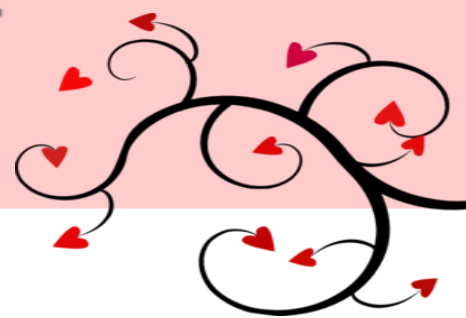


# Eat This!

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



### A Message from the President

By Hilary Boudreau

Hello Everyone and Welcome Back to the last 6 weeks of the school year! My mantra is, "Not only will I survive, but I will THRIVE!" I think it is important to keep something like that in mind for what is often the busiest time of the year, and with 2 months to conference I know that this will be the case for CAFP as well.

Once again, our branch has completed the hosting of the successful dinner on Monday February 24th with a final number of 53 attendees. Jessi Gillis and Jeanita Rand gave great educational presentations and the Wooden Monkey served a beautiful 3 course meal (the best haddock!). About 20 of our branch members came out and that was a

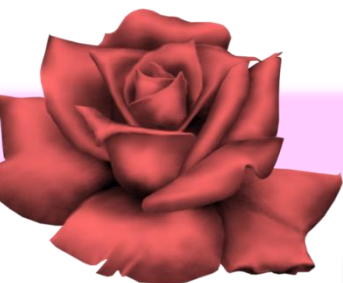
great showing. For fundraising events we have a bake sale (today) and Cosmic Bingo coming up on Saturday March 8th at the forum which will be AMAZING!!! Also Stay tuned for our pub-crawl date! On March 5th we will have an educational presentation about the world of Tea, the Maritimer's favourite winter drink.

I look forward to seeing everyone out at the events, and stay tuned to our Facebook page to keep on top of when they are, there are so many it can be easy to forget without the friendly reminder. I hope everyone has been enjoying the semester, and I will be seeing you.



## Inside This Issue

Member of the Month.....	2
Nutrition Sweaters .....	3
Review of a Restaurant.....	3
Tasty Treats .....	4
Education Event Review.....	5
Have You Heard? .....	6
Top 4 Mistakes you are Doing in the Gym and Their Fixes.....	7
Why did you Choose the Nutrition Program? .....	9
Mission ImPULSEible is coming! .....	9
Elections for Next Year.....	9
Student Host Dinner.....	10
An Event you Don't Want to Miss .....	11
Saint Andrew's United Church Volunteer Event.....	11
A Message From the Editors.....	12
Calendar.....	13



## Member of the Month



Congratulations Erin Selig for being chosen as February's member of the month. Your involvement in CAFP and continuing participation in several education events has been recognized and is greatly appreciated!

# Nutrition Sweaters are in!



Your custom hoodie has arrived at the Bookstore! They are open from 9-5 each day from Monday to Friday. Please stop by at your convenience to pick it up. A huge thank you goes out to Haley Ewing, Cynthia Black as well as the staff at the bookstore for their effort in organizing, communicating details and allowing this Nutrition and Dietetic clothing opportunity to happen!

Be sure to LIKE them on Facebook to stay up to date on other promotions:  
<https://www.facebook.com/MSVU.bookstore>

# A Restaurant Worth a Try

The Heartwood is a restaurant for which my brother's girlfriend presented to me a Groupon on my birthday, so I decided why not take my beautiful mother! We went in, and it was actually my first time being there. It is on the smaller side with about seating for thirty and the restaurant was half packed on a Wednesday at lunch which was a good sign. The server was very polite and gave a good description of the menu items. I decided on the half sandwich of a bean melt, which is a bean salad topped with lots of hot melted cheese on their house-made sourdough focaccia with a side of steamed greens which includes kale and broccoli. It was both delicious and healthy! My mother got the Green Dream pizza which had pesto, spinach, broccoli, red onion, olives and feta cheese and she liked it but she thought the crust was a little too chewy. I also thought the food had good flavour but could have been a little hotter! Overall, I would definitely go back there because there are other items I would like to try and it is a good and healthy place to eat PLUS their vegan cheesecake sounds amazing!

