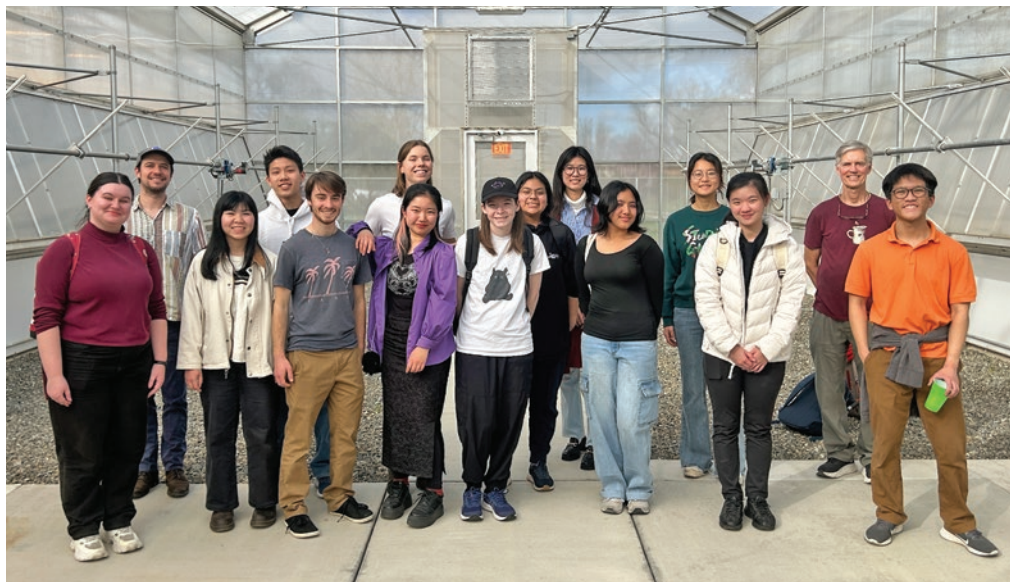




# The Hornblower



NORTHERN CALIFORNIA INSTITUTE OF FOOD TECHNOLOGISTS



## UC Davis Update

As we enter Spring, a time of new life and beginnings, the Food Tech Club takes a moment to reflect on our Winter Quarter and what we accomplished.

### Intro to FST Undergrad Research:

In Winter FTC held the first Intro to FST Undergrad Research, an event that gave students the opportunity to learn what it means to be involved in FST research as an undergraduate and to hear perspectives from undergrads currently participating in research. Rapid fire presentations from faculty, graduate and undergraduate students

were delivered, followed by a lab fair, where 7 labs were present to talk to students..

### Dairy Competition:

Food Tech Club partnered with California Dairy Innovation Center to introduce Dairy Mindworks: Innovating for Cognitive Health, a 10-week product development competition focused on developing dairy-based products that support brain health. The challenge: Build upon existing research at UC Davis exploring the connection between milk fat globule membrane (MFGM) and cognitive

CONTINUED ON PAGE 4

## Dr. Dennis R. Heldman 1938 – 2025

Dennis Ray Heldman, Ph.D., passed away peacefully on April 3, 2025, at the Ross Heart Hospital in Columbus, Ohio, surrounded by his loving family. Born on June 12, 1938, in Jenera, Ohio, Dennis was raised on dairy farms in northern Ohio and went on to become a beloved husband, father, brother, and a pioneer in the field of food engineering.



He is survived by his brother & sister-in-law, Michael & Laurie Heldman and their children

Heldman and grandchildren, as well as his wife since 1990, Louise A. (Lou Ann) Campbell, his six children, Cindy Young, Candy Berger, Craig Heldman, Brian Heldman (Megan Russo Heldman), Roger Heldman, and Melanie Heldman, and numerous cousins, including Ron and Marilyn Heldman.

