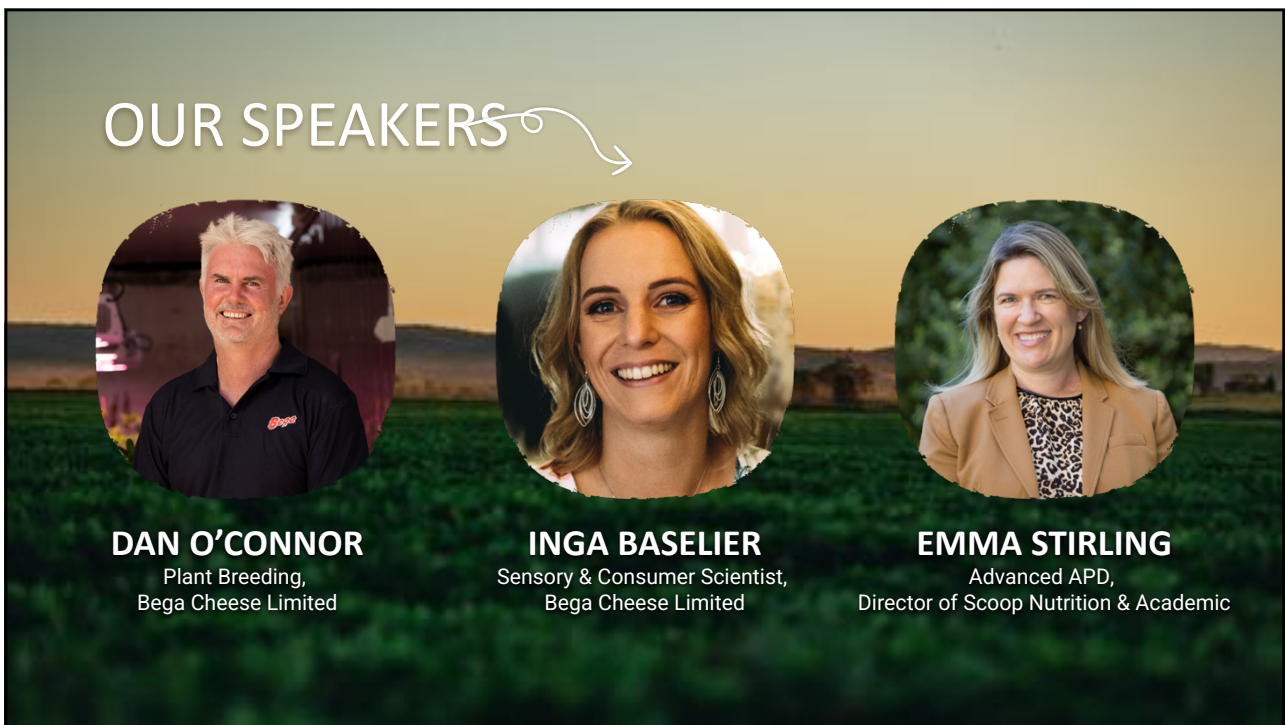




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BEGA'S NUTTY JOURNEY



- ☞ Bega Cheese Limited (Bega) acquired the Peanut Company of Australia (PCA) in 2018
- ☞ PCA is Australia's leading supplier of peanuts and is in the peanut capital, Kingaroy, Queensland
- ☞ 150 peanut growers across Queensland supply their peanuts to Bega

3

WHAT IS YOUR FAVOURITE NUT?

☞ Peanuts ☞ Pecan
☞ Almond ☞ Macadamia

4

WHAT MAKES A PEANUT SPECIAL?



- ☞ They are a legume
- ☞ Produce their own nitrogen
- ☞ Grow and flower above the ground
- ☞ Peanuts pods are produced underground
- ☞ A very resilient crop in both dry and wet conditions

5

WHERE ARE PEANUTS GROWN?

Peanuts are grown throughout Queensland and Northern NSW on friable soils under both irrigated and rainfed production.



NORTH QUEENSLAND

- Atherton Tableland
- Gordonvale
- Mossman
- Burdekin

CENTRAL QUEENSLAND

- Emerald
- Theodore

SOUTH QUEENSLAND

- Bundaberg
- Childers
- Maryborough
- Kingaroy
- Brisbane Valley
- Coalstoun Lakes
- Texas

6



7



8

HARVEST UPDATE

- ☞ Growers have been working extremely hard to produce this year's crop
- ☞ Growers faced a season of extremes:
 - North Queensland
 - South Queensland
 - Dryland/irrigated
 - Overall



9

AUSTRALIA - A COUNTRY THAT IS TRULY NUTS ABOUT NUTS

- ☞ Australia produces only 40% of the peanuts we consume, with Aussies eating more peanuts than our local industry can supply
- ☞ Bega are dedicated supporting Aussie peanut growers through the Simply Nuts brand using 100% Aussie ingredients
- ☞ Bega is committed to getting more Aussie nuts to more Aussies (we have a vision to grow the size of the Aussie crop), however, there are challenges:
 - Water availability
 - Other commodities are rising in popularity with growers
- ☞ Supporting products like Simply Nuts is a great way to support the Aussie peanut industry

AUSTRALIAN GROWN % OF
THE TOTAL AUSTRALIAN
MARKET (NOVEMBER 2017)