-Hilary Boudreau



# Tasty Treats



## Crusty Parmesan-herb Zucchini Bites

### Ingredients:

4 medium, fresh zucchini, sliced in half  
1/2 cup fresh Parmesan cheese, grated  
1-2 tablespoons fresh rosemary & thyme, minced  
Smidge of olive oil  
Salt & pepper to taste

### Instructions:

1. Pre-heat oven to 350F, lightly brush both sides of the zucchini with olive oil and place on a foil-lined baking sheet.
2. Mix cheese and herbs together in a small bowl and sprinkle over the zucchini along with salt and pepper to taste.
3. Bake for 15 minutes and place under the broiler for the last 3-5 minutes until cheese is crispy and browned.



## Banana Bread

### Ingredients:

2 cups whole wheat flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup unsweetened applesauce  
3/4 cup honey  
2 eggs, beaten  
3 mashed overripe bananas

### Instructions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Lightly grease a 9x5 inch loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix together applesauce and honey.
3. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
4. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean.
5. Let bread cool in pan for 10 minutes, then turn out onto a wire rack





# Education Event: "Seasonal Eating and Choosing Local Food"

Presentation by Nicole Marchand, PDt

On February 4, Nicole Marchand, a Registered Dietitian and very passionate local food advocate, came to MSVU to give an informal, but very interesting and important presentation about how individuals can eat a healthy diet using the abundance of local, seasonal foods we have right here in Nova Scotia. Nicole derives her passion for being a local food advocate from her firm belief in food as "preventative medicine". She drew on her experience living on farms in Quebec, as well as being a locavore herself for 8 years to teach some of the current nutrition students the health benefits of knowing exactly where our food comes from, and also how this helps to strengthen and support our local economy. Lots of questions were asked about a number of different topics, and Nicole was enthusiastic and knowledgeable about answering each one. She currently works for Local Source, a market in the North End of Halifax. She explained who they are and what kinds of foods they have available there. She was even kind enough to bring in a food products Local Source sells for us to see! Although Nicole realizes local products can be more expensive than their imported counterparts, she reinforces that some things, such as produce, will often be cheaper when they are in season. Nicole also holds cooking classes for the public to teach consumers how to cook tasty, convenient dishes using the beautiful products Local Source has to offer. Overall, Nicole's presentation was fascinating and motivating, and gave the future nutrition classes of MSVU insight into how eating local is an important issue and can be healthful and affordable. Thank you very much Nicole!

Erin Selig

2<sup>nd</sup> year Nutrition student

# Have You Heard?

---



## Changes to the United States Food Label?

The United States food label is going under the microscope! Changes such as printing calories on food packages with bigger font and making it easier for consumers to tell if there is added sugar in the product could be seen in the future. To see the full article, visit:

<http://www.cbc.ca/news/health/nutrition-labels-on-food-packaging-under-microscope-in-u-s-canada-1.2553460>

## What's in Those Food Packages??

Environmental scientists say that some of the synthetic chemicals used in food packaging may actually be harmful to our health. Very little is known about the long term affects these chemicals can have on our health. To see the full article, visit:

<http://www.sciencedaily.com/releases/2014/02/140219205215.htm>

## Ohh the places you will go...

As future Dietitians and Nutrition professionals it is very important to recognize the efforts and success stories of other professionals in our field. Kelly Anne Erdman, MSc, RD, Calgary AB, has been very fortunate to be recognized as the performance Dietitian of the Canadian Olympic Committee (2011-2014) for the athletes who participated in the 2014 Sochi Olympics this month. Erdman was an Olympian herself and is now focusing on inspiring other athletes to be the best they can be, while helping to fuel them properly during competition at such a competitive level.

