

eFood Focus

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Saskatchewan Food Industry
Development Centre Inc.

Concept to Commercialization

product development

extrusion technology

interim processing

industry training

technology transfer

quality assurance

NEW Industry Training and Info Seminars

The Food Centre is pleased to announce funding received from Canadian Agricultural Adaptation Program (CAAP) to deliver industry training to Saskatchewan's food industry.

The intent of this project is to deliver skills development programs that are specific, convenient, affordable and immediately relevant to the agri-food sector. As a result, industries will be better equipped to explore new market opportunities. Some programs will be delivered in modular formats, in classroom setting, production area setting and one-on-one.

Cheese Making 101 will be the Food Centre's first of a series of workshops/seminars. This workshop, scheduled for **January 30-31, 2012** at the Food Centre, will focus on the fundamentals of cheese making incorporating hands-on and classroom training.

The Food Centre's second of a series of workshops/seminars is on **Fluid Bed Drying, Granulation and Agglomerations**. This workshop, scheduled for **February 2012** at the Food Centre, will showcase advanced processing techniques incorporating hands-on and classroom training.

Details of these two workshops and future workshops/seminars will be posted at www.foodindustrytraining.ca/training first week of January 2012. Please check back regularly on training announcements.

See page 5 for a list of upcoming training topics.

"New Industry Training" continue on page 5 . . .



Happy Holidays to ALL!

The holiday season is upon us. As food processors, we play an integral part of the holiday season. We are the suppliers of the festivities that bring family and friends together. We have the privilege to enter homes and hearts as a gift - the gift of food. Whether we are the supplier of a condiment that graces an appetizer or the succulent main dish, our presence spawns openness, conversation and friendship. We are fortunate, as an industry, to be part of not only this special season, but everyone's daily life.

The Food Centre staff would like to thank our partners, industry associations, and clients for your support in 2011. We wish you the greatest success for 2012 and look forward to working with new and existing clients to explore new market opportunities.



The Food Centre will close December 26, 2011 and reopen January 2, 2012.



Martin Munchies was profiled in Global Ventures November/December 2011 issue. Martin Munchies is a SK based family owned business selling delicious barley snacks to consumers.



High in fibre and nut free, this unique snack product appeals to both granola and chip lovers of all ages. The Food Centre has been working with Martin Munchies to bring their product to market. Consumers are eating it up!

For more information www.martinmunchies.ca

DAMN Fine Foods' spicy jams are a hit with consumers! Federated Co-op has listed their products across western Canada. Find it in the produce section of Co-op stores and add some extra zip to your meal. In addition, their products are also sold at the Bulk Cheese Warehouses, Sous Chef and Saskatchewan Made Marketplace in Saskatoon.



www.damnfinefoods.com

Premala's Butter Chicken Recipe:

Heat 30ml (2 Tbsp) oil in a large, preferably a non-stick pan. Slice 1 medium onion and sauté in oil until golden brown. Add 500g cut boneless, skinless chicken breast (bite-sized pieces). Stir-fry for 2-3 minutes. Blend 15ml (1 Tbsp) of Premala's Vindaloo Curry Sauce with 125ml (1/2 cup) water and 125ml (1/2 cup) of plain yogurt. Add to chicken stirring until well blended. Reduce heat to medium-low, cover and simmer for 20 minutes, stirring occasionally. Add 65ml (4 Tbsp) butter and 250ml (1 cup) cream to chicken and cook for another 5-10 minutes on medium-high heat until meat is tender. Garnish with fresh cilantro. Serve warm with rice, roti, naan or buns and accompany with Premala's Chutneys or Pachadi.

Spicing Up Your Health

According to current food trends, more and more people are finding interest in ethnic food and spicy, yet flavourful combinations. "Spicy" trends and "healthy" movements in the food industry have been key drivers in the increased sales for a local food processor. Premala's Spicy Sensations in Saskatoon, SK, has noticed that the sales of their spicy powders and curry sauce have jumped substantially this year. They have recently been highlighting at tradeshow the "no sugar" content in their Vindaloo Curry Sauce and the "no sugar and salt" in their Masala Curry Powder and their products have been a huge hit at these events. "We sold out at 2 shows in Regina because of this. Customers have been buying our products for years, but by emphasizing the no sugar and no salt, they were surprised that it was also good for their health," said Premala Mutakistna, proud owner.



PREMALA'S
Spicy Sensations

It's not surprising then that they have elicited a loyal customer base to their line of East Indian food products. From sauces, chutneys, spices to powders and mixes, Premala's provides an array of products to tantalize any taste buds. Start your Christmas shopping early, Premala's Spicy Sensation products can be found at:

Saskatoon, SK: All three Co-op stores, SaskMade Marketplace, Bulk Cheese Warehouse, Liquor Market Store at Farmers' Market.
Regina, SK: Co-op store on Quance & Rochdale; India Food Centre, Bulk Cheese Warehouse.