Known for his kind and empathetic nature, Dennis was a devoted family man and an avid fan of Cleveland Guardians baseball and Spartan and Mizzou basketball. He was deeply engaged in the lives of his children and supported them wholeheartedly, attending their games, meets, and performances. During their younger years, he proudly served as a stay-at-home

CONTINUED ON PAGE 3

## Upcoming Events

**May 5:**  
NCIFT Golf  
Tournament

**May 6:**  
NCIFT  
Suppliers' Night

**May 23**  
Lunch & Learn "Emulsion Science  
in Food and Beverage" presented  
by CSO Harold Han at Vertosa

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### NCIFT OFFICE

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## Vertosa: Emulsion Science & Innovation in Functional Beverages

**Location:** Berkeley, CA

**Date:** Friday, May 23<sup>rd</sup>

**Time:** Noon – 1 p.m.

**Website:** <https://vertosa.com/>

Join Vertosa for a deep dive into the role of emulsification in delivering functional ingredients through food and beverage systems. Founded in 2018, Vertosa specializes in precision emulsion systems designed to meet the formulation needs of infused products across various formats. Vertosa develops nanoemulsions that enhance ingredient dispersion, improve bioavailability, and ensure product stability and sensory performance.

This Lunch & Learn session will explore:

- The scientific foundation of emulsion systems and their relevance to functional beverages
- Formulation challenges when working with lipophilic actives
- Stability challenges in beverage—oxidation, solubility limits, and volatile compounds—and how emulsification strategies address them
- A case study highlighting Vertosa's methodology for developing high-performance emulsions
- Future directions in functional ingredient delivery and the role of emulsions in advancing food tech and personalized nutrition

# The Hornblower

MAGAZINE OF THE NORTHERN CALIFORNIA INSTITUTE OF FOOD TECHNOLOGISTS

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September – December.....	December 5, 2025
January – April.....	April 5, 2026

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## Dr. Dennis R. Heldman

CONTINUED FROM FRONT PAGE

dad while continuing to publish and contribute to his professional field.

Dr. Heldman had a profound impact on the field of food engineering, with a career that spanned over seven decades. He earned his B.S. and M.S. at Ohio State and Ph.D. at Michigan State. He held academic positions at several major universities and served in leadership roles in both academia and industry. He authored 32 books and published 168 peer-reviewed articles, and his textbook *Introduction to Food Engineering* has trained thousands of students worldwide. His groundbreaking research helped shape sustainable food systems long before sustainability became a focus area.

He received numerous honors throughout his career, including the Nicholas Appert Award for Lifetime Achievement from the Institute of Food Technologists, and was elected a Fellow of IFT, ASAE, and IAFST. In 2012, he returned to Ohio State as the inaugural Seiberling Endowed Professor of Food Engineering, where he mentored dozens of graduate students and continued teaching until his retirement in 2024.

A memorial service will be held on Sunday, April 13, 2025, at 1:00 PM at Schoedinger Northwest, 1740 Zollinger Road, Columbus, OH, followed by a visitation from 2:00 to 4:00 PM. Attendees are invited to wear university colors in recognition of Dennis's lifelong dedication to higher education.

## Welcome New Members

Eric Bowen	Katelyn Salzburger
Caroline Dugan	Kelsey Schaad
Anupam Haldar	Sonny Simonian
Chow-Ming Lee	Loretta Webb
Sravanthi Priya Malaypally	Hesper Wu
Hanna McLennan	Sezin Yigit
Emmie Saito	

## Welcome New Student Members

Chloe Castanon	Chau Mai
Kathryn Chambers	Vince Malaca
Moonkyu Choi	Bianca Mojica
Ruby Corona	Gavin Orr
Tana Hernandez Barrueta	Demini Rajapaksha
Siane Kung	Jade Schoenfeld
Alexandra Laitipaya	Gary Wang
Wanhong Lee	Natalie Weston



# NCIFT Planning Meeting with the Leaders at Mattson



## UC Davis Update

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development, and translate that science into real, innovative product concepts for all ages, from children to older adults. Five teams of students participated, each coming up with exciting and delicious products, including an ice cream, a dairy soda, a vietnamese-style yogurt, milk teas and a frozen yogurt - all enhanced with MFGM. The competition was a delicious success and will hopefully become an annual event for the club.

### Food Demos

Food Tech Club held a Dubai Chocolate Chip Cookie food demo

for our members. This recipe, based on the viral social media trend, used pistachio cream and kataifi — a Middle Eastern shredded pastry dough — to make some uniquely delicious cookies.

