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THE BOUQUET GARNI

Newsletter of the British Columbia Culinary Arts Specialist Association



President's Message



Happy New Year to you all, I hope some of you are having a smooth transition into the new semester, and others are having continued success with your ongoing linear year. I want to take this moment to welcome our two new BCCASA Executive members, Brent McGimpsey as our First Director of Membership and Kyle Tillotson as our Second Director of Membership. I have had the honour of working quite closely with both Kyle and Brent and I look forward to the new ideas and energy that they will bring to our Executive in their new roles. A huge thank you to our past Directors, Donna Frost and Scott Roberts for all you have done and for leaving us in such a good membership space.

Membership and the importance of our PSA has been a huge part of my life since October. While I was learning, collaborating, and enjoying all that the October conference had to offer with so many of you, there was a rare occurrence that came to my attention. Some of our newest members from a specific district were told that their Pro D funds were denied with the rationale that our PSA Day conference did not meet the BCTF Pro D lens. I of course thought that there must be some big mistake and excused myself to the school's staff room and wrote an email to their local Pro D committee, their union EC, as well as my contacts at the BCTF for direction and advice. This denial in October was successfully appealed by our BCCASA members in December but involved multiple letters of rationale to the local union, an article in the BCTF magazine, two meetings with the BCTF ethics department, countless emails between myself and the local union, and eventually an in-person meeting with the local which I strongly believe put any issues of BCCASA validity and intentions to rest once and for all.

I am not sharing this with you to explain the work that sometimes needs to be done to support our PSA and its members, especially as a specialist association. I share this because it highlights the importance of being part of a PSA that truly supports one another. It does not matter to me if our member is a teaching chef, a home economics teacher, a librarian, or otherwise. What matters to me is that a positive educator who chose to become a member of BCCSAA to better their pedagogy feels that they have a team of people backing them. As President, it makes me proud to have the opportunity to stand up and argue for our members and if need be, defend any misconceptions of validity or relevance of BCCASA.

This two-month campaign also led me to think of how many teaching chefs we don't have as BCCASA members. While I realize that some schedules and lifestyles simply don't allow individuals to be involved, I wonder how many current teaching chefs are not aware of BCCASA and how easy it is to join. Do they understand the importance and benefits of being part of a unique PSA such as BCCASA? Did a past member not get what they had hoped from the PSA and how can we fix this? We are only as strong as our membership, so it is my hope this year that we will be able to identify and reach out to those teaching chefs who are not members, get to know them, have a conversation hopefully welcome them to BCCSAA as future members. I ask you, our current members to help us out with this. If you know of a teaching chef in your district who is not a BCCASA member, please send their name and school to any of the Executive via email. We would love to have the opportunity to reach out and make contact.

With that said, as a small specialist PSA, I welcome all educators who come with good intentions to learn and collaborate as I strongly feel that everyone has something to offer and we as a collective of lifelong learners will always benefit from other's ideas and experiences.

As always, thank you for all that you do!!!!

Trevor

Editor's note:

Hi there folks! Hope everyone's keeping sane in the new semester start up. First off, the website and Google photos have been updated for our past conference in Vernon. Take a gander when you have the time. Kudos to the *Teacher* magazine for featuring not one, but two articles on teaching chefs and kitchens. You'll see both in this issue of the B.G. (makes my job easier!)

Last, please take a look at the resources and information I've gathered about how the BC plastics ban can and will affect how you serve and plate your menu items.

Your friendly neighbourhood editor,
Stephen Schram

WHAT'S GOING ON

...around British Columbia

All You Can Eat... Oysters

By Karen Carruthers



Over the years, we've been fortunate to receive generous oyster deliveries from Sawmill Bay Shellfish and support from BCAITC. While grateful for these



contributions, we've also faced the challenge of finding the best way to utilize them. This year, Brian and I devised a plan to engage and educate the entire school about BC Shellfish through a friendly competition – an oyster eating competition!

Our culinary students dedicated their morning to expertly shucking the oysters, ensuring they were ready for consumption. To enhance the event, we crafted a trophy, designed poster boards, and generated excitement throughout our school community, encouraging everyone to come out and



cheer on the competitors. The competition exceeded our expectations and proved to be a resounding success, an experience we hope to replicate in the future.

