

The Bulletin

December 2010

Baking Association of Canada Newsletter



A quick look back and a hard look into the future

As members have come to expect, I have for the past number of years taken the opportunity with our December newsletter to provide a summary on the

activities of BAC over the past year and some of the highlights. For this year's column I wish to deviate somewhat from that format and spend some time crystal ball gazing into the future and what it might offer.

First, to the past 12 months. I am sure to no one's surprise the number one issue we dealt with in 2010 was Health Canada's program to voluntarily reduce sodium in processed foods. The process, which began some three years ago when the Sodium Working Group was formed, culminated in the Group's report released this summer calling for the implementation of a three-pronged strategy of voluntary industry sodium reductions, a major consumer education program and further research.

Throughout the past three years BAC has invested a considerable amount of time and resources to ensure bakers were kept informed about the sodium initiative and that the industry's interests were well represented. This included demanding that Health Canada agree to and participate in a national consultation with bakers about sodium reduction. BAC provided a summary of comments received during this consultation as part of its overall comments. While a lot of work still has to be done it is reassuring to see so many companies have embraced and are embracing this initiative with sodium reduction in their own products.

BAC also was actively involved in a number of other government areas at both the provincial and federal levels. Federally, we have made representations on mycotoxins in wheat, CFIA's

Importer License Proposal, Food Allergens and Precautionary Statements, Acrylamide and Asparaginase, Biotech Wheat and the ongoing EU-Canada Free Trade negotiations.

I also was invited and appeared before Parliament's Standing Committee on Health back in May to review the Federal government's voluntary effort to reformulate out of trans fats. While the report of the Trans Fat Task Force (of which I was a member) called for regulations to remove trans fats, members will remember that the Minister of Health gave industry two years to voluntarily comply with the overall objective of reducing Canadian consumption of trans fats to less than 1% of energy as per the Task Force's recommendation. I told the Committee that according to Health Canada's own data, trans fats as a percentage of energy has been dropping from a high of 3.7% in 1995 to 2.0% in 2004 and based on the last set of sampling data in 2008 that number had dropped to 1.4%. Based on continuing voluntary reformulation efforts there is every reason to believe that the 1% target has been reached – all on a voluntary compliance basis!

In provincial affairs we had a number of initiatives in 2010 relating to Ontario – home of some 60% of the industry. BAC joined the Alliance of Ontario Food Processors (AOFP) in an effort to raise the profile and promote the challenges facing bakers. BAC's membership in AOFP applies to all Ontario BAC members. In addition, BAC was a founding member of the Ontario Food Industry Environmental Coalition, which has been responding to the number of growing environmental issues facing the food industry from Toxic Reduction Regulations through to water use and waste discharge. BAC also has been working with the Ontario Restaurant Hotel & Motel Association in an effort to extend the \$10K Apprenticeship tax credit to bakers and cooks.

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Season's Greetings and Best Wishes
for a Happy New Year

Joyeuses Fêtes et meilleurs vœux
pour une nouvelle année

BAKING ASSOCIATION OF CANADA
Association canadienne de la boulangerie



As for programs, Bakery Showcase 2010 was a tremendous success, with a 10% increase in exhibiting companies and some 20% increase in attendees. We also added a hugely popular National Cake Decorating contest, which will certainly be a focus of our 2012 show. The Grain's – they're essential! program produced three consumer fact sheets available free of charge to members via the website www.grainsessential.ca. Speaking of websites, BAC is currently updating its own and we look forward to its launch early next year.

So now let's take a look to the future. One of the interesting aspects of my position is the constant questions I receive from members, government and the industry on what "I think" about a range of topics. The volume and breadth of those questions can be quite substantial so in my little way I would like to offer the following both serious and "tongue in cheek" comments:

The Economy

This is one area over the past two years where I have received a lot of questions. Any opinions I offer here should be relatively risk free from criticism – let's be honest, the so called "experts" pretty much blew forecasting the "Great Recession" and they are all over the place on what the future looks like. So why don't I give it a shot! I won't go into macro or micro economics but will keep it quite simple and state the obvious – for the foreseeable future, the Canadian economy will continue to be integrally linked with the U.S. and as a result we will experience strong and sustained economic growth when the U.S. does. Now for the \$64,000 question – can the U.S. get its economic house in order? In all seriousness, this question keeps me up at nights and as of yet I don't have an answer.