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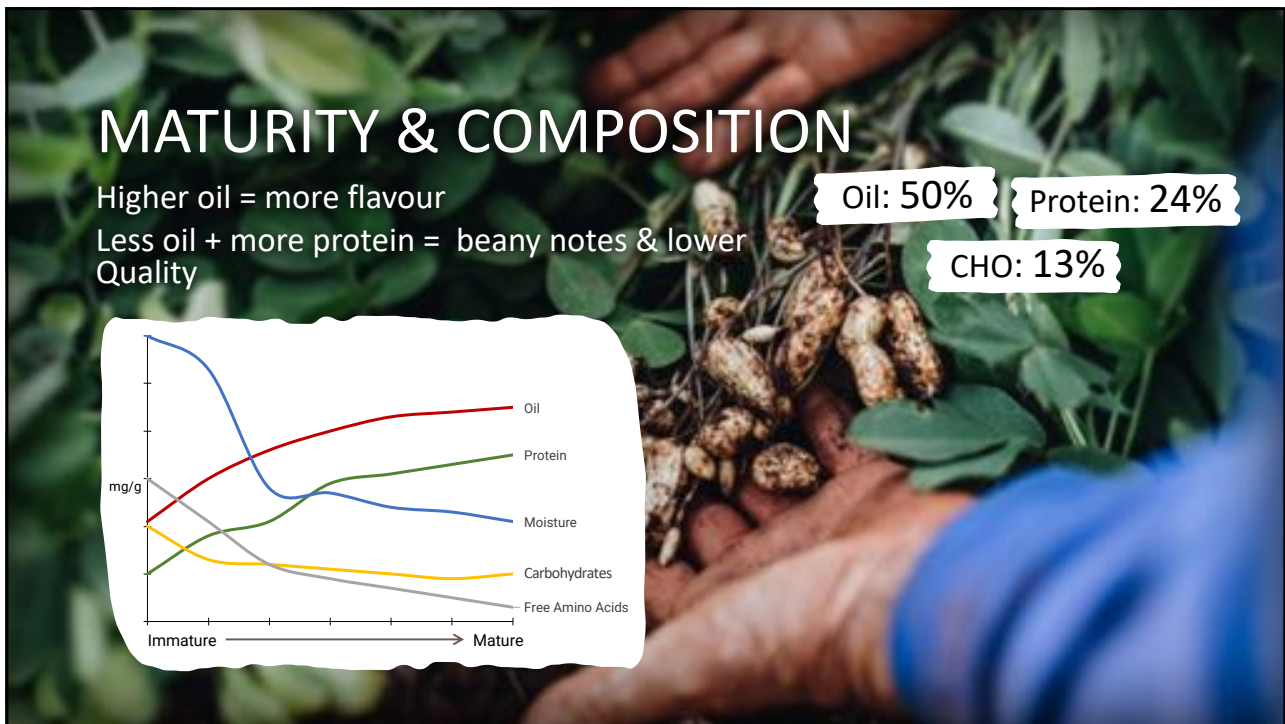
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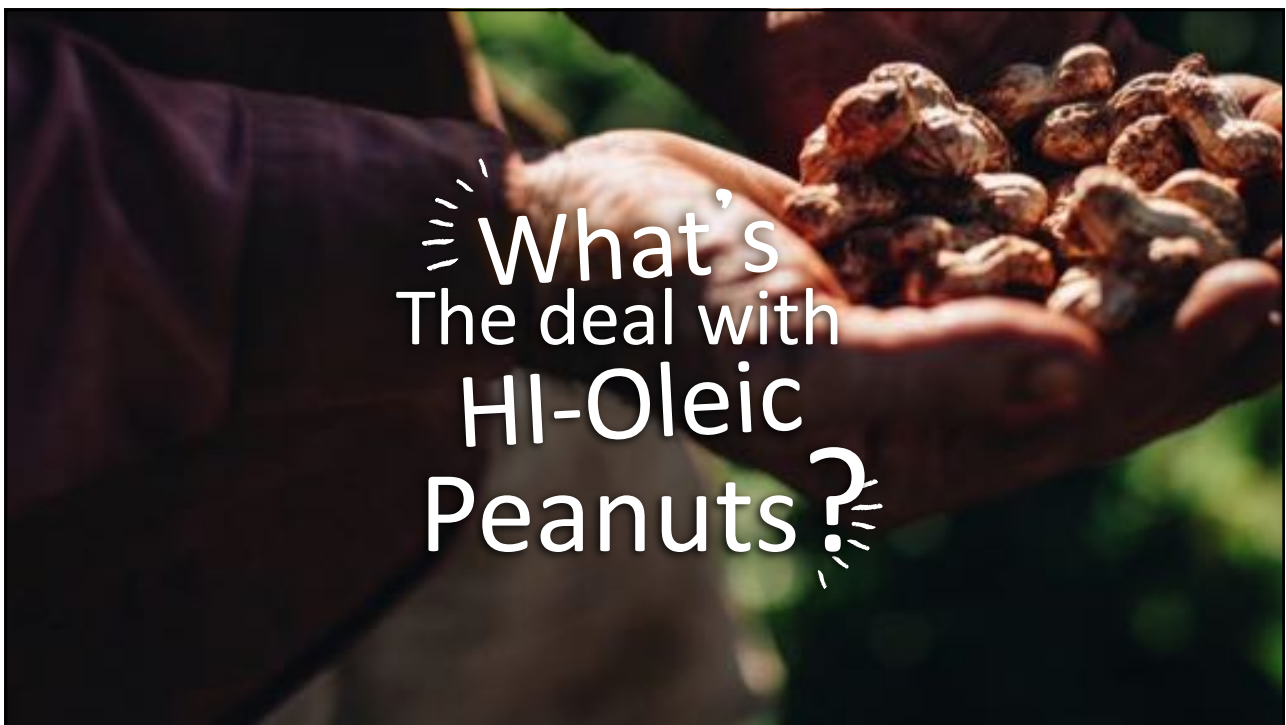
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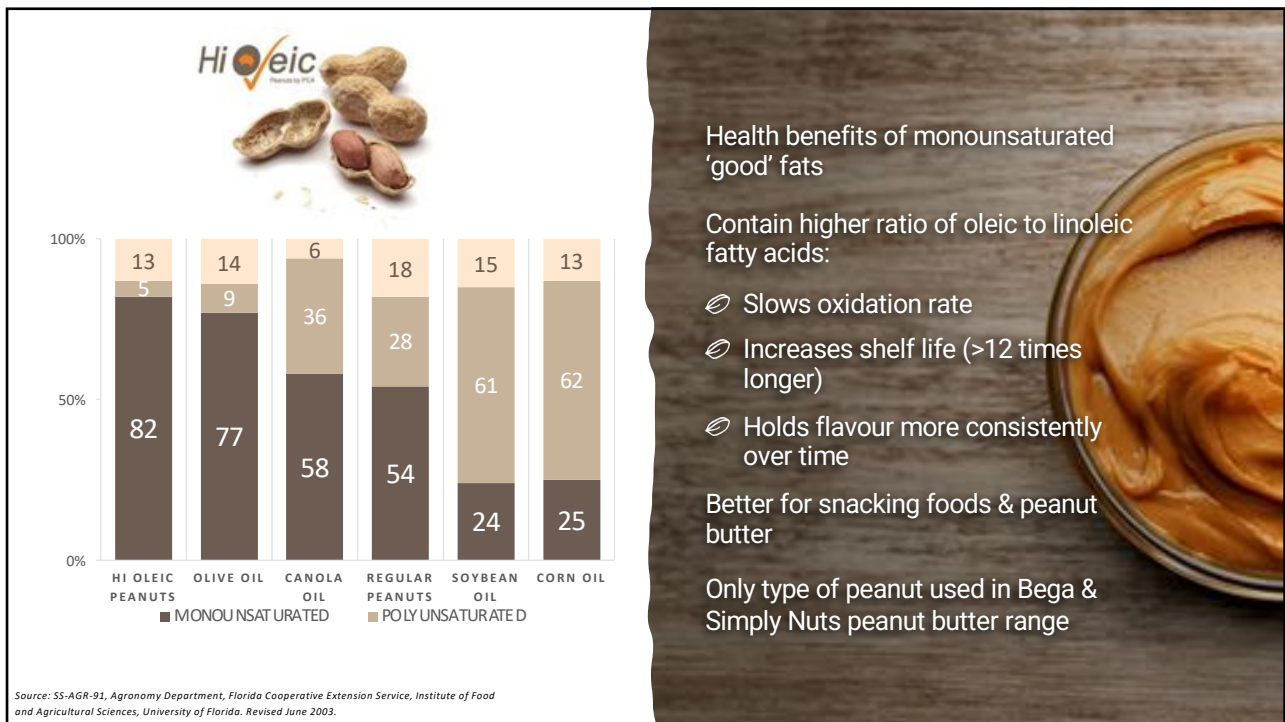
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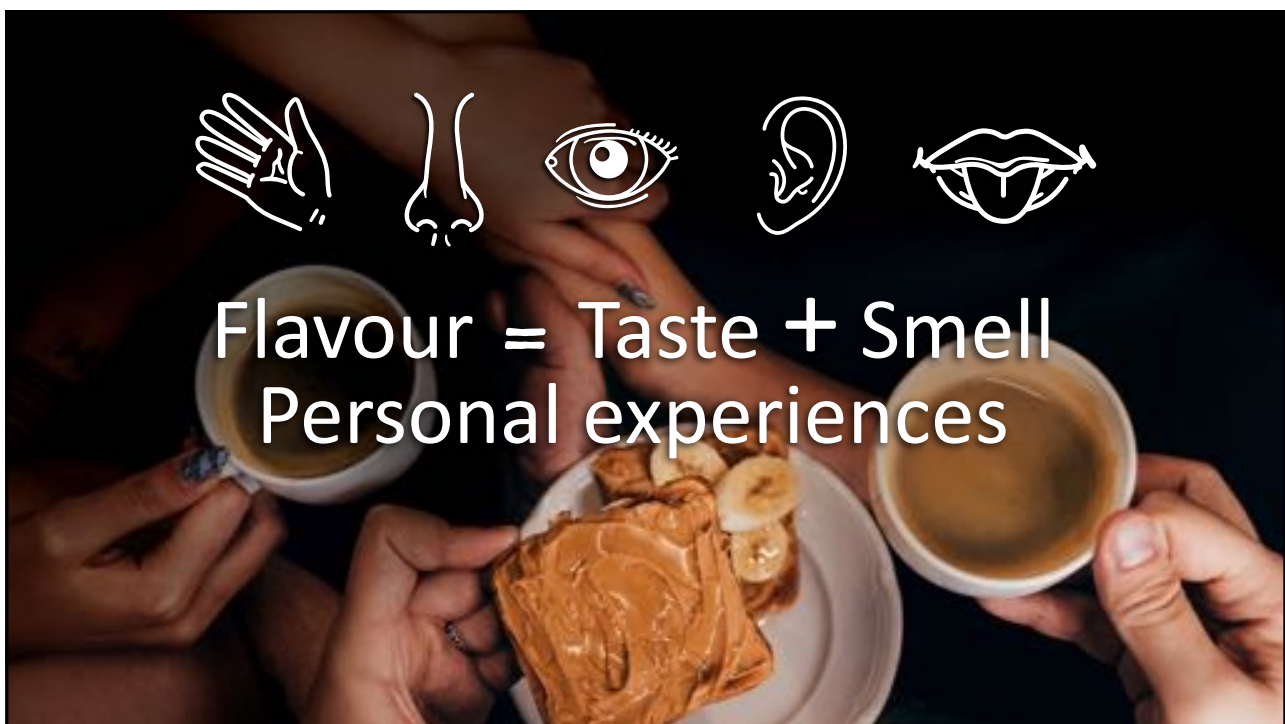
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DIETITIAN CONNECTION - WEBINAR

PLANT TO PLATE WITH PEANUT BUTTER

A RECIPE FOR CULINARY NUTRITION

EMMA STIRLING ADVAPD


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- Culinary Nutrition distinct practice group
- Exciting new careers
- Culinary Nutrition Science Practice Lead
- Post Graduate Certificate Culinary Nutrition Science – ACU 2022

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Head of Food & Nutrition
 Spotify • New York City, NY, US
 This job is no longer accepting applications.
 1 alum works here

We are looking for a Head of Food & Nutrition to join our expanding Global Workplace Services team.

The Global Workplace Services (GWS) team focuses on the global expansion and support of our rapidly growing business. We create spaces and services that bring Spotify's culture and values to life – from designing thoughtful spaces for our employees to thrive, to delivering innovative services that make Spotify a great place to work.

In this role you will be the culinary expert helping to feed the band. You will be responsible for enhancing and influencing our food program strategy for our global offices. You will work with a variety of vendors and internal stakeholders to provide great service to our employees and guests, and strive to deliver delicious food and innovative food experiences to our offices.

Who You Are

- Experience working in a fast-paced, global environment
- Direct workplace dining experience
- Drive culinary choices globally that align with Spotify's missions and practices
- Perform budgeting – monthly and annual forecasts for global spending on food & beverage.
- Analyze food programs per site and work with local offices to execute the program, with a focus on sustainability.

- Utilize industry food standards to create health and sanitary compliance for each unique location.
- Direct onsite local partners to uphold menu standards and inventory control.
- Provide oversight for event-specific menus for occasions such as staff events, client meetings and other catered meetings.
- Participate in design development of food service areas in new office builds.
- Should possess degrees or certificates in fields such as food and beverage, hotel, or restaurant management or have experience in the food and beverage service industry demonstrating progressive advancement.

We are an equal opportunity employer and value diversity at our company. We do not discriminate on the basis of race, religion, color, national origin, gender, sexual orientation, age, marital status, veteran status, or disability status.

