

The Bulletin

July 2006

Baking Association of Canada Newsletter



Task Force Calls for Regulations to Limit Processed Trans Fats

In its final report, the National Trans Fats Task Force has called for regulations to limit processed trans fats in Canada's food supply. The regulations would apply equally to all foods, domestic and imported.

According to the report, the Task Force believed it was important to develop solutions that would include both foods produced commercially as well as those in foodservice and retail establishments. However recognizing the distinctive nature between commercially and retail/foodservice produced foods, the Task Force is proposing to regulate commercial food manufacturers on their finished products or output basis and the content of foods produced on site in retail or foodservice establishments would be regulated on an ingredient or input basis.

In setting its trans fat recommendations on inputs and outputs, the Task Force recognized that some products contain both natural occurring trans fats (such as those found in dairy) and processed trans fats such as in i.e. vegetable shortening. With no means to differentiate the trans fat source the Task Force established an upper limit that was sufficiently low enough to provide a significant reduction in processed trans fats consumption while also having a limited impact on products also using natural containing trans fats. The Task Force does not make any recommendation on limit of products using natural occurring trans fats alone as this was outside its mandate.

The key Task Force Recommendations are as follows:

- Foods purchased by retailers of food service establishment from a manufacturer for direct sale to consumers be regulated on a finish product or output basis

and food prepared onsite by retailers of food service establishments be regulated on an ingredient or input basis.

- For all vegetable oils and soft, spreadable (tub-type) margarines sold to consumers or for use as an ingredient in preparation of foods on site by retailers or food service establishments, the total trans fat content be limited by regulation to 2% of total fat content. This does not include margarines or shortenings for use by retailer bakers in the production of products such as pastries.
- For all other foods purchased by a retailer of food service establishment for sale to consumer or for use as an ingredient in preparation of foods on site, the total trans fat content be limited by regulation to five per cent of total fat content.

This recommendation would limit commercially produced baked products to no more than five per cent total trans of the total fat content in their outputs or finished product. Retailers and food service operations, being regulated on inputs would be only eligible to use fats such as baking margarines and shortenings that were no more than five per cent processed trans of the total fat content. There is no limit for food products for which the fat originates exclusively from ruminant sources (i.e. butter or cheese)

As for timing of the recommended regulations, the Task Force is calling for regulations to be finalized by June 2008 with a basic one year period for industry to comply. The Task Force is also call for an extended phase in period for certain applications like baking and for small and medium sized

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E-mail and Contact Info

General enquiries:
info@baking.ca
Website:

www.bakingassoccanada.com

7895 Tranmere Drive, Suite 202
Mississauga, Ontario L5S 1V9

1-888-674-2253
Tel: (905) 405-0288
Fax: (905) 405-0993

CFIA Issue Clarification on “No Added Sugars” Nutrient Content Claim

The Canadian Food Inspection Agency (CFIA) and Health Canada (HC) have issued an information letter to clarify the requirements respecting the nutrient content claim “no added sugars”, as specified in item 40 in the table following B.01.513 of the Food and Drug Regulations (FDR). Permitted wording for this claim are: “no sugar added”, “no added sugar” and “without added sugar”. The following is a partial rendition of that letter.

On January 1, 2003, Health Canada published amendments to the Food and Drug Regulations regarding nutrition labelling, nutrient content claims and diet-related health claims. Manufacturers, importers and other responsible parties had until December 12, 2005 (or for small manufacturers until December 12, 2007) to comply with the new regulations. The Food and Drugs Act and Regulations apply to all foods sold in Canada, as well as to food advertising. The amended regulations include specific compositional and labelling criteria for a restricted list of permitted nutrient content and health claims, including the “no added sugars” claim.

The compositional criteria a food must meet in order to carry the “no added sugars” claim are:

- 1) The food contains no added sugars¹ and no ingredients containing added sugars or ingredients that contain sugars that functionally substitute for added sugars²;
- 2) The sugars content is not increased through some other means except if the functional effect is not to increase the sugars content of the food; and
- 3) The similar reference food contains added sugars.

These regulated criteria for the claim “no added sugars” are consistent with the criteria that previously existed in policy in the Guide to Food Labelling and Advertising. However, the previous policy allowed for the claim “no added sugars” on foods containing other sweetening agents when accompanied by a disclaimer such as “sweetened with (naming the sweetening agent(s))”. In this situation, the food could not contain added sucrose, but could contain other sweetening agents such as honey, molasses, fruit juice, fructose, glucose

or other monosaccharides or disaccharides, or sugar alcohols that were identified in the “sweetened with” disclaimer. This provision no longer exists in the amended Food and Drug Regulations.

