



FOOD FOR THOUGHT

DECEMBER 2024

Food for Thought is a monthly, members-only e-newsletter from the Canadian Institute of Food Science and Technology (CIFST).

CIFST HIGHLIGHTS

Dear CIFST members,

Goodness, has it really been over three months since my last issue of CIFST Highlights? The Fall season has flown by in a flurry (apologies for the weather pun) of programming at the local Section level and Nationally, as well as planning events into 2025. I hope that you have been able to take in some of the professional development, industry networking, educational, volunteer or social events with the BCFT, Manitoba, Ontario, Quebec Sections or CIFST webinars including presenters from the [CIFST Food Sustainability and Resilience Cluster](#).



2024 Yvonne and LED Reindeer for the holidays

This fall, I had the honour and pleasure of summarizing the history and role of CIFST for participants at the [Fall Technical Session Series](#) focused on the Food Science Cluster

Knowledge Transfer. The event highlighted a full slate of nine activities presented by research partners, both in-person and virtually, at the Maple Leaf ThinkFOOD! Centre—thank you to Maple Leaf for hosting us for the day.

Coupled with the introductory [Food Cluster Meet and Greet webinar](#) in early September, CIFST will be hosting [Food Cluster Researcher Webinar Presentations](#) into May 2025. We also continue to have a robust roster of [Knowledge Bites webinars](#) on Wednesdays at noon EST.

Another highlight from this Fall was the [CIFST INTERFACE](#) event co-located with the Ontario Section Table-Top Supplier's Event in November. It was such a pleasure to moderate one of the speaker Tracks and connect with attendees, particularly the student members and Toronto Metropolitan University alumni. I am sure that I got my steps in exploring the Trade Show floor that same afternoon - hats off to the Ontario Section for organizing and hosting this flagship tradeshow every Fall.



2024 Butchart Gardens Xmas light display

Congratulations to all the recipients, nominators and adjudicators of the [CIFST Institute Awards for 2024](#). It is always a good time to think about who you might be able to nominate for one of these prestigious awards in 2025! We received an impressive number of nominations - an early start means that you can take the time to submit a robust nomination in coordination with the nominee to provide adequate background detail and descriptions, as well as nomination letters to assist the Awards Committee in their decision making.

Our Sections across the country have held a number of events this Fall with CIFST members and non-members in attendance. I encourage you to reach out to your food

industry friends, colleagues and clients so that they can learn about the many benefits of CIFST membership as Food Science and Technology Professionals.

Part of our Strategic Planning Initiatives include learning more about our members to help us bring more programming that meets your needs. When you renew your CIFST membership, please do take a few minutes to complete your member information record to assist us in our future programming!

By the time you receive this newsletter, many of you will be preparing for the holiday season whether it be Christmas, Kwanzaa, Hanukkah, the New Year or Lunar New Year. On behalf of your CIFST Board of Directors, I would like to wish you all good health, good company, relaxation and restoration of spirits with you and yours over the holiday break. I look forward to connecting further with members in the New Year.

Warmly,



Yvonne Yuan

President - Canadian Institute of Food Science and Technology

UPCOMING EVENTS

CIFST:

- Wednesday, January 15, 2025: *Knowledge Bites Webinar: Market Assessment For Novel Technologies*; Speaker: Ramona Rea, Consultant, Commercialization of Research, noon to 12:45 EST. Register [HERE](#).
- Wednesday, January 22, 2025: *Food Cluster Webinar: Value-added hempseed and processing fractions for improved food attributes*; Speaker: Rong Cao, Senior Research Scientist, Guelph Research and Development Centre, AAFC; Chair, Science Ethics Committee, AAFC, noon to 12:45 EST. Register [HERE](#).

BCFT Section:

- January 07, 2025: *BCFT - Holiday Social: Frosty Beats & Treats*, 6:00 PM - 10:00 PM (PST), LOCAL Public Eatery River, Vancouver, BC. Register [HERE](#).
- February 26, 2025: *2025 BCFT Suppliers' Night*, Burnaby (Conference Center), Burnaby, BC. Register your table [HERE](#).

Quebec Section:

- May 08, 2025: [CIFST Quebec Section: Suppliers' night 2025](#), 1:30 PM - 6:00 PM (EDT), Centre Expo Terrebonne, Terrebonne, QC. Exhibitor registration opens in January!

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