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ACU
Australian Catholic University

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Home > Study at ACU > Find a course > New courses > Graduate Certificate in Culinary Nutrition Science

Graduate Certificate in Culinary Nutrition Science

Melbourne and North Sydney

ACU's Graduate Certificate in Culinary Nutrition Science is the first culinary nutrition offering in Australia. It is designed for students from diverse backgrounds, including graduate nutritionists, dietitians, secondary teachers specialising in food technology and health, trained chefs and culinary instructors, doctors, and other allied health professionals interested in lifestyle medicine, food, and nutrition.

The 40-credit point, 6-month full-time (12-months part-time) or staged micro-credential program, consists of two core and two elective 10 credit point units. The core units include theory and practical components in culinary nutrition science that bring together and apply knowledge, understanding and skills in food and nutrition science, culinary arts, and eating behaviours. The elective units can be tailored to suit your current profession or future career goals and include options for a research project and international food and nutrition study tours.

Students will progress their learning through theoretical and practical experiences in a commercial teaching kitchen. Students can choose to study the culinary nutrition science units of the graduate certificate or split the theory and practical components into micro-credentials of two five credit points each.

Graduates will be equipped to further their careers in the application of culinary nutrition science or to commence their transition to a new career in:

- private or professional practice and consulting
- food and nutrition communication, publishing and media industries
- primary production and food industries
- restaurant and hospitality industries
- secondary, tertiary, corporate and community education sectors

To be eligible for admission to the course, you must:

- a. have completed a bachelor degree or higher or
- b. submit a resume alongside a formal application, demonstrating suitability for study and evidence of relevant industry experience and/or prior learning over a sustained period (for example have appropriate qualifications and experience as a chef or culinary professional)

For further information or to express your interest in receiving further information contact emma.potting@acu.edu.au

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FOOD SCIENCE

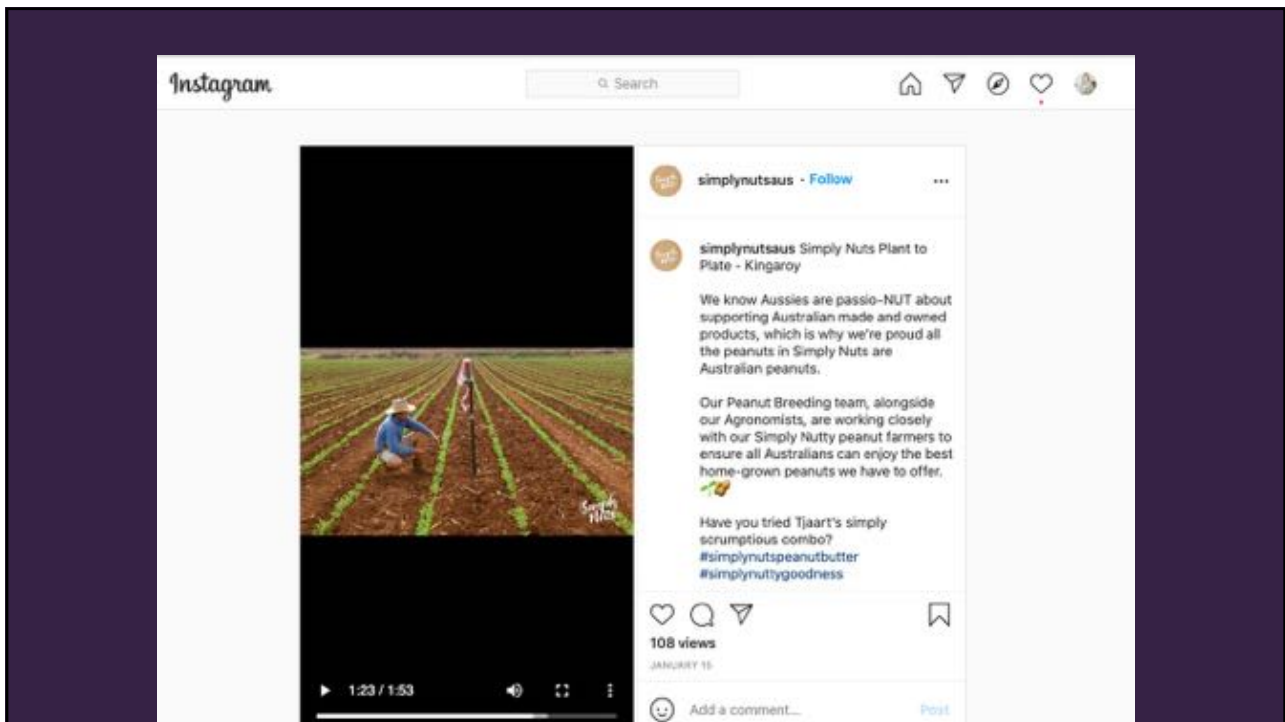
Practical 2: Explore Starch Video

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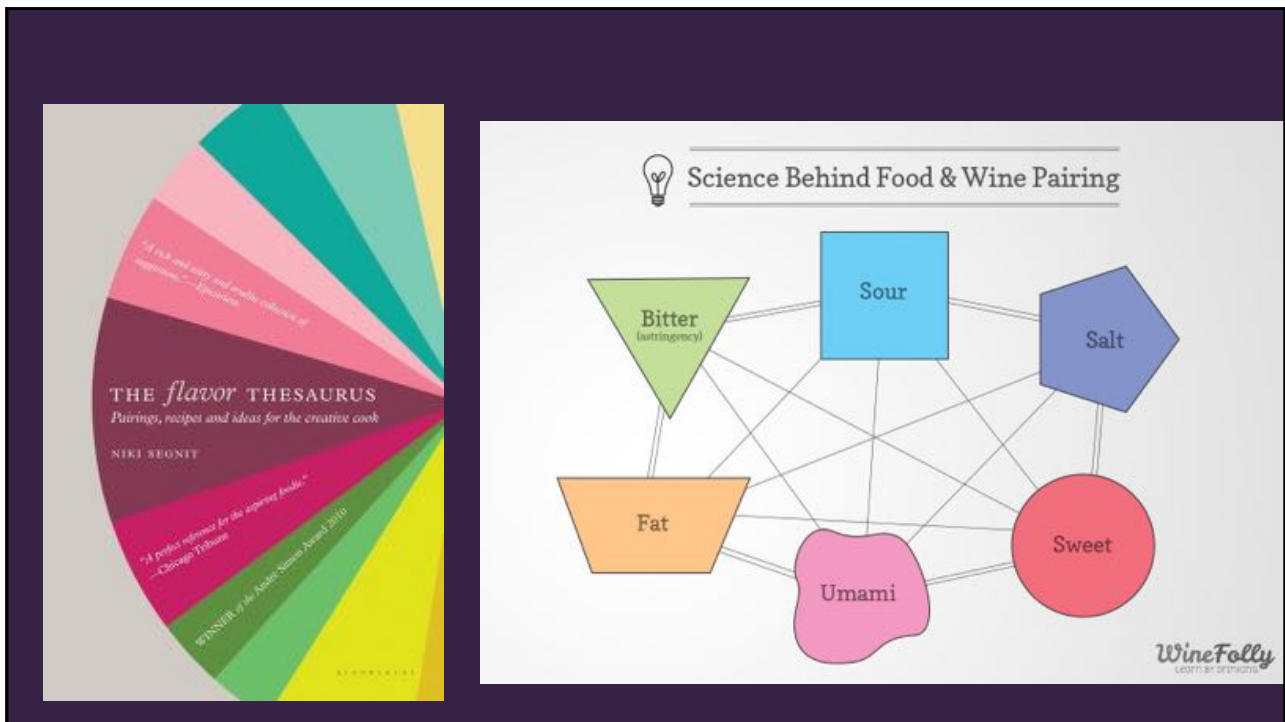


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- Peanut, ground nut, monkey nuts
- *Arachis hypogaea*
- Legume crop with edible seeds
- First grown in pre-Inca times in ancient Peru
- Columbus voyages end 15th Century distributed widely throughout world



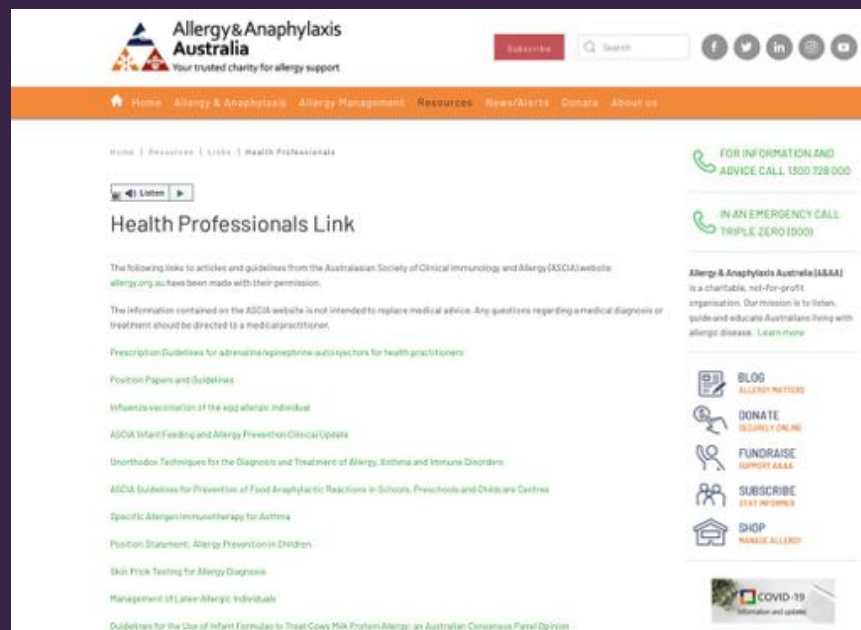
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SIMPLY NUTS – CRUNCHY

Bega Simply Nuts is made from 100% Aussie Peanuts and a pinch of sea salt. There's nothing else to add. Seriously, that's it.

