

September 2008

Location

Calhoun Beach Club
2925 Dean Parkway
Minneapolis, MN 55416
612-927-9951
www.calhounbc.com (see link for directions)

Date

Monday, September 15, 2008
4:00 - 5:00 pm ExComm Meeting
5:00 - 6:00 pm Check-in and Social Time
6:00 - 7:00 pm Dinner
7:00 - 8:30 pm Speaker

Cost

Members/Guests - \$30.00
Retirees/Displaced Members - \$13.00
Students - \$ 5.00

Reservations

Register on line at www.mnift.org. On-line credit card payment is preferred or you can pay by check or credit the night of the event. Reservations are due by Wednesday, **September 10, 2008** at 5:00pm. If you have questions or need to cancel call 612-590-8902. Please note this location will NOT allow us to make any changes to the number of meals ordered after registration closes. If you cancel after the deadline you are still responsible for payment but please let us know you will not be attending.

Menu

Salad: Bibb Lettuce Salad & Caramelized Apples with Hard Apple Cider Vinaigrette and Toasted Walnuts
Entrée (choice of):
-Grilled Chicken Breast with Michigan Dried Cherry Sauce on Potato Puree
-Roasted Sea Bass with Tomatoes, Olives and Preserved Lemon on Garlic Herb Baby Red Potatoes
-Vegetarian Napoleon—layered Portobello Mushroom, Eggplant, Beefsteak Tomato, Sicilian Onion, Fresh Mozzarella and Basil Pesto served with Saffron Couscous
Dessert: Family Style Homemade Cookies and Bars

Clare M. Hasler, Ph.D., M.B.A.

Executive Director
Robert Mondavi Institute for Wine and Food Science
College of Agricultural and Environmental Sciences
University of California, Davis

WINE:

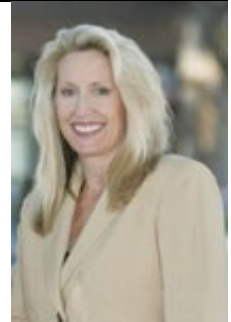
THE NECTAR OF THE GODS IS ALSO A FUNCTIONAL BEVERAGE IN HEALTH PROMOTION AND DISEASE PREVENTION

Wine has been viewed as divine nectar since biblical times. Pasteur described wine as "the healthiest and most hygienic beverage, and in Greek, nectar means "to escape from death." Indeed, three decades of research indicates that, compared to abstainers, drinking small to moderate amounts of alcohol reduces the risk of dying from coronary heart disease (CHD) one-third.

Alcohol is thought to protect against CHD by: (1) raising blood high density lipoprotein (HDL₂) levels, (2) lowering blood low density lipoprotein (LDL) levels, (3) lowering LDL oxidation, (4) lowering blood fibrinogen, (5) exerting anticlotting actions, and (6) reducing insulin resistance. An unresolved question is whether wine, particularly red wine, is better in lowering the risk of CHD compared to beer or liquor. However, the presence of potent antioxidant polyphenolic compounds in red wine provides a rationale for why certain studies show red wine to be more protective, even in conjunction with a sedentary lifestyle, elevated cholesterol levels and a high fat intake—an observation now popularly known as "the French Paradox." However, wine drinkers, beer drinkers and hard liquor drinkers tend to have significantly different lifestyle habits which complicate this issue. Overall, wine drinking tends to be part of a healthier lifestyle (e.g., less smoking, more education, higher socioeconomic status, healthier diet). The scientific consensus appears to be that when it comes to alcohol consumption for cardiovascular health, moderation is the key.

In addition to promoting cardiovascular health, moderate wine consumption has also been shown to reduce the risk of other chronic diseases, including diabetes, prostate cancer, lung cancer, Alzheimer's disease and most recently, cataracts. This lecture will provide an overview of the current research supporting the role of alcohol consumption, particularly red wine, as a functional beverage in health promotion and disease prevention.

Clair Hasler's Biography is on page 4.