As stated in the Regulatory Impact Analysis Statement that accompanied the amendments to the Food and Drug Regulations published in January 2003 in Canada Gazette Part II, one objective of the amendments is to ensure that nutrient content claims are not deceptive. The “no added sugar” claim was frequently identified by consumers as deceptive prior to these amendments. The purpose of this claim is not to distinguish between “natural” and “refined” sugars since, from a nutritional point of view, “sugars” include all mono and disaccharides whether or not they have been extracted from cane or provided by fruit juices. The regulation is specifically worded to address cases such as those where cane sugar is replaced by concentrated fruit juice. This claim is of particular interest to people with diabetes who have to monitor sugar intake. A deceptive claim could have health implications.

During the development of the new Canadian nutrition labelling regulations, compatibility with the system in the United States was a key objective. While full harmonization was not possible at the time of publication, the criteria for the “no added sugars” claim are fairly consistent between the two countries and the intent is clearly the same. However, the U.S. rule specifically identifies “concentrated fruit juice” as one of several ingredients that cannot be present when a “no added sugars” claim is made.

Section 7.23.2 of the 2003 Guide to Food Labelling and Advertising elaborates on the types of ingredients, including concentrated fruit juice and fruit juice, which are considered to contain sugars that functionally substitute for added sugars. When fruit juice or fruit juice concentrate is added to a food that would not normally contain it, the claim “no added sugars” is not permitted as these ingredients functionally

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firms. The Task Force noted that most of the transition in this category should be completed within two years of the regulations coming into affect.

Paul Hetherington, President and CEO of the Baking Association of Canada and a member of the Task Force expressed satisfaction with the content of the report recognizing that the mandate given to the Task Force called for a reduction of processed trans fats in the Canadian food supply to the lowest level possible which made recommendations for regulations all but inevitable. According to Hetherington, the Final Report does recognize the distinct and in many cases unique challenges the baking sector is facing with trans fat replacers and these have been taken into consideration in the final recommendations. Also while the focus of the Task Force was on the health implications of processed trans fats, he is pleased that the report acknowledges that additional work is required to determine the economic, trade and supply chain implications of the recommended regulation.

BAC New Board of Directors Elected

At the May 7 Annual General Meeting of BAC, the membership elected a new Board of Directors. Below is the complete list of 2006/2007 board members.

Co-Chairs

John Klecker
A & P Company of Canada
Toronto, ON

Jay Strauss
Engel's Bakeries Ltd
Calgary, AB

Past Chair

Arthur Gunn
Gunn's Bakery
Winnipeg, MB

Directors

Michael Armstrong
BakeMark Canada
Vancouver, BC

Barry McLean
Canada Bread Co Ltd
Etobicoke, ON

Pierre Boucher
Conseil de la Boulangerie
du Quebec
Lachine, QC

Marian Markowski
Rachel's Home Bakery
Minden, ON

Bob Caron
McBuns Bakery
Moncton, NB

Christian Mitzel
Cobs Bread
Vancouver, BC

Charles Couture
Intro-Pak
Bramptonville, QC

Kate Nugent
La Rocca Creative Cakes
Markham, ON

Bob Grebinsky
Ellison Milling Company
Lethbridge, AB

John Rossetti
Italian Home Bakery
Etobicoke, ON

Bonnie Kierstead
Sobeys Inc
Stellarton, NS

Alex Kodarin
Weston Bakeries Ltd/
Ready Bake Foods
Toronto, ON

Ontario Employment Standards Update

The Ontario Ministry of Labour has revised the Employment Standards Act, 2000 (ESA) poster What You Should Know About the Employment Standards Act has been revised. Version 3.0 has been published by the Minister of Labour to replace Version 2.0. The new poster was made available on their website on May 10.

Version 3.0 of What You Should Know About The Ontario Employment Standards Act reflects recent changes to the ESA regarding hours of work provisions and provides new contact information, including a reference to ServiceOntario Centres as part of the ministry's distribution network. Version 3.0 of the poster also has a special message aimed at young workers, directing them to the new Ministry of Labour website section dedicated to their needs.

