

The Bulletin

November 2006

Baking Association of Canada Newsletter



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Food Guide Revisions Delay until '07

The public release of the final revisions to Canada's Food Guide to Healthy Eating is now anticipated to be delayed until sometime in early '07. The revised Guide will include many changes which bakers should be aware of.

Currently the Guide provides a wide range of servings for a healthy diet. As an example, in the Grain Products section, the Guide recommends the largest number of servings, which is 5-12 per day with one serving being 1 slice of bread, 1/2 bun or bagel, 1/2 cup of rice or pasta, 30 grams of cold breakfast cereal.

In the revised Guide, a foundation diet approach based on a sedentary lifestyle will be used. The proposed revision identifies the number of servings – called choices – by age and gender and these fall within the Estimated Energy Requirements (a DRI value) based on a sedentary level of activity. The number of 'choices' for the Grain Products is expected to be about 8 for adult

men and 6-7 for adult women. The size of each choice remains the same as the old serving sizes.

Another key component of the revised Food Guide is the emphasis on whole grains. Consumers will be told to consume at least half of their grains from whole grains and not enriched or refined grains.

The revised food guide will likely have a similar graphic. The rainbow or something similar is being proposed as the graphic. If the rainbow remains the same, a key change will be the outer arc. It will no longer represent the Grain Products. The outer arc will be the Vegetables and Fruit food group and the second arc will be the Grain Products.

The Grains Essential Program is preparing to undertake a series of media promotions in '07 with the release of the revised Canada's Food Guide to Healthy Eating to reinforce the positive nutritional messages about grain foods.

Grains Essential Web Site Undergoing Changes

The Grains Essential Program will shortly be making substantial changes in its web site as part of its continuing efforts to promote the positive nutritional message of consuming grain-based foods. The changes being implemented include two new sections, focusing on educators and children. Included in these sections will be a series of information pieces on topics including how grains give us energy, growing well with grains and a history of grains. For the kids, the web site will offer a series of grain-focused puzzles, games and experiments that children can undertake either in the classroom or home.

To learn more about the Grains Essential Program visit its web site, www.GrainsEssential.ca.

E-mail and Contact Info

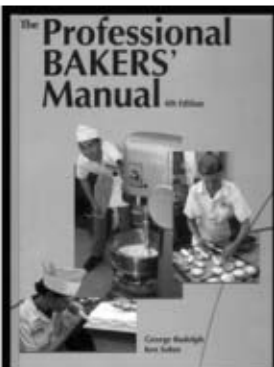
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Professional Baker's Manual 4th Edition

Order Form

\$78.00 - Members \$88.00 - Non-Members

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Trans Fat Task Force Recommendations Still Under Review

In response to numerous member enquiries, BAC would like to advise that the recommendations made by the Trans Fat Task Force this past June are still under review by the federal Minister of Health. As a result there are currently no proposed regulatory or legislative restrictions on the use of trans-fat-containing ingredients.

Members will recall that the Trans Fat Task Force recommendations did, however, call for the implementation of regulations limiting trans fats based on:

- Foods purchased by retailers/foodservice establishments for direct sale to consumer be regulated on a finished product or output basis
- Foods prepared on site by retailers/foodservice operators be regulated on an ingredient or input basis

And that these foods are limited in their trans fat content to:

- 2% on total fat content for all vegetable oils and soft spreadable margarines sold at retail.
- 5% for all other foods sold at retail: includes products that combine both processed and ruminant trans fat sources
- Food products made with only ruminant fats (meat/dairy) are exempt

BAC will be participating in any regulatory process regarding trans fats once it has been initiated.

In Passing

We are saddened to report the passing of Ron Walker of Surrey, BC. Ron was a BAC Honorary Member since its amalgamation in 1997.

Enhance your knowledge!



Advance your skills!

We offer:

- Bakery Technology I (Overview)
- Bakery Technology II (Bread Making Technology)
- Bakery Technology III (Cake Making Technology)
- Food Hazard Control: Implementing An Effective Sanitation Program
- Occupational Health & Safety
- Operating A Successful Bakery



For more information, or to receive a course application, please contact Gillian Blakey in the BAC office @ 1-888-674-2253 ext. 21 or visit our web site: www.bakingassoccanada.com



Congratulations To Our Most Recent Correspondence Course Grads!

Amanda Ford
Bakery Technology I

Anne Grindl
Bakery Technology III

Neta Kean
Bakery Technology II

Janine Lyon
Bakery Technology II

Ricardo Pacheco
Food Hazard Control: Sanitation

Brenda Platt
Operating A Successful Bakery

For information on correspondence courses for baking industry employees and the Certified Bakery Specialist (CBS) program, please contact ext. 21 at the BAC office or check out our website at www.bakingassoccanada.com.

A Warm Welcome to our Newest Members

Paul AndrewsTSE Canada
George Tohme



Congress 2007
May 6-7
Place Bonaventure, Montreal, QC

Contact us today
to ensure that you receive
the information needed to
participate in the
Baking Event of 2007!

Exhibitor information -
available now!

Attendee information -
available in December

Baking Association of Canada
Association canadienne de la boulangerie

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Baking Association of Canada Upcoming Events

BC Chapter

Jan 13, 2007
Christmas Party
Vancouver, BC

June 21, 2007
Golf Tournament
Redwoods Golf Course

Congrès 2007 Congress

mai 6 - 7 May
Place Bonaventure
Niveau 400 est
East Building, Level 400
Montreal, QC

Bakery Showcase 2008

May 4 - 6
Toronto Congress Centre
Toronto, ON