The oysters were such a hit among both staff and students that they have since requested a fresh



oyster bar at our upcoming winter formal dinner and dance. Attached are a few pictures capturing the energy and enjoyment from this memorable event.

Autumn Conference Recap

by Trevor Randle & Lori Pilling
Photos & Edits by Stephen Schram

Accessed at <https://www.teachermag.ca/post/the-value-of-small-provincial-specialist-associations>

Provincial Specialist Association (PSA) Day is an important time for teachers to experience professional development, collaboration, and learning. This day has long been (and continues to be) invaluable to the chef instructors of the BC Culinary Arts Specialist Association (BCCASA). If your school is



fortunate enough to have a culinary arts program, you are one of the lucky 64 schools throughout the province to witness first-hand the complexity of the course, as well as the daily demands and requirements of the chef instructor.

If you are unfamiliar with the program, culinary arts are a multifaceted, fast-moving program that serves as an on-campus restaurant. Culinary arts can only be led by an individual or team who holds a Canadian Red Seal of trade and qualifications in cooking, has

years of industry experience, and a BC teaching degree. The program requires the chef instructor to not only manage a regular classroom and perform all duties required of a teacher, but also operate and sustain a full food-service business. The business responsibilities include daily production, menu planning, food and supply ordering, catering, managing vendors, co-ordinating with CUPE staff, budgeting, food safety, WCB safety, healthy food guidelines, equipment maintenance, business licensing, health inspections, and all of the responsibilities that come with operating any restaurant or commercial food operation.

So, what does all of this have to do with the value of small PSAs and the PSA Day?



There is rarely more than one chef instructor in a school, and, in many cases, only one chef instructor in a district. As anyone who belongs to a small PSA can attest to, it is difficult for chef instructors to find time and opportunity to collaborate with each other. Especially if a chef instructor is in a rural community. PSA Day has always been important to BC's chef instructors, and the 2023 PSA Day was no different.

BCCASA offers its annual October conference and AGM at different locations throughout the province every year. This is done to promote inclusion and diversity. This year's conference was held in Vernon, BC, thanks to the vision and enthusiasm of BCCASA member Jennifer Gray. Jennifer eagerly volunteered to host and showcase all the culinary treasures and

learning opportunities that come from that region of the province.

Accommodation for the conference was at Sparkling Hills Resort. This hotel was chosen as our host accommodation for many reasons: its unique staff housing facilities, its multiple kitchens, and its 400-year-old farmhouse turned restaurant. In addition, the owner's philosophy, and practice of attracting employees aligns with one of BCCASA's annual goals: acting as a bridge to connect students with industry.

Once the host city and accommodations were established, a lot of planning and effort went into the execution of this successful PSA conference. The BCCASA conference chair relies heavily on the BCTF Professional Development Lens to ensure that speakers, tours, and activities maximize learning opportunities and potential. The goal is always to pack as much into this one weekend as possible, while at the same time keeping our conferences relevant, collaborative, and educational.

The 2023 BCCASA conference followed this tradition

Day 1



First, was a visit to Davison Orchards where fourth-generation farmer, Laura Shaw, daughter of Tom and Tamra Davison educated us about about local farming practices, the inner workings of a fourth-



generation farm, and palate training with unique apple varieties. Many of us had a fine morning

strolling through the "Country Village" that was constructed on the farm.



Second, we were treated to an advanced lesson from James Nowek, son of Ed Nowek and second-generation honey and bee industry. at Planet Bee, where we learned about pollination, the life cycle of bees, the science behind honey production, the challenges of raising bees, and producing honey while dealing with a declining bee population. We learned about environmental changes that affect the industry and what we as educators can teach students to help protect the future bee population.



The final stop of the afternoon was at Vernon Secondary School for a student-prepared lunch that featured alternative cooking focusing on gluten-free and vegan cuisine. The meal also highlighted local agriculture and producers. After lunch, three student-led round-robin breakout spaces were cleverly organized. In the teaching kitchen, culinary arts students led participants through a local apple osmosis lab that allowed the members to cook a





variety of apples using different methods, observe the results, and use the cooked apples in appropriate applications. Another breakout room was dedicated to a hands-on mocktail lesson that showcased locally sourced botanicals and creativity while keeping relevant to the current trend of non-alcoholic beverages. In a third lab, lotion bars were created using food-grade and food-safe ingredients, since many commercially made lotions cannot be used in the kitchen as they are not food-grade or food-safe.

