

The Bulletin

January/February 2008

Baking Association of Canada Newsletter



Federal Government Trans Fat Initiative Ignored as Calgary, Manitoba and Ontario Introduce Bans

In what could be a precedent-setting divergence from national food regulatory policy, Calgary, Manitoba and Ontario have decided to ignore the recommendations of the National Task Force on Trans Fats and the subsequent decision by Minister of Health Tony Clement and move forward with their own bans on trans fats. In Calgary this ban came into effect January 2008.

In June 2006 the multi stakeholder Trans Fat Task Force, of which BAC was a member, recommended limits of no more than 2% (trans as a % of total fat) for liquid oils and soft margarines and 5% for all other foods. The Task Force also identified that a number of foods would face significant reformulation challenges and bakers especially may require more time to come into compliance. In addition the Task Force noted that small and medium-sized businesses would face substantial costs in reformulation and that programs should be developed to assist these companies in switching to trans alternatives.

In June 2007, Minister Clement announced a two-year period for the food industry to meet the recommendations of the Trans Fat Task Force. If industry was not in compliance by this date then the Minister indicated that he will introduce regulations to ensure compliance.

Calgary's ban, instituted by the unelected Calgary Health Region immediately requires limits on trans fats for frying oils and soft margarines of no more than 2% (trans as a % of total fat) and has set a date of July 2009 for all other foods to meet the 5% limit. Businesses not in compliance will potentially have their food permits withheld. Calgary Health Region has also taken a "we'll deal with it later" approach to the significant challenges of enforcing such a ban. These enforcement issues include the inability to differentiate between naturally occurring and processed trans and the impact on low fat foods, which by their very nature have very low overall fat but on a percentage basis the small amount of trans fat may exceed the 5% threshold.

In Manitoba, the provincial government has introduced legislation to ban foods containing more than

2% trans fats from sale or distribution in its schools. Manitoba is ignoring the 5% limit recommended by the Trans Fat Task Force for foods such as bakery products and to date has not indicated how it will address the same enforcement issues facing Calgary Health Region.

Ontario, in response to a campaign commitment by the Premier during the recent election, has announced its own intent to eliminate trans fats from schools. However, Ontario at this time appears to have a better understanding of the challenges of such regulations and has announced a consultative process to meet its objective.

According to Paul Hetherington, President and CEO of the Baking Association of Canada, the local and provincial regulatory interventions into national food policy not only ignore the reality of our national and international marketplace but also create a patchwork of differing regulations which will make the cost of doing business more expensive or result in certain products not being available in some markets. In addition, Hetherington also expressed real concern over the apparent lack of understanding regarding the challenges of regulatory enforcement. "In the case of the Federal government, the rules regarding the development of regulations quite sensibly state that the government will not develop regulations that cannot be enforced. To date we have not received any information on how Calgary or other jurisdictions are going to address enforcement issues that we and others have raised," said Hetherington.

In addition to the patchwork of regulations created, Hetherington expresses serious concern regarding the "cherry picking" of the recommendations of the Trans Fat Task Force of which he was a member. "The Task Force recommendations were then about developing limits on trans fats. They included recognition of the challenges on enforcement, recommendations on the need for research, calls for support to small and medium size businesses to assist them in reformulating etc all of which have been ignored by governments of all levels," said Hetherington.

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2008 Bakery Showcase Exhibitor List

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7895 Tranmere Drive, Suite 202
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Mattes, Mathiasen and Scholtes Awarded with Honorary Membership

Benno Mattes, Flemming Mathiasen and Peter Scholtes were awarded with Honorary BAC membership in presentations that took place before more than 120 people during the Ontario Chapter's Annual December Holiday celebration. All three recipients were recognized for both their outstanding



achievements and contributions to the industry.

Benno Mattes is the President of Del's Pastry and received his Master Baker degree in Germany in 1960 in Frankfurt, Germany. On emigration to Canada in 1961 he worked for a small bakery in Toronto of only 400 square feet until he bought it in 1963. The business prospered under Benno's leadership and outgrew its

location a number of times until settling in its present location in the southwestern part of the city. Today Del's Pastry, a modern 50,000-square-foot facility, has the capacity to produce a large number of pastry lines of both cake and yeast leavened products, in both fresh and frozen format.