## There's an App for That!

Stay up to date with Eat Wise, an app for the iPhone! This app provides Nutrition facts and is based on Canadian foods. You will find foods that are in the Health Canada Canadian Nutrient File database. Check out the website as well at [www.eatwise.ca](http://www.eatwise.ca)

# **“Top 4 mistakes you are doing in the gym and their fixes” - Mohamed Rezk**

## **#1) You are relying on cardio training as your primary weight-loss tool!**

Cardio training (running, cycling etc) is an important part of staying healthy and improving your endurance, but in terms of weight loss cardio should not be your primary approach to losing weight. Expect cardio to mainly improve your resting heart rate and your cardiovascular system performance.

**The fix:** Nutrition and resistance training should be your primary weight loss tool. Focus on eating for weight loss (calorie restriction) as well as engaging in 2-4 sessions of

## **#2) You work hard 1 hour in the gym but the remaining 23 hours are unpredictable...**

Exercising should be a part of a healthy lifestyle, but this also includes proper planned eating, sleeping, managing stress levels etc.

**The fix:** Always aim for a minimum of 7 hours of sleep per night. Sleeping is a crucial part to the body's ability to recover. Resistance training breaks down muscle mass, the body responds by rebuilding those muscles stronger (and consumes calories in the process known as the after burn) but this process of rebuilding only happens during sleep. If you expect results, make sure you get those 7-8 hours of sleep every day. Other things that will

### #3) You do resistance training but you do not follow those 3 rules

Yes resistance training is very important, but failing to practice good technique and not paying attention to detail will significantly impair your results.

**The fix:** Rule #1: Always exercise with proper form. Proper form focuses on the muscle and prevents you from getting injured. Example: keeping your heels on the ground while performing squats. Rule #2: Work most sets to muscular failure with proper form. This means performing a set until the targeted muscle is exhausted. The key here is proper form, this means the last repetition needs to look like the first repetition. Rule #3: When you hit a desired resistance goal, increase the resistance by 2-5%. This means if you have a goal of squatting a weight of 100 lbs for 15 repetitions and you achieve it, then you increase it by 2-5 lbs next time you hit the gym.

### #4) You do not warm up or stretch

**The fix:** Always warm up for 7-10 minutes before exercising. This should be in the form of cardio training such as running or cycling. Warming up warms up the muscles, lubricates the joints, prepares your mind for training and improves your performance in exercise. Stretching after resistance training is a must because it facilitates recovery, improves flexibility and elongates the muscle fibers. Resistance training shortens the muscle fibers and thus it is important to stretch after. Stretch for a minimum of 10 minutes and make sure you stretch every muscle and hold each stretch for a minimum of 30 seconds.

If you have any questions email me at [rizk.mohamed@gmail.com](mailto:rizk.mohamed@gmail.com). I am a trainer at Mount Saint Vincent University and you can pop by the mount gym and I'll answer questions for free at any time!

-Mohamed Rezk





# Why Did You Choose the Nutrition Program?

After completing a degree at Dalhousie University in Kinesiology I immediately entered the workplace as a Clinical Kinesiologist. I worked primarily with injured workers and victims of motor vehicle accidents to assist in their physical re-conditioning post injury. While this work was very rewarding, my true passion was to work in public health education in the prevention and treatment of chronic lifestyle conditions related to diet and exercise. To meet my goals I required professional development and to be a registered health professional. I selected nutrition at MSVU to gain a greater understanding of the science of nutrition and ultimately to become a Registered Dietitian so I can effectively meet my professional goals. During my first week here at MSVU I was approached by two members of the CAFP executive team who encouraged me to join CAFP. They told me it involved fundraising, volunteering, and opportunities to network with professionals in the field of nutrition and food service. I was eager to get involved and soon after sent my application for the position of first year representative. CAFP has provided me with a sense of community at MSVU and has given me opportunities to volunteer at locations I otherwise may not have.

