Cape Breton. The facility was located, as its name suggests, right next to the sea. Each day, we could watch the lobster boats go out to bring in the daily catch. It was a beautiful place to spend the summer! The manor was home to 114 residents living in four different wings. I spent time in each of the wings, getting to know the wonderful people who lived there. My supervisor was not only the administrative dietitian on staff, she was also the clinical dietitian. In addition to wearing two hats, she also only worked part-time; this left me to work mostly on my own, completing the assignments on my to-do list. I understand that I am not alone in this experience – many other interns, likely most of us, have and will set our own daily schedules and work independently.

In addition to spending some time with the residents, the main focus of the administrative placement was learning how to manage foodservice. My daily tasks included ordering and managing food supplies, supervising and serving meals in the dining rooms, and supervising the kitchen operation. I was given the opportunity to perform many management functions throughout my placement, including menu analysis for cost and nutrition, planning a theme meal for residents and staff, performing a resident food service satisfaction survey, and the all-important **research project**. I elected to perform a plate waste audit, since it had never been done. It was a learning experience not only for me, but also for everyone at Seaview Manor. I was able to develop a procedure for auditing plate waste, and collected the first ever data on the subject. This data provided some evidence to complement what nursing staff and...*continued on next page...*

food service workers were observing, and helped us to initiate menu changes to better serve the residents.

My favorite part about my internship placement was interacting with and learning from the residents. They will always tell you a great story! While talking with them and observing them in the dining rooms, I also gained insight into the types of feeding issues encountered in the elderly population. Trouble with swallowing and chewing, small appetites, short attention span and requirement of diet texture modifications were only a few of the problems that I and the dietitian navigated, while attempting to accommodate as many of the residents' personal preferences as possible. If any of you end up in a similar placement, I think you will find that part of the work very rewarding.

I will end by saying I really enjoyed living in Glace Bay. There is such a wonderful culture in Cape Breton that I will always remember fondly. Seaview Manor is a model facility with great staff and management, and a commitment to excellence in care. I encourage all of you who may be doing an administrative placement to consider Seaview Manor, if they are accepting interns again. You will get the most out of your experience!

Member of the Month:



Danica Pion

Danica organized the MSVU Trick or Eat event and did an excellent job. She was always reachable if anyone had any questions and because of this the event was well attended and ran very smoothly. She also attended the Professional Branch dinner this month as well as other events. She brings great ideas to the table and is a very valuable Mount CAFP member!

October Bake Sale:

The October Bake Sale was very successful with more than **\$200 raised in four hours!** By using both a stationary table in Rosaria and mobile trays going all over campus, we were able to do direct marketing instead of putting up posters. The mobile tray response was great from buyers. We were able to tantalize them with all the delicious treats that were donated and if we missed someone, they were sent by their co-workers down to our table. The method of pricing the items by donation helped us receive a lot of support from the Mount Community in our fundraising efforts. From this positive experience, the mobile bake sale and items prices by donation is going to be our new model for bake sales in the future. Another bake sale (or two) will be planned for the New Year and we know that the faculty, staff and students can't wait for us to come back. This will also be a great way to advertise any of our upcoming events so send them our way and we will help promote! A big thanks goes out to all of the volunteers and bakers - you are the reason why it was such a success!

-Kaala King & Eleanor Eville
CAFP Fundraising Chairs



Annapolis Valley Tour!



On October 13th, the CAFP Student Branch travelled to Wolfville, N.S. for a fun filled day in the valley, for our first social event of the year! During our excursion, we visited the local market, toured and sampled wine from Grand Pre Winery and got lost in the corn maze at Noggins Farm!

This trip acted as a fun opportunity for both new and old members to meet and mingle outside of the school setting. It was also a great way to strengthen the feeling of community within the student branch, as well as to boost the morale of the members! We couldn't have asked for a more perfect, fall day to spend in valley! The trip received many positive reviews, and it is hoped that it will become an annual tradition for years to come for the Mount CAFP Student Branch!



The next social event is a Mystery Bus Crawl on Friday, November 16th! This event will double as a fundraising event and will be an awesome and fun opportunity to take a break from your studies and to have some more fun with your fellow CAFP Student Branch Members! Feel free to e-mail me, Emily Claire, at emmyfoster@hotmail.com for more information about this event, or if you would like to get involved in planning other social events!

- *Emily Foster*
CAFP Social



Grandma's Baked Apples:

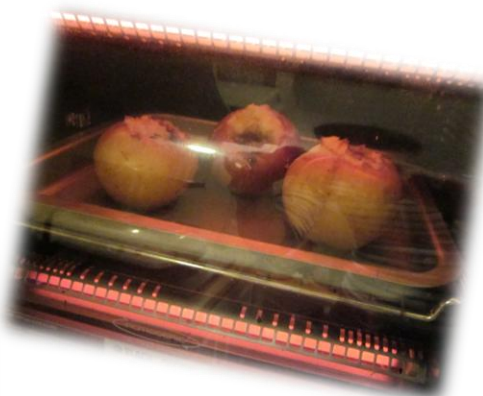
Whenever those winter blues set in or I catch a cold, my grandmother would always make baked apples that would always hit the spot and make me feel better. These delicious apples have that similar great taste to apple crisp or apple pie.

Ingredients:

- 4 apples
- 1/2 cup brown sugar
- 4 tbsp. butter
- 2 tsp. ground cinnamon

Instructions:

1. Preheat oven to 350 degrees F.
2. Scoop out the core from the top of the apple, leaving the well.
3. Heat butter in the microwave and add brown sugar and cinnamon.
4. Stuff each apple with a scoop of the sugar-butter mixture.
5. Bake apples in a preheated oven for 15 minutes or until the sugar begins to



**Submitted by
Becky Lalonde and Carissa Dempsey**

Message from the Editors

Hello Everyone,
We would like to thank everyone who contributed to the newsletter this month! We are looking for more contributors for the next newsletter. If you have any pictures from events, community activities or would simply like to share an experience, a nutrition tip or recipe, please feel free to send it along to us. Also, remember to vote for who you think should be the member of the month for the upcoming newsletter!

Contact us at:

yvette.mitchell@msvu.ca or
andrea.fennell@msvu.ca



Thank you to this month's contributors!

Hilary Boudreau Edwena Kennedy

Danica Pion Eleanor Eville Carissa

Dempsey Emily Foster Kaela King

Becky Lalonde



Stay Connected with CAFP!

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Bulletin Board

3rd floor Evaristus Building
Outside the Foods Lab

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Student Branch Meeting	7	8	9	10
11	12	13 CDA Volunteer Event	14 World Diabetes Day	15	16 Social Night	17
18	19 Professional Branch Dinner	20 Educational Event (2pm)	21	22	23	24
25	26	27	28	29	30	1 DECEMBER
2	3 Christmas Auction Fundraiser	4	5 Ronald MacDonald House	6	7	8