

Amal Gohar

(514) 799-1954 • amal.gohar@mail.mcgill.ca • www.linkedin.com/in/amal-gohar

CAREER OBJECTIVES:

A highly adaptable, organized and diligent recent BSc. Food Science graduate of McGill University. Experience in product development, quality control & assurance and sensory analysis. Excellent analytical and problem-solving skills to deliver innovative and profitable solutions within time frame and budget. Looking to pursue a career in a dynamic, purpose and quality-driven CPG company.

EDUCATION:

Bachelor of Science, **Food Science, McGill University, QC**

2015 - 2019

WORK EXPERIENCE:

Give and Go Prepared Foods Corp., Toronto, ON

Sept 2019 – Present

Product Development Technician

- Work cross-functionally with engineering, marketing and quality assurance departments to maintain shelf-life reports, develop standard operating procedures and assist in commercialization from lab prototype to production scale
- Support senior product developers with formulations, conducting plant trials and production support
- Provide onsite monitoring and technical assistance to operations when testing and manufacturing new products.
- Design, organize and maintain technical records and reports to ensure that they are complete, current and easily transferable.

Canada Malting Company Ltd., Thunder Bay, ON

May - August 2018

Quality Control Laboratory Technician

- Prepared reports on quality related activities managed daily experimental data entry into company database
- Chemical solution preparation, storage and disposal according to standard operating procedures
- Calibrated, validated and maintained laboratory equipment
- Performed physical and chemical quality control tests on the incoming raw ingredients and outgoing final products and ensured compliance with customer requirements

Nestlé – Nutrition, Health and Wellness Department

May - July 2017

Nutrition Intern

- Published articles relating to nutrition, fitness and healthy lifestyles for the Nestle website
- Collaborated with the nutrition and marketing team to create recipes incorporating new products to create recipes for marketing events.

- Updated the nutrition Frequently Asked Questions 2017 section of the official Nestle website
- Worked on project researching the potential use of traditional ingredients sustainably sourced from rural areas for the research and development team.

PROFESSIONAL AFFILIATIONS

McGill University- McGill Happy Belly Club
Co-President

2016 - 2019

- Recruit new volunteers
- Source food from local supermarkets to reduce food waste
- Supervise meal preparation and serving
- Manage club funds

McGill University- McGill Food Science Association
Vice President of Relations

2018 - 2019

- Program chair of the Food Science Association
- Represent the Food Science Association at all external events and meetings
- Serve as the liaison between the Food Science Association and all other McGill clubs and societies
- Serve as the administrative contact between the Food Science Association and McGill University

IFT Developing Solutions for Developing Countries Competition
Team Leader

2018 - 2019

- Help develop and optimize a food product targeted towards a vulnerable population in a developing competition
- Lead team to represent McGill University at the annual IFT DSDC competition
- Help conduct quality control and shelf-life stability tests on the developed food product
- Create product proposal to aid in the selection of the product for the competition

COURSEWORK AND TRAINING HIGHLIGHTS:

Food Analysis, Food Microbiology, Food Processing, Food Chemistry, Statistical Methods, Food Product Development, Sensory Evaluation of Foods, Food Quality Assurance

PROFICIENCIES AND CAPABILITIES:

Microsoft Office, Compusense: Sensory Evaluation Software, SAS, Data Processing, Language Skills: bilingual proficiency in English and Urdu, and upper-intermediate proficiency in French.