

# The Bulletin

July 2007

Baking Association of Canada Newsletter



## Nugent Elected Co-Chair



*Co-Chair Kate Nugent accepts her gavel of office from Past Chair Arthur Gunn at the 2007 AGM*

Kate Nugent was elected Co-Chair of BAC at the May 6th Annual General Meeting, the first time a woman has been in that position. Kate has been involved with the baking/patisserie trade for more than 20 years. A Red Seal Certified baker/patisserie, she is currently Director of Operations for La Rocca Creative Cakes. At La Rocca, Kate is responsible for the production of 50+ fresh and frozen products and managing 185 staff at the company, which has two facilities located in Toronto.

Kate began her baking career as an apprentice at The Cake Boutique, a small baker specializing in sugar and chocolate sculpture. She then moved to a larger retail/commercial bakery based in Toronto where she undertook increasing responsibilities ultimately being appointed General Manager. Following that experience Kate was an HACCP consultant prior to joining La Rocca Creative Cakes in 2003.

In addition to her "day job" Kate has also been a great proponent of the baking & patisserie trades through participation in education,

various trade organizations, guilds and government committees. Since 1989 Kate has been a part-time professor at George Brown College in the culinary department teaching baking theory. Throughout her teaching career she has constantly promoted the baking trade and stresses the value of apprenticeship.

As a strong advocate of volunteering, Kate has demonstrated her commitment through her support of a variety of organizations. Kate has been a long time member and active participant of the Ontario Industry Committee for Apprenticeship Training, BAC's Ontario Chapter, and, BAC's national Education Committee, and has coordinated a number of activities at Bakery Showcase.

Kate's hands-on industry experience, academic learnings and extensive exposure to a host of industry related issues have enabled her to become a nationally recognized proponent for the industry. Kate's vast experience both within the association and with external groups will be great assets to BAC throughout her tenure as Co-Chair.

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# New BAC Board of Directors Elected

At the May 6, 2007, Annual General Meeting, the membership elected the following members to serve on the BAC Board of Directors for the 2007-2008 period.

## Co-Chairs:

John Klecker .....*Weston Bakeries/Ready Bake Foods, ON*  
Kate Nugent.....*La Rocca, Creative Cakes, ON*

## Past Chair:

Arthur Gunn .....*Gunn's Bakery, MB*

## Directors

Michael Armstrong .....*Bakemark Canada, BC*  
Jean Luc Breton .....*Conseil de la Boulangerie du Québec, QC*  
Gottfried Boehringer .....*Stonemill Bakehouse, ON*  
Bob Caron.....*McBuns Bakery, NB*  
Charles Couture.....*Intro-Pak, QC*  
Michel Dion .....*Lallemand, QC*  
Bob Grebinsky .....*Ellison Milling, AB*  
Marion Markowski .....*Rachel's Home Bakery, ON*  
Barry Mclean .....*Canada Bread Limited, ON*  
Peter Plaizier .....*Sunrise Bakery, AB*  
Kevin Rainey.....*Sobeys Inc, NS*  
John Rossetti.....*Italian Home Bakery, ON*

# Testing for Melamine Contamination Continues

As of June 2006 the Canadian Food Inspection Agency is continuing to hold and test shipments of wheat, rice, soy and corn gluten and protein concentrates of Chinese origin entering Canada for both melamine and cyanuric acid. Neither substance is not considered to be particularly toxic by itself; however, their potency appears to be increased when present together. As of late May, one shipment of corn gluten had tested positive for melamine and cyanuric

acid.

In response to melamine concerns it has been reported that new measures have been put in place by China's General Administration of Quality Supervision, Inspection and Quarantine of the People's Republic of China (AQSIQ) to address the contamination issue. According to a FLEXNEWS release, 124 feed and food products and raw materials are covered by a new regulation (2007/70) which became effective on 15 May

2007. Under the new regulation certain goods will be released by the Chinese customs department only upon presentation of an "export/import goods release document," which requires mandatory inspections.