Bakery Showcase 2010 Sponsors

*BAC wishes to extend sincere thanks to these
companies for their generous support*

BUNGE

**BAKERS
JOURNAL**



BakeMark Canada
Nealanders
Zebra Motorola

*Remember to support the companies who
support your Association!*

Commodity Volatility

"If I knew how to do that I would have made my millions and be sitting on a beach rather than working" was the response some time ago from a very experienced commodity trader to my request for him to forecast how the grain market might move. Recognizing my own significant limitations in this field I am not going to offer a direction for commodities in 2011. I would, however, recommend that bakers remain vigilant and cautious so they can make quick and informed decisions. Remember what happened in 2007/2008 and the relative speed with which it occurred? As they say, "those who don't learn from the mistakes of history are bound to repeat them!"

Health and Nutrition

The focus of the last couple years on healthier food products is not a fad – it's a long-term trend that industry must embrace. Consumers are looking to their food to help them live longer and healthier. We have seen this through the focus on trans fats and the recent initiatives to lower sodium and I fully expect a similar focus in the near future on sugar. Bakers should expect this to be a long-term trend.

Governments are also driving healthier foods and are doing so through education, voluntary initiatives or via regulations. Governments are faced with ever increasing health-care costs and look on the promotion of healthier foods as a means to mitigate some of the cost pressure. Considering the deficit situation of the provinces and federal government, I see no reason for this to change – indeed, it may be just the opposite.

What Do Consumers Want From Food?

Consumers may be looking for a range of attributes (healthier, organic, etc.) in their food but one criteria remains key – it won't sell if doesn't taste good! This sounds like a "no brainer" but in my travels I encounter new and reformulated foods all the time that seem to have forgotten this.

Legislation and Regulation

Not a day goes by without reading about, hearing about, or speaking with a business manager or owner who is struggling to comply with a variety of government regulations. The food industry is one of the most regulated in the country and the costs of compliance can be daunting. I would like to suggest that the future will offer reduced regulations across the board but this isn't an April Fools story. However, there may be some light at the end of this proverbial long and dark tunnel. As an example, Ontario is currently undertaking a review of business regulatory barriers to growth in which the government has committed to, where possible, address the concerns. BAC, through the Alliance of Ontario Food Processors, is helping to identify the top five barriers for the Agri-Food Sector. Is it perfect? – no, but it is certainly a move in the right direction.

I believe the past year and the future can be summed up with "we continue to live in interesting times."

*Paul Hetherington
President & CEO
Baking Association of Canada*

Alberta Chapter



It's hard to believe a full year has passed since the October 22, 2009 meeting whereby a new group of individuals were elected to form the Alberta Chapter of BAC!

As a reminder, here are your Alberta Chapter Officers:

- **Chapter Chair:** Randy MacDonald, P & H Milling Group
- **Vice Chair:** Scott deBoer, Kinetic Sales & Marketing
- **Secretary Treasurer:** Hanif Hirji, Engel's Bakeries
- **Membership Director:** Ken Tynan, Dawn Food Products
- **Member At Large:** Louis Bontorin, Calgary Italian Bakery
- **Past Chair:** Brian Hinton, Lakeview Bakery

As most of us have been associated with SABA (Southern Alberta Bakers Association) in one capacity or another, be it as an executive committee member or committee volunteer, we offer our thanks to all past members, as it is only with their efforts and vision that we have arrived at this point.

Highlights from this past year include:

"It's Never Too Late Christmas Function" – January 23, 2010: This event was held at the Deerfoot Inn & Casino and was so well received that we are holding this year's event in January as well. Success of this event was due to the fact that most people are too busy during the "normal" Christmas season that after the rush of fall/Christmas this event was something to

look forward to! Thank you to the organizing committee and member companies for sponsorship of door prizes.

Sodium Reduction Consultation Meeting – March 9, 2010: 30 registered attendees from various companies representing manufacturers, bakeries, suppliers and retail and food service operations attended. This meeting provided the industry with the forum and opportunity to voice their opinion.

