

# EAT THIS!



**MOUNT**  
SAINT VINCENT  
UNIVERSITY

## WELCOME to CAFP 2018-2019

Thank you for reading our fall issue of the CAFP newsletter. Canadian Association of Foodservice Professionals is diligent at providing food and nutrition learning experiences to its members through networking, education, and provision of it's professional designation. Students joining the CAFP have opportunities to connect nationally with nutritionists and dietitians, and access to the resources within hospitality, culinary arts, institutional services, and academia. To help students get more benefits of being CAFP members, we welcome them to attend our monthly meeting and encourage them to attend the annual national conference-which will take place in Halifax on May 15th 2019! In this newsletter, we will provide information about our past and upcoming events this semester and two recipes of delicious, nutritious and appealing cuisine.



### INSIDE THIS ISSUE

- ◇ Message from the president pg. 2
- ◇ Meet the Team pg. 2-4
- ◇ First branch dinner pg. 5
- ◇ Valley Trip 5
- ◇ Acadia Dinner pg. 6
- ◇ Bake Sale pg. 6
- ◇ Recipes pg. 7
- ◇ Upcoming events and workshops pg. 8
- ◇ Editor's Message pg. 8

## A MESSAGE FROM THE PRESIDENT



*Sandra Fraser, President of  
the Mount CAFP Student  
branch*

Hello everyone and welcome back to another year with CAFP!

My name is Sandra Fraser and I have the great pleasure of being the President this year of the Mount CAFP Student Branch. I am so excited to be leading this year's new group of CAFP executives and general members in what is to be a fun filled year ahead with so many new events in the works. With our conference being held in Halifax this May, we have a lot to look forward to!

CAFP is a national association that connects foodservice professionals with students to build lifelong connections through networking events, all while enjoying delicious food! What more could you ask for? We offer a diverse experience to help you figure out where you fit in the professional industry. With social, educational and fundraising events, CAFP is always bringing something new to the table. We have our own bursaries, awards and even our own job board!

I would like to extend a warm welcome to all members to come out and experience something new this year, whether it be through our professional workshops, networking dinners or even learning how to ferment your own food! With so much to learn, we try to offer a variety of events to our members, and we are open to suggestions as well!

I wish you the best in your semester and I hope to see you at our upcoming events!

## MEET THE TEAM



Hello! I'm Heather Anderson and I will be the **Vice President** of CAFP going into my second last year at the Mount. I'm passionate about food, especially pairing it with craft beer and wine – our province has such an abundance of excellent farmers, brewers, cheesemakers, etc. and I love spending my weekends exploring and finding something new. I strongly believe in wholesome eating and mind-body health and hope to share this passion with others in my career. I'm so excited to be a part of CAFP and look forward to a great year!

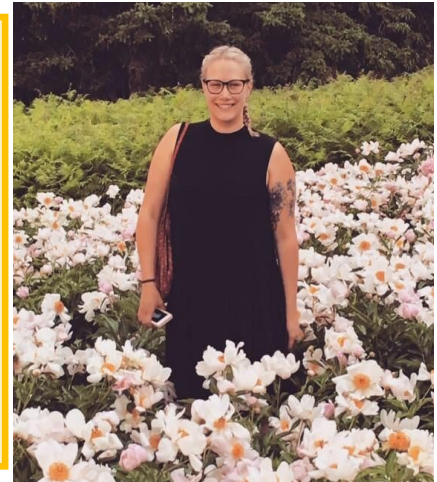
Hey everyone, my name is Yingying Xu and I am the **Fundraising Chair** of Mount CAFP this year. I am dedicated to providing leadership and bringing the Mount Nutrition students together through my work in the Student Caucus and the Intercultural Food Bridging Society. My hobbies include cooking, writing, and gardening. I love to incorporate different elements into foods and designing food products that are tasty, nutritious, locally sourced and affordable.





Hi Everyone! I'm Alyssa Millar and I am the **Secretary of the Mount's CAFP** Branch this year. I am going into my third year of the Applied Human Nutrition program, and I'm so excited to take on this new role with CAFP. My biggest hobbies include gardening and cooking/baking. I love growing my own fruits and veggies to incorporate into new recipes! I'm a huge supporter of buying locally grown produce, and love visiting farmers market locations. I'm looking forward to spending the upcoming year with all our great members!

Hi everyone! I am Rachel Hilts and I am the new **CAFP communications chair** which means that I am the one that will be behind any posts you see on Instagram, Facebook, or twitter, or any emails you get over the next year! I am excited for this position and to get to know you all even better! I'm currently going into my fourth and final year of dietetics, and this year I am doing my community internship at the North End Community Health Center in Halifax! I am a big time animal lover and foodie, and I also love to learn more about advancing research in the nutrition field! I'm originally from Surrey, BC and have also lived briefly in New Zealand and Mexico growing up.