Tel: (306) 373-6425 Email: premalas@sasktel.net
Saskatoon, SK



FREE Employee Training on Good Manufacturing Practices

www.GMPsOnline.ca

Good Manufacturing Practices (GMPs) are the basic principles of operation a food processor should follow to produce a consistent, quality food product and are the basis of HACCP pre-requisite programs.

Reduce potential recalls and increase production efficiency by training employees on GMPs annually. The GMP online training has been set up for processors to train their employees on the impor-

tance of GMPs anytime and anywhere in the plant. Membership is on an annual basis from the time you register, and there is unlimited access to the training site until your membership expires.

There are 8 areas of GMPs: premises; transportation and storage; equipment; personnel; manufacturing controls; sanitation and pest control; recall; and records.

Online access is FREE if you are a Saskatchewan company. For more information, contact Erin Hiebert (306) 964-1818 or email ehiebert@foodcentre.sk.ca.

Everyone's gotta eat.

Food safety and quality control systems in food processing plants ensures your products are safe for consumers.

HACCP & Food Safety Certificate Program

www.HACCPonline.ca

Great path to a new career OR excellent opportunity to train your employee to establish or oversee a food safety program in your facility.

Flexible training won't interrupt your daily operations or busy lifestyle.



Agriculture and
Agri-Food Canada

Agriculture et
Agroalimentaire Canada

Funding for this project was provided by Agriculture and Agri-Food Canada through adaptation funding. In Saskatchewan, adaptation programming is delivered through the Agriculture Council of Saskatchewan.

HACCP is an internationally recognized set of food safety principles. Under HACCP, processors implement process controls designed to enhance safety levels at every stage in production. HACCP certification is an important component for ensuring food safety and enhancing the marketability of food products internationally.



24th Annual Conference "From Field to Market"

January 13 & 14, 2012
Saskatoon Inn, Saskatoon, SK

A 2-day conference to highlight new developments in the fruit industry in Saskatchewan as well as value added processing opportunities and selling in the marketplace.

Check out the SK Fruit Growers Association website for a full agenda.

www.saskfruit.com

For more information and to register, contact:

Patty Stewart, SFGA Administrator

email: kp.stewart@yourlink.ca

Register by December 20, 2011 for a chance to win a FREE conference registration!



Protein Quality Workshop

February 15, 2012

Industry focused workshop in the Department of Food and Bioproduct Sciences aimed at improving quality testing of protein ingredients in terms of their functional attributes.

This workshop provides insight into understanding ingredient performance and offers hands-on demonstrations on testing procedures.

Department of Food and Bioproduct Sciences
College of Agriculture and Bioresources
University of Saskatchewan
51 Campus Drive, Saskatoon, SK

For more information and to register, contact Dr. Michael Nickerson
tel: (306) 966-5030 email: michael.nickerson@usask.ca
web: michaelnickerson.food.officelive.com

ATTENDANCE IS FREE. SPACE IS LIMITED.

INDUSTRY EVENTS

Tradeshows /Conferences

Pulse Days 2012
January 9 & 10
Saskatoon, SK
www.saskpulse.com

Western Canadian Crop Production Show
January 9 - 12
Saskatoon, SK
www.cropweek.com
www.cropproductiononline.com

SK Beef Industry Conference
January 18 - 20
Saskatoon, SK
www.saskbeefconference.com

BC Foodservice Expo
January 29 & 30
Vancouver, BC
www.crfa.ca/tradeshows/bcfse/

Spring 2012 Toronto Gift Show
January 29 – February 2
Toronto, Ontario
www.cgta.org

2012 Packaging Conference
February 6 - 8
Las Vegas, NV
www.thepackagingconference.com

Canadian International Farm Show
February 7 - 9
Toronto, ON
www.torontofarmshow.com

Canadian Food Summit 2012
February 7 - 8
Toronto, ON
www.conferenceboard.ca/conf/12-0018/default.aspx

Alberta Beef Industry Conference
February 15 - 17
Red Deer, AB
www.abiconference.ca

Spring 2012 Alberta Gift Show
February 19 - 22
Edmonton, AB
www.albertagiftshow.com

New Industry Training and Info Seminars - upcoming topics

... continued from Cover Page

1. Processing and Technology Skills Development

- Targeted sectors include: fruit, vegetable, dairy, processed foods, and meat
- Hands on demonstrations of processing techniques and products
- Packaging, ingredients, regulations
- Technical troubleshooting processing problems

2. Quality Assurance

- Handling and storage, GMPs, product testing and tracking, sanitation (wet/dry), record keeping, allergen control, recall

3. Regulatory for the food industry

- Public Health & Farmers' Market
- Vendor recognition
- HACCP/CFIA
- BRC/ISO
- Labelling requirements & nutritional labelling
- Organic
- Natural health products/novelty foods - Health Canada

4. Information Sessions

- Consumer trends
- Selling your products at Farmers' Market
- Funding opportunities
- Human resource challenges
- Getting started in the food industry
- How to training employees effectively

If you would like to be added to our database to receive announcements on our training, contact us at (306) 933-7555 or email info@foodcentre.sk.ca.