Benno was a longtime member of the Bakery Production Club of Ontario and was an enthusiastic supporter of the amalgamation with the BAC. His support of the BAC includes volunteering many members of his staff to support the Ontario chapter as members of the Executive Committee. Benno volunteered his personal services to the National Association as a member of the Board of Directors where he acted as treasurer during 2001 and National Co-Chair from 2002/2003.



Flemming Mathiasen has more than 40 years in the baking industry, experiences as an educator, Journeyman Baker/Patissier, along with extensive work in product development and planning for the bakers and the food industry at large. His career began with Williams Bakery as a baker/patissier in 1964 and progressed through positions of greater responsibility with Christies Breads,

Stearl Foods and Dairy Maid Biscuits.

Arguably, Flemming's greatest contribution has been in his role as educator during his near 30 years with the Peel Board of Education where he trained more than 6,000 students and adults in Baking, Cooking, Leadership Development, English, History, Marketing Techniques and Critical Thinking.

Flemming was an active member of the Bakery Production Club of Ontario where he held many positions on the Club's executive. Following the amalgamation with

BAC, Flemming became active with the BAC's Ontario Chapter Committee and took up the intensive position of Bakery Showcase Chair in 2000. Flemming is also a member of the Retail Bakers of America and Pastry Chef Guild of Ontario.



Peter Scholtes began his baking career as an apprentice in one of the better pastry shops in Holland. He immigrated to Canada in 1952 and worked for a number of bakeries both in the U.S. and Canada including 12 years at Corporate Foods.

Looking for new challenges, Peter then accepted a position as an instructor at George Brown College's Baking Department. Time at George

Brown College proved to be a very rewarding experience and Peter remained there for the next 15 years until his retirement, at which time he held the position of baking program co-ordinator.

Peter served as a national director of the Baking Association of Canada National Office from 2001-2004. He was an original member of the Association's Education Committee in which he is still an active member. Peter also served on the Committee of Bakery Council of Canada and the Baking Association of Canada until the present.

Prior to the amalgamation with BAC, Peter was an active member of the Bakery Production Club of Ontario and held the position of President for two non-consecutive terms. After the merger Peter served on the BAC Ontario Chapter Committee including holding the position of Treasurer.

HELP WANTED

LOOKING FOR EMPLOYEES?
or perhaps you're
LOOKING FOR A NEW CAREER?

BAC's Job Board located on
www.baking.ca can help
Ads are placed on-line and start
working for you immediately

To view or place ads visit www.baking.ca
or call 1-888-674-2253 for more information

New Sodium Information Available from Grains – They’re Essential

Health professionals, consumers and the baking industry have a new tool to understand the impact of sodium on health and its use by bakers courtesy of the Grain’s – They’re Essential program. The Sodium – Essential in Moderation and accompanying consumer information piece was sent out to some 9,000 dieticians in both French and English last December and provides an overview of sodium and diet, sodium sources in the North American food, its impact on health and sodium’s role in

bread and baked goods. Sodium - Essential in Moderation is available by downloading free of charge from the Grains – They’re Essential website, www.GrainsEssential.ca.

Grains – They’re Essential is a health communication program that provides information and advice to Canadians on grain products and their role in a healthy diet. The program is supported by BAC, the Canadian Wheat Board and individual contributions from member companies.

Hinton Appointed to Alberta Apprenticeship Board

Brian Hinton, Chair of BAC’s Education Committee and owner of Lakeview Bakery in Calgary, was recently appointed to the Alberta Apprenticeship and Industry Training Board by Hon. Doug Horner, Alberta Minister of Advanced Education and Technology. The Board’s mission is focused on establishing and maintaining high-quality training and certification standards in the apprenticeship and industry training system. Brian will serve a three-year term as Employers-Industry other than Designated Trades representative.

Alberta has the highest per capita employment of apprentices in Canada, currently over 50,000, projected to grow to 60,000 within the next three years.

The Alberta Board’s three-year business plan priorities include:

- encouraging more employers to hire and train apprentices
- facilitating access to training and certification
- continuing to enhance the image of the trades
- maintaining industry standards.

