



BAKING INDUSTRY  
RESEARCH TRUST



# Bulletin

Autumn edition

## Greetings All

*It seems like the spring & summer seasons have flown by so once again we are into an Autumn edition of the Bakers bulletin – it seems like two bulletins a year may be about right unless, of course, I get a whole lot of people sending me articles!*

*Included in this edition of the bulletin are the results of the Young Baker of the Year competition for 2008 and an update on progress on one of our key research projects - Lifestyle Foods.*

*I hope you enjoy this update on your industry.*

Annette



## 2008 Young Baker of the Year



To start, it is my pleasure to report that Steve Beamish from Goodman Fielder was awarded the 2008 Young Baker of the Year award at the competition recently held in Auckland.

Steve is married with 4 children and he and his family are enjoying their new life in Palmerston North after moving there from Napier earlier this year as his wife, Vanessa, is currently studying a double Major in Finance and Accounting at Massey.

Steve started his journey with Quality Bakers in 2000 as a driver for Mark Scarfe (QB Contractor) for 2 years. He then took on the role of Dispatch Supervisor at Quality Bakers Hawke's Bay. He held this position until the opportunity arose to start a baking apprenticeship. The qualification was completed in November 2006 with Steve reaching the finals

of the Quality Baker's Apprentice of the Year when he entered this competition twice previously.

Towards the end of his apprenticeship Steve was appointed the role of Bake house Supervisor in Napier.

Upon completion of his apprenticeship Steve took on the role of Plant Manager, which he held for 1 year before moving into his current role as Manufacturing Manager at QB Palmerston North.

Long-term Steve is planning on picking up papers from Massey University in HR and Business Management.

Steve is still deciding on the details of his research topic but is keen to visit bakeries and equipment suppliers in France and England to expand his baking knowledge.

The members of the Trust who judged this year's competition were very impressed by the standard of the finalists. Steve was a deserving winner and we hope he gains significant benefit from the \$10,000 research grant that he won. The Trust was also delighted to give Hayden Campbell, another finalist, the opportunity to represent New Zealand at the LA Judge award later this year. We wish him well in this competition and look forward to another successful outcome for our industry.





## Update on Lifestyle Foods project

As some of you may be aware we have almost completed year 4 of the 6-year programme called Lifestyle Foods – a programme aimed at providing the Industry with the ability to produce controlled energy release foods from carbohydrates.

For the baking industry this \$21 million programme is giving us the ability to check out new raw materials and processes that we could not contemplate testing in our normal business environments.

I have reported a number of different achievements over the last couple of years so will just highlight here a few of the achievements in the last few months.

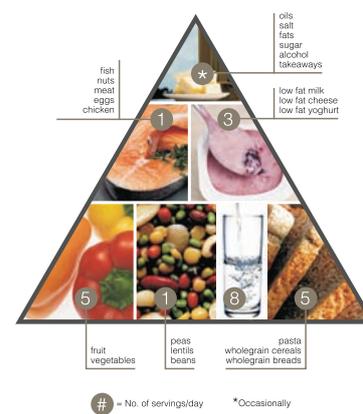
On the publication front (papers are important to make sure the scientific world accepts that the products we finally produce do actually provide controlled energy release) there have been some really important papers, either presented at conferences or submitted for publication.

In particular, there were 2 papers looking at the effect of a low glycaemic impact (slow energy release) diet on weight loss and a comparison of an *in vivo* (human) method of measuring glycaemic impact with an *in vitro* (lab-based) method, presented at the recent Australia New Zealand Nutrition conference. Both papers were well accepted and have been submitted for publication in international journals.

We are now also well on the way to producing pilot scale amounts of the vegetable material we have identified as a substitute to wheat in baked goods. This material has been demonstrated to reduce glycaemic impact significantly so it will be exciting to see it placed and evaluated in a number of products over the next few months.

## Aspire diet

aspire food pyramid [www.aspirediet.com](http://www.aspirediet.com)



The aspire on-line diet is also reaching an exciting phase with work this year focusing on the market potential of this weight loss management plan via the web. Similarly the e mark project is also entering into its web development phase and we hope to see some significant developments on this method to measure energy release and amount in foods over the next year.

Finally (for this time), it is great to report that the Trust has been able to take advantage of the freshness test developed in this programme and will, over the next year, test the effects of a number of additives in bread such as folate, omega 3 and the prebiotic, inulin.

## Final words

Please remember to check out the Bakeinfo web site to learn more about the products we make in our industry.

Our website is [www.bakeinfo.co.nz](http://www.bakeinfo.co.nz).

A reminder too, that I welcome any queries or ideas regarding research grants or projects.



Annette Campbell  
Chair



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