



Cascadia Section  
Institute of Food Technologists

## SPRING NEWSLETTER 2023



### President's Update

*Greetings Cascadia IFT!*

The Spring newsletter is packed with great highlights of our recent events, scholarship winners, information on upcoming events, continuing education links, and current job opportunities. None of this would be possible without the efforts of our volunteers for bringing this all to life! Thank you to **Paul Cole & Jan Drahota** for leading our beer brewing event, **Megan Godette** for leading our Holiday party, and **Chris Charles & Jim Sutton** for leading our annual Suppliers Night event. A special welcome and gratitude to our New Professionals and Newsletter chair, **Kaitlyn Davey**, on hosting a great January new professionals event, Supplier expo hospitality suite, and creating this edition.

The executive board continues to make strides in progressing Cascadia IFT's strategic goals! This has manifested in refining roles and responsibilities for our volunteer positions and development of SOPs for our key events. In the spirit of engagement across the state of Washington, we are continuing to partner with Washington State University with the upcoming Industry Expo on the Pullman campus **April 24-25th**. We will continue to highlight food science activities at WSU and bring visibility via our communication channels. Through the leadership of **Steve Vernon** and the scholarship committee, we gained a better understanding of the high school and community college landscape for food science. We are establishing relationships with multiple schools throughout the region to support the pipeline of interested students to food science professionals. Come see this year's scholarship winners **May 16th** in Tukwila, where we will celebrate our high school, undergraduate, and graduate winners!

Are you interested in volunteering more with Cascadia? As we start to look to the next year, there are opportunities to participate on one of our committees, chair or committee, or even pursue a board position. If you have interest in any of these areas, please reach out to Cherie Cornwell or [info@cascadiaift.org](mailto:info@cascadiaift.org).

*Trey Sanders*  
*President 2022-2023, Cascadia IFT*

### Upcoming Events

WSU Food Safety & Sanitation Workshop  
April 20, 2023  
[Details Here](#)

WSU Industry Expo  
April 23&24, 2023  
[Register Here](#)

Scholarship Night  
May 16th 2023  
Old Spaghetti Factory, Tukwila  
[Register Here](#)

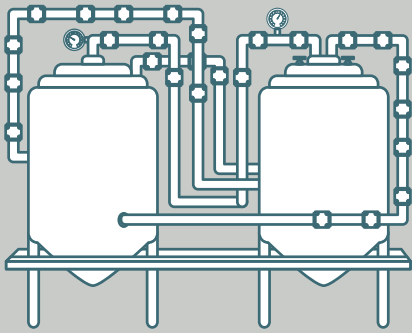
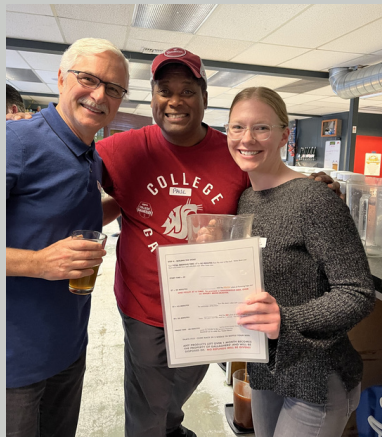
Golf Tournament  
June 29th 2023  
Druids Glen Golf Club, Kent  
[Registration coming soon](#)



# BEER BREWING EVENT RECAP

October/November 2022

Cascadia IFT members brewed, bottled, and packed over 30 cases of beer, root beer, and cider at Gallaghers' Brewing in Edmons Washington.







## HOLIDAY PARTY AT ART MARBLE RECAP

December 2022

A fun evening was had by all – games, a guest speaker, raffles, and good food.

We had 35 attendees and raised a total of \$2,720.00 for Food Lifeline, a Seattle-based Food bank creating modern solutions to solve hunger.



## NEW PROFESSIONALS TOUR AND HAPPY HOUR RECAP

January 2023

- 20 New Professionals attended
- Brewery tour with the master brewer
- Networking games, food, and drink!







# SUPPLIERS NIGHT RECAP

February 2023

We had over **180** attendees representing **61** local food manufacturers at this year's supplier's night!

Our attendees were able to visit **140** booths throughout the night.



## IFT CONTINUING EDUCATION OPPORTUNITIES

CLICK EACH BUTTON FOR DETAILS

Research Open MIC  
Night with Food  
Chemistry Division



More Online  
Courses



A Simplified Approach  
to Shelf Life Online  
Class



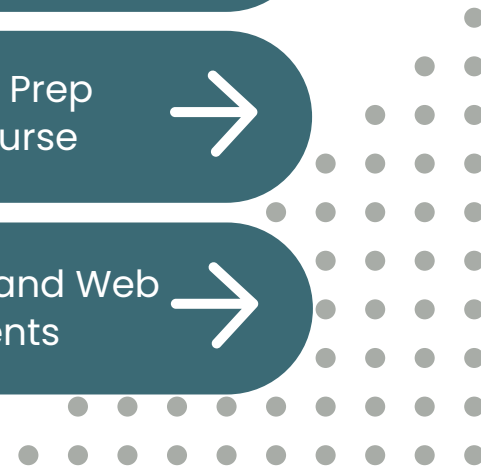
CFS Prep  
Course



Food Science for the  
Non-Food Scientist  
Online Class



On Demand Web  
Events







WASHINGTON STATE UNIVERSITY  
School of Food Science



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# 2023 Industry Expo: April 24 & 25



Companies within the Food Science industry will have a chance to make connections with very talented college students. This expo will also serve as a way to familiarize students with the values and identities of your companies!