Apprenticeship Incentive Grants

Available to Apprentice Bakers

The Apprenticeship Incentive Grant (AIG) is a taxable cash grant of \$1,000 per year available to registered apprentices once they have successfully completed their first or second year/level/block of an apprenticeship program in one of the Red Seal trades (www.red-seal.ca) including baking.

Specifically, the AIG is meant to encourage apprentices to complete their apprenticeship program and get their Red Seal, which will allow them to apply their skills and knowledge anywhere in Canada by helping to cover some of the tuition, travel and tool costs.

To be eligible for the AIG, you must be:

- a Canadian citizen, permanent resident or protected person out of the secondary school system (some exceptions apply)
- a registered apprentice with an employer, training trust fund, union training centre, joint apprenticeship training committee, or apprenticeship authority in a Red Seal trade program that is designated as such in the province or territory where you are registered as an apprentice
- able to show progress within an eligible apprenticeship program by proving that you have successfully completed either the first or second year/level/block, based on supporting documents (eligibility criteria**)

For more information, about the Apprenticeship Incentive Grants contact Service Canada, online (www.servicecanada.gc.ca), call 1-866-742-3644 or visit a local Service Canada office.

My Food Guide Available in Multiple Languages

Health Canada has announced that that “My Food Guide Online” is now available to print in multiple languages. To view “My Food Guide Online” please visit: <http://www.healthcanada.gc.ca/myfoodguide>.

Grains
they're essential!



**Les produits
céréaliers,**
essentiels pour la santé !

Sodium—essential in moderation

What is salt?

Salt is a crystal made up of two minerals—sodium and chloride. It is the main source of sodium in our diets. Iodine is added to most forms of table salt in Canada, so that we can get enough iodine in our diets.

How much sodium do I need?

In Canada, we consume much more sodium than is recommended. Our intake of sodium is more than double the amount we need.

Ages (years)	Adequate Intake (mg)
1-3	1000
4-8	1200
9-13	1500
14-18	1500
19-30	1500
31-50	1500
51-70	1300
>70	1200

Based on current nutrition recommendations, an adequate intake of sodium would be between 1000 – 1500 mg, depending upon our age. People who perspire heavily, such as athletes, or individuals who do a lot of physical work, may need more.



Did you know

Salt or sodium

1000 mg of sodium is the amount in about 2.5 grams of salt. Depending on the coarseness of the salt, this could be between 2 and 2.5 mL (1/2 teaspoon)

Where do I get sodium?

Some sodium is found naturally in foods. We also get sodium from the salt we add to the food we cook and to our food at the table. About three quarters of the sodium we consume is from sodium added to foods during processing.

Most sodium is added as salt, but there are other forms of sodium in processed foods. Read the ingredient list. Baking soda, baking powder, sodium nitrate, sodium benzoate, monosodium glutamate (MSG)—all ingredients that mean sodium is added to the food.

Why is sodium added to foods?

Sodium is added to many foods for many reasons. The most important are:

- 1. Taste**—salt enhances the natural flavour of foods. For example, tomato soup or bread would not be very appetizing without salt.
- 2. Safety**—foods such as deli meats, salted meat or fish, cheese and fermented foods such as pickles and sauerkraut, require salt to control bacteria growth.
- 3. Function**—salt is used in bread and baking to control the action of yeast and to strengthen the dough. It is also used in cheese making to control the moisture content.








Does sodium increase blood pressure?

Maintaining a healthy body weight, being physically active, drinking alcohol in moderation or not at all, and decreasing your sodium intake, will help decrease your risk for developing high blood pressure. Age and family history play a role too. High blood pressure, also known as hypertension, is a risk factor for heart disease and stroke.

Tips for choosing foods with less sodium:

Check out the food label:

-  Compare two similar products and choose the one with a lower % Daily Value of sodium, or
-  Look for nutrient content claims on the package that say “25% less sodium”, “reduced in sodium”, “low salt” or “low sodium”.
-  Read the ingredient list. Salt, sodium chloride, baking soda, baking powder, sodium nitrate, sodium benzoate, monosodium glutamate (MSG) are all ingredients that mean sodium is added to the food.