September Chair's Message

Welcome to another great program year for the Minnesota Section of IFT. This summer the executive committee has been busy planning some very interesting venues, speakers, and activities. As we continue to strive to offer new and exciting venues please be sure to give any executive committee member feedback as to what is working and what is not.

There are a couple of key events to keep in mind for September. Our first meeting will be September 15th. We will have an IFT Distinguished Lecturer, Clare Hasler talking about the Health Benefits of Wine. She is the Executive Director of the Robert Mondavi Institute for Wine and Food Science, College of Agricultural and Environmental Sciences at the University of California, Davis. The second event is new to MNIIFT, it will be a "Newish" Professional Event on September 25th. Dana Dronen is working with National IFT to pilot these events for MNIIFT, if you should have any questions, suggestions, or would like to help please contact Dana.

In October we will be having two exciting events. The first is a combined meeting with The Research Chefs Association (RCA) on October 28th at Target Headquarters. "Target's Innovation Model" will be the presentation. There will be a limit of 150 persons between MNIIFT and RCA at that meeting. Dinner will be served entirely with Target food products. The money collected for dinner will be going to the MN IFT SECTION Scholarships and RCA Scholarships. This is the night before the Supplier's Day so meeting reservations will go fast. The second event is our Annual Suppliers Day. Our Suppliers Committee has a great Suppliers Day planned for October 29 at the Minneapolis Convention Center. Please look for more details to come in the following weeks on the MN IFT website.

(Chair's message continued on page 3)

To place an ad, please contact:

Karen Spartz: usksp@chr-hansen.com

Space is limited and is on a first-come, first serve basis.

Rates: \$25.00 Business Card

\$50.00 1/4 Page

\$100.00 1/2 Page

\$200.00 Full Page

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Meeting Schedule

September 15	Clare Hasler - Health Benefits of Wine
October 14	Joint RCA meeting- Target's Innovation Model
October 29	Supplier's Night/ AACC luncheon meeting
November 17	Dan Buettner-Blue Zones
January 10	Dairy Meeting
February 10	AACC Joint Meeting/ IFT Foundation Silent Auction
March 16	Macy's Award
April 21	Student Recognition Night

The Minnesota Section is published monthly, September through April, as a service to members of the MN Section, Institute of Food Technologists. The opinions in this newsletter are the opinions of the contributors and do not necessarily represent the official position of IFT nor the Regional Section, and should not be interpreted as such.

Do YOU have a submission for the newsletter?!

The MN Section IFT Newsletter is distributed to *hundreds* of students, industry professionals and companies across Minnesota, South Dakota and Wisconsin. And it's available for YOU to use! **We as Editors, welcome articles, news and announcements for the Newsletter.** Simply send your questions and submissions to Nicole Falk (nicole.falk@genmills.com, 763-764-5073) and Julie Cox - julie.cox@genmills.com.

MEMBER PROFILE

Cheryl Deinken

Cheryl Deinken is the chair of the arrangements committee and has been a member of IFT for 16 years. She grew up in southern Minnesota as a farm girl and earned her bachelor's degree in food science from the University of Minnesota. She is a proud alum of CFANS (University of Minnesota-Twin Cities).

Cheryl's career has entailed product development, sensory testing, and work in quality for companies including Super Valu, Hormel, and presently United Sugars where she has remained fourteen years.

When not at work, Cheryl has many hobbies. She enjoys hiking, biking, and tending her flowers. She also enjoys volunteering and new adventures and has recently taken up ballroom dancing.

She has always lived in Minnesota, and though she does enjoy some skiing and snowmobiling now and then, she finds her favorite winter activity to be reading good books next to the fireplace while anticipating the arrival of spring and the reemergence of her tulips.

Chair's Message from page 2

On Monday, November 17 we will be having as our speaker the New York Times best-selling author Dan Buentner who wrote the Blue Zones. Dan has delivered the secrets to living longer to over 250 audiences nationwide. Using National Geographic photography, he tells the stories of four of the world's longest-lived cultures and offers nine habits for people to get up to 10 good years out of life.

