

# Emily Mason

## Food Science



I graduated from CVR in 2011. After completing a DEC in applied sciences at John Abbott College, I applied to McGill University, Macdonald Campus, in the Food Science program. I am now in my final year of my undergraduate degree.

This past year, I was part of a food product development team that participated in an international competition in Chicago, with our winning product, *Fitamin Multimeal*. My team and I specifically designed this product for children and pregnant women in Yemen to combat the many

nutritional deficiencies in that region. I was responsible for all the food safety aspects of our product from legislation, to raw materials and processing. This food science internship helped me improve and strengthen my problem solving abilities, as there are many challenges and obstacles that must be overcome when developing and creating a new food product. We're currently trying to have our product produced and sold in Yemen.

Next semester, I will be starting my master's degree in food safety. Once I graduate, I hope to improve upon and uphold food safety standards in the industry to ensure the food we eat everyday remains safe to eat. When I was at CVR, I had so much fun no matter what I was doing (sports, classes, being with my friends). I encourage CVR students to do the same; try new things (especially food!), always do your best, don't miss out on opportunities, and always have fun no matter what you're doing.