Nutrition Facts	
Per 1 slice (45g)	
Amount	% Daily Value
Calories 110	
Fat 1.5g	2%
Saturated Fat 0.4 g + Trans Fat 0 g	2%
Cholesterol 0 mg	
Sodium 160 mg	7%
Carbohydrate 19 g	6%
Fibre 3 g	12%
Sugars 2 g	
Protein 5 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%

Sandwich tips for reducing sodium

- Compare the % Daily Value for sodium between breads—many whole grain breads in Canada have reduced the sodium levels.
- Use leftover grilled chicken breast, beef or pork roast thinly sliced rather than deli meats.
- Buy block cheese rather than processed cheese which is higher in sodium.
- Choose spreads that are flavourful yet lower in sodium
 - mustard or zucchini relish has a Daily Value of sodium of about 2%;
 - try sodium reduced versions of your favourite spread.
- Add lettuce, tomatoes, sliced cucumbers, grated carrot or sliced apples for moisture and crunch—but don't sprinkle with salt!



For more information contact: Baking Association of Canada

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Visit www.GrainsEssential.ca or www.cwb.ca to download PDFs of this resource.

Wheat – 2007 Review and the Look Ahead

By the Canadian Wheat Board

Difficulties in wheat production tightened world supplies and pushed prices to record levels in 2007. Worldwide production fell below consumption for the second consecutive year, causing forecast-ending stocks to reach 30-year lows. These events of the past year provide a note of caution for the upcoming year.

The 2007/08 wheat marketing year began with the smallest wheat stocks since 1982-83. An increase in the world area planted to wheat was expected to increase production and ease supply. However, production expectations dropped early in the year as a frost in the United States' hard red winter wheat area resulted in lower yields and quality problems. Dry weather in Russia and Ukraine during the same period further reduced production potential for winter wheat crops.

The bad news for wheat production continued into June and July, when rains during the European wheat harvest caused quality problems. Spring wheat supplies in North America suffered yield losses from excessive heat during the critical month of July.

Attention then turned to the southern hemisphere for supply relief, but Australia's second consecutive drought dramatically reduced its crop. Despite timely rains in Argentina, a frost during November reduced yields and damaged quality.

The reduction in supply caused some exporting countries to install export taxes or restrictions to protect domestic markets. Ukraine was the first to limit exports, followed by Russia and Argentina.

The U.S., which is the world's largest exporter, is showing sales well ahead of normal with over 90 per cent of the USDA export program sold by the end of 2007. This combination of strong U.S. export sales and tight supplies has resulted in very volatile futures markets. Wheat markets set fresh all-time highs in late December 2007, amid extremely volatile trading. The volatility is expected to continue in the coming months until new crop supplies (2008-09) are assured.

Looking forward to the 2008-09 crop year, production is expected to rise due to increased plantings of winter wheat in the northern hemisphere. U.S. winter wheat planting has increased, although some production problems are already being reported. The European Union has suspended their set-aside program and most of this area is expected to be planted to wheat. Black Sea wheat production is expected to increase due to greater seeded area. In Australia and Argentina, improved production is expected in 2008.

Conversely, the spring wheat situation in North America is expected to remain relatively tight. The competition from other crops in Western Canada and the U.S. Northern Plains is expected to result in a slightly lower area in 2008.

With the increased production potential for the 2008 crop, stocks are expected to begin slowly rebuilding. The market will closely watch the development of the winter wheat crops in the major exporting regions. Any problems with expected yield and/or quality will be quickly reflected with higher futures prices. The volatility in the wheat market should also continue and markets are expected to be sensitive to any production or demand swings.

Preparing and Delivering an Internal Audit

As the name implies, internal audits (also called first party audits) are self-examinations of your food safety system. In addition to serving as a dress rehearsal for a certification audit, an internal audit identifies areas in need of improvement and reinforces food safety awareness among your staff. The net result is often improved food safety, enhanced management practices, better external audit results and lower external audit costs.

Beginning after your food safety system has been functioning effectively for a minimum of three months, internal audits should be completed annually. Annual internal audits do not need to be completed all at once; they can be spread throughout the year as a series of mini-audits.

There are four main steps to an internal audit: preparation, data collection, report preparation and findings follow-up.

Preparation starts with selection of your internal audit team. Typically, the HACCP Coordinator or Quality Assurance Manager leads the team. Team members should be selected for their technical knowledge, familiarity with plant processes and products, and communication skills. Where auditing or technical expertise is lacking, formal audit training may be required or outside experts may be added to the team.