### Guest Speakers

This Winter, FTC had the pleasure of hosting guest speakers from various backgrounds:

- **Matt Hettlinger**, the Technical Sales Manager of Nelson-Jameson
- CareersInFood.com introduced a resource for students to co
- **Jonna Mazet**, the Vice Provost

of UC Davis Grand Challenges, talked about the work of Grand Challenges in developing a better, more sustainable food system for the UC Davis community and beyond.

- Several members of the FST Leadership Board shared their experiences in the food industry. The Food Tech Club also organized industry tours to the following areas
  - UC Davis Student Farm
  - Mars Cacao Greenhouse
  - Guittard Chocolate

In the spirit of Spring and new beginnings, we welcome the new board of student leaders who will run the Food Tech Club for the coming year:

- President: **Jonah Messinger**
- Vice President: **Ethan Truong**
- Treasurer: **Christopher Zarate**
- Secretary: **Bianca Mojica**
- Co-Activities Chair: **Alex Laitipaya**
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Get in touch with us at [foodtechclubatucd@gmail.com](mailto:foodtechclubatucd@gmail.com)

# Transforming Pasta Dishes with Grape Pomace

by Shannon Q. Vu (Department of Nutrition,  
Food Science & Packaging, San Jose State University)

In the food and agriculture industry, a significant issue is food waste, much of which ends up in landfills due to a lack of alternative uses. In vineyards, waste is almost inevitable, particularly from the fruits used in winemaking. However, according to an article “From Vineyard Waste to Pasta Sauce” published in IFT 2024, Danielle Beurteaux discussed the process of repurposing pomace - the skins, seeds, stems, and pulp remaining after juice extraction - into pasta sauce, which could lead to new varieties in the market.

Pomace is rich in nutritional benefits, including vitamins, minerals, and polyphenols (Beurteaux, 2024). Grapes possess a unique chemical composition that contributes to their bitterness and acidity. When crushed, the skins and seeds release tannins, which enhance the bitter and flavorful profile commonly associated with grape products. Black and red grapes contain anthocyanins, which contribute to their color, impacting the appearance of the pasta sauce's color and texture. At Arcadia University in Nova Scotia, Canada, researchers investigated whether adding grape pomace to pasta sauce would appeal more to wine drinkers than to non-wine drinkers. They conducted a study with a tasting group of 100 consumers, comparing a control sample of regular off-brand tomato sauce to pasta sauces containing varying amounts of grape pomace - 3%, 6%, and 9% (Beurteaux, 2024).

The study's data showed that the sample tests received average scores on the hedonic scales with minor deviations. The flavor and texture descriptors varied widely among the samples containing 3% to 9% pomace. Due to the presence of grape pomace, the modified pasta sauces exhibited unique flavors and textures. As the percentage of pomace increased, the number of tasters who enjoyed the flavors and textures decreased (Moss et al., 2024). Wine drinkers rated the 3% and 9% pomace pasta sauces more favorably compared to non-wine drinkers. Some tasters found the 3% pomace sauce to have minimal flavor change, while others described the 9% pomace sauce as sour, pungent, earthy, or astringent (Moss et al., 2024). The 6% pomace pasta sauce received similar ratings from both wine and

non-wine drinkers regarding flavor and texture (Moss et al., 2024). The increasing concentration of pomace significantly influenced participants' perceptions of taste qualities such as sweetness, saltiness, and creaminess. A clear distinction was observed between the control samples and the pasta sauces containing grape pomace. These findings are consistent with established principles in food science and the mechanisms of human taste perception. Individual preferences are shaped by

personal palate, leading those accustomed to particular flavors or textures to favor foods with similar characteristics. In this context, grape pomace effectively captures the essence of vineyard waste, closely resembling the qualities of wine itself.

Hundreds of dried herbs, spices, and medicinal plants are already available in grocery stores and supermarkets, each with unique properties. Utilizing grape byproducts opens new perspectives on how pomace is perceived. If pomace gains wider acceptance, grape pomace and its rich nutrient profile could be

beneficial for those incorporating it into their meals. Every new step in product development may begin with addressing overlooked issues, such as vineyard waste. Reducing food waste is essential for a sustainable future. Exploring ways to repurpose vineyard waste for beneficial uses is a valuable venture that could enhance the existing food market. Innovation doesn't always mean creating something entirely new; it often reveals gaps in food science operations that may not be immediately apparent.