Most Ontario employers are required by the Act to post Version 3.0 in their workplaces after June 9, 2006. Before August 7, 2006, employment standards officers may issue Compliance Orders for failure to post the new version of the poster, but Notices of Contravention may be issued or prosecutions initiated only if orders are not complied with. On and after August 7, 2006, officers may use the full range of enforcement measures to ensure that employers are complying with the requirement to post Version 3.0.

The poster continues to be available free by downloading it from the Ministry of Labour's website at www.labour.gov.on.ca. After June 9, 2006 it will also be available from Publications Ontario at 1-800-668-9938 for the cost of shipping and handling and from ServiceOntario Centres 1-800-267-8097.

B.C. Issues Advisory on Installation and Preventive Maintenance for Gas Fired Rack Bakery Ovens

In a May, 2006 letter to industry, the BC Safety Authority advised that it had recently investigated an incident where a door of a gas fired rack bakery oven was blown off by an explosion. The investigation concluded that the explosion was caused by improper set up of the oven draft control as well as inadequate maintenance and servicing. This result was a deterioration of the oven's components, which in turn led to the explosion.

In order to reduce the risk of similar problems, the Safety Authority in its letter is recommending that bakeries establish a preventative maintenance program. Bakery ovens and other gas equipment should be regularly inspected, maintained and serviced by qualified personnel to ensure the equipment is operating in accordance with the manufacture's specification.

Calling all Vancouver Island Bakers

The Baking Association of Canada – Vancouver Islands Chapter, is holding its second annual general meeting and they would like to invite all bakers, pastry chefs and affiliates to attend Malaspina University-College's Nanaimo campus on Monday, September 18.

This year's theme will be "Celebrating Apprentices and Trainees – Maintaining the Craft" and the event will feature a baking and pastry competition open to all Vancouver Islands apprentices, trainees, and students as well as young professionals who have recently completed their training.

Following on last year's hugely successful formula, the event will commence at 3:00 PM with a panel discussion which promises to be a lively exchange of information centering on the education and training of young bakers and pastry chefs. Attendees are asked to bring questions and to share experiences. This will be followed by viewing and judging of the competition and a presentation from one of our sponsors, the Canadian Dairy Commission. At 5:15 pm there will be a buffet dinner hosted by Malaspina's Culinary Arts program. Cost of the evening is \$30. The BAC – Vancouver Islands Chapter is providing free return bus transportation to Nanaimo from Victoria and Duncan.

All Vancouver Island baking industry people interesting in attending are asked to contact Martin Barnett at (250) 740-6114 / email: barnettm@mala.bc.ca or Rita Gower at (250) 729-9045 / email: ritagower@shaw.ca.

Ontario Job Connect & Summer Jobs Services Program 2006 – 2007

Job Connect provides Ontario employers (through the Job Connect and Summer Jobs Services Program funded by the Ontario Ministry of Training, Colleges and Universities – MTCU) with a training allowance up to \$5.00/hr for unemployed youth looking to start an apprenticeship.

Employers are to provide:

- two to three week job trials to assess job skills and qualifications. During this time employers are eligible for \$7.75/hr training subsidy.
- Full time on-the-job training for four to six months.
- Pay participant directly and make all legally required deductions and contributions.
- Coverage of Worker's Compensations and Third Party Liability Insurance.
- JobStart with approved payroll invoices in order to receive the program training subsidy.
- Job opportunities to youth at the end of the placement.

Apprenticeship Scholarship and Signing Bonus

The Apprenticeship Scholarship/Signing Bonus is for youth who have left school but require upgrading to meet the registration standards for apprenticeship training.

A \$1,000 scholarship for a young person who returns to and completes upgrading to qualify and registers as an

apprentice.

A \$2,000 per apprentice signing bonus for the employer who supports the candidate's apprenticeship registration and provides apprenticeship training (\$1,000 when candidate is registered with MTCU and \$1,000 6 months after the registration).

Eligibility Requirement

The Participant Must:

- Be between 18 and 24 years of age
- Have left school before completing necessary academic requirements for registering in a trade
- Be committed to achieving the necessary academic requirements within one year

The Employer Must:

- Be licensed to operate in Ontario
- Provide employment in Ontario
- Hire, train and register a scholarship candidate as an apprentice
- Be approved by MTCU local apprenticeship office to provide apprenticeship training

For more details call Merissa Preston, Job Connect Apprenticeship Coordinator at 416-253-2721.



