



Chicago Section  
Institute of Food Technologists



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## October 21, 2013 Student Night Meeting Recap

### ***"10 Things I Wish I Knew When I was Beginning my Career"***

**Russell K. Moroz, Vice President Research Development & Quality Kraft Foods**



The October Student Night Dinner Meeting of the Chicago Section IFT was a wonderful success. The Section had 176 people attend – a record number for the Chicago Section IFT Student Night event!

Approximately 60 students attended, where they had a tour, lecture and lunch at McDonalds University, followed by a resume building workshop and a speed networking session.

Many people contributed which made this event a success. A sincere thank you to the efforts of the Chicago Section IFT House and Hospitality Committees, Dempsey Corporation as our dinner meeting sponsor, McDonalds and the companies that generously donated their products to fill gift bags for the students.





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The evening concluded with a marvelous talk by Russell K. Moroz, Vice President Research Development & Quality Kraft Foods, as our guest speaker for the dinner meeting held at The Carlisle in Lombard, IL. Russ is responsible for product, process and package development, and quality and food safety for the Meals and Desserts business unit, as well as Nutrition and Regulatory Affairs for Kraft Foods. Russ was previously VP – Oscar Mayer based in Madison, WI.



He also held positions in Kraft Foods' Convenient Meals, and Cheese, Meals, and Enhancers businesses, Kraft Australia/NZ, Kraft Canada, Strategic Research and Strategy.

Prior to joining Kraft in 1990, Russ worked for the Campbell Soup Company as a Project Manager, and at Occidental Chemical Corp. as a Process Engineer. He received a BS in Chemical Engineering from Drexel University in Philadelphia.

The 10 things Russ wished that he knew when beginning his career:



0. Be good at what you do.
1. Don't be afraid to speak before you know you are right.
2. Have an agenda.
3. Build coalitions
4. Results don't speak for themselves
5. Surround yourself with great people
6. Expect what's possible...plus a little more.



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7. Give more than you take.
8. Mentees attract mentors.
9. Behavior change is the best way to grow.
10. Learn from your experiences
11. (Bonus). My mother was right.

You can download Russ' presentation here.

### **Join us for our December Meeting & Discussion**

**December Dinner Meeting: Holiday Event - December 16, 2013 at the Millrose in Barrington** (45 Barrington Road, Barrington, IL (847) 382-7673 · millroserestaurant.com)

Topic: **New Approaches to Discovery in Flavor Research**

Speaker: *Gary Reineccius, Professor and Head Dept. of Food Science and Nutrition, University of Minnesota*



Gary Reineccius, Ph.D., is a Professor and Department Head in the Department of Food Science and Nutrition at the University of Minnesota. He has been actively involved in flavor research for more than 42 years. During this time he has published over 210 research articles. Dr. Reineccius has spent sabbatical leaves with Fritzsche Dodge and Olcott (New York, flavor creation and production), Nestle (Switzerland, process flavors) and Robertet S.A. (France, taste modifiers and manufacturing).

Dr. Reineccius has taught courses in Food Processing, Food Chemistry, Food Analysis, and Flavor Chemistry and Technology. He has written a College textbook on food flavors: the second edition of this book became available in 2006. This was the first textbook in the flavor area which combined both flavor chemistry and technology. Dr. Risch and he edited and were major contributors to two books on flavor encapsulation. He is the sole author of the Source Book of Flavors and coeditor of Heteroatomic Flavor Compounds in Foods.

Dr. Reineccius' achievements have been recognized by several local and international organizations. He is an honorary member of the Society of Flavor Chemists. He has been granted the Palmer Award for his contribution to chromatography by the Minnesota Chromatography Forum. He has received the Distinguished Achievement and Service in Agricultural and Food Chemistry Award and been honored by being made a Fellow by the American Chemical Society.



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He has been presented the Stephen S. Chang Award by the Institute of Food Technologists (first flavor chemist to be so honored). These are the highest awards given to individuals in the flavor area. In 2006 he was selected to receive the new FEMA (Flavor Extract Manufacturers Association) award. This award comes from the largest flavor industry association in the US. His selection as the first recipient of this award reflects their opinion of his standing in the profession.

He often speaks at public schools and other groups. His favorite lay topics are chocolate (he spent 3 years researching chocolate flavor for his Ph.D. thesis) and the chemistry of gourmet cooking. From a professional standpoint, his favorite topic is flavor encapsulation. He has been actively engaged in research in this area since 1964.

*John Budin, Ph.D.*

*Program Committee Chair, and Chair Elect CSIFT*