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# Education Or Training? It Is Essential

by Richard F. Stier

“One trains their dog but educates a person.”  
Dr. Elizabeth F. Stier

The names are the same. Dr. Stier was my Mother and a very wise woman. Also, quite talented as she is the only woman for whom one of the Institute of Food Technology's is named. But think about the quote. Training implies learning something by rote. A dog learns to sit or lie down on command. It is a conditioned reflex. Education is something else. One not only learns to do something but they also understand why it is being done and why it is important. So, food processors must emphasize education. You not only want your workers to do their tasks and do them properly, but it is essential that they understand why they are doing the work and the importance of doing it properly.

There is a mantra in the food industry when it comes to establishing protocols. It is develop, document, implement and maintain. The first and most important element when it comes to education developing and documenting procedures for carrying out tasks. This applies to food safety, prerequisite programs, quality monitoring, shipping and receiving, food defense, and all the other elements that make up a company's food safety and quality programs. Companies should develop a standard format for all procedures which should include how to carry out the task, whether there is required recordkeeping, whether there are any safety requirements, that is, are there requirements for personal protective equipment (PPE), handling of chemicals, or any other issues involving safety, verification activities and who is responsible for the task or tasks as part of the procedure. Protocols should also address any corrective actions and how they should be handled and documented. Standard language in such cases often has the persons performing the task notifying management if there is an issue, how the corrective action is carried out and, lastly, mandating that the quality group sign off on the corrections.

The education of workers must be based on the written procedures. Deviating from the documentation may create food safety or quality problems that could negatively impact the products, the business and the company's good name. And, it is imperative that the educational programs be properly documented. There must be documentation that the workers have had he



You not only want your workers to do their tasks and do them properly, but it is essential that they understand why they are doing the work and the importance of doing it properly.

necessary training or education. There should always be sign-in sheets for group sessions and it is up to the instructor to make sure that everyone signs in. Failure to do so can create problems. As an example, a colleague who sold chemicals for cleaning and sanitizing shared a story about a person whose eyesight was damaged when he got a cleaning compound in his eye. He failed to wear

the proper personal protective equipment which included gloves, eye protection, boots, and a smock. The company had recently conducted a program on safe chemical handling which[rs] both the instructor and fellow workers testified that the injured party had attended. Yet, he had failed to sign the attendance sheet so the court ruled that the company was not only liable for the person's injuries but negligent for failing to properly educate the worker. Therefore, another

benefit of proper education is minimizing potential legal issues.

Another means of documentation is to have workers who are being educated on a specific protocol such as monitoring a critical control point (CCP) work with an experienced teacher or trainer who can sign-off that the person has received the necessary education. In cases such as this, the student will also sign that he or she has received and understands the procedure. Some processors actually mandate that the trainer and the student sign and date the actual protocol. This then goes into the student's personal file; proof that the individual has been properly trained.

One error that catches many food processors occurs when preparing for a third-party audit. The operation

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# The Digital Shift in Food Safety

by Neha Chaturvedi

I still remember my early days in food safety – walking the plant floor with a clipboard, manually recording temperatures, and hoping everything checked out before an audit. It was a slow, tedious process, and mistakes happened despite our best efforts. If someone misplaced a log or forgot a check, we'd scramble to fill in the gaps, knowing that a missing record could mean non-compliance.

Fast forward to today, and things look very different. Digitalization is transforming food safety, making it proactive instead of reactive. Automation, real-time monitoring, and AI-driven insights are turning

what used to be a paperwork-heavy, error-prone system into one that's faster, more reliable, and, frankly, less stressful.

## Automation: Cutting Human Error & Boosting Efficiency

I've seen firsthand how easy it is for a small slip-up to snowball into a bigger issue. A missed temperature check, a delay in identifying contamination – these things happen more often than we'd like to admit. That's why automation is a game-changer.