As you can see we have many exciting and different venues for you for the first three months of the year. I can hardly wait to tell you about the rest of the year!

If your association with the Minnesota Section is primarily through dinner meeting attendance and you are looking to expand your association please think about volunteering for a local or even national IFT committee. We are always looking for new ideas to help keep the Minnesota Section venues interesting and relevant and volunteering on a committee is a wonderful way to meet and build relationships with others within industry and academia. If you are interested in serving on either a national or local committee please contact me Pam.Lawson@genmills.com about how to become involved.

Finally, I would like to thank all the committee member volunteers and officers who are already very hard at work to make this another successful year. The work you do is vital in keeping our members connected, bringing us together to discuss and learn more about relevant subject matters, provide scholarships for students along with employment assistance to members just to name a few. I am honored to be working with such a great group of individuals.

Pam Lawson-MN IFT Chair

Dr. Clare Hasler's Biography

Clare M. Hasler received her B.S. in Human Nutrition from Michigan State University, and an M.S. in Nutrition Science from The Pennsylvania State University. In 1990, she was awarded a dual Ph.D. in Environmental Toxicology and Human Nutrition from Michigan State University. From 1990-1992, Dr. Hasler was a postdoctoral fellow in the Laboratory of Cellular Carcinogenesis and Tumor Promotion at the National Cancer Institute, National Institutes of Health. She received her MBA from the University of Illinois at Urbana-Champaign in May 2003.

From 1992 to 2000, Dr. Hasler served as the founding director of the Functional Foods for Health (FFH) Program—a joint effort between the Chicago (UIC) and Urbana-Champaign (UIUC) campuses of the University of Illinois. Dr. Hasler is an internationally recognized expert on the topic of functional foods and nutraceuticals.

In February 2004, Dr. Hasler was appointed as the Founding Executive Director of the Robert Mondavi Institute (RMI) for Wine and Food Science at the University of California at Davis. In this capacity, Dr. Hasler will lead programming and vision-development efforts for the Institute, as well as guide fund-raising activities. She will also serve as the University's primary liaison to the wine and food industries. The RMI is poised to become the global innovator in university-based wine and food programs and will house the largest and most prestigious wine and food science academic program in the world.

Dr. Hasler is a member of a number of professional societies, including the American Association for Cancer Research, American Association of Cereal Chemists, Institute of Food Technologists, American Society for Nutritional Sciences, American Association for the Advancement of Science, and Sigma Xi. Dr. Hasler currently serves on the editorial/advisory boards of the *Journal of Nutraceuticals*, *Functional and Medical Foods*; *Journal of the American Nutraceutical Association*; *Journal of Medicinal Food*; *Health Ingredients & Nutrition*, and *Current Concepts in Nutraceutical Research*. In 1998, Dr. Hasler was recognized as one of the "Top 25 Food Influentials" by *Self Magazine*. In addition, she received a Meritorious Service Award from the United Soybean Board in 1999 for her work on the soy protein health claim; in 2000, she was awarded the Recognition of Service Award from the American Dietetic Association. She authored the Scientific Status Summary on Functional Foods in 1998 for the Institute of Food Technologists, and the Position Paper on Functional Foods for the American Council on Science and Health in 2002. She is also the co-author on the 2004 American Dietetic Association Position Statement on Functional Foods.

Dr. Hasler writes extensively on functional foods and other health-related issues and is a widely requested speaker on the topic by industry, academia and the media. She has given more than 300 presentations since 1997 related to the topic of functional foods both nationally and internationally (20 countries) and has participated in numerous radio and television interviews, including CNN, the BBC, CBS News 48 Hours, and Dateline NBC.

IFT Foundation Updates



IFTSA Fun Run Successful in 2008

Over 360 fitness fans braved the humidity for the eighth annual IFT Student Association/ IFT Foundation Fun Run early Monday morning on June 30th. The 5K Run and 1 Mile Walk raised more than \$51,000 for the IFT Foundation's Scholarship fund with support from corporations, individuals and IFT Sections and Divisions. Ashley Hiatt from Purdue University was the IFTSA Fun Run Chair. Bruce Ferree of California Natural Products was the top fundraiser who gathered pledges from colleagues and raised more than \$2,300 for IFT scholarships.