Annual golf Tournament – Sirocco Golf Club – July 19, 2010: The golf tournament was a great success again this year and thanks go out to the organizing committee who volunteered their time as well as to the many companies for their ongoing commitment of support with prizes and sponsorship. We had a change in venue this year that was well received with many positive comments regarding the Sirocco Golf Club. This tournament was able to provide a financial donation of \$2,500 to each of SAIT and NAIT. There was also a draw for a prize that was a trip for two to Las Vegas in September to attend the IBIE show, and the winner was Sieg Bressmer of Dawn Food Products!

I would like to extend my sincere thank-you and appreciation to the Chapter Officers and all volunteer committee members for their efforts and time over this past year. Thank you to Mr. Brian Hinton for his unwavering support of our industry in this Province and support to this new Chair. I look forward to another exciting year with this Chapter!

*Randy MacDonald
P & H Milling Group
Alberta Chapter Chair*

BC Chapter



Time is an odd thing. It slips through your fingers; it cannot be grasped, clung to, or controlled. It is always now; it is never the past or the future. What we do with now is all that matters because each moment is telling of the next.

As a chapter we have continued to focus on supporting our professional education system and providing national

and international level competition experience for aspiring bakers and pastry artists. Our annual golf tournament and Christmas dinner are the catalysts for sponsoring this work. Thank you for coming out to these events and for giving of your time and money.

BC Chapter's 2009/2010 Board:

- **Chair:** John MacKenzie, Anita's Organic
- **Vice Chair:** Christian Mitzel, The Original Cakerie
- **Secretary Director:** Gary Humphreys, Dawn Food Products
- **Treasurer Director:** Ron De Laet, Weston Bakeries Ltd/Ready Bake

- **Entertainment Directors:** Nicole Higgins, National Starch Food Innovations, Randall Winters, RF Bakery Equipment
- **Membership Directors:** Melissa Timewell, Thrifty Foods, Nina Sanford, Weston Bakeries Ltd/Ready Bake, Debbie Fawcus, BakeMark Canada
- **Education Director:** Parry Robinson, VCC
- **Past President / Chair:** Ralf Tschenschler, Lesaffre Red Star Yeast

My sincerest thanks go to Gary Humphreys of Dawn Foods and Nicole Higgins of National Starch for all of their work this year. Gary has served as the Secretary on the committee, yet his experience has been invaluable to me as we moved through different issues that arose through the year. Nicole has poured hours of volunteer time into organizing and promoting the golf tournament and Christmas dinner. Thank you, Nicole and Gary!

All the best to you and yours as family and friends come together to celebrate life, hope, and health.

*John MacKenzie
Anita's Organic
BC Chapter Chair*

Atlantic Canada Chapter



For 2010, the Atlantic Chapter produced one business event and two social events for the industry, both of which were well attended. Highlights from events are listed below.

A BAC low sodium discussion group took place for industry attendees on Wednesday, Feb. 17, at the Nova Scotia Sport Hall of Fame Board Room. Industry leaders were presented with a position

paper on new potential rules for lower sodium requirements for the Canadian Baking industry. Attendees were all given the opportunity for input into the discussion and to help formulate the BAC position on behalf of its members. Special appreciation to David Stanfield for his work on this seminar. Thanks to both Kevin Rainey, Sobeys and David Stanfield, Farnell Packaging, who are on the BAC Board of Directors from the Atlantic region.

The Atlantic BAC hockey night took place following the BAC sodium meeting at the Halifax Mooseheads game versus the Saint John Sea Dogs. Forty association members and guests enjoyed a great hockey game in a private VIP Box. The hometown Mooseheads lost the game. A scoring pool took place during the game at the end of each period and a number of lucky attendees went home with a little extra cash. Next year's event will take

place on Wednesday, March 16, as the Moose host the Moncton Wildcats.

The BAC Atlantic golf tournament took place at the Magnetic Hills Golf Course in Moncton, N.B., on Monday, Sept. 13. Fifty-one golfers representing various bakeries and suppliers took place in the scramble tournament, on a beautiful sunny day. This was the largest field of players in the event's history.

Over \$2500 in prizes were up for grabs and lots of fun was had by all 13 teams. Special awards went to Most Honest Team: Mary Dunn and Greg McLeod, Mrs Dunster's, and Mike Vanderhorst and John Whiteley of ADM. The Championship Team this year was Roland Drisdelle, Kevin Chandler of Rolly's Wholesale, Eric Carroll of Carroll's Bakery and Barry Murphy from the P&H Milling Group. All in attendance enjoyed a great steak dinner and went home with a special gift from the draw. Next year's tournament is scheduled for Monday, Sept. 12, 2011, at the Magnetic Hills Golf Course.