Hey there! I'm Julia Short and I will be the **Social Chair for the CAFP** at the Mount this coming year. I am so thrilled to be starting my second year in the BSc AHN program! As an athlete, my personal interests in the program are human anatomy and physiology, as well as learning about delicious foods that properly fuel the body. I love playing soccer, trying out new recipes and being part of all sorts of events. In coordination with some of the other chairs, I will be planning all sorts of fun and interesting events exclusively for CAFP members.

Hi, my name is Nathalie Paris and I will be starting my 3rd year in the Applied Human Nutrition program at the Mount. As a nutrition student, I love every aspect about food but above all, the emotional connections it can create. This year you'll either see me in the halls or at the Mount's Community Garden trying to grow some yummy produce for the first time. I will be assuming the **CAFP's treasurer** position.





Hey everyone, and welcome to CAFF! My name is Alina Chen and I will be your **Education Chair** this coming year. After realizing dietetics is where my passion lies, I transferred over from 2 years at Dal. I wanted to invest my time into the study of early interventions to improve quality of life, and to prevent chronic diseases (instead of just treating them). I believe preventative measures are the key to a sustainable health system, and nutrition plays a big role in that. Now, I am excited to be heading into my 2nd year of MSVU's AHN program. In my free time, you can find me promoting the other aspects of health nearby at 374 MMA (exercise and mental wellbeing) or exploring with my dog.

Hi everyone! I'm Alyssa Teed and I will be the **Volunteer Chair** for the upcoming year! I'm heading into my 3rd year of the BSc AHN program with my interests being in health promotion and preventing nutrition-related disease. My main hobbies include hiking, yoga, gardening and of course, volunteering! I think it's incredibly important to give back to our communities and make a difference whenever you can.



Hello everyone! My name is Sumi Iqbal and I will be one of the **Newsletter Chairs** this year. I have a passion for graphic designing, photography, creative writing and food. In my spare time I like to explore different coffee shops and restaurants across Nova Scotia. I will be entering my fourth and final year in the Applied Human Nutrition program. I plan on doing my masters in Public Health after graduation and hope to work with the aging population in Canada, as well as internationally.

Hello Everyone! I'm Elizabeth Manderson, and I'm looking forward to being on the CAFF committee this year as the **Professional Development Chair!** I'll be entering my 4th year of the BSc AHN program this fall, and I currently did community internship with one of the Loblaw's dietitians this summer. I love the nutrition program because I love health and medical topics and really appreciate the social component as well. When I'm not studying and working, I'm playing with my two German Shepherds, Mango and Ringo.



Hi Everyone! I am Huanyue Wang ,and I am one of the **Newsletter Chairs** of the Mount's CAFF this year. Currently, I am in my third year of the Mount dietetic program, and I am enjoying my learning experience so far. This year, I will work with my partner to organize and design newsletters to ensure CAFF members get up-to date information about CAFF activities. I love cooking and playing guitar which help me relax in my leisure time. I am thrilled about spending the upcoming year with all CAFF members.

# Hopyard Dinner: First Branch Dinner



Our first professional dinner this year was Monday, September 17th at Hopyard Beer Bar on Gottingen. What a great venue! We enjoyed a sample of the full menu which was delicious. It was great to see so many new members attending this first dinner along with several of our student executive team. We hope everyone got a chance to converse with members from Halifax's professional branch and make some new connections. Looking forward to another great year of professional dinners with our membership this year!

# Annapolis Valley Trip

The Mount CAFP Valley Trip this year was loads of fall fun! Members enjoyed a trip to Wolfville where they were able to catch the Pumpkin Palooza happening at the Wolfville farmers market. Pumpkins were on the ground, on display and in the food. We were able to enjoy the autumn atmosphere, pumpkin-themed scenery and sample all sorts of pumpkin treats and crafts from vendors in the market. The festivities continued at Noggins Corner Farm market where members picked fresh apples from the orchard and shopped for fresh, local produce in the market. Finally, the members from our branch stopped at the Lightfoot and Wolfville Winery. A tour of the rolling vineyards and wine sampling wrapped up the day filled with fall festivities.