The lessons from the breakout rooms all included take-away resources that could easily be brought into classrooms around the province. Further, participants were able to experience Jennifer's classroom management and set-up, which proved a valuable lesson.

The long day of learning was completed with a dinner hosted at Parallel 50 restaurant and Executive Chef Ryan Harney, Sous Chef Jordan Bell, and Pastry Chef Noel Dizon. This was a blind tasting menu, which meant that the menu was a complete surprise and designed to promote



discussions regarding local ingredients and techniques used to create a challenging palate-training lesson.



Day 2



Day two of the 2023 BCCASA conference had the participants stay together in the



hotel. The day began with an extensive tour of the on-site staff housing facilities, its multiple kitchens, and its 400-year-old farmhouse turned restaurant. The building was painstakingly taken apart in Austria, pack and shipped, and then reassembled in Vernon. A tedious restoration that speaks to the level of dedication on display at Sparkling Hills. After the tours, the business of the AGM took place, which fostered new ideas and discussions among the members, including the current issue of grocery and supply price inflation. From this collaborative

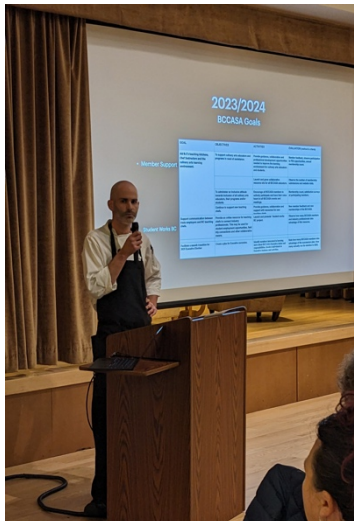


discussion, a list of suppliers and costs was created. Chef instructors may now use the resource as a guide when food costing and negotiating with suppliers on behalf of their programs.

Once the AGM was adjourned, the hotel chefs provided a wellness lunch that delivered a unique and inspiring menu that was completely vegan and gluten-free. These chefs were among our guest speakers who described their culinary methods and techniques to the group in preparing the lunch. Their concepts directly follow, and support our efforts to follow, provincially prescribed Healthy Schools guidelines.

The two full days of professional development ended with optional wellness breakout sessions to provide opportunities to summarize learning, collaborate on healthy food ideas and techniques, and share successes and challenges.

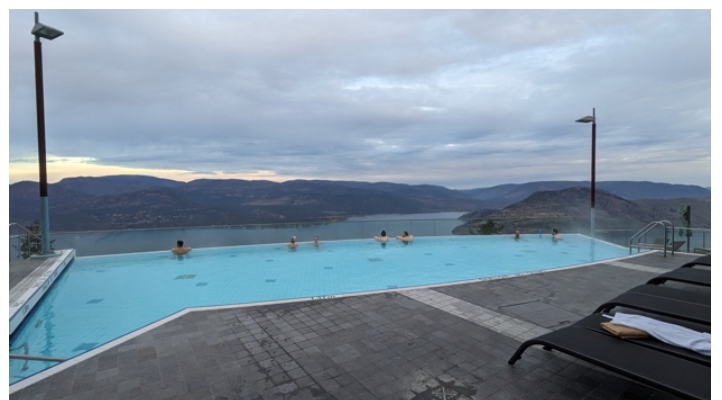
The annual PSA Day, and the professional development it offers, continues to be a valuable day for BC's chef instructors. Professional development and PSAs are vitally important for all educators. Those