A number of food ingredients and additives come under the new regulations and include the following:

- preservatives (tocopherols, sodium nitrate, etc)
- sweeteners (sugar, fructose, etc)

- colour additives and dyes
- emulsifiers (lecithin, etc)
- firming agents (calcium chloride, etc)
- leavening agents (calcium carbonate, etc)
- acidulants (lactic acid, citric acid, sodium carbonate, etc)
- anti-caking agents (silicon dioxide, etc)
- dough strengtheners (ammonium sulphate, etc)
- yeast nutrients (ammonium phosphate, etc)
- enzyme preparations (enzymes, rennet, etc)



## ATTENTION BAKERS!

Looking for that special ingredient? Need new equipment?



Before you try those old paper directories that clutter up your desk - there's a better place!

Just direct your web browser to [www.bakingassoccanada.com](http://www.bakingassoccanada.com) and check out the Baker's Choice Supplier Directory



[www.bakingassoccanada.com](http://www.bakingassoccanada.com)

- 100's of listings
- Links to supplier's website or email
- Search by product, business classification or region they sell to
- Advanced search that allows you to search by company name, or a keyword in the company's description
- New companies are signing up daily so check back often

**THE BAKER'S CHOICE**  
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For more information on the Baker's Choice Supplier Directory email us at [info@baking.ca](mailto:info@baking.ca) or call us at: 888-674-2253 ext. 21

# Grains - They're Essential Program

## Releases New Fact Sheet to Further Consumer Understanding of Grains

The Grains – They're Essential Program has recently introduced "Separating the Wheat from the Chaff" a consumer focused fact sheet as part of the continuing effort to further consumer understanding of grain and grain based products. "Separating the Wheat from the Chaff" is the latest publication from the program and focuses on helping consumers to understand wheat basics, defining terms such as refined, fortified, whole wheat, whole grain and multi-grain.

Regarding this publication, Grains – they're Essential spokesperson Laura Pasut said more needs to be done by the industry to help consumers understand the different terms and

products the industry has to offer. "According to our recent consumer survey, the public continues to be challenged with their understanding of the entire grain food category, especially different product offerings. The Separating the Wheat from the Chaff fact sheet is a resource of bakers and the entire industry to use to provide that clarification for consumers."

Pasut reminds everyone that the Separating the Wheat from the Chaff fact sheet along with all other Grains they're Essential materials are available for downloading free of charge in both colour and black & white from the program's website: [www.GrainsEssential.ca](http://www.GrainsEssential.ca)

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## Montreal Bakery Tours

After enjoying a couple of very interesting, and informative days at Congress 2007, in Montreal, a group of us westerners were hosted to wonderful bakery tours by Michel Dion from Lallemand, and Pierre Boucher from La Baguetterie/Weston. We met at the Hilton Montreal Bonaventure the morning of May 8th.

As you will see from the list below, everyone was from BC except for one person:

Nico Armeni .....*Calabria Bakery, BC*  
Christian Mitzel .....*Original Cakerie, BC*  
Carol MacDonald .....*Malaspina University - College, BC*  
Martin Barnett .....*Malaspina University - College, BC*  
Jack Kuyer .....*Valley Bakery, BC*  
Diana Kuyer .....*Valley Bakery, BC*  
Gary Humphreys .....*Dawn Foods, BC*  
Arthur Gunn.....*Gunn's Bakery, MB*

In order to participate in our group, Arthur had to agree to hug at least one tree, and join us in our "Go Canucks Go" chant whenever, and wherever, it occurred.

We started off the day receiving an overview of our upcoming day at Dunkin' Donuts, and moved on to various establishments like Metro Plus, Loblaws, IGA Extra, Maxie & Cie, Patisserie Bagel with the highlights of the day at an open air farmers market with various bakeries in and surrounding it, St. Viateurs Bagel Shop and Premiere Moison.



