



# WINTER NEWSLETTER 2024

## President's Update

### Happy Holidays, Cascadia IFT!

A heartfelt thank you to Trey Sanders, our past president, and Tiffany Fegurgur, our past treasurer, for their leadership and dedication. Their contributions have laid a strong foundation for Cascadia IFT's goal of connecting professionals, students, and academics to grow and support the food industry in Washington State and Alaska. I also want to extend a special thank you to Jim Sutton, who, after 16 years with Cascadia IFT, has decided to pass the torch to the next generation. Many of you know Jim from Supplier's Night, and we will certainly miss his knack for bringing people together.

This past year has been full of exciting events, including a sold-out tour of the Krusteaz R&D lab, a successful golf outing, and the return of our popular summer picnic—now the Summer Salad Showdown! None of this would have been possible without our incredible volunteers. Thank you all for your hard work and commitment.

*Cascadia IFT continues to prioritize three main areas:*

1. **Networking** through events that span from eastern to western Washington.
2. **Career Opportunities** through our updated job board. If you have a job opening, email it to [info@cascadiaift.org](mailto:info@cascadiaift.org).
3. **Giving Back** through donations to Food Lifeline and a \$50,000 scholarship program under the skilled direction of Steve Vernon.

This year also brought an exciting step forward: National IFT approved the absorption of the Lewis and Clark section into Cascadia IFT. To represent our expanded geography, we're thrilled to have Dr. Soo Lee, faculty director of Food Science at WSU, and Steven Verver, our new Student Ambassador, join our executive board. Thank you both, along with CJ Hoye, our new member at large. With these additions, we now have four members of our leadership team representing eastern Washington. I'm also excited to introduce Sumedha Garg, who joins our section as a member at large and a previously active member at the national level promoting product development projects in academia. Lastly, Manisha Polur, is our incoming president. Manisha is passionate about connecting academia and industry, and I look forward to her continued leadership in ensuring all our members find value within our IFT section.

Since our section's founding in 1951, Cascadia IFT has continuously evolved to engage with future generations and modernize. I'm honored to be part of this journey and invite each of you to join us—whether by attending our events, volunteering, or inviting colleagues to experience what our community has to offer.

Warm regards,  
Louis Leboa  
*President 2024-2025, Cascadia IFT*

## Upcoming Events!

### Lunch and Learn -

Does the potato have a role in saving the planet?  
with Chris Voigt

**January 14th**  
**12-1pm (Virtual)**

### Suppliers Night -

Registration is now open!

**February 25th**  
**4:30-7pm (Seattle)**

Scan Here to register for events







# HOLIDAY PARTY 2023 AT ART MARBLE RECAP

December 2023

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



Our virtual food drive with Food Lifeline raised **\$2,680** to support our neighbors in need!

The 2024 Holiday party will be in Seattle on December 10th!

## SCHILLING SIP AND LEARN NEW PROFESSIONALS EVENT

February 2024

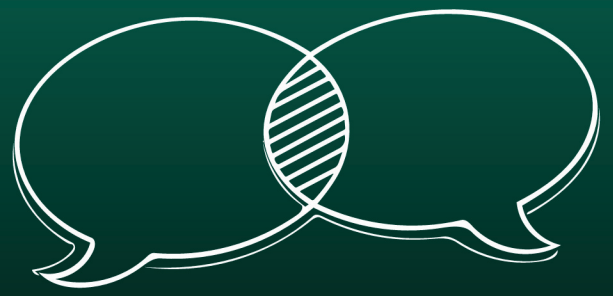


- 20 attendees joined us a Schilling Cider in Fremont.
- We kicked off 2024 with an exciting evening of learning and networking, hosted by Schilling and CIFT's own Alden Littlefield. We learned about Schilling's cider-making process, the history of cider and production methods.
- We enjoyed pizza, a guided cider tasting flight and the opportunity to network with new and seasoned CIFT members!



# SUPPLIERS NIGHT RECAP

February 2024



We had over **200** attendees representing **over 100** local food manufacturers at this year's supplier's night!