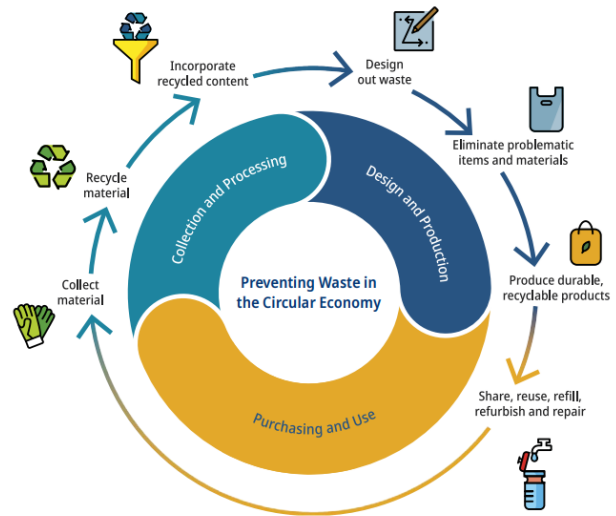


who make the effort to be involved in PSAs should be applauded for providing the time, energy, and resources to learn and enhance their career-long practice. The BCCASA has proven that its conferences and resources are not only for those who teach the culinary arts curriculum, but also provide multiple opportunities for cross-curricular learning. Any teachers interested in food, agriculture, business, or anyone who values BCCASA's philosophy of hands-on, inclusive, professional development for career-long learning is welcome to join BCCASA.

For a full look at all the photos from our awesome educational weekend, click

<https://photos.app.goo.gl/c5ty32om21UnRiYcA>





...INVESTIGATIONS INTO THE NEW B.C. SINGLE USE PLASTIC RESTRICTIONS

by Stephen Schram

On December 20th, 2023, the BC Government introduced BC Single-Use and Plastic Waste Prevention Regulation on single use plastic items used by the food industry. This was the 2nd phase of the regulation, the first being a ban on importing single use, non-recyclable plastic items by importers. These new regulations are different than the ones you may have heard were challenged by Alberta and are currently under review by the Supreme Court of Canada. Once that is resolved, there may end up being a new layer of regulation to sift through. They are also not the same as any municipal regulations, such as the cup and paper bag fee implemented in the City of Vancouver.

Upon first review these new Provincial regulations left me scratching my head.

From what I could ascertain, the new rules on cutlery, and straws was very cut & dry; no more plastic of any kind, any of these items must now be available by request, or self-service only. What was

(and is) more unclear was exactly what was allowed in term of disposable food packaging. Many sources I read said that recyclable plastics (such as PET) were fine. Other publications stated that these might not be recyclable with food residue on them. Others said that “compostable” plastic was OK, but “biodegradable” plastic was not. I was left wondering about plant-based plastics (or PLA), paper products with plastic lining, and just what exactly happens to all this stuff once it leaves the school?

This led me to reaching out to the people who would deal with these items on the other end, our local Burnaby waste disposal department. I eventually talked with Zac Dér, Environmental Services Officer for the Engineering Department in the City of Burnaby for solid waste and recycling.

Below I have summarized our conversation:

So, is compostable plastic bad? Is it even being dealt with properly with your systems?

- Compostable plastic is not great. At the time, it was a solution to a bigger problem. However, it created more problems and began introducing more micro plastics into the environment. Both biodegradable and compostable plastic are considered not good for the and currently cannot be dealt with in the type of composting systems currently online in the Lower Mainland. Biodegradable plastic has been banned with new restrictions. It's the type of plastic that does break down in microplastics in a landfill scenario. Also, not good.

Is there any type of plastic we can use? Like for example polypropylene, or polyethylene?

- Polyethylene terephthalate, also called PET, is the name of a type of clear, strong, lightweight food grade plastic, that is 100% recyclable. It is the preferred alternative as it is so easily recyclable. There may be an issue depending on your regional district with how much food soiling happens on the package before it goes into the blue bin.

What about paper products that are lined, like soup bowl and coffee cups?

- This would be a conversation to have with your paper and disposables supplier about what kind of plastics these linings are made from. Again, you would be looking for recyclable PET type plastic, and not biodegradable or compostable.

The implementation of these new regulation seems confusing with municipal, provincial and federal layers that are all coming into effect.

- At some point in the near future due to the provincial and federal legislation your suppliers will not be able to offer any of the banned items and the guesswork will be taken away from the purchaser due to lack of supply. In effect the guesswork will be taken out.

Additionally, I reached out to the office of Kevin Jardine, Deputy Minister, Ministry of Environment and Climate Change Strategy. I received the following response from Clair Lloyd, Senior Policy Analyst:

Thank you for your email on January 30, 2024, addressed to Kevin Jardine, Deputy Minister for the Ministry of Environment and Climate Change Strategy, regarding the Single-Use and Plastic Waste Prevention Regulation. Deputy Jardine has asked that I respond on his behalf.