We look forward to new opportunities to serve the industry in 2011 through our continued events and thank all the local members for their support of the Atlantic Chapter.

Dave Bryson

*P&H Milling Group-Halifax
Atlantic Chapter Chair*

Ontario Chapter



As Chair of the Ontario Chapter Executive I would like to take this moment to personally thank the current executive for their volunteering efforts during their two-year term as chapter executives.

- **Co-Chair:** Maurice Corsi, Caravan Ingredients
- **Treasurer:** Dieter Claassan, Del's Pastry
- **Membership:** Phil Robinson, Dawn Foods

- **Secretary:** Stephanie Jewell, Bakers Journal
- **Social Chair:** Tom Nowak, Lallemand
- **Education Chair:** Frank Lucente - Metro
- **Member At Large:** Phillip Lee Wing, The Food Development Group
- **Member At Large:** Ira Day, Prosperity Foods

Back in January 2009 this executive welcomed a few new members in Phil Robinson – Membership, Stephanie Jewell – Secretary and Ira Day – Member At Large. All three new executive members have brought many new ideas and suggestions on how to deal with some of the key industry issues. Unfortunately, due to personal matters Frank Lucente had to step down as Educational Chair in mid-term and his contributions were missed.

Our executive of industry professionals above have been instrumental in providing strong leadership to the Baking Industry with their personal commitment to attending monthly meetings used to plan, organize and manage both educational and social activities for the association's members. In addition to these contributions each of the executive members are asked to make appearances at various industry functions and schools in an effort to promote our industry as a career choice and to help professionals, apprenticing bakers and students attending high school or college get an understanding of the types of skills required to begin a professional

career in the Baking Industry. Other chapter initiatives include yearly activities planned by our social chair that begin each year with a well-planned and well-attended Night At The Races social gathering. This is followed up with Golf Tournaments in June and September that allow members to bring their skills to two well-planned events. All these are followed by the year-ending Holiday Social.

In March, the Chapter and the Baking Association of Canada national office coordinated an industry symposium on the health concerns of sodium in baked goods. In recent months there has been plenty of media attention that has focused on the health risks associated with sodium consumption in our daily diets. It is widely accepted that sodium has many nutritional and functional uses in all food groups. More importantly, our association felt that it was important to bring knowledge of sodium in baked goods to federal health officials. By all accounts the information session and discussions were successful in helping Health Canada understand the importance of sodium in baked goods and specifically bread products.

As this year comes to an end I encourage all industry professionals to make an effort to attend and offer their volunteer services to chapter activities. Also, as this current chapter executive two-year term comes to an end, the chapter nominating committee is working hard on getting current executives to renew their commitments and canvassing new candidates to offer their services. On behalf of the Ontario Chapter committee, we would like to thank those who attended this year's planned activities and look forward meeting you at one of our many events throughout 2011.

Frank Safian

*Springfield Sales & Marketing
Ontario Chapter Chair*



BAC Alberta Chapter

"It's Never Too Late"

Christmas Party !!



Saturday, January 22nd, 2011

*Baking Association of Canada
Association canadienne de la boulangerie*

Cash Bar



**EXECUTIVE ROYAL INN
HOTEL & CONFERENCE CENTRE
NORTH CALGARY**

Bridlewood Ballroom

(Emerald Ballroom) 2828-23 Street NE, Calgary:

Cost Per Person
BAC Members: \$75
Non Members: \$85
Dress: Business / Semi-Formal



Check-in, Cocktails and Photos: 6pm
Dinner Starting at: 7 pm
**Entertainment /
 Silent Auction / Prizes**



Feel free to bring a Non-Perishable Food Item (s) as we are looking to provide a donation to the Calgary Food Bank



Accommodation: Should you wish to Stay the evening at the Executive Royal Inn, there is a Special Room Rate of \$89 (+ taxes-single or double occupancy) available to this group regarding this function. Please contact the Executive Royal Inn's Reservation Desk at 403-291-2003 (or Toll Free: 877-769-2562) and Quote Group Code 6778 when you call to book your stay. To receive this rate you must book by January 7, 2011. **Christmas Party Registration Deadline: Friday, January 7th**

To: **Randy MacDonald:** 215 Cranleigh Bay SE, Calgary, AB, T3M 1H4
 Phone: 403-225-0943 / Fax: 403-225-0946 / Email: rmacdonald@pmmilling.com

Please Make Cheques Payable to the Baking Association of Canada

Company Name:

Guest Names :

Cheque / No.