We appreciated very much the tour that Mario Boulanger, from Premiere Moison, gave to us. We received a good understanding on how to creatively and effectively utilize the space one has to work with. The products you produce, and the lunch you provided was incredible (I'm still full.)

A huge thank-you to our hosts, Michel and Pierre, for taken the time to organize a very memorable day, and for taking a full day out of their busy schedules to tour us around.

**Gary Humphreys**  
*BAC Chapter – Past President*

**Grains**  
they're essential!



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

# Separating the wheat from the chaff

## Defining the many wheat words found in today's marketplace

Many terms are used when referring to grain and bakery products. Each has its own unique meaning and role in the wheat industry and understanding the differences can help you select which product best suits your needs. Some of the following definitions are rooted in regulations, others in science, and others still, are related to product development.



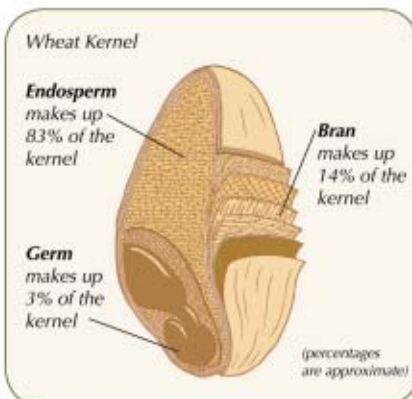
## Wheat basics

These are broad wheat categories based on government regulations and/or production practices.

### Grain

Grain is the umbrella term that refers to the dried seed of the cereal species.

Examples of grains are wheat (including spelt and kamut), barley, oats, rye, corn, rice, wild rice, millet, sorghum, teff and triticale. Seeds of certain plants—buckwheat, amaranth and quinoa—that are not technically in the cereal species, are used in grain products and are milled similarly. As a result, they are grouped with grain.



### Whole grain

When you see the words, "**whole grain**", it means that all three parts of the grain kernel, or grain seed, are used in the food product in the proportion found in the original kernel.

- The **endosperm** contains mostly carbohydrate, a source of energy.
- The **bran** contains fibre, vitamins (B-vitamins), minerals (e.g., iron, magnesium) and phytochemicals.
- The **germ** contains additional vitamins (e.g., vitamin E), minerals, polyunsaturated fats, and phytochemicals.

### Enriched

Enrichment is the practice of adding back only those micronutrients that are lost during milling. In Canada, all white wheat flour is enriched with B-vitamins and iron to match the levels found in whole wheat flour.

### Fortified

Fortification is the addition of nutrients whether or not they are present in the food or the addition of levels of nutrients that are much higher than found naturally. In Canada it is mandatory to add folic acid to white wheat flour and enriched pasta. Bread, breakfast cereals and other wheat products have nutrients added on a voluntary basis (e.g., calcium in bread, vitamins in breakfast cereals). Decisions about voluntary nutrient additions are made by the manufacturer. All added nutrients are listed on the label.

### Did you know

That since the fortification of white flour with folic acid began, there has been a 50% reduction in neural tube defects in infants.

### Refined

Refined often describes a grain that has been processed or milled to create a white flour product. All purpose flour is a mixture of hard wheat (used in bread making) and soft wheat (used in cake and pastry flour). In Canada, most whole wheat or whole grain flours undergo the same milling process as white flour. The difference is that the bran is added back to create whole wheat flour and the bran and germ are added back to make whole grain flour.



## Wheat staples

The following are examples of wheat products for use in cooking, baking and meal preparation.

