

Cactus IFT

A professional group of IFT members in Arizona seeking to advance the science and technology of food through exchange of knowledge

A Quarterly Newsletter

December 2012

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Chair's Message

As the incoming chair, I want to thank the 2011-2012 board members and Tony DeCastro for outstanding year.



Lynn Abarr-Boubelik

We are looking forward to an exciting, active year for 2012-2013.

The board has laid out a full schedule of events for the year. In October, we had a successful event at The Orchard Learning Center and we've scheduled what are sure to be enjoyable events in the future:

- In December, "Wine and Chocolate" tasting
- In February, presentation and discussion about "Health Trends and/or Sustainability"

- In March, it will be a baseball game with "back of the house" tour
- In April, our first Cactus Section IFT Supplier's Night
- In May we have planned a golf tournament at the 500 Club
- And, finally, much more coming.

In addition, in June, I represented IFT at the National IFT Annual Meeting and Expo along with Sid Browsky for the manufacture/chef and Danielle Daugherty with Glendale HS for the school side in the IFT/ACF "Back to School Challenge." The Arizona team brought home second place! What an exciting event to be part of! The recognition the Cactus Section received was amazing!

The future of the Cactus Section is looking bright and we are excited to see it continue to grow in membership. We welcome all new members and guests! I look forward to seeing everyone at future events.

If you have a specific presentation or discussion you would like to take place, please let one of the know.

— Lynn Abarr-Boubelik, Cactus IFT Section Chair



Suppliers' Night - April 2, 2013

Next year is not far away and we've set April 2, 2013 for our 2013 Supplier's Night!



Good Growing Greatness

Touring Community Orchard Learning Center

The October meeting was held at the Community Orchard Learning Center (COLC). The event was the first of its kind for both the ACF AZ and the IFT Cactus Section. The COLC is a community school and a working farm providing experiential education, resources, and partnerships to promote healthy lifestyles in south Phoenix.



Dr. Brooks discussing his Aquaponics system.

Touring the property, attendees witnessed, first-hand, the community gardens for families and the cooperative gardens. These gardens provide food to the entire community and a source of income for participating members.

Hey Joe Filipino Food Truck, the No Roach, Roach Coach served Filipino Street Food such as Chicken Adobo, Lechon Kawali, and Pancit. Brian and

Margarita are a husband-and-wife team that met in Phoenix, married in the Philippines, and then brought their favorite authentic dishes to the streets of Phoenix. There was great feedback about the food for the meeting while at the COLC location.

As it was harvest time, we also held a pie contest for the bragging rights of the “Big Piezono” and ACF Chef Mark Ferguson was the winner with his apple pie. Congratulations to Chef Mark and a thank you to all that entered the contest; more of these to follow!

We also sold pies donated from Rock Springs Café with the proceeds going back to the COLC. Thank you for supporting Rock Springs! Also, here’s another “thank you” to Chef Nancy Schmitt for representing Sara Lee Pies for her help and support with pie donations.

The Aquaponics system under the direction of Dr. George Brooks was another high point of the meeting. Marking great strides with education, communities, and Aquaponics, Dr. Brooks has become a tremendous asset for our association and community.

The meeting really helped showcase activities happening within our community tying in education and food. This ties in with our Chefs Move To Schools activities. When it comes to gardening and learning more about the value of Aquaponics, people begin to also see the value in more education for producing better quality food with a higher nutrient density that grows faster using less water. This is STEM(M) education: Science, Technology, Engineering, Mathematics, and Medicine.

In our growing region, it’s especially fascinating to learn from Dr. Brooks, who tests a variety of plants, their yields, and their growth. So, the teaching system is really educating us all on how we can grow more and higher quality foods for less, and for some, a way to limit food costs.

I would like to note a special “thank you” to the teachers who brought students to the meeting as well. Thank you and thank you to all for their attendance!

—Madonna Kash, Marketing and Events, ACF AZ

Areas of Focus from National IFT

Sustainability. Within the sustainability focus area, you'll examine the business case for environmental sustainability in the food industry. Learn about efforts in food production sufficiency throughout the product lifecycle—from sustainable ingredient sourcing, to product development, to waste management. You'll gain understanding of related processing and production methods and best practices in the marketing of sustainable food products.

Product Development & Ingredient Innovations. IFT delivers the latest research and breaking news on product development and ingredient innovations that have the potential to transform product and process development. You'll discover breakthrough advancements, leading-edge science, and technical resources. Expand and share your knowledge of such topics as food additives, nanotechnology, encapsulation, nonthermal processing, sodium reduction, sweetener blends, and more.

Food Safety & Defense. Food safety and defense is mission critical. Through its focus on issues of concern and hot topics, IFT provides viewpoints and technical resources that will enhance your understanding of additive and ingredient safety, allergens, novel technologies, and microbial and chemical contaminants. Access applicable information on best practices, risk analysis, traceability, and analytical tools in the areas of microbial and chemical food safety and defense.

Education & Professional Development. Own your career development and boost your professional skills IQ with ideas and expertise found within IFT's Education and Professional Development focus area. You'll gain insight from professionals across industry, government, and academia on subjects like project management, communication skills, teaching strategies, and career management.

Food Health & Nutrition. Discover applied science and market trends associated with the development of foods to maintain and improve health. IFT helps you learn and grow with other leading advocates for weight management, nutrigenomics, and foods for the prevention and management of diabetes, heart disease, bone/joint diseases and cancer.

Public Policy & Regulations. By focusing on public policy, food laws, and regulations that have national and international implications for the food industry, research, and consumer food safety, IFT keeps science at the center of related decision making. You'll learn the latest information on safety, defense, labeling and marketing, import/export requirements, and other food-related concerns.



Announcing 2012-2013 Officers

Please join us in thanking Tony DeCastro and current section officers for their service to Cactus IFT during 2011-2012. Now, let's welcome Lynn Abarr-Boubelik as 2012-2013 Cactus IFT Chair and new section officers!

**Chair –
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**Secretary / Student
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**Member at Large –
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*If you're interested in serving
in a volunteer role for your
Cactus Regional IFT Section,
please let us know!*

**Past Chair / Nominating
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Tony DeCastro**
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**Programs Committee
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Treasurer – Lorraine Hansen
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Check out the Cactus IFT Web community!

Have you become part of the Cactus IFT community on the national website at www.ift.org? If not, then please join us! It will become one of the best avenues we have for communicating new events, Cactus IFT news, and hiring opportunities. Learn more at <http://community.ift.org/>

Website coming soon! Watch for it!

We expect to have a website up as soon as arrangements can be made. At the website, we will also be maintaining a blog that will share news similar to this Cactus IFT newsletter. Each blog post will also be shared on social media websites such as LinkedIn, Facebook, and Twitter.

Social Media

Speaking of social media, have you joined our LinkedIn and Facebook groups? Or have you started following our Twitter and blog feeds? If not, then learn more at the following below:

Facebook: Search for "Cactus IFT" group and "Join" (be sure to "invite" fellow Cactus IFT group members)

LinkedIn: Under "Groups," search for "Cactus Regional Section Institute of Food Technologists"

Follow us on Twitter: @cactusift

Section Officers

Lynn Abarr-Boubelik — Chair
Holly Curtis — Chair Elect
Lorraine Hansen — Treasurer
Jessica Dykun — Secretary / Student Committee Chair



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