Perhaps the team's most difficult task is preparing the auditor checklist. As the primary information gathering tool, it must provide clear, concise guidance to collect the right amount of the right kind of data. The goal is to determine if documentation is complete, if written programs and HACCP plans meet your food safety system standards, if plant personnel are adequately trained, and if written programs and HACCP plans are being implemented as written.

Your final preparation task is an internal audit plan which identifies specific audit areas and outlines the audit schedule.

Data collection requires curiosity,

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Team Canada – New Bakery Competition – Harold Lloyd Headlines Bakery Showcase 2008

The 2008 version of Bakery Showcase May 4-6, 2008, will feature exciting additions of Team Canada, a new creative bread baking contest and the return of the ever popular and dynamic seminars of Harold Lloyd to complement the hundreds of exhibitors on the show floor.

Team Canada fresh from being featured at Europe's Coupe du Monde in Paris and a close second place finish at last year's Le Coupe LeSaffre will be on hand to provide both demonstrations and answer questions regarding their techniques and performance at these international competitions. Team Canada, featuring Bill Clay, Tracey Muzzolini and Didier Julien, also look forward to speaking with the industry at large about participation in competitions such as the Coupe du Monde.

A new creative bread sculpture contest is being introduced with \$8,500 in prize money. Organized and sponsored by the Ontario Chapter of BAC, this competition will recognize outstanding artistic displays of bread with \$5,000 to the winner! The competition is



open to all those in the industry and registration forms will be available shortly.

Harold Lloyd, one of North America's premier speakers, will return to Bakery Showcase to deliver two programs engineered especially for the industry. Am I The Leader I Need To Be? is a step-by-step process to quantifiably determine your "leadership score." At the end of this program you be able to identify the specific qualities you'll need to improve to "raise your score" in the future. Fishin' For Sales?... Better Bait The Hook is a fast-paced

seminar that will deliver merchandising techniques that stimulate more consumer spending and maximize sales. The program will show you how to invigorate sales staff with new and exciting ways to sell and provide a list of merchandising ideas that can be effectively implemented in one, 10 or 100 days.

Bakery Showcase 2008 will be held at the Toronto Congress Centre May 4-6, 2008. For more information on either exhibiting or attending, contact the BAC office at 905-405-0288 or toll free 1-888-674-2253; email info@baking.ca.

bakery showcase 2008

Exhibitor List • As of January 11, 2008 * indicates new exhibitor

ADM Milling Company	CIS Group	Handtmann Canada	National Starch Food	pro Bake
*AKR Consulting	City of Brantford	Harvest Corporation	Innovation	Prosperity Foods
Alfa Cappuccino Imports	*CoaGel	*Hobart Food Equipment	Natunola Health	Qzina Specialty Foods
All Gold Imports	Contemmar Silo Systems	Group Canada	Nealanders International	Reiser (Canada)
American Pan	*CRS/Vamic Inc	Hollimex Products	New-Life Mills	Reynolds Food Packaging
AMF Bakery Systems	Danisco USA	*Honey Bunny	Nilfisk CFM	Canada
Andea Inc	Dawn Foods Canada	Horizon Milling	*Nita Labelers	Rich Products of Canada
Apple Valley Foods	Dealers Ingredients	HTECH Inc	Novacart	*Satin Fine Foods
BakeMark Canada	DecoPac	*InnoSeal Systems	Novelis Foil Products	Semco Systems
Bakers Journal	Donini Chocolate	Intersteam Technologies	Nutrasun Foods	Signature Fine Foods
Bakery Crafts	Dover Flour	Italian Home Bakery	Nutrifrance	Sika Canada
Baking Association	Drader Bakery Logistics	Ivanhoe Cheese	One Way Disposable	*Spectra Foods
of Canada	Ecopack	*JBNT Marketing	Piping Bags	Structural Panel Industries
Bonnie & Don Flavours	Elco Fine Foods	J J Marshall	Ontario Ministry of	Sugarplum Desserts
Bridor Inc	Embassy Flavours	Kellogg Canada	Agriculture, Food & Rural	SunOpta Ingredients
Bunge Canada	Fancy Pokket	Kerry Bio-Science	Affairs	*Sweet N Fun Products
Burnbrae Farms	*Flavor Right Foods	KL Products	Ordan Thermal Products	The French Oven
Cake Top	Fleischmann's Yeast	KLR Systems	*Packaging Machinery	Tradition Fine Foods
*California Walnut	Flex-O-Mark Inc	L & M Bakers Supply	Concepts	Tri-City Packaging
Commission	Foodtools	L V Lomas	Par-Pak	Unifiller Systems
*CalJava International	France Decor Canada	*La Gaterie	Parmalat Canada	United Canadian Malt
Canada Bread	Fruition Fruits and Fills	Label Systems	Pemberton & Associates	Upper Canada Malt
Canadian Dairy	G Cinelli-Esperia	Lallemand	Pepsi-QTG, Quaker Division	*US Highbush Blueberry
Commission	Gay Lea Foods	Lapaco Paper Products	Perfect Equipements	Council
*Canbra Foods	Co-Operative	Lentia Enterprises	Petra International	Vega Mfg
Caravan Ingredients	Give & Go Prepared Foods	Lesaffre Yeast	Polar Technologies	Weston Bakeries
Cargill	Global Egg	Lockwood Manufacturing	Prime Pastries	
Carmi Flavor & Fragrance	Gluten Free Gourmet	MarSia Imp/Exp		
Champion Moyer Diebel	Grain Process Enterprises	Megart Systems		
Chemroy Canada	Gumpert's Canada	*Miwe America		
Chicago Metallic	H Moore Printing Services	*ML Packaging		