Your Fellow Vancouver Island Bakers & Pastry Chefs
 Baking Association of Canada – B.C. Chapter, Island Committee
Invite all Island Bakers, Pastry Chefs & Affiliates
 To Our AGM and an Informal Panel Discussion
Monday, September 18th, 2006

At Malaspina University - College, Nanaimo Campus
 Building 185, 900 5th Street, Nanaimo (<http://www.mala.ca/campusmap.htm>)

We are a collaboration of Island Bakers, Pastry Chefs & affiliates with the common desire of maintaining a forum within our trade for a creative exchange of ideas, and collectively promoting the profession of Baker and Pastry Chef as a skilled craft

3:00 PM – Welcome to Your Island Chapter of the Baking Association’s Annual Meeting
 Royal Arbutus Room - Bld. 300

3:15 PM – Informal Panel Discussions:

“Celebrating Apprentices and Trainees ~ Maintaining the Craft”

Hosted by your peer Bakers & Pastry Chefs, with a focus on:

- ‘Uprisings’ Experiences of Current Apprentices & Recent Graduates
 - ‘Rolling in Dough’ Professional Bakers Reflect on where Training has Led Them
- ~ Bring your Questions and Share your Experiences ~*

4:45 PM – Apprentice & Trainee Baking Competition (Entry details on adjoining form)
 A Look at the Skills & Inspiration of the Rising Stars

Presentation from the Canadian Dairy Association

5:15 PM – Buffet Dinner: - Dining Facilities Bld. 300

Prepared by Malaspina’s Culinary Arts Program



Cost \$30 (Inc GST) Free Bus Transportation Provided from and back to Victoria
 Departing Victoria from Mayfair (Clock Tower) at 1 PM, Duncan from Bus Station at 2 PM

Further information? Martin Barnett 250-740-6114 Rita Gower 250-729 9045
barnettm@mala.bc.ca ritagower@shaw.ca

Please! Deadline for registration Sept 6th 2006

Malaspina Registration: Courtesy of B.A.C., Attn: Gillian Blakey,

Name	Company	Phone #	Fax or Email	Bus? (Y/N)	Victoria or Duncan?

\$30 pp (incl GST) Cheques: Payable to B.A.C.

Mail to: B.A.C. Suite 202 – 7895 Tranmere Dr., Mississauga ON L5S 1V9

Phone 1 (888) 674-2253 Fax (905) 405-0993, e-mail gblakey@baking.ca

Visa/Mastercard:

Card Number: _____ Expiry: _____

Cardholder: _____ Signature: _____

Bakery Showcase 2006 Report

The 2006 edition of Bakery Showcase lived up to its reputation as being THE place for bakers and suppliers to meet face to face. A large portion of the entire baking industry was in Toronto for the three day event on May 7 – 9 at the Toronto Congress Centre.

Over 210 companies occupying almost 400 booths (exhibit floor was slightly larger than 2004 edition) were on hand to showcase their products, equipment and services to more than 4,000 industry personnel from across Canada, the United States and from around the world. Of this exhibitor base, over 35% were first time exhibitors to the event. “Each year, we strive to add new companies to the show,” says BAC President Paul Hetherington. “They add a fresh flavour to the event that many bakers would not have the chance to experience on a day to day basis.”

The strong quality of attendance at the event can be partly attributed to the hard work of all BAC Chapters in promoting the event to local bakers within their region. A special thank you goes out to the Ontario Chapter for taking on special projects such as the Tuesday Student Day. Many schools from across Ontario were treated to a special “Meet & Greet” session where they discussed potential career opportunities in the baking sector, one on one, with prominent suppliers. Afterwards, the students were given the opportunity to view the exhibits on the show floor before heading back to their schools.

The next edition of Bakery Showcase will take place on May 4 – 6, 2008 at the Toronto Congress Centre, Toronto, ON.

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substitute for added sugars. For example, a muffin that omits white sugar but contains concentrated apple juice does not meet the compositional criteria for the “no added sugars” claim. Note that other functions of sugars, e.g. thickening or bulking, do not occur in isolation of the sweetening effects and still result in sugar added for its functional properties.

“Unsweetened” Claim

The claim “unsweetened” may be used on a food provided the food meets the conditions for the claim “no added sugars”, as described above, and does not contain a sweetener, such as aspartame, sucralose, acesulfame-potassium or permitted sugar alcohols set out in Column I of Table IX to section B.01.100, FDR (B.01.509, FDR).