Among the male runners, Ryan Williams came in first with a time of seventeen minutes and fifty seconds (17:50), followed by Steven Powell (18:45), and Luis Garay (19:01). Among the female runners, Julie Wankowski came in first with a time of nineteen minutes and twenty three seconds (19:23), followed by Catherine Lee (20:16), and Becky Burnworth (20:50). Plaques and certificates were awarded to the winners, and participants received an official t-shirt and goody bag. 49 individuals who did not participate in the run/walk but made a donation to the IFT Foundation received an "I Slept in for the Fun Run" t-shirt. The top male winners by age group were as follows: 20-29, Stelios Viazis (20:56), 30-39, Thomas Richardson (20:29), 40-49, Wes Shadow (20:46), 50-59, Michael Liewen (20:38), and 60 and older, John Dobol (22:35). The top female winners by age category were as follows: 19 and under, Molly Fisher (35:48), 20-29, Sarah Newsome (23:10), 30-39, Andrea Gaebe (23:23), 40-49, Liz Perle (22:42), 50-59 Mary Dal Porto (24:52), and 60 and older, Eva Patocka (30:07). The Cornell Food Fighters were recognized as the largest team, and the UC-Davis Happy Cows as team with the best costume.

Platinum sponsors were General Mills, Kraft Foods and Michael Foods. Gold level sponsors were David Michael & Company, the IFT Foodservice Division and National Starch Food Innovation. The Chicago Section IFT was a Silver level sponsor. Bronze level sponsors were Ecolab, GNT, Maryland Section IFT, MGP Ingredients, Southern California Section IFT and Yum! Brands Foundation. Hershey Foods, the Minnesota Section IFT and Oregon Section IFT also made generous contributions to the Fun Run. The following companies donated products for the goody bags: Cadbury Schweppes, Clif Bar, CornProducts, Cott Beverages, Gojo, GTC Nutrition, IFT Knowledge and Learning Center, Kagome, Keystone Foods, Kraft Foods, McDonald's, Pepsico, Pharmavite/Soyjoy, TIC Gums, Unilever, Wal-Mart and the Wrigley Science Institute. Are you interested in sponsorship opportunities for the 2009 Fun Run in Anaheim, California? Please contact Elizabeth J. Plummer at ejplummer@ift.org.

Looking for IFT Foundation Scholarship Recipients and Donors

The IFT Foundation is currently looking for IFT Foundation Scholarship Recipients and Donors to feature on the IFT Foundation website. The purpose is to create awareness and raise funds to support the Foundation Scholarship fund raising efforts.

If you a past scholarship winner or an annual Foundation donor and would like to tell your story please contact Anna Proctor akproctor@ift.org

ANNOUNCEMENTS-UPCOMING MN-IFT EVENTS

November Speaker-Dan Buettner

Dan Buettner is the author of "THE BLUE ZONES: Lessons for Living Longer from the People Who've Lived the Longest," published by National Geographic Books on March 25, 2008. He is also the founder and president of Blue Zones™, an organization that creates lifestyle management tools to help people live longer, better lives.

Buettner is a pioneer in both exploration and education. He has set three world records for endurance cycling and created one of the nation's premier adventure learning programs. His Quest Networks™ online expeditions opened a new chapter in the book of exploration. These Quests enable millions of online explorers to direct a team of experts as they unravel archaeological—and now longevity-related—mysteries. The Washington Post called his Quests "the most successful experiment in interactive education to date."

Buettner serves on the board of directors for The Loft, a literary organization, and The British Virgin Islands Parks' National Trust. He is currently leading Blues Zones (bluezones.com), a project that, in partnership with the National Institute on Aging and the University of Minnesota, is exploring the world's longest lived regions to distill a cross-cultural longevity formula for American audiences.