Mastercard

Amex

Visa

Qty

BAC Members

Non-Members

Total Guests =

@ \$75 ea =
 (\$71.43+\$3.57 GST)

@ \$85 ea =
 (\$80.95+\$4.05 GST)

Total Amount =

Card Number
Name on Card

Exp.
Sign

GST # 887064798RT



Food Allergies—Questions and Answers

What is a food allergy?

A food allergy is when the immune system has an unusual reaction to the protein in a food. A very small amount of the food can cause the allergic reaction. The allergy-causing food is called an allergen.

Allergies tend to run in families. While there is much public concern about food allergies, in actual fact, true food allergies are uncommon. Food allergies occur in about 6% of children and in 3-4% of adults. Many children outgrow allergies such as those to milk and eggs. Other food allergies remain for life such as allergies to peanut or shellfish. A diagnosis of food allergy is made by a qualified medical professional.

Symptoms of food allergies vary with the individual and can affect different parts of the body. Examples of symptoms are rashes or hives, nausea, diarrhea, and breathing difficulties. In rare cases, a severe, life-threatening reaction called anaphylaxis can occur.









What is food intolerance?

Food intolerance differs from an allergy as it does not involve the immune system. A normal portion or more of food is usually needed to cause a reaction and is a result of not being able to digest or absorb the food properly. A common example would be lactose intolerance—the inability to digest the sugar found in milk.

What are some of the most common food allergies?

Milk, eggs, peanuts, tree nuts, soy and wheat are common food allergies. These foods are also ingredients in many foods including breads and baked goods.

The most common food allergies are:

-  Milk
-  Eggs
-  Peanuts
-  Tree nuts (Brazil nuts, hazelnuts, almonds, walnuts, pecans)
-  Fish
-  Shellfish (mussels, crab, shrimp)
-  Soy
-  Wheat

If I have food allergies, can I still eat baked goods?

Yes you can. Many baked goods are available without nuts, peanuts, eggs and milk. Other liquids can replace milk and products can be made egg free. There are commercial egg substitutes available for purchase. However, products such as liquid eggs do contain eggs or egg whites and should be avoided.

If you have food allergies, it is important to read labels and know what you are eating:

1. Check the list of ingredients for the allergy-causing food or ingredients made from the allergen. For example, ammonium caseinate or lactalbumin are proteins from milk used as ingredients. For a complete list of foods that may contain peanuts, nuts, milk or eggs visit the Allergy and Asthma Information Association at www.aaia.ca or call their national number (1-800-611-7011).
2. Many bakeries and packaged baked goods identify products that are free of allergens, such as “this product does not contain any traces of peanut or nuts”. Many products will state “may contain nuts” if there is risk of cross-contamination. This can occur if nuts are used in other products made in the same facility but not necessarily in the product you are interested in purchasing. If unsure, ask the baker.

For more information contact: Baking Association of Canada

7895 Tranmere Dr, Ste 202 Mississauga, ON L5S 1V9 Tel: 905-405-0288, Toll Free in Canada & USA 1-888-674-BAKE (2253)

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Celiac Disease

What is celiac disease?

Celiac disease is an inherited autoimmune disease. It is a result of damage to the surface of the small intestine caused by the protein gluten. This prevents the small intestine from absorbing nutrients resulting in chronic diarrhea, bloating, cramps and subsequently, anaemia and weight loss. It is estimated that 1 in 133 Canadians have celiac disease.

What products contain gluten?

Specific proteins found in wheat, rye, triticale, and barley when mixed with moisture form gluten. Wheat contains two proteins—glutenin and gliadin—which are the best at forming gluten. Gluten makes the flour from the grain become strong and elastic. When heated, the gluten traps air bubbles making the dough rise and become springy. The high level of gluten in wheat results in the best quality bread. Any product made from wheat, rye, triticale, barley or the ancient wheat based grains (e.g., spelt, emmer, etc.) contains gluten.

What baked products can be eaten by those with celiac disease?