Agriculture and
Agri-Food Canada

Agriculture et
Agroalimentaire Canada

Funding for this project has been provided by Agriculture and Agri-Food Canada through the Canadian Agriculture Adaptation Program (CAAP). In Saskatchewan, this program is delivered by the Agriculture Council of Saskatchewan.

SUSTAINABILITY

It's in the box.

At Norampac, we think about what goes into every box we make. That's why we prioritize boxes that are resistant, attractive and environmentally sustainable. Whether you're packaging clothing, equipment parts, or food products, Norampac will meet your needs.

If you share our goal of preserving the planet for future generations, Norampac is the natural choice.

At Norampac, we package it right!
Norampac is now FSC Certified.

Contact your representative for more details.



Norampac



Norampac - Saskatoon

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lorne_wagner@norampac.com

www.norampac.com

Food Labelling for Health

Increasing consumers' quench for value added healthy food options is leading to consistent growth in this food market sector. Many consumers, however, are unaware of which products on the retail shelves are "healthy foods".

Small agri-business and food processors in Saskatchewan may not be aware of existing and emerging label claims that can be used to promote their healthy food products. The Food Centre's Developing Healthy Foods and Ingredients Department will summarize various nutrition/health claims permitted in Canada, through a series of articles published in our eFood Focus.



Nutrition Facts Table

Health Canada helps consumers to "Learn to make healthier food choices by using nutrition labelling information", which include the Nutrition Facts table, the ingredients list and some optional nutrition/health claims. The federal health ministry recommend that "to make a healthier [food] choice, [the consumer should] look at both the ingredient list and the Nutrition Facts table".

In 2010, Health Canada and Food and Consumers Products of Canada (the largest industry association representing the food and consumer products industry in Canada) launched the Nutrition Facts Education Campaign to assist consumers to use the Nutrition Facts table to select healthier food options based on % daily value content of 13 nutrients present within the Nutrition Facts table.

The illustration indicates that if a nutrient provides 5% or less of the percentage daily value, it is considered "a little"



and if the same nutrient provides 15% or more of the percentage daily value, it is considered "a lot". The consumers are, therefore, encouraged to consume "a little of" fat, saturated, Trans fats and sodium and "a lot of" fiber, calcium, iron Vitamin A and Vitamin C. While the program is focused on educating consumers to make healthier food choices, food companies have shown interest in the campaign as a marketing tool to promote their lines of healthy

food products. Currently, 34 companies are supporting this campaign and have been authorized to place "% daily value" logos on their products.

Nutrition/Health Claims



Nutrition/health claims that are permitted on food products in Canada include: **nutrient content claim**, health claims, general health claims, non-nutrient declaration, probiotic claim and novel food claims. Series of articles in future issues of eFood Focus will highlight each of the claims.

Nutrient Content Claims

According to Health Canada, nutrient content claim "describe the amount of nutrient in a food". Examples include high in fibre and low sodium/salt. Several nutrient content claims related to sodium/salt, fat, saturated fat, Trans fat, sugars, cholesterol, fiber, protein, omega-3 polyunsaturated fatty acids, vitamins and minerals as well as to calories and energy are permitted on food products in Canada. However, these types of claims can be placed on the package only if certain criteria are met for each claim.

The table below summarizes sodium/salt related claims and appropriate criteria for each claim.

Claim	Criteria
Free of	≤5mg / serving
Low	≤140mg / serving
No salt	No NaCl added, Na salt compounds or NaCl substitutes
Lightly salted	≥50% less Na added than a similar reference product
Reduced sodium content	≥25% less Na than the "earlier version"
Less sodium	25% less Na than a reference product (e.g. regular)

Food Labelling for Health

... continued from page 6

Websites of interest on nutrition labeling and claims:

Nutrition labelling

www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php

http://lois-laws.justice.gc.ca/PDF/C.R.C.,_c._870.pdf

Guide to Food Labelling and Advertising

www.inspection.gc.ca/english/fssa/labeti/guide/toce.shtml

Nutrition Facts

www.fcpmc.com/adult-education/index.html

To learn more about the Food Centre's Developing Healthy Foods and Ingredients Program at the Food Centre, please contact Mohamed Khan at mkhan@foodcentre.sk.ca or (306) 933-7807.