At my workplace, we implemented a digital system to monitor critical factors like temperature and humidity in real time. No more manual checks

or guessing – if something's off, we get an alert immediately. This has saved us from potential spoilage more times than I can count.

Example: We once had a refrigeration unit that started fluctuating at odd hours. Before digital tracking, we might not have caught it until morning, when the damage was already done. Now, we get real-time notifications, allowing us to act before the problem escalates.

## Compliance at Your Fingertips

Audits used to give me nightmares. I'd spend hours (sometimes days) tracking down records, flipping through stacks of binders, and hoping

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will review existing procedures prior to the audit and decide that some need to be updated. They will be updated in preparation for the audit but the company fails to properly train or educate the staff on the new protocols so they get "dinged."

Another element in worker education are refresher sessions. Many companies establish programs to ensure all of their workers participate in these which include worker safety issues such as lockout-tagout, safe chemical handling, slips and falls, use of personal protective equipment, proper lifting, and forklift safety to name a few. In many cases, worker safety sessions outnumber the refresher sessions focusing on food safety, food quality, and prerequisite programs. These programs would include but not be limited to topics such as proper handwashing, cleaning and sanitizing, importance of clothing, allergen management, and food defense. Operations that make the effort to make the sessions interactive and encourage participation have found that they are more appreciated by the staff and more effective when it comes to communicating the message.

Food processors must establish a means to manage and monitor the educational programs for their people new and old. New employees will always receive some kind of introduction to the company policies. Some operations rely on their human resources department to manage training and education. Others leave it in the hands of the different operating groups within the company. Personally, I have always felt that the best policy is to appoint a training coordinator. It is up to this person to work with the individual operating groups within the company to ensure the people with each group receive



the necessary educational programs and to coordinate with each group to ensure that the different refresher sessions are available to all. The training coordinator will also work with the individual operating groups to review individual training records for their people and make sure there are no gaps in the requirements for these persons. Remember, auditors do look at training records when they audit and the auditors do have a knack for picking an individual for review who has gaps in their records.

So, education or training are an essential prerequisite program for all food processors. They must develop good procedures, ensure that workers are aware of those procedures and document that that is the case. Following procedures as written will help to ensure food safety and food quality, and that these are carried out in a safe work environment.

# Our 2025 Symposium Speakers

## Zachary Cartwright

Zachary Cartwright is a lead food scientist and isotherm application specialist at AQUALAB by Addium.

He helps partners in the food, pharmaceutical, cosmetic, and cannabis industries to better understand the water in their products so they can speed up R&D processes, verify quality, guarantee safety, and hit specs during production. Zachary received his PhD in food science from Washington State University and has a bachelor's degree in biochemistry from New Mexico State University. He also hosts The Drip podcast (formerly called

Water in Food) where he highlights the stories and work of a wide range of scientists, engineers, and industry members.

## Adam Yee

Adam Yee is a food scientist, a serial entrepreneur, and a podcaster. He earned his bachelor's degree at Cal Poly. From humble beginnings waking up at 4am to start the line at a granola bar factory, he's worked up the ranks and over time, has founded multiple startups such as Better Meat Co, which raised \$27 million and Sobo Foods which raised \$2.5 million.

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## The Digital Shift in Food Safety

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everything was in order. Now, with cloud-based systems, everything is logged automatically. If an auditor asks for data, I can pull it up in seconds.

In one of the recent audits, instead of shuffling through paper logs, I simply pulled up a report on my tablet. The auditor was impressed, and I could tell they appreciated the transparency. It made me wonder why we ever relied on paper in the first place.

### AI & Predictive Analytics: Catching Issues Before They Escalate

One of the most exciting shifts I've seen is AI-powered predictive analytics. Instead of reacting to issues after they happen, we can now prevent them.

Example: AI-driven quality control flagged an anomaly in a batch production before it even reached the packaging step. In the past, we might not have caught it until final testing - potentially wasting time and resources. This helps us maintain food safety and efficiency.

### Digitalization in Action: Real-World Benefits

Since adopting digital tools, I've noticed some major improvements in how our team operates:

- No more missing logs—everything is automated and trackable.
- Real-time monitoring keeps us



- ahead of potential issues.
  - Compliance reporting is no longer a last-minute scramble.
  - Communication between departments is seamless, reducing confusion.
- The result? A smoother operation with fewer headaches.