Product	Description	Uses
<b>wheat berries</b> Also known as... wheat kernels	Wheat berries are another name for wheat seeds or kernels. They are available as hard wheat or soft wheat berries.	<ul style="list-style-type: none"> <li>To add a crunch to dishes such as salads.</li> <li>As a rice substitute or an ingredient in chili or stew.</li> </ul>
<b>white flour</b> Also known as... flour, enriched flour or enriched white flour	The wheat kernel is milled to separate out the endosperm. It must be free of the bran and the germ.	<ul style="list-style-type: none"> <li>As an ingredient in breads, pasta, crackers, breakfast cereals, all types of baked goods.</li> <li>In coating mixes and as a thickening agent.</li> </ul>
<b>whole grain flour</b> Also known as... whole grain wheat flour; whole wheat with germ added	Contains all three parts of the wheat kernel in the same proportion as the intact kernel.	<ul style="list-style-type: none"> <li>As an ingredient in breads, breakfast cereals, crackers, many baked products.</li> </ul>
<b>whole wheat flour</b> Also known as... entire wheat flour	Contains at least 95% of the wheat kernel—mostly the endosperm, the bran and up to half of the germ.	<ul style="list-style-type: none"> <li>As an ingredient in breads, pasta, crackers, many baked goods.</li> </ul>
<b>graham flour</b>	Is a wheat flour, similar to whole wheat but is not required to include 95% of the wheat kernel.	<ul style="list-style-type: none"> <li>Used in a similar way to whole wheat in breads and baked goods.</li> </ul>
<b>cracked wheat</b> Also known as... crushed wheat or coarse ground wheat	Wheat kernels are crushed or cracked into smaller pieces; the size determines which name is used.	<ul style="list-style-type: none"> <li>As an ingredient in multi-grain breads, pilaf, stuffing and breakfast cereals.</li> </ul>
<b>bulgur</b>	Bulgur is made from wheat kernels that are cooked, dried and cracked. Usually it has some of the bran removed.	<ul style="list-style-type: none"> <li>In tabouli (tabbouleh), pilaf.</li> <li>In Mediterranean dishes.</li> </ul>
<b>wheat flakes</b>	Wheat kernels that have been steamed, rolled and flaked.	<ul style="list-style-type: none"> <li>In cooked breakfast cereals (similar to rolled oats or oat flakes) or in granola.</li> </ul>
<b>semolina</b>	Semolina is the product from the milling of a specific type of wheat called durum wheat.	<ul style="list-style-type: none"> <li>In long pasta such as spaghetti.</li> <li>Combined with all purpose flour to make short pasta.</li> <li>Steamed to make couscous.</li> </ul>

## Prepared wheat products

Breads, crackers, pasta and breakfast cereals are made from a variety of grains. Just about everywhere you shop for food or buy food to eat you will encounter the versatility and infinite variety of grain products. Many products combine different grains—some are refined, some are fortified, some are whole grains.

What do the names on packages really mean?

**Multigrain** - used to describe a product that contains more than one type of grain. The final product can vary greatly. If the product only includes refined grains and has no whole grains, there would be little to no fibre. If whole grains are included, whole grain would be on the label and the amount of fibre would be noted.

**7 grain or 12 grain** - these products contain the number of grains and/or seeds identified in the name (either 7 or 12 different types). Similar to multigrain, these products may or may not include whole grains. Check the label.

**Whole grain** - when “whole grain” is included in the name or in the ingredient list, the grain is whole. This means that the endosperm, bran and germ are included in the same proportions as the original kernel. The grain most often used is wheat.

**Whole wheat bread, pasta or crackers** - these products are made with whole wheat flour containing at least 95% of the wheat kernel.



Some products declare “100%” or “60%” in front of the product name. This indicates how much whole wheat flour is used.

**Enriched pasta and enriched white bread** - both are made from white wheat flour that has the B-vitamins and iron added back to levels that match whole wheat. In addition, all enriched pasta and white bread in Canada is fortified with folic acid.

**For more information contact: Baking Association of Canada**

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# Congress 2007 in Montreal Draws National Audience

Congress 2007 held in Montreal May 6th and 7th drew bakers from across Canada to enjoy the two days of exhibits, educational programs and social events. Highlights of the event included a wonderful boat cruise with amazing ambiance to start the conference. That was followed up the next evening with our very own version of the Montreal Jazz Festival, which combined wonderful music and near standing room only attendance.

The seminar program was on target with today's hot issues of obesity, nutrition and the impact they are going to have on consumers and the baking industry at-large. The seminars were summarized by a Monday morning program focusing on our aging population and how our industry must respond.