Proudly made in Australia with Peanuts from sunny Queensland, Bega Simply Nuts is gluten & dairy free, rich in Vitamin E2 and monounsaturated fats (the good fats).

CRUNCHY
Full of flavour and texture for the perfect crunch every time, Bega Simply Nuts Crunchy is made from 100% Australian slow roasted peanuts and a pinch of sea salt. Seriously, that's it.

Our Simply Nuts Crunchy is available in a 325g and 650g jar.




Nutrition Information
Serving Size
25g (1 Tablespoon)
Servings Per Package
14.8 servings based on a 325g jar

Nutrient	Avg Qty Per Serving	Avg Qty Per 100g
Energy	583 kJ	1090 kJ
Protein	6.1 g	27.0 g
Total Fat	18.9 g	49.6 g
- Saturated	1.9 g	5.0 g
- Trans	Not Detected	Not Detected
Unsaturated	~ 17.0 g	43.7 g
Monounsaturated	5.5 g	18.9 g
Carbohydrate	2.5 g	11.3g
- Sugars	0.2 g	0.8 g
Sodium	24 mg	104 mg
Aspartic Acid	2.9 mg	11 mg
Gluten	Not Detected	Not Detected

Ingredients
ROASTED PEANUTS (99.5%), SALT

Allergens
CONTAINS PEANUTS

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Journal of Food Composition and Analysis
Volume 11, Issue 2, June 1998, Pages 100-111

Regular Article

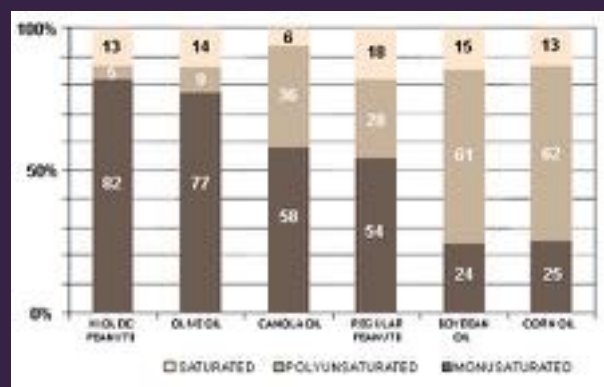
Fatty Acid and Amino Acid Profiles of Selected Peanut Cultivars and Breeding Lines ☆

Peter C. Andersen ^{a,1}, Kristen Hill ^a, Daniel W. Gorbet ^b, Brent V. Brodbeck ^a

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A recipe card for "Elvis Presley's Fried Peanut Butter and Banana Sandwich" by Nigella Lawson. The card features a close-up of the sandwich, a star rating of 4.5, and a "Save Recipe" button. The recipe details include: Level: Easy, Total: 10 min, Prep: 5 min, Cook: 5 min, and Yield: 1 sandwich.

RECIPE COURTESY OF NIGELLA LAWSON

Elvis Presley's Fried Peanut Butter and Banana Sandwich

★★★★★ 10 Reviews

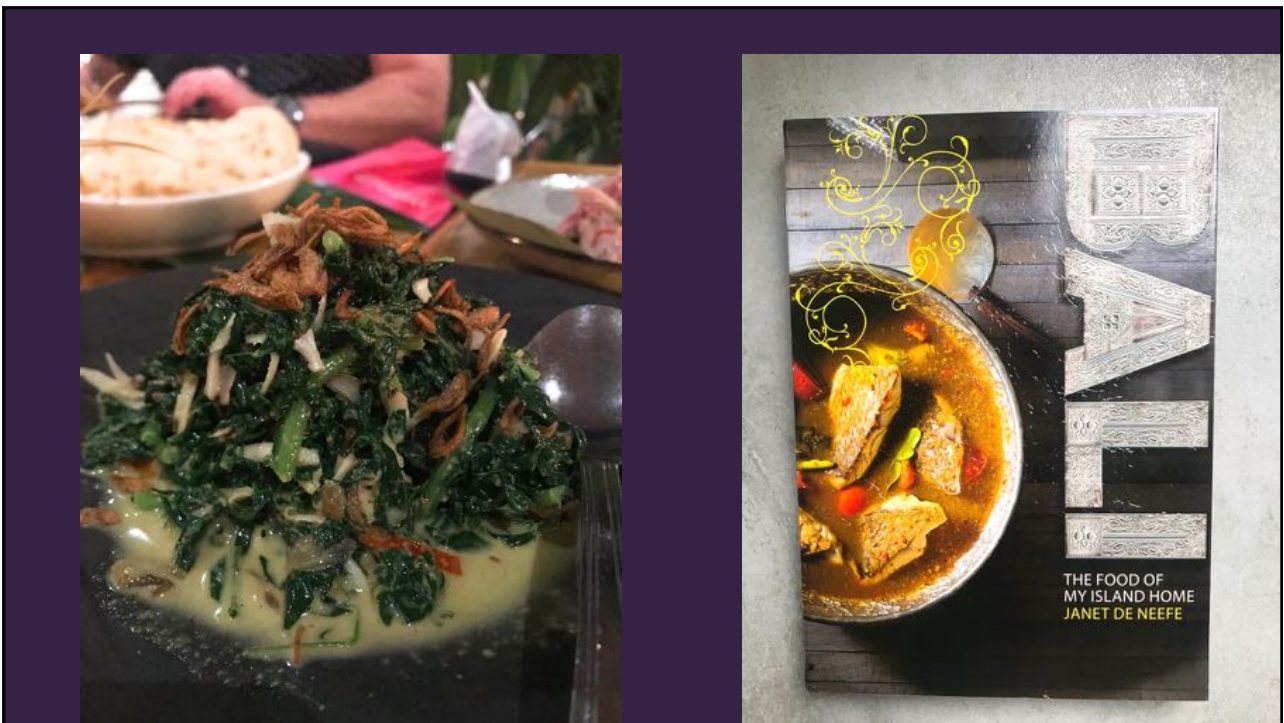
[Save Recipe](#)