### What's Holding Companies Back?

Despite the benefits, not everyone has made the switch. Some companies hesitate due to the upfront cost, while others fear change. I get it - transitioning from paper to digital feels overwhelming at first. But having gone through the process myself, I can say with confidence that the long-term benefits outweigh the challenges.

### The Future: Smarter Facilities & More Transparency

The next big shift? Even smarter systems. AI, IoT, and blockchain are already changing how we track food safety. Soon, we'll be able to trace a product's journey from farm to table with just a scan. The more transparency we have, the safer our food supply will be.

Digitalization isn't just a nice-to-have—it's becoming the standard. I've seen firsthand how it reduces risk, saves time, and improves overall food safety. The question isn't whether digitalization is worth it. The real question is: Can we afford to keep doing things the old way?



He's also worked for a variety of food technology ingredient startups such as Motif Foodworks, which raised \$345 million and recently had to cease operations. His podcast, My Food Job Rocks, which interviews over 270 food industry professionals, is known throughout the industry as a resource to inform people about the opportunities in the food industry.

Adam is currently working on multiple innovations in the food industry which he houses in his consultancy, Umai Works. From AI to chili crisps, Adam is interested in it all.

**Laura Lampa**

Laura Lampa is the Owner and CEO of LML StoryLab Consulting, where she brings together her passion for science and storytelling to help organizations communicate with clarity and impact. Driven by a desire to contribute to a world where human health and wellness needs are met equitably and accessibly, Laura began her career as a scientist, working at the bench and eventually stepping into R&D leadership roles.

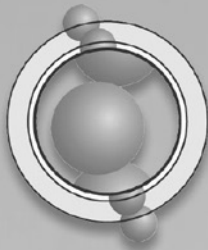
Her experience spans a range of organizations, from global powerhouses to nimble start-ups, including Monsanto Co., Kaiser Permanente, AgraQuest Inc., Bayer CropScience, and Ginkgo Bioworks. It was during her

time at Bayer CropScience that she discovered her love for communication and realized how powerful words and storytelling can be for creating connections and opening minds to new ideas. While there, she led several key communications initiatives, from launching a scientific newsletter to driving rebranding efforts for diversity and inclusion, as well as contributing to external outreach and engagement strategies.

At Ginkgo Bioworks, she stepped further into strategic leadership, spearheading change management and developing internal communication strategies that helped drive alignment, boost engagement, and build trust across the organization.

Laura believes that good communication is essential for driving innovation. Throughout her career, she has pursued roles that sit at the intersection of science, strategy, and storytelling, helping teams tackle complex challenges and bring meaningful advancements to market. With LML StoryLab Consulting, she channels her expertise into helping organizations cut through internal noise and focus on what really matters: clear, impactful communication that drives results.

With more than 18 years of experience, Laura is excited to keep pushing conversations forward, helping businesses meet their goals, and making a positive impact on society along the way.



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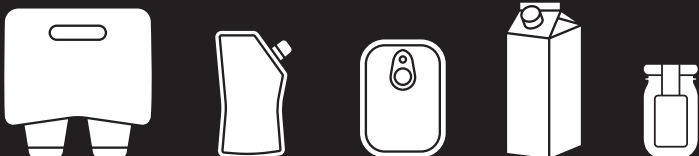
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| Corn Syrup        | Shortening         | Emulsifiers   | Agave Nectar     | Lecithin           |
| Mold Inhibitors   | Dextrose           | Flow Agents   | Tapioca Glucose  | Rice Protein       |
| Soy Protein       | HFCS               | Fortifiers    | Propylene Glycol |                    |
|                   | Starch             | Gums          | Molasses         |                    |
|                   |                    | Humectants    | Salt             |                    |
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**UPDATE**  
NCIFT members need to create a log-in and password to have access to the entire site, including the Memberlist!  
Click here to register

Since 1929, the IFT has been a forum for passionate science of food professionals and technologists to collaborate, learn, and contribute all with the goal of inspiring and transforming collective scientific knowledge into innovative solutions for the benefit of all people around the world. As a scientific community grounded in purpose, IFT feeds the minds that feed the world.