-Melissa Church

## Mission ImpULSEible is Coming

Are you creative, innovative, and passionate about food? Mission Impulseible just might be the competition for you! Registration has been open to all Post-Secondary students enrolled in a food related field since February. If you are still interested, registration is still open until March 3<sup>rd</sup>. The goal of this year is to develop a snack food for kids which will be presented at the completion which will be held April 4<sup>th</sup> at Mount Saint Vincent University. For more information, please visit: <http://www.pulsecanada.com/food-health/mission-impulseible>

## Elections for next year

With a few months left to the year, that means yet another successful year for the CAFP student branch at Mount Saint Vincent. With that being said, elections for roles on the executive committee will be coming up in April (stay tuned for the date) as we have some executive members who are moving on. If you have any questions or would like to talk more about the commitment and the description of each role, feel free to contact any one of the current executive members and they would be happy to answer any questions you may have.



# Student Host Night

The student host night was a success! We had an outstanding turnout of student branch members from both MSVU and Acadia University and as always the dedicated professional branch members in attendance. It was an evening of exploring the umami flavour, focusing on meat and cheese. The event was held at the Wooden Monkey in Dartmouth. Both of our wonderful guests had interesting and educational presentations and we thank them for taking the time to come to our event. We hope everyone who was able to attend enjoyed the delicious food that was served and the presentations. Thank you all for supporting the 2014 student host night held by MSVU!

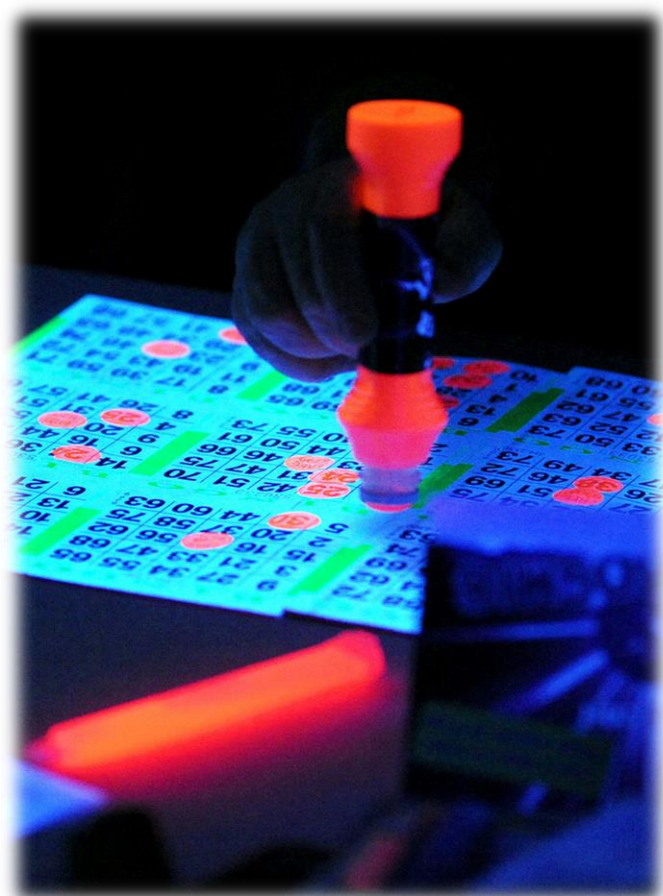




## An Event you Don't Want to Miss!

Glow in the dark bingo is all the rage. Therefore, on Saturday March 8th @ 10:00pm we will be hosting our very own COSMIC BINGO event at the Halifax Forum!!! Ye hawww! Come on out and dab the night away for a chance to win multiple cash prizes including the largest at \$1000!!

