

Transcript of Erin Doucet, Food Scientist

The coolest part about my job is... getting paid to play with food!

I'm a food research scientist here at Ocean Nutrition and I use food as a tool to help us develop new products and make fish oil taste better in food. Fish oil is important in food because as North Americans we don't consume enough fish as part of our daily diet. So, we need to look for other means of getting Omega 3s; it's an important fatty acid for our overall health. I work for the R&D Department, which is Research and Development, so within a company we are the core science program.

When a new project comes to me I need to do some research on the food that is being used so I know the best way to incorporate that product. From there we use our taste panels to determine whether or not the product tastes good in food. Sometimes the work is a lot of trial and error; we might incorporate too much fish oil which makes our taste panelists' very unhappy because it's going to taste very fishy. So, we look back and we try to formulate something a little more appealing to our taste panelists and hopefully the customers will be happy with that as well.

Working in the lab is great because you meet a lot of different people from various departments. You're not working strictly working in the R&D environment; you have to be able to communicate well within other departments.

I really enjoy the job that I do here at Ocean Nutrition, and I feel like I made the correct career choice because it's exciting. There is always something new every day. You try to solve problems and you feel like you help people on the other end when you get really good results.

I grew up in a small town in rural New Brunswick and I was very limited in what I was exposed to beyond high school. I encourage everyone to look to what they really want to do; there are a wealth of opportunities for girls everywhere.

I finished my Master's program in 2007 and I've been working since then. I was able to get a job almost right away. Within the food science field there are a wealth of opportunities. Being a little bit flexible on where you want to live is great because it opens up doors.

The best advice I can give is do what interests you and not what people expect of you.