Visit the Developing Healthy Foods and Ingredients section on our website for current industry news from around the world.

Next issue's topic:

Health Claims and General Health Claims

There is funding available for development of healthy foods and ingredients. Ask us how.

A Versatile and Healthy Oil for Cooking

Camelina is an ancient oilseed that originated in Europe and we have just recently begun growing in Canada. It is non-gmo and when cold-pressed, this seed produces a beautiful oil that is rich in Omega-3 & 6 as well as Vitamin E. On top of these attributes, the oil is very stable. It has a 15 month shelf life and a 475°F smoke-point which enables this oil to be exposed to heat while cooking without the fear of it breaking down.

In terms of use, it is very versatile. It has very light, grassy undertones (some people find it quite nutty). It is beautiful for dressings, dips and marinades but is also great for stir-frying, grilling, searing, roasting, sautéing, garnishing, etc.

Canadian Food Summit 2012

February 7 & 8, 2012

Toronto, ON

The Canadian Food Summit 2012 offers you an outstanding opportunity to hear from leaders around the world and join in the discussion on the future of food in Canada as we move forward in creating a Canadian Food Strategy.

Hosted by Galen G. Weston, Executive Chairman of Loblaw Companies and Anne Golden, President and CEO of The Conference Board of Canada, this event features representation from across the Canadian food system.

You will participate with them in a lively and important dialogue about safe and healthy food, food security, and food sustainability. Summit delegates will be the first to hear several groundbreaking research reports from the Centre for Food in Canada.

No other event in Canada will offer such a comprehensive analysis of the state of food in Canada or the first steps toward a vision for the future.

Check their website to view agenda and list of speakers.

Register before December 15th for Early Bird Rate: \$495
After December 15th: \$595

www.conferenceboard.ca/conf/12-0018/default.aspx



A 500ml bottle of Camelina Oil can be purchased at specialty retailers and health food stores throughout Saskatchewan, Alberta, Manitoba, Ontario, with a few locations in British Columbia and possibly more locations in 2012. A full list of our retailers can be found at www.threefarmers.ca.

More information can be directed to Natasha Vandenhurk.

email: Natasha@canpressco.ca

Support for Small Businesses

Article submitted by Community Futures Development Corporation



Do you have an entrepreneurial spirit? Do you have an idea for a new business? Are you looking at purchasing an existing business? Or maybe you're expanding your current business?

Community Futures can help. Our network of thirteen independent Community Futures offices located throughout rural Saskatchewan is here to support small business. So whether your business is a part-time or full time opportunity, we're here to help. Community Futures provides loans, advice, and support to entrepreneurs and businesses throughout rural Saskatchewan.

As outlined in the Food Centre's Food Processors Guide "A solid business structure is the foundation of a successful company." It's important to structure your company appropriately, prepare a solid business plan, and secure the financing you need. Community Futures can help you get your business idea on solid footing.

We'll provide strategic business advice to help you with:

- Preparation and assessment of your business plan
- Development of pricing strategies
- Choosing the right business structure (proprietorship, partnership, corporation)
- Business licensing
- Human resource management
- Securing up to date market information and assistance with assessing market potential
- Financing your business venture

Community Futures provides small business loans up to \$150,000.00 and includes a variety of financing options to help you start or build your business.

The Community Futures Program is in the business of supporting small business and offering guidance and encouragement to small business owners. If you have a question about starting a new business, purchasing a business or expanding your business, call us.

Find the Community Futures office closest to you by clicking on <http://www.cfsask.ca/index.php/locations/cfs-regional-map.html>

eFood Focus is published February, June, September and December. If your company has news to announce in our eFood Focus, let us know.

ADVERTISING OPPORTUNITY

Are you interested in advertising in the eFood Focus? Effective and targeted. Reach food processors, industry associations, government groups, suppliers and other service providers to the food industry.

FREE SUBSCRIPTION

To be added to our eFood Focus email list, email info@foodcentre.sk.ca with "Subscribe to eFood Focus" in the subject line. In addition to receiving the eFood Focus, you will also receive important eBulletins regarding the food industry.

To unsubscribe or be deleted from our database, email info@foodcentre.sk.ca with "Unsubscribe eFood Focus" in the subject line.

Please direct all inquiries to Carmen Ly at info@foodcentre.sk.ca or tel: (306) 933-7556



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www.foodcentre.sk.ca
www.FoodIndustryTraining.ca

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