Under the Regulation, food service providers including schools are prohibited from distributing food or beverages prepared for immediate consumption if contained in packaging made from compostable plastics (e.g., PLA), biodegradable plastics, polystyrene foam, PVC, and PVDC.

Some compostable plastic items may continue to be used, including:

- *Paper and plant-fibre food service ware (like take-out containers and cups) lined with compostable plastic.*
- *Compostable plastic film wrap used to package food not meant for immediate*

consumption, such as raw meat and blocks of cheese.

- Some food service accessories, like cup lids (but not utensils).

In accordance with the pollution prevention hierarchy, the use of reusable items is encouraged wherever possible. **If single-use items are unavoidable then ideally these will be made from**

highly-recyclable plastics such as PET [#1], HDPE [#2] and PP [#5].

Compostable plastics are limited under the Regulation as these plastics often don't break down properly and have to be removed from composting facilities in B.C. and sent to landfill. As well, when mixed with materials for recycling, compostable plastics limit the recycling of other plastics.

For more info, explore these links. They have valuable information as well as printable pdf posters you can put up to spread the information.

<https://metrovancover.org/services/solid-waste/single-use-item-regulations>

<https://www2.gov.bc.ca/gov/content/environment/waste-management/zero-waste/plastics>

PDF links

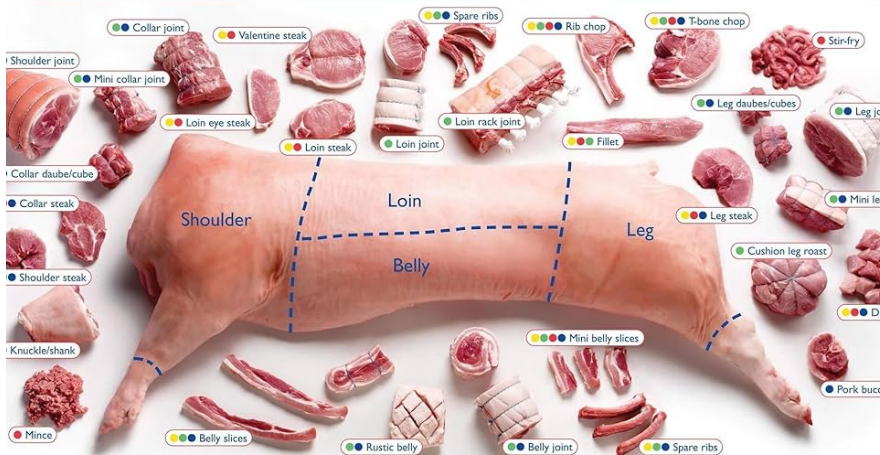
<https://metrovancover.org/services/solid-waste/Documents/single-use-item-reduction-regulations-federal-provincial-updates.pdf>

<https://metrovancover.org/services/solid-waste/Documents/sustainable-foodservice-purchasing-guide.pdf>





● Grilling & BBQ'ing ● Roasting ● Frying & Stir-frying ● Slow Cooking



2024 BCCASA CONFERENCE & AGM



Maple Ridge to host the 2024 BCCASA
Conference and AGM in October

Chef Brent McGimpsey will proudly host our PSA Day learning opportunities at his newly renovated SD #42 Garibaldi Secondary School teaching kitchen. Professional development will focus greatly on showcasing and sharing methods to deliver B.C.'s Culinary Arts curriculum and enhance teacher pedagogy. More information to come as planning develops. Keep an eye out for all BCCASA email and of course, visit the website frequently.

www.BCCASA.ca

NOTES FROM THE BACK OF HOUSE

...great thoughts on what we do

Spotlight on Gulf Islands Secondary's Culinary Arts program

Accessed at :

<https://www.teachermag.ca/post/gulf-islands-local-profile-nature-community-and-the-arts>



The cafeteria at Gulf Islands Secondary School has a \$6 lunch on offer every day for students and staff. What does \$6 get you for lunch? On an ordinary Thursday, lunch-goers could choose one of three options: a roasted root vegetable shawarma in a homemade pita with a side of couscous salad, lamb loin with pumpkin gnocchi and roasted brussels sprouts, or wild pacific salmon with cauliflower couscous and mango chutney. There's also a very popular daily salad bar. Each menu item is a nutritious meal made with locally sourced ingredients.