Foods with Fruit Ingredients

It has come to the attention of CFIA and HC, however that, for some fruit based products (like fruit spread for example), the functional effect of fruit juice or concentrated fruit juice may be as a fruit ingredient as opposed to a sweetening ingredient. For these foods, the “no added sugar” claim may be made on the following conditions:

Fruit spreads

- 1) There is a permitted sweetener present as prescribed in Table IX to section B.16.100, FDR (e.g. aspartame, sucralose, maltitol, etc.);
- 2) The fruit juice or fruit juice concentrate is identified in the product’s common name (e.g. “strawberry and concentrated apple juice spread”); and
- 3) The similar reference food contains added sugars.

Note that the above conditions were established with respect to spreads that also all contained significantly lower sugar content than that of the similar reference food and that further evaluation would be required on products for which this is not the case.

The full text of the letter may be found on the CFIA web site @ <http://www.inspection.gc.ca/english/fssa/labeti/nutrition/sugsuce.shtml>.

Bakery Showcase 2006 Sponsors



Burnbrae Farms Limited
BakeMark Canada
Danisco Canada

Dover Flour Mills
Fiera Foods

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



Your Fellow Vancouver Island Bakers & Pastry Chefs

Baking Association of Canada – B.C. Chapter, Island Committee

Invite all Baking and Pastry Trainees

To participate in a competition at our AGM September 18, 2006: Awards will be given

Competitor's Criteria

1. All competitors must be baking or pastry apprentices, trainees or students. Those who have completed their training since September, 2005 may also participate.
2. Competitors will bring finished products to Malaspina UC, Building 300, Upper Cafeteria at 2:30 PM on September 18, 2006. There will be no on-site preparation.
3. Competitors may enter in as many categories as they wish.
4. Competitors must confirm their intention of competing not later than September 15, 2006.

Competition Categories

1. a) Naturally Leavened or Unyeasted Bread
b) Yeast Breads
Size range: 400 – 800 grams per loaf.
Competitors will submit one loaf of bread per entry.
2. Laminated Products: Danish or Croissant
Size range: 80 – 100 grams per piece.
Competitors will submit 6 pieces per entry.
3. French Pastries:
Size Range: 40-60 grams (approximately 3 bites per piece). Competitors will submit 3 different types of pastries with three pieces of each variety for a total of 9 pieces.

Product Criteria

1. Each competitor must create their own product.
2. A list of ingredients must accompany each entry.
3. No pre-mixes permitted.
4. All butter and fresh cream must be used. No artificial substitutes permitted.
5. Awards will be given for 1st, 2nd and 3rd place in each category.

Competitor Information:

Name: _____

Address: _____

Phone Number: _____ Email: _____

Employer: _____

Category(s) Entering: 1. _____

2. _____

3. _____

Please complete this form and submit by one of the following methods:

Mail: Rita Gower, 161 Locksley Place, Nanaimo, BC V9T 4S5

Email: harperk@mala.bc.ca **Fax:** 1 250 729 9046

We regret that we cannot accept entryforms received after September 15, 2006.



Baking Association of Canada Upcoming Events

ON Chapter

Sept 12
Fall Golf Tournament
Glen Eagles Golf Club
Bolton, ON

BC Chapter

Sept 18
BC Chapter Island Annual
General Meeting
Malaspina University-
College Nanaimo Campus
Nanaimo, BC

AB Chapter

July 25
Golf Tournament
Elbow Springs Golf Club
Calgary, AB

Atlantic Chapter

September 11
Golf Tournament
Magnetic Hill Golf Club
Moncton, NB

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

Congratulations To Our Most Recent Correspondence Course Grads!

Eric Casper	<i>Bakery Technology I</i>
Calvin Howell	<i>Bakery Technology III</i>
Tim Inkster	<i>Bakery Technology II</i>
Janine Lyon	<i>Bakery Technology I</i>
Reuben Nelson	<i>Bakery Technology III</i>
Hung Nguyen	<i>Bakery Technology I</i>
Adam Van Loon	<i>Bakery Technology II</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.bakingassocanada.com.

A Warm Welcome to our Newest Members

Charles Couture	Intro-Pak
Beverley Ferguson.....	Chantler Packaging Inc
Terry Harper.....	Hunny Bear Bakery
Doug Sanford.....	International Pacific Sales
Marianne Stewart	Fenwick Subs & Home Baking
Leo Umphrey	Papa Pallone's Panini Pastercia
Jake Wong	Jessica Pastries Inc