

**September 26, 2019**

**PSNM Monthly Meeting**

**Held at Infinity Group, Address: 8544 Baxter Place, Burnaby, BC.**

**Attendees:**

**Associate Members:**

Mark Dame

**Regular Members:**

Stephanie Ovsenek, Kaela King, Stella Buttner, Diane Cox, Corinne Burns, Maria Chelini, Jennifer Dobie

**Regrets:**

Birgit Keys, Pamela Lima

Affinity Group / Bonduelle featured some new products to sample-all plant based. Amazing Lunch!  
Perfect alternative to sources of plant based proteins and grown locally on Canadian farms - HACCP

- **Chicken Tacos;** Crispy Gardein Chicken, Apple Dijon mango, Bonduelle fusion coleslaw, Calavo guacamole, pico de gallo, Sonora Tortilla
- **Fiesta Tortilla Soup & California West Coast Wrap;** Leaf lettuce, Calavo avocado, roasted tomatoes, mozzarella, Bonduelle fusion cauliflower rice & portabella bacon
- **Korean Beef Buddha Bowl;** Gardein Beef crumble seared Bonduelle sweet peppers, red onions, mushrooms, broccoli, sprouts, Lee Kum Kee black bean ginger sauce
- **Sweet Finish;** J&J Snacks Custard IDDSI Approved Parfait served with layered fruit & original cups
- **Samples of: Flora Professional** -Plant based alternative butter, **Becel**-half the cost of butter and tastes like butter; **Senora Premium Tortillas**-new cauliflower and beet root tortillas; **Floating Leaf** French Lentils-6 grain Prairie Blend-Gluten Free/Organic Brown Rice-Gluten Free; **Martin's** buns and mini buns-potato bread-super soft

**New Business:**

1. SAVE THE DATE - Annual Fall Education Day will be held on October 25, 2019 at Power to Change in Langley BC. Still finalizing the speakers and CE points. More information to be sent out.
2. Currently booking for monthly meetings and speakers. Booked up until March 2019. Notices will be sent out.

**Roundtable Discussion:**

1. Discussed changing diet trends, more vegetarians / awareness of food sources / locally grown / residents and clients coming into homes.
2. Fresh produce versus frozen / semi-dehydrated
3. IDDSI diets and options for dysphagia-bread?

Next meeting: PSNM Fall Education Day; Friday October 25, 2019; Power to Change, Langley BC