Level: Easy	Prep: 5 min	Yield: 1 sandwich
Total: 10 min	Cook: 5 min	

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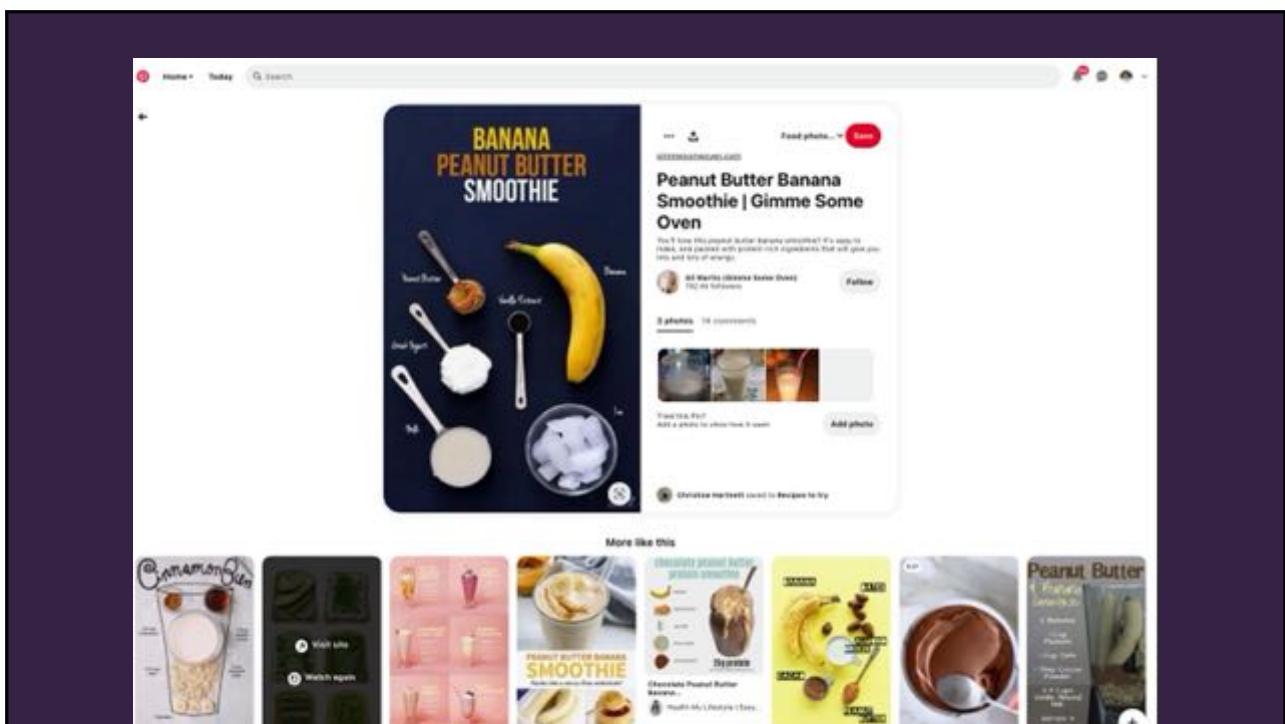
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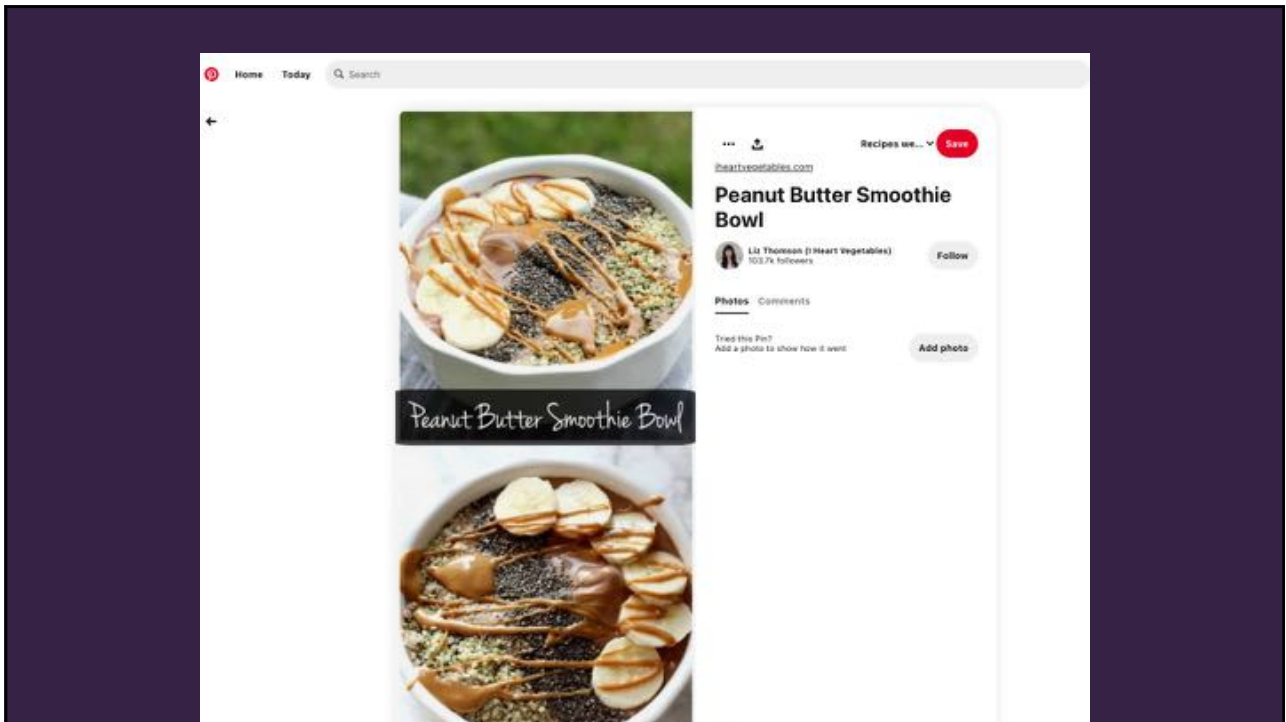
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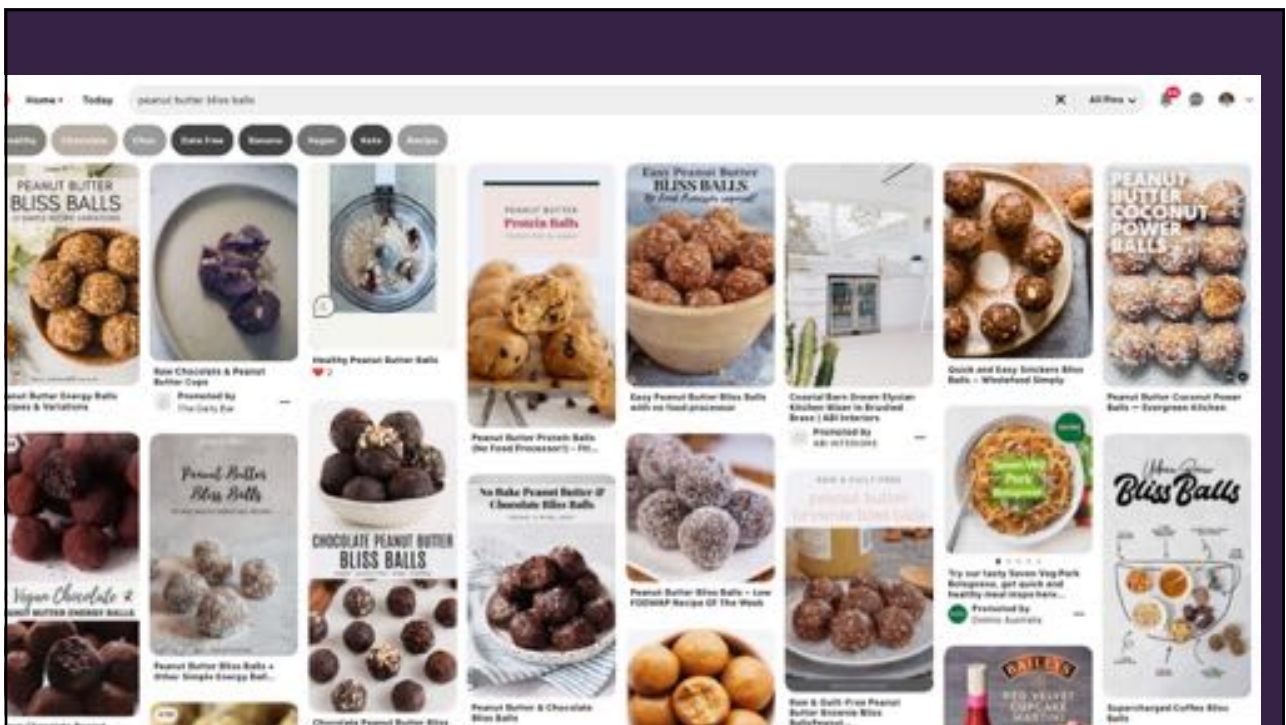
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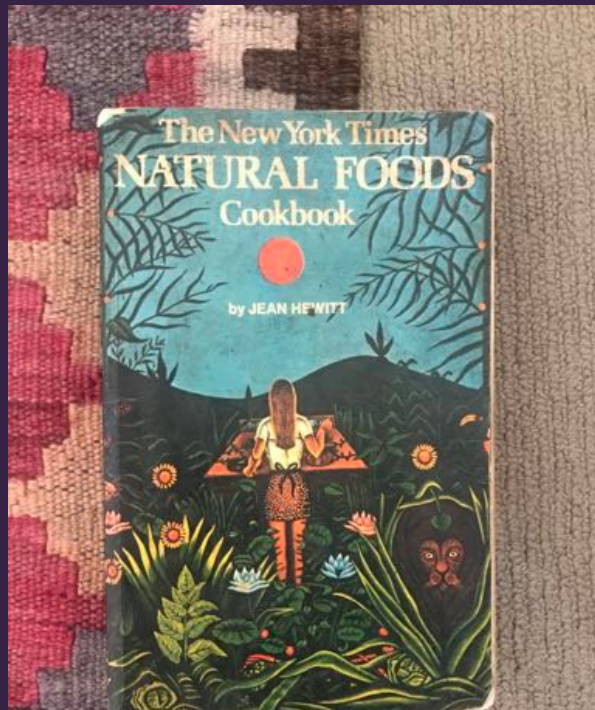
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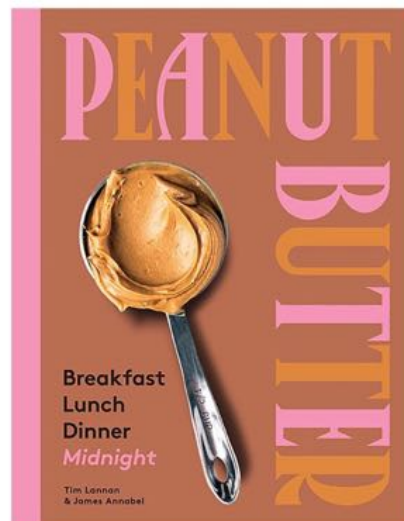