# Acadia Dinner

The 2018 Acadia dinner was held at Wayfarers' Ale Society Craft Brewery in Port Williams, NS. We had the pleasure of learning about the craft brewing process and how local Nova Scotian Businesses work together to support each other. The second presentation was on a study completed by two Acadia students on brewing beer with different herbs and spices. The dinner was catered by the Naked Crepe Bistro from Wolfville, NS, and it was delicious! Wayfarers' had wonderful beer on tap, and provided a social and fun environment for CAFP members. We had an excellent time at the Acadia dinner and look forward to attending again next year.



## What's in Season?

- \* Apples
- \* Brussel Sprouts
- \* Leeks
- \* Lettuce
- \* Parsnip
- \* Potatoes
- \* Pumpkin
- \* Sweet Potatoes



# Bake Sale



The Mount's CAFP team hosted a Fall Bake Sale on Tuesday, October 30th in the McCain Atrium. A variety of delicious baked goods were available from 10:30am - 4:30pm on the day of the sale. CAFP members provided a wide array of treats, including Rice Krispy Squares, cupcakes, cookies, caramels, cake pops, apple crumbles and other sweets were all very creative and included several vegan and nutritious options. The earnings from this fundraiser will be used throughout the year to support CAFP members at a variety of exciting events throughout the year such as professional dinners and educational events. Thanks to everyone who helped make this event such a success!

## Creamy sweet potato coconut soup

*Creamy without using any cream! The coconut milk makes it so smooth! Comfort in a bowl. Healthy, easy sweet potato soup recipe.*

### Ingredients

8 oz bacon, diced	1 medium onion, diced
2 garlic cloves, minced	1 large celery rib, diced
3 medium sweet potatoes, peeled and chopped	
1/2 tsp dried thyme leaves	4 cups chicken broth
1 cup coconut milk	
2 tsp salt and 1/8 tsp ground black pepper	2 Tbsp parsley, optional

### Instructions

1. In a large pot, over medium heat, cook bacon in it's own fat until crisp (8-10 min). Remove with a slotted spoon to a paper towel-lined plate. Leave 3 Tbsp oil in the pot; discard excess or leave it in there for a more flavorful soup
2. Add chopped onion, and celery and cook 4 min over medium heat or until soft, stirring occasionally, then add 2 pressed garlic cloves and saute another minute
3. Stir in diced sweet potatoes, 1/2 tsp dried thyme leaves and 2 tsp salt. Now pour in 4 cups chicken broth, partially cover and simmer 20 minutes or until sweet potatoes are easily pierced with a fork.
4. Puree the soup until smooth. Return soup to the pot and stir in 1 cup coconut milk, or add it to reach desired consistency then season with more salt and pepper to taste if desired. Sprinkle the tops

*Try them out!*

## Sweet and salty feta cubes

*Honey drizzle and chopped pistachios dress up this simple cheese appetizer!*

### Ingredients

Feta Cheese , Honey & Pistachios (finely chopped)

### Instructions

1. Dip cubes of feta in honey, allowing excess to drip off.
2. Immediately coat with finely chopped pistachios.



NatashasKitchen.com

Sources: <https://natashaskitchen.com/creamy-sweet-potato-coconut-soup-recipe/>



Sources: <https://www.countryliving.com/food-drinks/a22739084/sweet-and-salty->

**EXECUTIVE MEMBERS:**

**President:** Sandra Fraser

**Vice President:** Heather Anderson

**Volunteer Chair:** Alyssa Teed

**Newsletter Chair:** Sumi Iqbal and Huanyue Wang

**Communication Chair:** Rachel Hilts

**Education Chair:** Alina Chen

**Treasurer:** Nathalie Paris

**Secretary:** Alyssa Millar

**Professional Development Chair:** Elizabeth Manderson

**Social Chair:** Julia Short

**Fundraising Chair:** Yingying Xu

**BUT WAIT! THERE'S MORE!**

**Upcoming Workshop & Events**

⇒ **November 13– Professional Development Workshop with Acacia Puddester**

⇒ **November 19th– MSVU Professional Dinner at Patrons with Presenter Sarah Burgess**

⇒ **TBA– Tea Tasting at Sawadee Tea House**

⇒ **TBA– Yoga with Meredith Bessey**

**THANK YOU!**

A Message from the Editors:

A big thanks to everyone that contributed to this months newsletter. We look forward to keeping you up to date throughout the year with everything MSVU's CAFP has to offer. We encourage everyone to send in their ideas, favorite recipes, and photos from community events. Any contributions are appreciated and can be included in future issues. Here's to everyone having a great fall semester!

**Stay Connected!**

**E-Mail**

mountcafp@gmail.com

**Facebook**

Mount CAFP Student Branch

**Twitter**

@MountCAFP

**Bulletin Board**

3rd Floor Evaristus outside the food lab.