**Almost 75% of Exhibit Space Sold
With 20 NEW Companies**

Preparing and Delivering an Internal Audit

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persistence and focus by the audit team. Information is gathered by reviewing documents and records, observing operational activities and interviewing staff. The information gathered will be used by the audit team to systematically evaluate the strengths and weaknesses of your facility's food safety system.

The written audit report must accurately reflect your plant's level of compliance with your selected food safety program standards. Primarily, it identifies non-compliance areas and their root causes. However, it also acknowledges

areas of satisfactory performance. Unlike second and third party audits that cannot offer advice, an internal audit report offers specific corrective recommendations.

Audit findings are of little value if there is no follow-up. The time to address non-compliance areas and/or trends is immediately following the internal audit. Corrective actions (with timelines) must be developed to eliminate the cause of the non-conformity and to prevent a recurrence. After implementation, all corrective actions

must be monitored or re-audited to ensure they are effective. Certification audits should not proceed until all issues identified in your internal audit have been corrected.

Internal audits strengthen your food safety system, while preparing you and your staff for a certification audit.

For more information on internal audits and to download the Internal Audits & Preparing for Certification Workbook 2007 visit www.ontario.ca/haccp.

Congratulations to Our Most Recent Correspondence Course Grads!

William Baszyk	<i>Bakery Technology III</i>
Mirosław Chociej	<i>Bakery Technology III</i>
Patrick Pinette	<i>Bakery Technology II</i>
Jennifer Fraser-Smith	<i>Operating A Successful Bakery</i>
Tony Di Cicco	<i>Certified Bakery Specialist Diploma</i>
Scott Messervey	<i>Certified Bakery Specialist Diploma</i>

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

Raul Alvarez	<i>CIS Group</i>
Chuck Arcand	<i>Cinnaroll Bakeries Limited</i>
Nicodemo Armeni	<i>Calabria Bakery Ltd</i>
Kate Ballard	<i>The Old Town Bakery</i>
Len Feinstein	<i>Prosperity Foods</i>
Marcia P Howell-King	<i>MPH Bakes and Sweets</i>
Bill McCoy	<i>Chicago Metallic</i>
Rhonda Ryan	<i>Dow AgroSciences</i>
Maged Sedky	<i>Vancouver Croissant Ltd</i>
Jacqueline Steele	<i>AKR Consulting Inc</i>
Eric Wang	<i>ML Packaging</i>



Baking Association
of Canada
Association canadienne
de la boulangerie

Baking Association
of Canada

Upcoming Events

Bakery Showcase 2008

May 4 - 6
Toronto Congress Centre
Toronto, ON

Atlantic Chapter

September 15
Annual Golf Tournament
Magnetic Hills Golf Course
Moncton, NB