NCIFT Bylaws

**SAVE THE DATE**  
SUPPLIERS' NIGHT 2025  
GOLF Monday, May 5 EXPO Tuesday, May 6

**SAVE THE DATE**  
NCIFT HOLIDAY DINNER  
Wednesday, December 11, 2024

Northern California IFT Student Poster Competition 2025 - Abstract Submissions Now Open!  
We invite and encourage all students to submit an abstract of their original research project in the fields of Food Science and Nutrition: Food Science and Nutrition to be considered for presentation at NCIFT Supplier's Night on May 6, 2025. All poster presenters will automatically be entered into the competition, which is open to both graduate and undergraduate students.

**Awards:**  
The first-place winners in each group will receive \$500.

**We are pleased to announce** the winners of NCIFT's 2023-2024 Outstanding Service Award and Outstanding Volunteer Award. These honorees are recognized for their exceptional efforts in service and volunteerism during the past year and for all of the ways they've gone above and beyond to contribute to the success of NCIFT, and the global food system at large.

**2023-24 Section Outstanding Service Award**  
Elice Oge  
Parasico Yaghmaee

**2023-24 Section Outstanding Volunteer Award**  
Rachael Hung

**2023 NCIFT AWARDS:**  
**Section Outstanding Volunteer Award:**  
Dr. Xi (Alex) Feng  
Email: [xi.feng@ncift.org](mailto:xi.feng@ncift.org)  
Current Position in Section: Director-at-Large

Alex has been volunteering with NCIFT through various capacities as he is always willing to step in where needed! His professionalism, excellent teamwork and behind the scenes effort in supporting student events as SJSU, identifying sponsors for Suppliers' Night, volunteer judging the student poster competition at Suppliers' Night, and several attending NCIFT events is exceptional and outstanding. Having him responsible for a task means nothing will be amiss. He will do what is needed, when it needs to be done and reach out to whom he must reach out to make sure the work is completed, and all in a humble way. We would like to nominate him to be recognized as the outstanding section volunteer.

Check out our website:  
**www.ncift.org**

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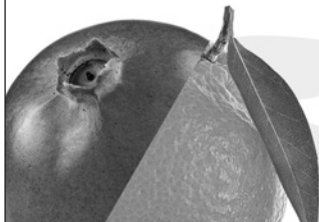
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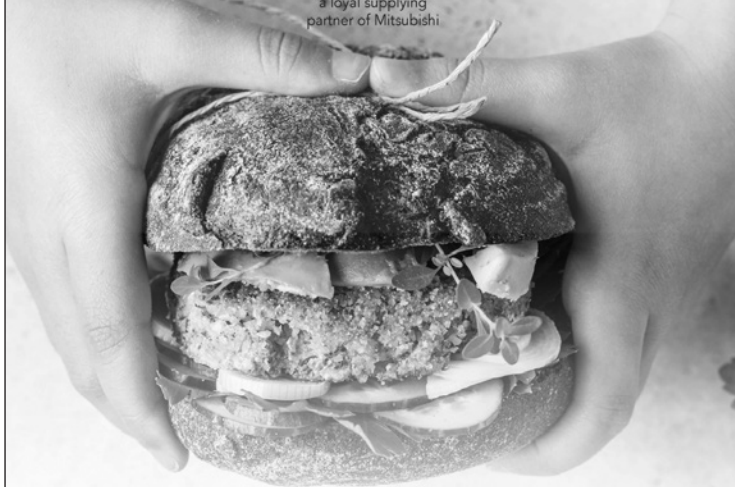


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## SUPPLIERS' EXPO 2025



### Golf, Networking & Awards Dinner

Monday, May 5, 2025  
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### Expo & Symposium

Tuesday, May 6, 2025  
Alameda County Fairgrounds  
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More events to come – follow our website, Facebook, and/or LinkedIn [ncift.org](http://ncift.org)  

NCIFT Office – c/o Marketing Designs, 850 Old County Road, Belmont, CA 94002  
For further details and registration assistance to these events, please contact Imelda Vasquez  
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