

Restaurants Canada's Concerns on Port of Vancouver Strike



Restaurants Canada is genuinely concerned about the lasting effects of the strike that began on July 1, 2023, at the Port of Vancouver with the International Longshore and Warehouse Union Canada, and BCMEA. This strike will cause severe damage to Canada's already struggling Restaurant industry. The cost of products used in our restaurants is already at historic highs. This strike will cause costs to rise even further. For the sake of our

industry's survival, Restaurants Canada is calling on both parties to settle this dispute immediately and for the federal government to do everything in its power to protect Canada's economy.

BC ports are crucial in maintaining the flow of goods and supplies restaurants require to operate. The inflationary pressures restaurants are dealing with are already threatening the survival of many operations. Utilities have increased by 6%, proteins have increased by 9% (beef), 11% (seafood) and 13% (chicken), not to mention cooking oil which is up 40%. This labour dispute and the closure of British Columbia ports will mean further cost increases. After a challenging three years with increased labour shortages, rising interest rates and operational costs, restaurants do not need more uncertainty.

Fifty percent of Canadian foodservice operators are currently operating at a loss or just breaking even – compared to just 12% pre-pandemic. “The ports in British Columbia are essential to supplying our industry and are not easily replaced,” said Richard Alexander, Executive Vice President of Restaurants Canada. “During the last labour dispute at BC ports, we experienced significant cost increases and

reports of cargos of produce rotting on board. Our industry and our economy simply cannot afford a shutdown of BC ports. An immediate resolution to this dispute through negotiation of back-to-work legislation is required.”

To avoid further stress within Canadian foodservice and more damage to Canada’s economy, Restaurants Canada is calling on all parties to immediately resolve this labour dispute, and for the federal government to do everything in its power to protect Canada’s economy.

A daily serving of strawberries may improve cholesterol, study shows

Research led by Penn State University focused on adult men and women with elevated serum cholesterol

WATSONVILLE, Calif., July 19, 2022 (GLOBE NEWSWIRE) — A daily serving of 13 grams of freeze-dried strawberry powder appeared to lower total cholesterol (TC) by almost 3% and LDL cholesterol (LDL C) by almost 5%, according to a randomized, double-blind, controlled



crossover study recently published by the Journal of the American Nutrition Association. The new study strengthens the body of research that has already demonstrated a cholesterol-lowering benefit from eating strawberries. Thirteen grams of strawberry powder is equivalent to one cup of fresh berries in terms of the amount of calories, carbohydrates, potassium and fibre.

The study was conducted with 40 men and women, aged 35 to 60. The participants were overweight or obese and had elevated serum cholesterol, but no additional illness or chronic disease. During three periods of four weeks each – separated by a two-week washout period – participants received 40 grams of freeze-dried 100% strawberry powder (the high dose), 13 grams of freeze-dried strawberry powder (the low dose), or a control (no strawberry powder). Participants were instructed

to consume the powder once per day and to maintain their usual diet and exercise routine.

The researchers found a significant effect on lowering serum LDL C and TC. The low dose strawberry supplementation resulted in a 4.9% reduction in LDL-C compared to the high dose, but not compared to the control. The low dose also resulted in a 2.4% reduction in TC compared to the high dose and 2.8% reduction compared to the control. No additional significant effects were noted. The authors were unable to explain why the low dose produced a larger effect than the high dose of strawberry powder.

Other studies have previously linked strawberries, which are a source of fibre, phytosterols, and polyphenols, to several markers for cardiovascular disease. In a study of obese and overweight adults, daily consumption of strawberries significantly reduced TC and LDL cholesterol levels, reduced small LDL particle concentrations, and decreased lipid peroxidation.ⁱⁱ Strawberries have also been linked to a decrease in markers for oxidative stress, inflammation and diastolic blood pressure.

The Pennsylvania State University led the study in cooperation with the University of Arizona, Tucson; Lafayette College; and Texas Tech University. The study was supported by the California Strawberry Commission, which also provided the strawberry powder.

For more information on strawberry research, you can view the California Strawberry Commission's Health Research Round-up at the Nutrition Portal at www.calstrawberry.com.

ABOUT CALIFORNIA STRAWBERRY COMMISSION

The California Strawberry Commission represents more than 300 strawberry farmers, shippers, and processors, all working together to advance strawberry farming for the future of our land and people. Commission programs create opportunities for success through groundbreaking programs focused on workforce training, strawberry production research, and nutrition research. Through science-based information and education, it delivers the good news about sustainable farming practices that benefit the health of people, farms, and communities.