Our attendees were able to visit **145** booths throughout the night.

**Register now to attend as a supplier for this February 2025** at [cascadiaIFT.org/suppliers-night](https://cascadiaIFT.org/suppliers-night)



## FIT COURSE

A Joint Collaboration of Cascadia IFT and WSU  
February 2024

This introductory course on Food Ingredient Technology (FIT) provided an overview of food ingredients used in value-added foods, focusing on their functionalities and consumer-desired qualities.

The 2024 FIT Short Course addressed the impact of new national and state regulations on the food industry, including challenges in product reformulation. It was beneficial for product developers, QA/QC professionals, and production staff.



# 2024 CIFT Scholarship Dinner

April 16, 2024



We hope everyone had a wonderful time at our Scholarship dinner. With food and drink by Cascadia Pizza Co, an engaging presentation by Sean Leighton IFT President, and of course, presentations highlighting our 2024 Cascadia IFT Scholarship Winners!

*We are currently accepting applications for next year.*

### **Undergraduate Students**

Steven Verver - WSU  
Natalie Camerino - WSU  
Jayden Scott - WSU

### **Graduate Students**

Elizabeth Nalbandian - WSU  
Sathish Yerrapati - WSU  
Katherine Rehberger - WSU  
Gabriely Alfaro - WSU

### **High School Students**

Michaela Strickland - Century HS, ID  
Natalie Manning - Tumwater HS  
Molly Cabe - Burlington-Edison HS



**\$50,000**  
*in scholarships  
given to students*

## SUMMER SALAD SHOWDOWN!

*August 27, 2024*

Inaugural Summer Salad Showdown!  
Cascadia IFT Supplied hot dogs and sausages, while each attendee brought a "salad" to share. We had green salads, pasta salads, spring rolls, bread salads, and more!

Punny prizes were awarded to the most creative and delicious.



## WSU INDUSTRY EXPO

*September 26-27, 2024*

CIFT Industry partners gathered with 25 students and professionals in Pullman, where CIFT leadership shared industry insights, discussed career opportunities, and explored ways for undergraduate and graduate students to get involved in the Washington food system.







# KRUSTEAZ TOUR

September 24, 2024

The Krusteaz Company R&D  
Innovation Center, Tukwilla  
WA

Mark Davidson Catered a wonderful BBQ Dinner with Pulled pork, hashbrown casserole, coleslaw, beans, and a special Krusteaz dessert! We heard talks from the Directors of R&D on how their recently modified department structure and their successes and learnings. We were then taken on a tour of the R&D lab and had a chance to participate in a sensory evaluation of snack mixes. Each attendee left with the new Krusteaz pour and bake cake/brownie batter!



Event tickets sold out twice for this event - even after expanding our ticket numbers!!



**Question:**How many 10-inch diameter pancakes can a 10lb (club size) bag of Krusteaz pancake mix make?



*The Answer is 20.5 10-inch pancakes!*





# Annual CIFT Golf Tournament



This year we hosted our 23rd Annual Golf Tournament at the Hawks Prairie Golf Club. The day was packed with exciting competitions like putting, longest drive, and closest to the pin, plus prizes, snacks, golf carts, and a delicious dinner to wrap it all up!



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Make sure to start practicing for the 2025 tournament!

View +  
Download all  
photos here





# CIFT Gives Back With Food Lifeline

Together we repacked split pinto beans into bags that can be given to our Neighbors in Need at local food banks etc.

***Fun Fact:*** Our group packed over **1,680lbs** of pinto beans!





# RESOURCES FROM NATIONAL IFT

CLICK EACH BUTTON FOR DETAILS

Jobs



CFS Info



IFT FIRST 2025



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).

**SQF Practitioner**  
Northwest Gourmet  
[\*More info\*](#)

**Sr Director of Business  
Development**  
Ed Long  
[\*More info\*](#)

**R&D Manager Food and  
Beverage**  
Cycling Frog  
[\*More info\*](#)