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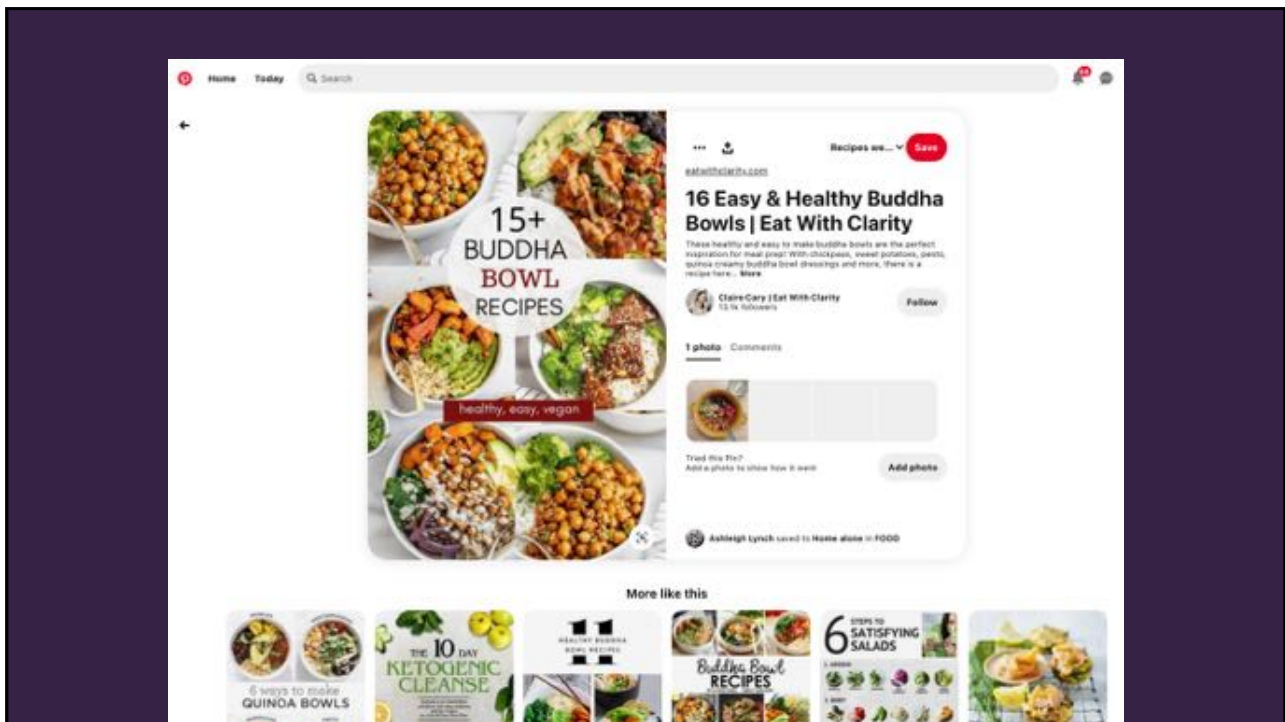
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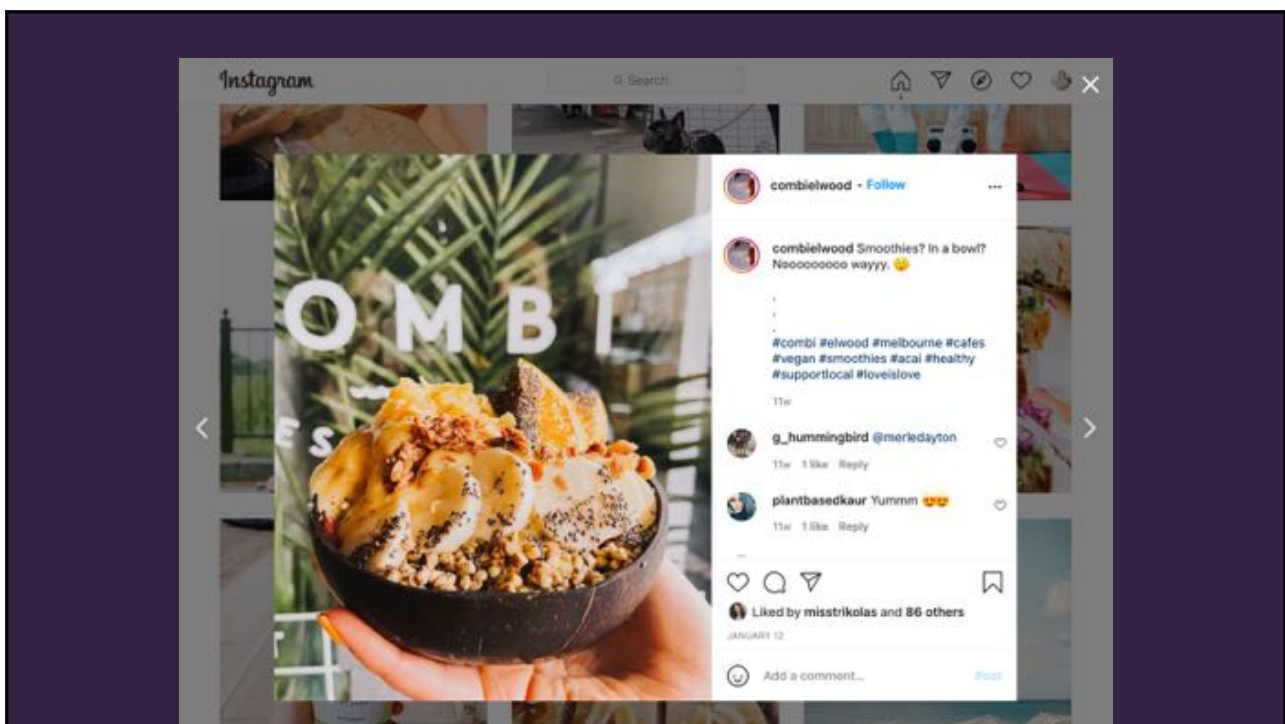
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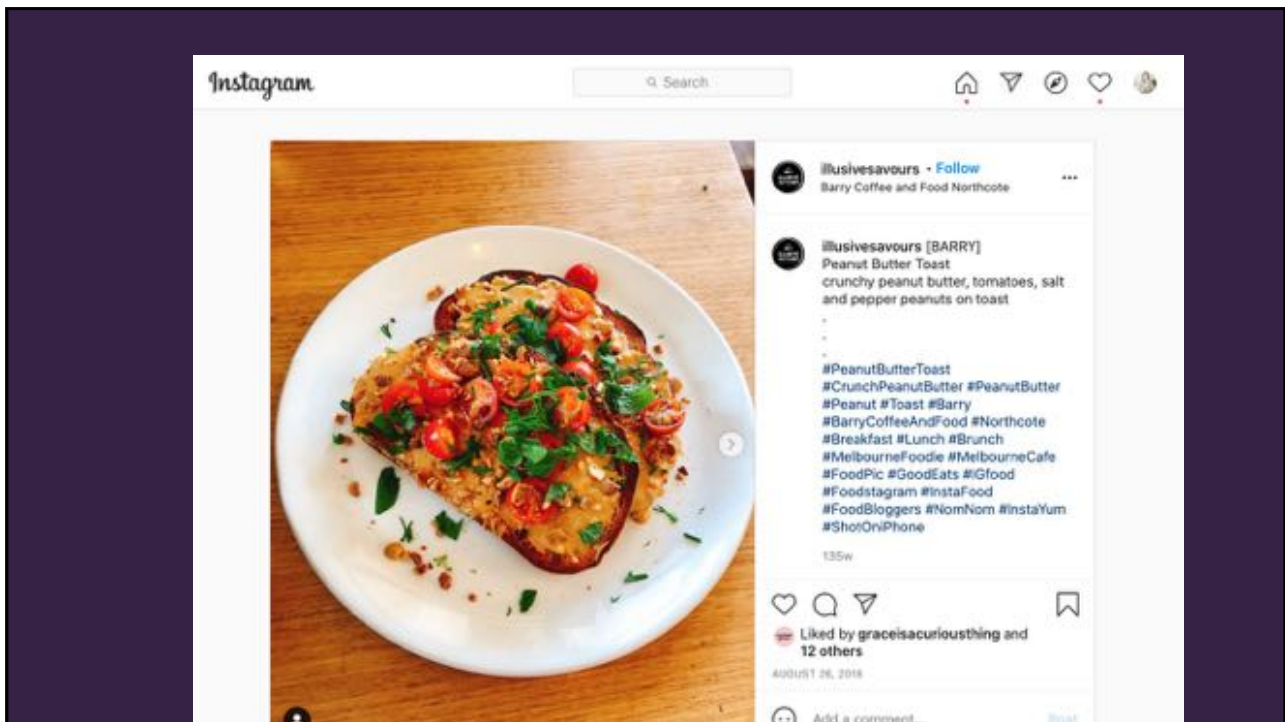
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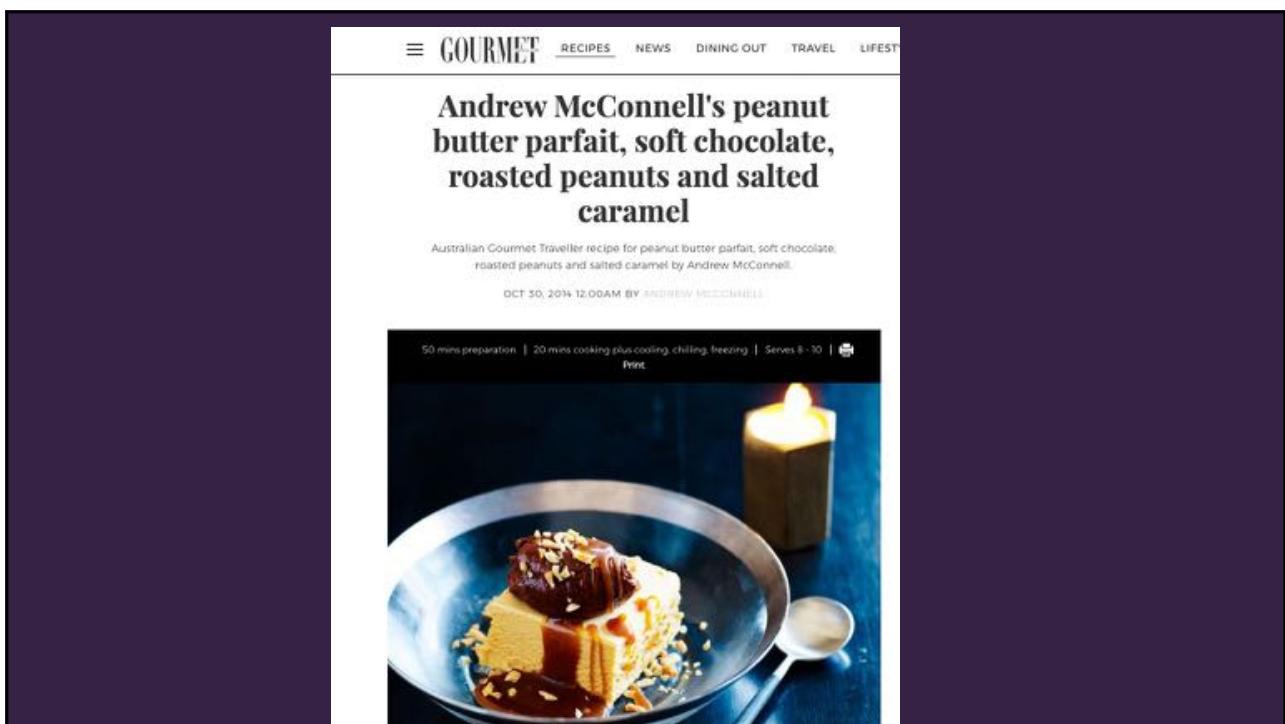
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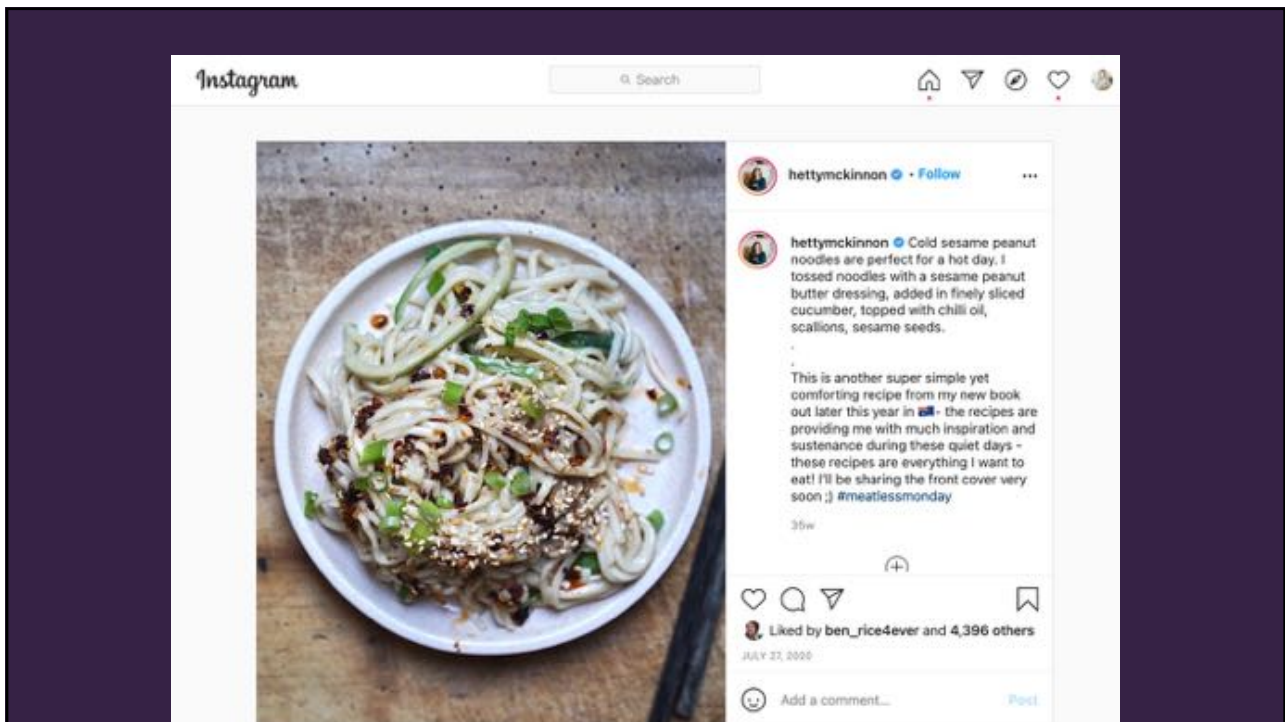
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Miso and peanut butter chickpea salad (pictured above)