Tickets are \$15 dollars each and must be purchased in advance. \$5 from each \$15 booklet will go to us! If you have any questions or would like to purchase one, you can contact your newsletter co-chairs at [stephkeddy@hotmail.com](mailto:stephkeddy@hotmail.com) , [courtney-masey@outlook.com](mailto:courtney-masey@outlook.com) , your fundraising co-chairs [carly.nichols@msvu.ca](mailto:carly.nichols@msvu.ca) , [sarahstapleton23@gmail.com](mailto:sarahstapleton23@gmail.com) or your CAFP president [hilary.boudreau@msvu.ca](mailto:hilary.boudreau@msvu.ca)



## St. Andrew's United Church Volunteer Event

On February 2nd, myself and five CAFP members volunteers at St. Andrew's United Church with their Sunday Supper program. Sunday Suppers are not just a soup kitchen, asking for visitors to serve themselves cafeteria-style, but treats them as guests. Every Sunday volunteers serve as many as 250 meals, help with clothing donations, and provide a foot-care clinic.

A huge Thank You to our volunteers Tiffany Richards, Sana Basseri, Laura Pugsley, Melissa Church, and Jazmine Westhaver for spending an afternoon treating the underprivileged in Halifax to a warm meal, unlimited refreshments, and the respect that they lack elsewhere. It was an extremely rewarding experience and a great way to give back to give back to our community.

St. Andrew's doors are open every Sunday for volunteers and clothing donations, and in March we will be having a group volunteer event to provide baked goods for another Supper!

-Lauren Addison

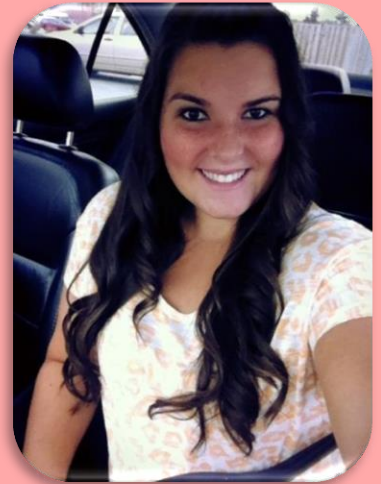
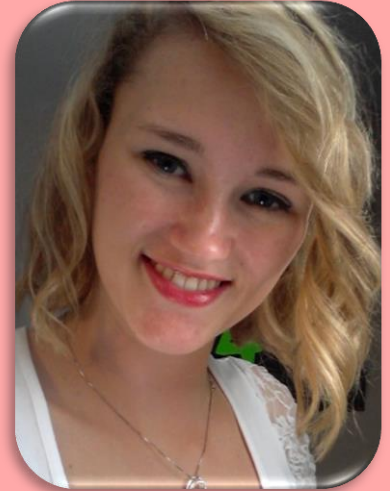
# A Message from the Editors

Hello Everyone!

We would both like to thank everyone who had contributed articles or photos to this month's newsletter. We are still looking for contributors for the next newsletter so send any recipes, articles, restaurant reviews, or photos that you would like to have featured in the newsletter. It's hard to believe the school year is almost done. If you have anything you would like to submit, contact us at:

[Stephanie.Keddy@msvu.ca](mailto:Stephanie.Keddy@msvu.ca) or

[Courtney.Masey@msvu.ca](mailto:Courtney.Masey@msvu.ca)



## Thank you to this month's contributors!

Hilary Boudreau

Erin Selig

Mohamed Rezk

Melissa Church

Lauren Addison



# Stay Connected With CAFP!



## E-Mail

[mountcafp@gmail.com](mailto:mountcafp@gmail.com)

## Facebook

Mount CAFP Student Branch

## Twitter

@MountCAFP

## Bulletin Board

3<sup>rd</sup> Floor Evaristus Building outside the food lab.

## March 2014

(Stay tuned for events not listed)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Mission Impulseable registration Due!  Dalhousie Obesity Panel Discussion	4	5 Steeped Tea: Varieties and Health Benefits Guest Speaker!	6 Health Expo	7	8 Cosmic Bingo!
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29