We thank you ahead of time for generous donations made towards the WSU School of Food Science

Register:  
<https://sfs.wsu.edu/industry-expo-2023/>



Expo Events Include:  
Food Company Presentations  
Industry table top exhibitions  
Assisting in transition to food science careers.  
Internship Interviews  
A chance to inspire future food scientists!



Location: Washington State University  
Food Science Human Nutrition Building  
1945 Ferdinands Lane, Pullman, WA, 99164

Questions? Contact John Rustik: 509-335-1164 or [john.rustik@wsu.edu](mailto:john.rustik@wsu.edu)

Click here for details

## FOOD SAFETY & SANITATION: BASICS OF SANITATION WORKSHOP - SPRING EVENT

April 20th, 2023

This in-person course provides basic information about sanitation for food plants. The course walks through the principles of sanitation, sanitation chemicals, the chemistry of foaming, environmental sanitation, employee practices, and other related topics. The course is specifically targeted to sanitation line workers.

### Speakers:

- Chris Barley, Ecolab
- Girish Ganjyal, WSU Extension
- Rick Garlock, Skagit Valley Farms
- Don Jones, Wesmar Company, Inc.
- Jennifer Mai, Simplot
- Katy Webb, Washington State Department Agriculture

### Location:

SpringHill Suites by Marriott  
Kennewick  
7048 W Grandridge Blvd  
Kennewick, WA 99336  
Room: Vista Hall

Details and  
Registration Info  
Here





# CASCADIA IFT SCHOLARSHIP RECIPIENTS

**We are giving away a total  
\$45K in scholarships this  
year!**

## **Graduate Student Awards:**

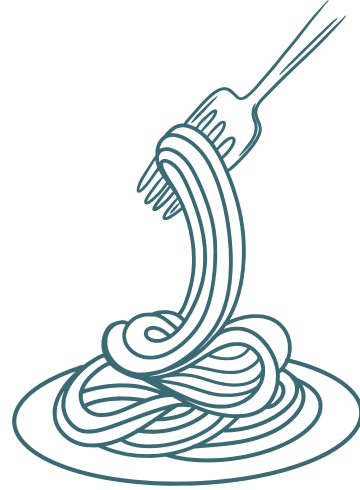
Phoebe Unger Washington  
State University  
Barakatullah Mohammadi  
Washington State University

## **Undergraduate Student Awards:**

Macie Louterback University  
of Idaho  
Hallie Simpson Washington  
State University  
Nick Mannino University of  
Idaho  
Jayden Scott Washington  
State University  
Erin Macedo University of  
Idaho

## **High School Awards:**

Olivia Grose Toutle Lake High  
School  
Jacob Reed Tumwater High  
School  
Samantha Jasper Tumwater  
High School



## **Come support our Student Recipients at Scholarship Night!**

When: Tuesday, May 16th – 6 PM

Where: Old Spaghetti Factory – Tukwila

**[Register Here](#)**



Featured Guest Speaker:

Ruby Shrestha  
from Seattle Chocolates

Ruby will be speaking about sustainability and we will be honoring the student's hard work and presenting scholarship checks.





# CASCADIA IFT ANNUAL GOLF TOURNAMENT

**WHEN:** June 29, 2023

**WHERE:** Druids Glen Golf Club

**TIME:** 1:00 PM Shotgun Start

Join Cascadia IFT for a day of networking, fun and raising money for scholarships during our annual golf tournament. The scramble format makes it fun for all levels of golfers so grab your foursome and hit the links with us!

## \$50-\$1,000

Dinner only all the way to a foursome and hole sponsorship



Click  
here for  
details

### REGISTRATION INCLUDES:

Box Lunch

Post Round Award Ceremony and Dinner

Drink Tickets

Goodie bags and more!



### Questions?

Contact Justin Biza  
jbiza@callisons.com

### Druids Glen Golf Club

29925 207th Ave SE  
Covington, WA 98042  
Phone: 877-253-9286





# RESOURCES FROM NATIONAL IFT

CLICK EACH BUTTON FOR DETAILS

[Jobs](#) →

[CFS Info](#) →

[IFT FIRST 2023](#) →

[Call for Proposals](#) →

[Compensation Report](#) →

[Learn About Food Science](#) →



## JOIN NATIONAL IFT

IFT takes science of food professionals like you further every day. Join this vibrant community working to collectively enhance and advance our impact on the global food system.

[Learn about IFT Membership Types](#)

## CURRENT JOB POSTINGS



Know of more openings? Email them to [info@cascadiaift.org](mailto:info@cascadiaift.org).

[Principal Scientist or Senior Lead Scientist, Plant-based](#)

[Product Development Technician - Lazarus Foods](#)

[Food Quality Tech 1 at Dawn Foods](#)