A number of bakeries, health food stores and specialty shops will offer gluten-free baked goods. These breads, buns, muffins, cakes and crackers are made using flours or a combination of flours that are gluten-free. Baked goods, such as bread, made without gluten have a different look, taste and aroma compared to those made with wheat. The taste and aroma differ depending on which flour is the main ingredient in the bread or baked good. Gluten-free breads also have less volume than those made with wheat.

What about oats?

Pure, uncontaminated oats are free of any contamination from grains containing gluten. These are now available in Canada and can be eaten safely by most individuals with celiac disease. Check with your local bakery to see if they use pure oats in their baked goods.

What about other foods?

Individuals with celiac disease can eat a wide variety of foods from all four food groups in Canada's Food Guide. However, many foods in the grocery store have wheat flour or wheat starch added as a thickener or stabilizer such as soups, sauces and processed meat and fish. Check the ingredient list to be sure. A full list of ingredients to avoid can be found at the Canadian Celiac Association website <http://www.celiac.ca>.

Gluten-free Flours

-  Amaranth
-  Arrowroot
-  Bean (garbanzo or chickpea)
-  Chestnut
-  Corn/cornmeal
-  Millet
-  Potato
-  Quinoa
-  Rice
-  Sorghum
-  Soy
-  Tapioca
-  Teff

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Carbs—what the fad diets don't tell you

What are carbohydrates?

- Sugars are simple carbohydrates. Examples are sucrose (table sugar), glucose, lactose (in milk and dairy products) and fructose (in fruits and vegetables). These are found naturally and are also added to foods to sweeten the flavour. Large amounts of sugars are consumed in drinks like carbonated beverages, fruit drinks, cold coffee-flavoured beverages (e.g. iced cappuccinos or frappuccinos) and sweets.
- Starch is a complex carbohydrate. Starch is a row of glucose molecules attached together. Starch is found in all grain products, vegetables, fruit, nuts, seeds and legumes.
- Fibre is a type of carbohydrate that is not broken down by our digestive system. Fibre is classified as either soluble or insoluble, depending upon how well it absorbs water.

Benefits of carbs

Carbohydrates are an important source of energy our bodies need every day. In addition to providing energy, carbohydrate-containing foods deliver additional benefits. Research shows that people who eat some whole grains daily have a lower risk of chronic diseases and a better body mass index (BMI) than those who do not. Whole grains are found in many breads and cereals. Many fad diets tell consumers to avoid foods that are a good source of carbohydrates (carbs) in order to lose weight. Most research shows that if you consume equal calories of carbs, protein or fat, people will lose the same amount of weight.

Fibre provides important nutrients for the healthy bacteria in our lower gut. It helps with digestion and elimination, in other words, it helps keep us 'regular'. Some fibres also help bind and reduce cholesterol. Fibre is found in whole grains, whole wheat, bran, vegetables, fruit, and nuts.

More refined grains such as white bread, pasta and enriched corn meal are also beneficial as they are fortified with folate. Folate is a B-vitamin that helps maintain and make new cells. Folate is known to prevent neural tube defects in infants.

Other grains—rye, barley, oats, rice, and corn as well as ancient grains such as spelt and Kamut® provide variety and flavour in a healthy diet.

Fabulous versatility of grain products

You can find them in breakfast, lunch and dinner menus. Grains can be centre stage in appetizers, main courses, side dishes and desserts. They are available in low fat, high fibre, and reduced calorie versions, as well as in decadent, higher calorie treats reserved for occasional enjoyment. Visit your bakery or grocery store and enjoy the versatility and benefits of grain products.

Centre stage starts with grains

Appetizers

- 🌾 Mini cheese or spinach croissants
- 🌾 French stick for bruschetta
- 🌾 Pumpnickel bread bowl with spinach dip
- 🌾 Mini quiches
- 🌾 Crackers and cheese

Main courses

- 🌾 Pasta
- 🌾 Bread for sandwiches
- 🌾 Flatbreads for wraps or fajitas
- 🌾 Bagel pizzas

Side dishes

- 🌾 Dinner rolls
- 🌾 Cous cous
- 🌾 Rice pilaf
- 🌾 Barley vegetable soup
- 🌾 Garlic bread

Desserts

- 🌾 Cookies
- 🌾 Cakes
- 🌾 Pies or tarts
- 🌾 Squares
- 🌾 Fancy pastries

For more information contact: Baking Association of Canada

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