The food is prepared fresh by the culinary arts students under the guidance of Mark Kilner, the head chef and teacher. The kitchen is a fully functioning

professional kitchen, with students rotating through various jobs to learn all aspects of cooking, serving, and clean-up.

"The first thing I did when I started here was get rid of the deep fryer," said Kilner. "I wanted to focus on teaching about nutrition through cooking, and making sure students can access nutritious lunches at school."

The program is intended for students planning to study in post-secondary culinary arts programs. As such, classes before lunch prepare, cook, and serve lunch to other students and staff. The block after lunch is responsible for clean-up, and the final block of the day is a demonstration block. During this block, Kilner offers students



an opportunity to learn a new skill. On the day of our visit, the demo was ice-cream making.

"They're going to eat for the rest of their lives; I want to teach the skills they need for

that, and I want to make it safe and fun." – Mark Kilner

Over time, as interest and participation in the program grew, more and more students were enrolling who had no intention of pursuing culinary arts professionally. Instead, the class is well-attended because of the hands-on learning, inclusive atmosphere, and team approach to growing, cooking, and learning about food.

"I don't want to go into the culinary arts after I graduate, but Chef is a lot of fun to cook with and I've learned life skills like being able to cook for myself," said Lexi, a Grade 11 student in the culinary arts program.

Kilner has adapted the program through the years to focus on healthy meals that can be cooked at home and don't require any special equipment, so all students can find value in the learning.

"They're going to eat for the rest of their lives; I want to teach the skills they need for that, and I want to make it safe and fun," said Kilner.

Through fundraising and catering, the students raised over \$200,000 for a greenhouse at the school to expand their

already existing garden. In the greenhouse and garden, they grow as many fresh veggies as they can to be used in the cafeteria lunches. The ingredients they can't grow are sourced locally when possible.



The program is also a no-waste kitchen, meaning they find a way to incorporate all edible pieces of the ingredients they use. When Kilner showed students how to butcher a lamb for the school lunch menu, they made a point to use as much as they could with as little waste as possible.

Fiona McCamley, the certified education assistant in the culinary arts program, was a former student who graduated in 2019. "I loved the program as a student and now as part of the educational team. It gives kids a chance to learn in a different

way. They learn fractions, ratios, reactions, measuring, and all these skills that are academic, but they do it in a setting focused on community, friendship, and food," said McCamley.

"There's no right answer in this class," said Tia, a Grade 10 student. "You use the skills you learn every day. I learn a new recipe and then I get to try it out at home."



It's easy to see that students feel comfortable in the kitchen and want to be there. "Chef has created a cafeteria where students go to feel seen and be encouraged," said Nia Williams, school counsellor at Gulf Islands Secondary.

"The program nourishes kids in so many ways," said McCamley.

THE EXECUTIVE

President

Trevor Randle

trevor_randle@sd42.ca

Maple Ridge Secondary / 604.463.4175

1st Vice President

Lori Pilling

lpilling@deltasd.bc.ca

Delta Secondary / 604.946.4194

2nd Vice President

Stephen Schram

stephen.schram@burnabyschools.ca

Burnaby Central Secondary / 604.296.6850

Treasurer

Barbara Botter

barbara.botter@sd68.bc.ca

Cedar Community Secondary / 250.722.2414

Secretary

Meghan Dehghan

dehghan_m@surreyschools.ca

Frank Hurt Secondary / 604.590.1311

Director

Brent McGimpsey

Brent_mcgimpsey@sd42.ca

Garibaldi Secondary / 604.702.8756

2nd Director

Kyle Tillotsen

kyle_tillotsen@sd42.ca

Samuel Robertson Technical Secondary

604-466-6293

Chairman of the Board

Brian Smith

Brian_Smith@sd42.ca

Thomas Haney Secondary / 604.463.2001

Have something to share?

Response to an article?

Recipes?

Wanna join the Executive?

LET US KNOW!

Please send any
communication to
BCCulinaryArtsSpecialists@gmail.com

It is important that we keep
BCCASA current,
Sharing the ideas and voice of Chef Instructors
throughout British Columbia