Finally, with more than 80 exhibitors, the trade show floor proved to be a wealth of opportunities for visitors to explore new products, services and equipment. BAC wishes to extend a special thanks to the Congress 2007 Organizing Committee co-chaired by Pierre Boucher and Michel Dion for their exceptional dedication and contribution to making the event such a success.

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## Congress 2007 Sponsors

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



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# BAC ATLANTIC CHAPTER 2007 GOLF TOURNAMENT

**Monday, September 10, 2007**  
**Magnetic Hill Golf Club**  
**Moncton, New Brunswick**

**11:00 a.m.** Registration & Meet Your Team  
**12:00 p.m.** First Group is off! Modified Best Ball Format  
**6:30 p.m.** Steak dinner

*Please fill in the registration form below and return it by **September 1, 2007**. In the event of a "sell-out" registrations will be accepted on first come first served basis.*

<b>Name:</b>				
<b>Company:</b>				
<b>Address:</b>				
<b>Phone/Fax:</b>				
<b>E-mail:</b>				
<b>Quantity:</b>		<b>Early Bird prior to Aug 30<sup>th</sup> x \$135.00</b>	<b>Total:</b>	
	<b>BAC Members – Golf, Cart, Dinner &amp; prize table</b>			
	BAC Members – Golf, Cart, Dinner & prize table	Late registration \$145.00	Total:	
	BAC Members – Dinner Only	x \$40.00 ea	Total:	
	<b>Non Members – Golf, Cart, Dinner &amp; prize table</b>	<b>Early Bird prior to Aug 30<sup>th</sup> x \$145.00 ea</b>	<b>Total:</b>	
	Non Members – Golf, Cart, Dinner & prize table	Late registration \$160.00	Total:	
	Non-Members – Dinner Only	x \$50.00 ea	Total:	
<b>HST @ 14%</b>			<b>Tax:</b>	
<b>Please enclose cheque or Money Order Payable to Baking Association of Canada</b>			<b>Grand Total:</b>	

*Visa, Mastercard and American Express orders please complete the following:*

Visa  Mastercard  AMEX  Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
 Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

To help us to ensure the teams are even please check the appropriate box below.		
<input type="checkbox"/> <b>Average Score</b> _____	<input type="checkbox"/> <b>Handicap</b> _____	<input type="checkbox"/> <b>1<sup>st</sup> Time</b>

Please mail or fax to: Gillian Blakey, Baking Association of Canada  
 7895 Tranmere Drive, Ste. 202, Mississauga, Ontario L5S 1V9  
 Tel (888) 674-2253 x21 Fax (905) 405-0993

# Congratulations To Our Most Recent Correspondence Course Grads!

Irosław Chocieł	Bakery Technology I
Jennifer Fraser-Smith	Bakery Technology III
Ham Go	Bakery Technology I
Marilyn Roberts	Occupational Health & Safety
Chandraketubhai Sandesara	Bakery Technology II
Zillur Shah	Bakery Technology II
Adam Van Loon	Occupational Health & Safety

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](http://www.bakingassoccanada.com).

## A Warm Welcome to our Newest Members

**Benny Di Nicolo**  
**Nathalie Bergeron**  
**Andrew Kollo**  
**Claudio Napoleoni**  
**Gary Worrell**

*Pates & Croutes L.B. Inc.*  
*Cannon Hygiene and Pest Control*  
*Nita Equipement Inc.*  
*Stewart Systems Inc.*



## Baking Association of Canada Upcoming Events

### **Alberta Chapter**

July 24, 2007  
Golf Tournament  
Elbow Springs Golf Club  
Calgary, Alberta

### **Atlantic Chapter**

September 10, 2007  
Golf Tournament  
Magnetic Hill Golf Club  
Moncton, New Brunswick

### **Bakery Showcase 2008**

May 4 – 6  
Toronto Congress Centre  
Toronto, ON