This makes a great standalone lunch, but it also works as a side dish. I use unsweetened and unsalted peanut butter, but if your brand has added sugar and salt, just reduce the amount of maple syrup and salt with the chickpeas. The fried onions are a great final layer of crunch, but don't worry if you don't have any: just increase the amount of chickpeas to 500g on top before serving.

Prep 15 min
Cook 20 min
Serves 4-6

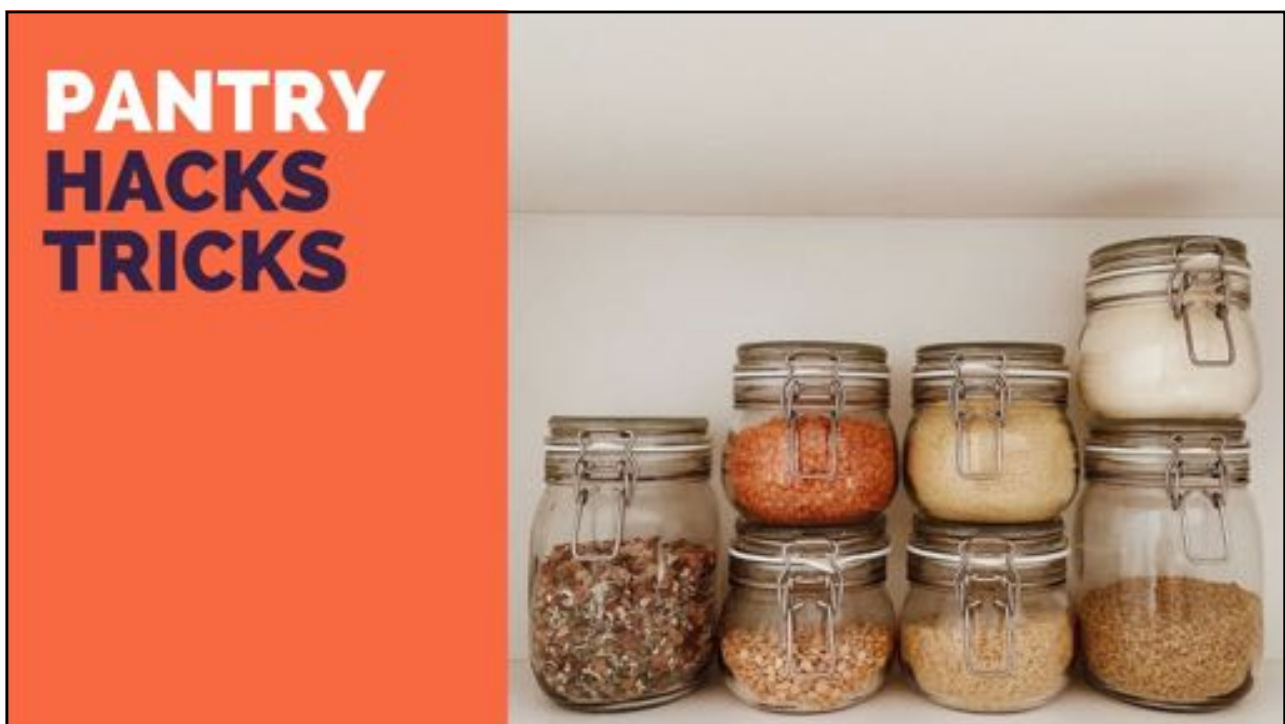
For the roast chickpeas
4 garlic cloves, peeled and crushed
15g piece fresh ginger, peeled and finely grated
2 tbsp white miso
2 tbsp smooth peanut butter (ideally one with no added sugar or salt)
1 tbsp maple syrup
2 tbsp lime juice
75ml olive oil
1 tsp chilli flakes
1 tbsp cumin seeds
Salt and black pepper
2 x 400g tins chickpeas, drained (480g)