***Mark Your Calendars and plan on attending
the 34th Annual MN IFT Supplier's Night!***

When: Wednesday, October 29th

Where: Minneapolis Convention Center - Ballrooms A & B

Time: 1-5 pm

Don't miss this opportunity to meet with suppliers and find out what's new and exciting in the food industry!

For more information go to www.mnift.org

ANNOUNCEMENTS

Happy Hour for Minnesota Section IFT New Professionals!

The MN Section IFT is excited to host a new event - the MN Section IFT New Professionals happy hour! What is a new professional? Anyone working in the food industry 10 years or less (or if your 10+ years only feels like 10 years!) This is going to be a great way to network with food industry peers and to reconnect with former classmates or co-workers!

Please join us for a happy hour at **508** on Thursday September 25th from 5:30-7:30pm. National IFT and MN IFT will sponsor free appetizers. Cash bar available.

508 / www.bar508.com
 508 First Avenue N
 Minneapolis, MN 55403
 612-339-0036

Please forward this announcement to fellow new professionals. We're hoping for a great turnout. Look for an Evite in early September to include more details and RSVP information.

Sponsored by National IFT New Professionals Task Force and MN IFT.

For more info contact: dana.dronen@genmills.com or tom.nack@genmills.com

Introduction to Food Chemistry - University of Minnesota Twin Cities Short Course**Information & Registration:**

http://fscn.cfans.umn.edu/courses/intro_to_food_chemistry_08.html

Schedule:

Tuesday, November 11th, 2008
 8:30am - 4:30pm (Registration 8:00am - 8:30am)

Wednesday, November 12th, 2008
 8:30am - 4:30pm

Thursday, November 13th, 2008
 8:30am - 2:30pm

Location:

Continuing Education and Conference Center University of Minnesota 1890 Buford Avenue St. Paul, MN 55108 Room 62

Cost: \$650 on or before Oct. 14th, \$700 after Oct. 14th

This course is intended to be an introduction to food chemistry for those who are working in any aspect of the food industry but have not had any formal training in food chemistry. While the course will have value to those without a college degree, it will be most useful to those that have a college degree of some kind but not food science/technology. We will cover topics such as the functionality of food ingredients in product development, manufacturing and storage; functional foods or food ingredients; and the primary reactions in foods that lead to changes in nutritional and sensory qualities during processing and storage. Numerous examples will be presented to give the course a very applied nature.

UNIVERSITY NEWS

University of Minnesota-Twin Cities Food Science & Nutrition Club

This summer has been filled with conferences and internships for many busy University of Minnesota food science and nutrition club members. Many members attended the 2008 IFT Annual Meeting in New Orleans with numerous success stories. The Product Development Team was selected as the second runner-up in the IFTSA Product Development Competition with their product, Ediballs. A very special thank you goes to the Minnesota IFT for financially supporting the team with their travels! Catherine Lee also placed 2nd in the Annual IFT Foundation Fun Run. Sarah Reiner, Laura Folts, Catherine Lee, and Corinne Otte all presented their research through posters or oral scientific sessions. The final accomplishment was the club's recognition as a finalist in the Chapter of the Year Competition.

The officers are gearing up for the new school year by planning a host of activities for all of the club members to enjoy! Some of the activities include community service activities, participation in IFTSA competitions, a Welcome Back BBQ, fundraisers, and meetings hosted by various companies. I hope that you all are as excited as we are about the new experiences this year will bring! Jackie Koch, Club President

University of Wisconsin - River Falls Food Science Club

As the another school year begins the UWRF Food Science club will get right down to business, but not before we have our annual fall cookout and new member greeting. We will take that opportunity to catch up with old friends and begin making new ones. This year we will continue in heading up the campus organizations food safety meeting where we will instruct a few members from all student organizations how to properly serve food a safe way.

We will also have presentations from our members that had the chance to go to the IFT convention in New Orleans. Another topic that we will discuss is the possibility of hosting the 2009 IFTSA regional quiz bowl.

We look forward to our largest freshmen class in many years and seek a year of growth and many fun and learning adventures. Jacob Mallmann, Club President