Yotam Ottolenghi's recipes for tinned tuna, chickpeas and apples

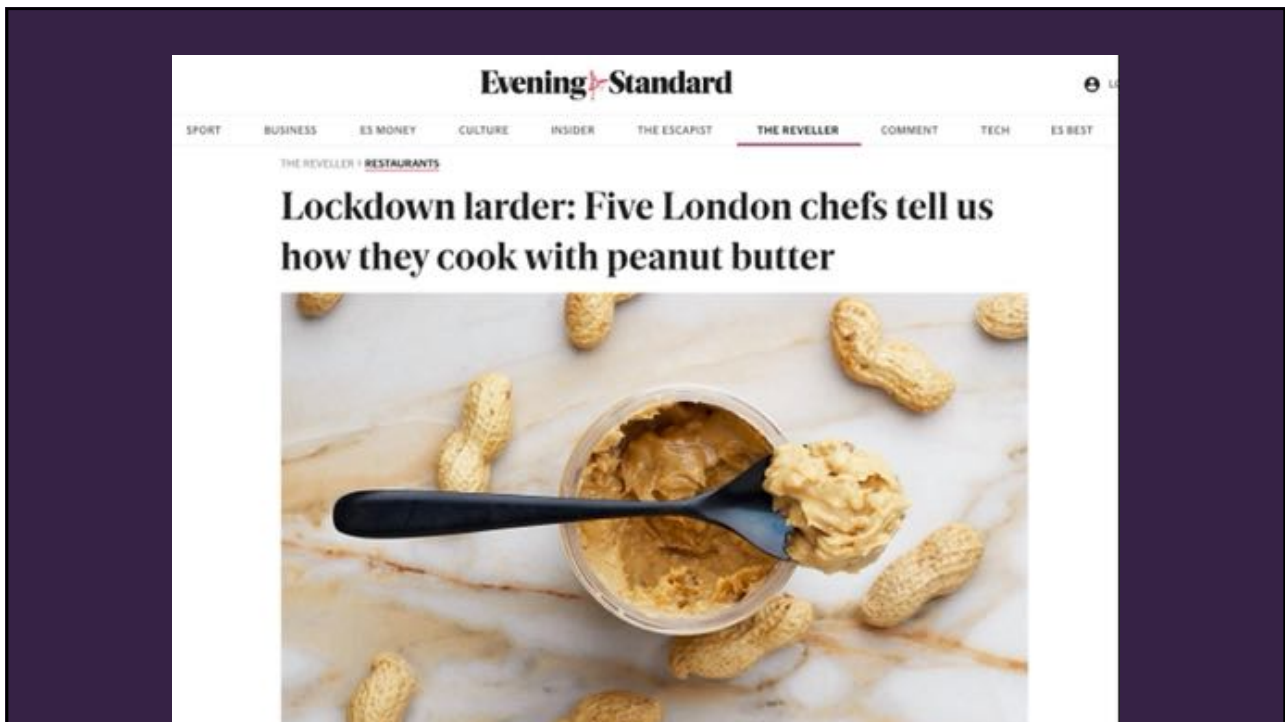
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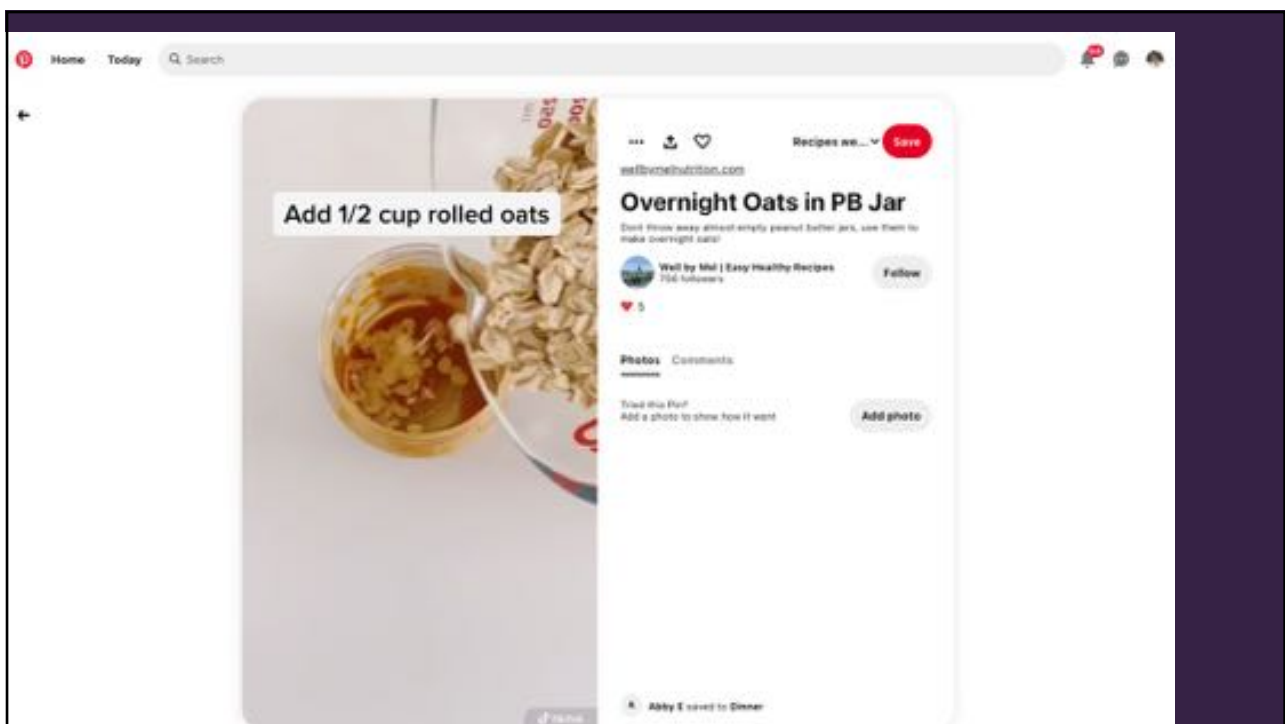
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5 Gadgets for Hardcore Peanut Butter Lovers

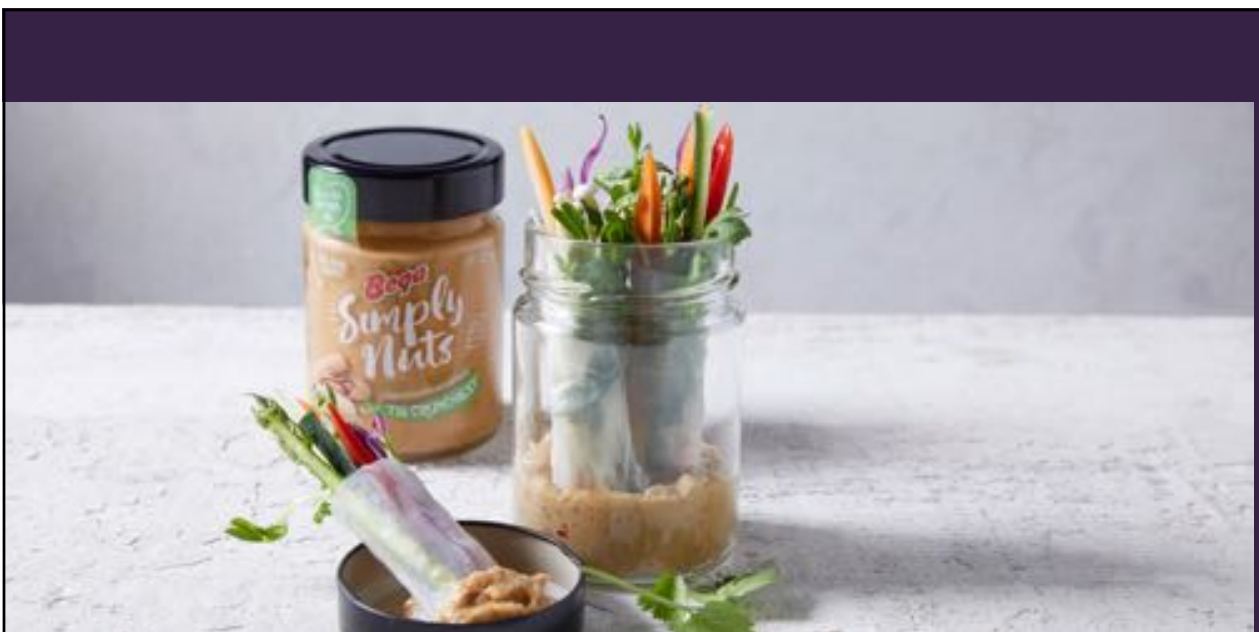
Just when you thought peanut butter couldn't get any more convenient.

By [Clara Olshansky](#) | Updated August 16, 2018

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- Culinary Nutrition distinct practice group
- Exciting new careers
- Post Graduate Certificate Culinary Nutrition Science – ACU 2022

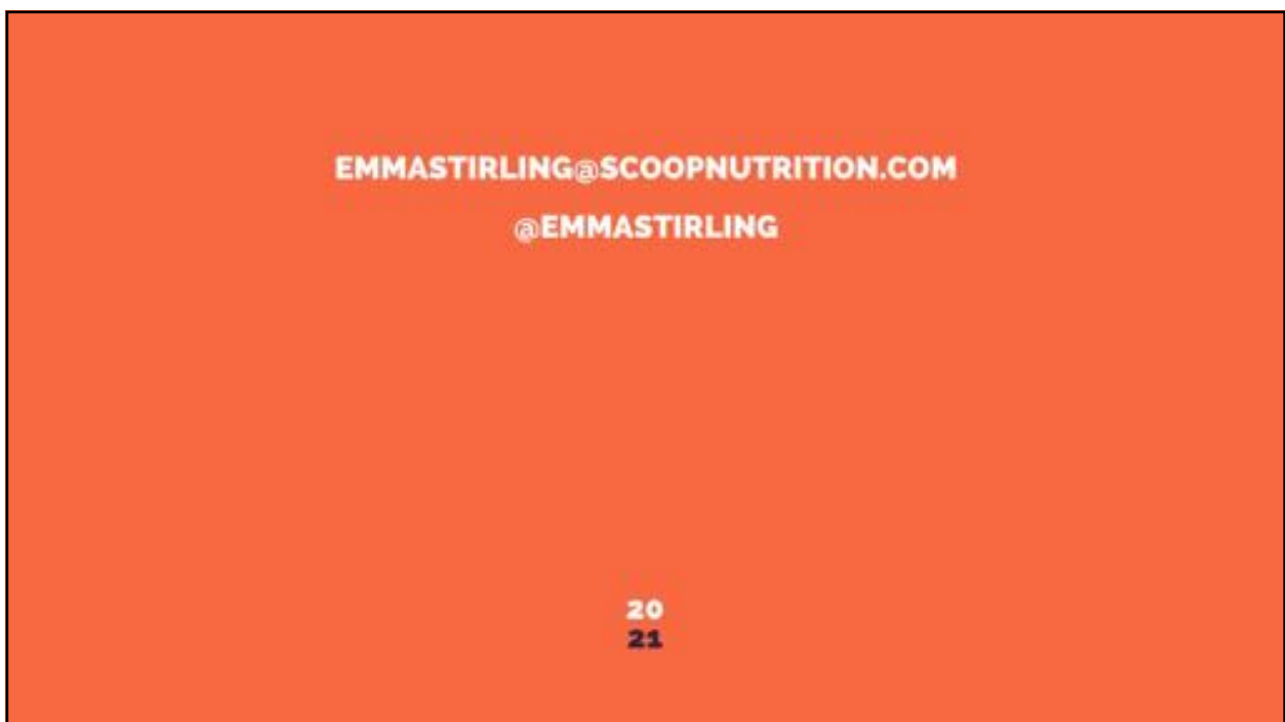
emma.stirling@acu.edu.au

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